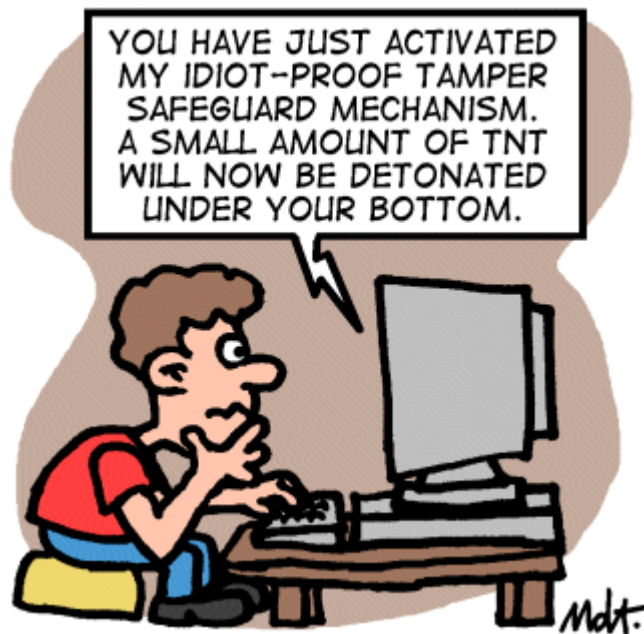


Keeping your Computer Happy And Being Net-Wise





Servicing your computer

The main causes of instabilities with Microsoft Windows 2000 to XP pro

- **Viruses..... Which can.....**
 - Slow down your computer by using it to attack other computers on the internet.
 - Monitor your key-strokes and send them as text files across the internet for malicious use by others and there fore collecting passwords/user names/internet banking/ anything you type on your keyboard is sent...
 - Stop parts of windows system from working.
 - Deny you your internet connection
 - Destroy your system boot information so windows cant start
 - Email them to every contact in your Email programs contacts list. And much more...

- **Mal Ware**
 - These are small programs claiming to be what they are not, like a tool bar for your browser or a free spy-ware scanner. They seem to be doing what they say they do. But are actually downloading adverts – pop ups – and 3rd party spy ware onto your computer.

- **Spy-ware**
 - These can be confused with viruses as spy-ware is a program silently installed on your pc and used to spy on you.
 - Web sites can install spy ware and mal ware. Programs used to download from the internet can install both these on your system whilst downloading.
 - An infected download can do any of the items listed in this section.
 - Spy-ware will: record the websites you visit – programs you install and use – key strokes – log your computers hardware assets – if a working microphone is detected then , yes, sound can be monitored and recorded.

- **Corrupted / Damaged windows registry**
 - Your computers registry is a giant file storing everything about how windows should work. Everything from desktop preferences to each user's personal settings, even what windows should look like... everything! You can view your registry by clicking **Start, Run** and typing **regedit** into the run dialog and then clicking **OK** to launch the registry editor... **WARNING** do not make any changes unless you have good knowledge of windows, as you could easily render windows useless or loose some functionality. Just have a peep and then close it...

- **Insufficient computer memory (very common)**
 - Memory lives on silicon chips inside your computer pushed into sockets, and is often referred to as RAM

- When windows start's up, it loads itself into ram. When you run a program for emails or music or games etc, it loads into ram.

- Windows uses this ram to store what you do as you do it. Windows xp can survive on 256 – 512 meg of ram, but to perform at its best it really needs 700+ meg of ram. You can see how much ram you have by right clicking on **MY Computer** and selecting **Properties** from the menu that pops up. At the bottom will be your ram details.
- If windows-xp runs out of ram whilst you use it, it will begin using your computers hard drive as ram. Your computers hard drive is over 70% slower than RAM. Windows then has to spend time waiting for the hard drive to constantly read and right data, making your PC a lot slower.

