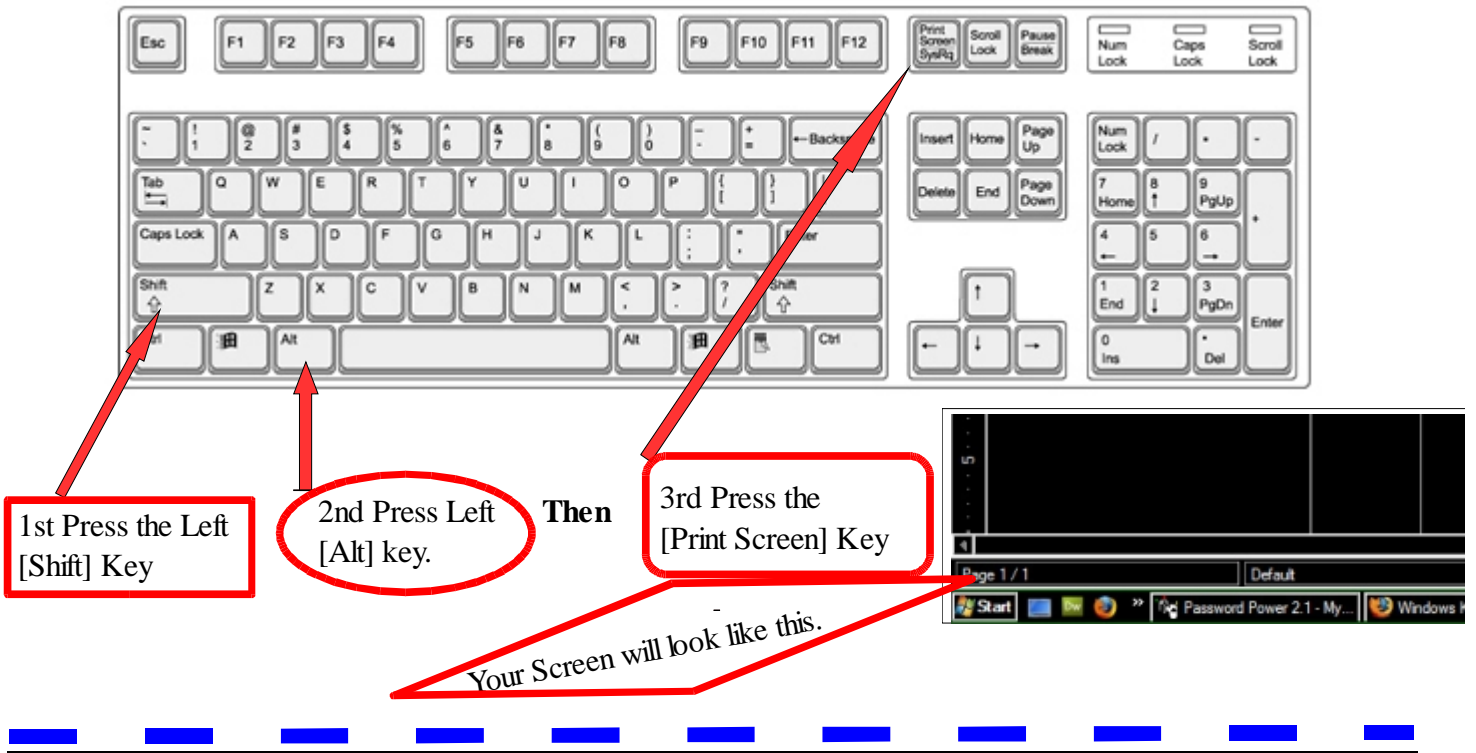


QUICK COMPUTER TIP

Windows XP has many hidden features that were never documented and Windows Vista the operating system that replaced Windows XP will soon be replaced with Windows 7. This is an undocumented feature that works with Windows XP and Vista.

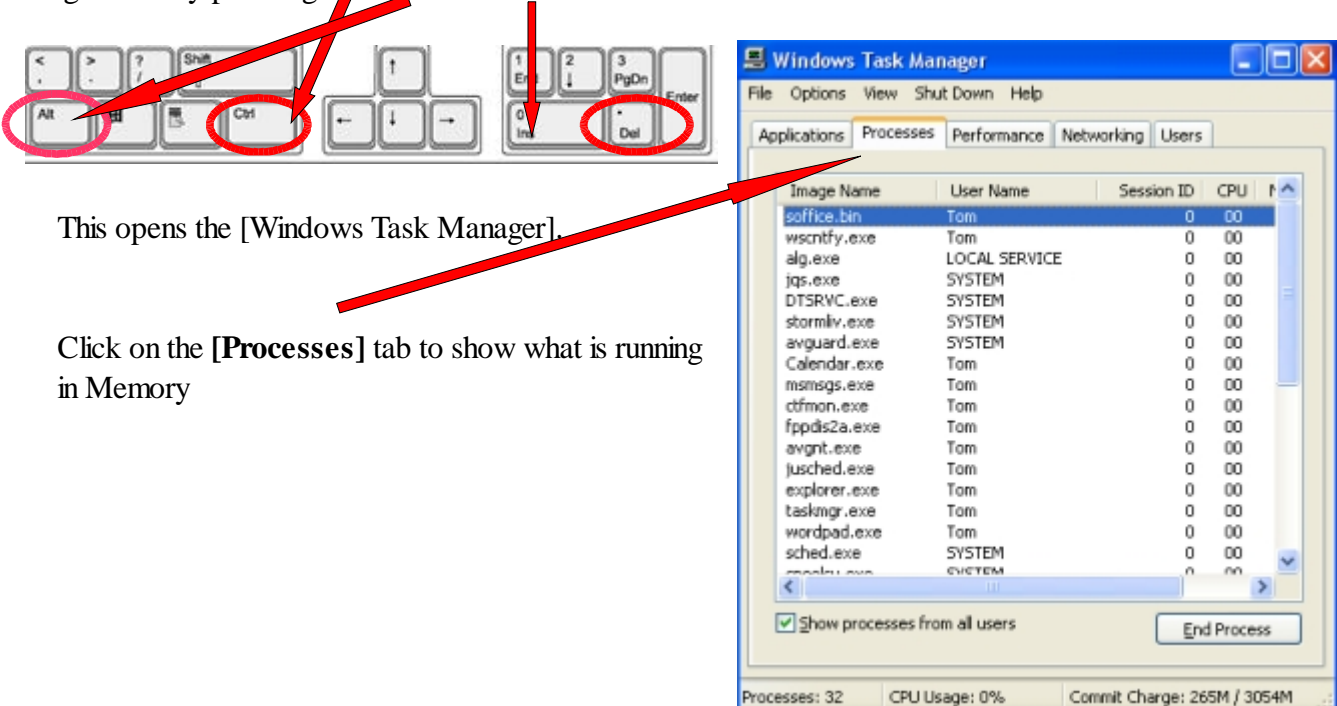
If you find looking at a white screen is hard on your eyes, then here's a trick you can try. It's called "High Contrast" mode.