- **Failing hard drive or drive with multiple bad sectors**
 - Before windows can live on your hard drive, the drive is formatted into sectors and 4 – 8kb clusters and then referred to as a file-system.
 - All that you install - download - make & save; is stored on this file-system. This file system can be damaged if the following happens.
 - Pc is switched of at wall before it shuts down properly
 - Case gets a hard knock whilst hard drive is in use by windows
 - Pc is constantly re-booted in the middle of starting up.
 - The hard drive is over 3-5 years old and has a lot of use due to low RAM forcing windows to use drive excessively.

- **Failing Power supply**
 - The power supply at the back-top of case supplies many different levels of power to various parts inside the computer.
 - When this power supply ages the power levels degrade, and some times allow the computer to start up but after a while just switch of or loose hard drive use.
 - The more usb devices plugged into a computer, and or cards on the motherboard, the greater demand on the power supply. If the power supply is 250 watts or lower it will age rapidly.
 - Some times usb devices will have their own power supply.

These are just some of the most common causes of PC instabilities, the last two being the least common. Prevention is the best starting point and in this document is addressed in the following order of contents..

- 1. Having the right attitude and software installed to protect your pc.*
- 2. Having the right type of software for protecting against mal-ware and spy-ware*
- 3. Using the best known laymen's measures for stopping hackers starting with a firewall.*
- 4. Using the best known free and paid-for software tools and utilities to maintain the pc and keep windows stable and your data safe.*
- 5. A little education and tips in how to do the most common things safely and wisely, such as downloading music-movies-software- using chat rooms – safe guarding against bad web sites. Yes.. a website can seriously damage your pc if allowed to.*
- 6. Adult-internet activities ... without going into details.. Why they are the worst and how to safe guard against the methods they use to hook web browsers and the higher level of viruses and mal ware such activities attract.*

Having the right attitude and software installed to protect your pc.



You know when you're pc's 'done for' when a simple job like opening the My Computer folder takes a whole holiday to open, Or the hard drive data light spends more time flashing than the PC spends working., or you open a website only to see four more pages pop up selling everything from socks to sex-aids or a plea to install their dumb-s**t tool bar that does it all..!!!! Except it doesn't.!!

We will run through some good programs to put on your PC but the most important factor in pc safety IS YOU!!! Whizzing through the web installing this and playing that whilst watching them, and clicking on those,,,, is not the best approach to using the internet. The programs we will mention help a lot but the Net-Wise part of your brain will need some refinements..

Being Net-Wise

You cant just click on it all.. and play-play-play. Proven research testing 4.7m websites has shown that 10% contained some kind of internet poison, or unsafe Drive-By-Downloads. In Feb 2007 Boutell.com (<http://www.boutell.com/newfaq/misc/sizeofweb.html>) had counted 108,810,358 running websites, but that's by no means all of them, this is just the web servers that declare holdings, there are many more hidden web servers and sites in the world especially those running porn sites, download sites that try avoiding identification. Some specialist's estimate over 150 million web sites in use in 2008. At a rate of over 200 a day in uk and usa being purchased for use out of which possibly 85-100 actually make it surviving the first year. So.. I would say it's more like 55% - 75% of websites contain internet poison. So,, how do they do it..

Drive-by-Downloads

You can visit a website and whilst you're looking around the site will auto download files onto your computer and set them to run a silent install..!! Sounds hard to believe! Well it's a fact, a lot goes on in the background when you're on a website and if you're not covered, your F@&%ked.....

Too good to be true

Some websites offer a fantastic tool bar for your web browser, or a brilliant PC security scanner and cleaner that fixes everything.. Except they don't, ... they F\$%* UP everything..!! There are hundreds of sites offering software and tools for your pc that are free but actually BOGUS! They do not do the job..! A popular bogus application is Antivirus2009 also known as AV2009 or Anti-V2009. This program pretends to scan your pc for mal-ware and Viruses and then pretends to find lots of said baddies.. The program looks like its working but its really watching YOU and what ~YOU like on the web and god knows what else that would invade your security and privacy. The program also downloads other Trojans and mall ware and actually helps them to stay hidden and displays bogus PC error messages on your screen.. Nasty!!!