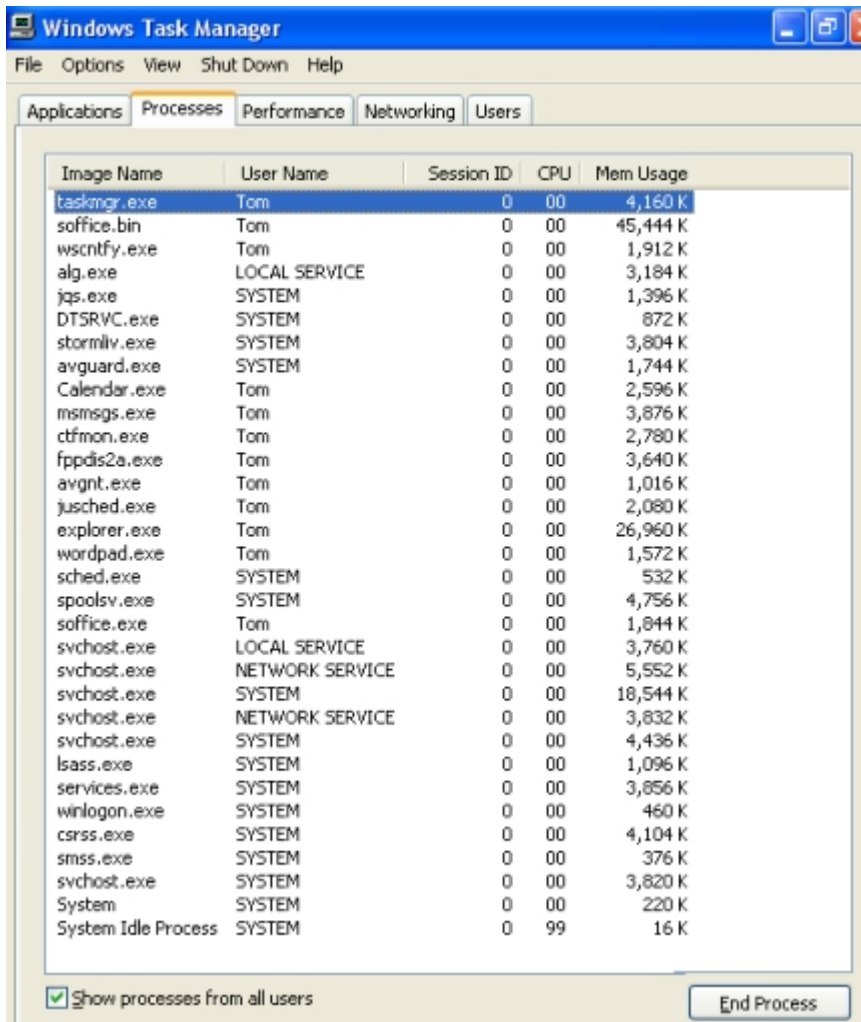


IS YOUR COMPUTER RUNNING SLOW?

If your system seems to be running sluggishly, the main cause is usually the extra programs that may be running in the background on your system.

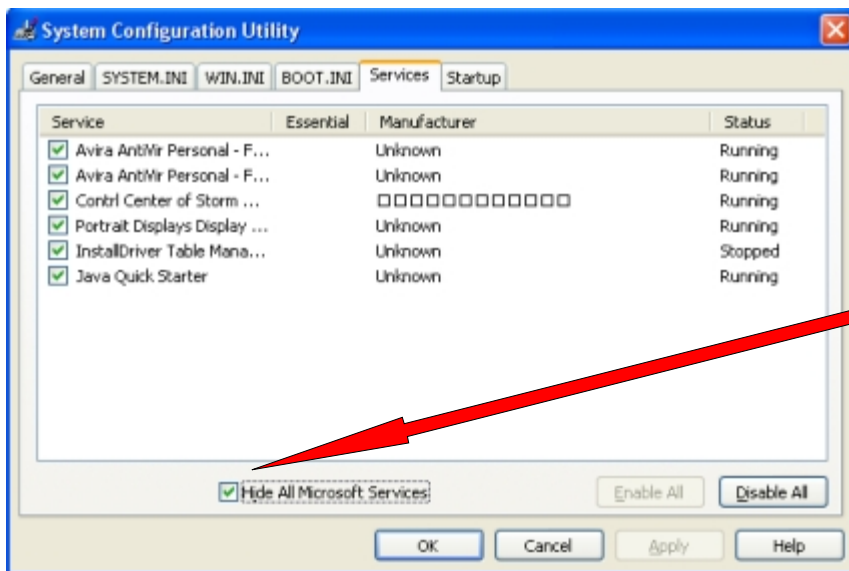
When your computer is slowing down, it usually means that you require more memory. Instead of adding more memory, you can easily remove programs and stop them from consuming all of it. The easiest way of doing this is by pressing **Ctrl + Alt + Del**





This window will show exactly how much memory each program is using. You can click the **[End Process]** button to close any program you don't think you need running. Just be careful, you may not want to close any program running under the name of **“System,”** because you might shut down something what Windows needs to operate correctly.

Instead of closing all of these programs every time you turn on your computer, you could use the msconfig command to stop them for good. Go to Start, Run and type in “msconfig.” Click the Start-Up tab. You can then uncheck the programs that you do not want to run when your computer starts and then click OK. However, you need to be careful again to not uncheck any programs that are required for Windows to work.



With the System Configuration Utility open, Click on **[Services]** tab.

To make sure you don't turn off a Windows System file. [Tick the box shown.](#)

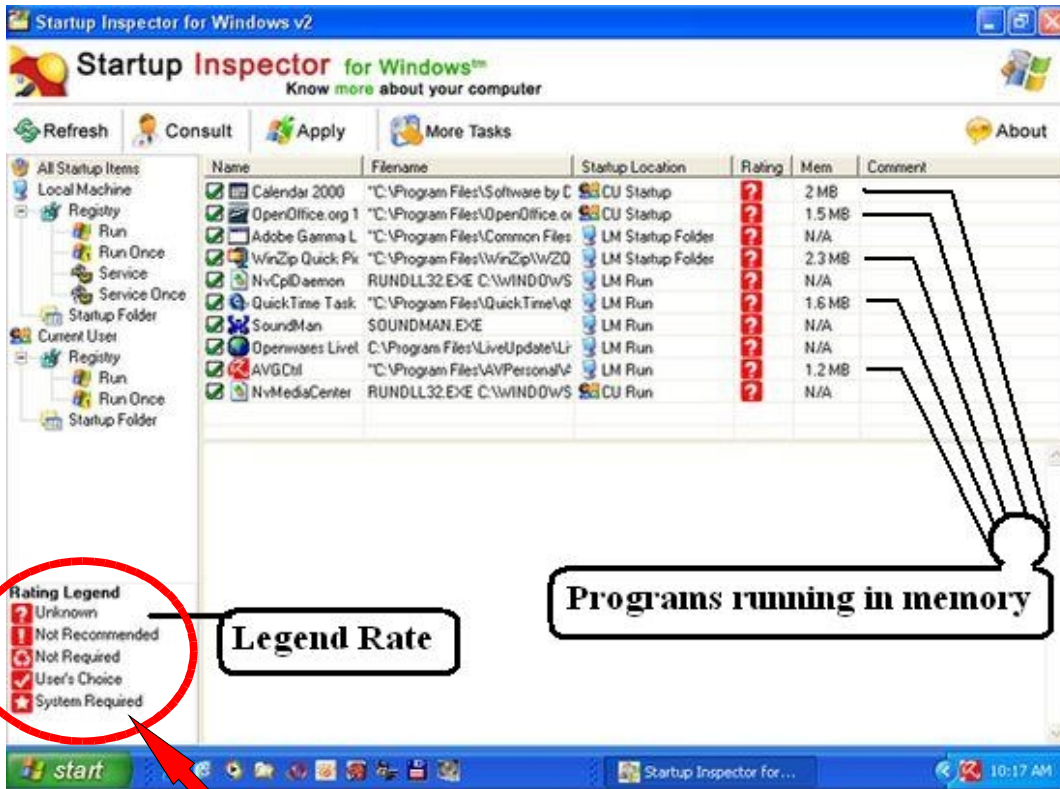
Tick this box. Now all Services that are not normally required can be turned off.

Make sure you don't turn off your ant-virus program.

A far safer way to turn off some software that loads at start up is to install 'Start Up Inspector for Windows'

Found on our Club DVD...

Poster Forge	Make a Wanted or Movie poster from built-in templates (can make plain poster).
Presto Video	Capture or download movie files for editing and movie making.
Start-Up Inspector	Find what is loading at startup. Turn off any startup files not required.
Coffee Break	One page Tips on using XP and fine tuning the operating system.
DeKnop	Make buttons for your web pages.
DVD_Cut	Cut unwanted footage from a mpeg2 movie file.
swfDrop	Convert .swf video files to .avi video that is windows compatible.
Backup2Zip	Backup is a lightweight freeware backup tool.
Video-Message	Handy tool that allows you to create a video postcard from any video.
Background Music	Royalty free background music for your slide show.
Presentations	Club presentations in Power Point format. Can also be viewed with OpenOffice.



There are 5 programs running in memory.

The only one required is the Virus Check program.

The others are only there for quick launch which can be managed from Windows desktop.

Programs running in memory

Legend Rate



The [Rating Legend] in the lower Left hand corner indicates what is safe to turn off.

The main ones not to touch are [System files]

Start Up Inspector displays the programs that run at start-up, the Windows System files are not shown on this first option.