You think you're on a good deal..!!! Nice bit of free software... keep you safe what nice people they are letting me use it for free... SHUT UP YOU PONSE!!! SLAP YOURSELF AROUND THE FACE... QUICKLY!! And wakeup.. not all the best things in life are free.. If you see something you like GOOGLE the web for it and see what others have to say about it before you download it and use it.. Try it now.. hit the web and goto www.google.co.uk and search for [antivirus2009](#)

The result will show multiple links on how to remove this crap, and also websites that expose its bogus activities and an explanation on what it really does.. Its not just about its danger factor, its about its usefulness also, is it worth having all together!

So you're 1st rule is GOOGLE FOR IT FIRST.... No matter what it is... if you're thinking about installing something from the web onto your PC..... RESEARCH IT FIRST ON THE WEB!!!!

The tool bar trick

You probably remember installing the Google tool bar and maybe the AVG8.0 tool bar, they offer superb extras for use in your web browser like checking a websites popularity or if it has a dangerous rating according to AVG antivirus perhaps. But.. Yes you guessed it, some tool-bars will mess you up!!! Most likely ones claiming to be pop-up stoppers...

Toolbars are tricky because many tool bars are good ones. Some are not bad, but end up being a hindrance instead. Some software installations are crafty.. They display a tiny little check box at any part of the installation with an option to not install their tool bar.. Almost all the software designers do it because they want their tool bar to dominate your browser.. its promoting them when you/others use your computer. They also want to use the tool-bars extras they put in to watch your usage of their software to genuinely improve their service,, but its still an invasion of privacy...

The other problem is one day you'll open you're web browser to do some surfing on the web and think to yourself ..."were the F&*\$K did all these tool bars come from that are now getting in my way and shrinking my viewable web page space!!" ITS YOU DUMB ASS!!.. You're not keeping an eye on things when you install new software on your pc. Watch every option and read every part of the install process as the installation ask's you for input and offers changeable options in the form of little boxes with ticks in them or those dots in circles you switch on and off.. They are check-boxes and radio-buttons and they allow you to make little changes in how the software installs itself..

Miss that option to de-select that tool bar form installing as well may mean having to un-install the software and start again... if you're lucky, the tool bar part might be separately listed in the Add-Remove programs applet in the control panel via your Windows Start menu.

Having too-many tool bars installed can reduce your PC's performance and waste unnecessary ram and view space in both web browsers and the desktop explorer.

So you're 2nd rule is ALWAYS CHECK THE AVAILABLE OPTIONS when/as/whilst you are installing new software on to your PC to avoid un-wanted extras being installed.

Internet ID Theft

You most likely have a strong internet ID if you've been using the web more than 6 months, because many things contribute to an internet ID or should I say ID's.. You're... E-mail address, Messenger handle, Face Book handle, My Space handle, Chat forum handle, IMVU handle, what ever you've registered with that requires you to have a nick name on the web(handle) is forming part of your internet ID. This also includes news group feeds, blog sites, etc that hold your e-mail address.

People can contact you through most if not all of the sites that contain elements of your ID's, a message sent via messenger or Face Book account, or My Space account, you get it..!!!

They all allow people to mail you.. send you information. These forms of contact can and are abused, buy sending messages that use scare mongering and be-friend'ing tac-tics to catch your attention and steer you to web sites full of S**T to the likes of what we've already covered.

There are Web-Bots crawling the web designed to collect contact details from many sites like My Space and Face Book and many more. These Bots don't always succeed but in many cases do.

Building a giant list of peoples net ID's makes others a lot of money. Sellers, advertisers, Promoters and all-sorts will pay good money for these lists to use in add campaigns. **YOU'RE NET ID IS A DESIRED THING SO TAKE STEPS TO PROTECT IT** most importantly your e-mail address.

Set up another e-mail address with Yahoo or hotmail or g-mail and use it for all virtual-community sites like face book/my space/imvu etc and keep the one your ISP provided as the supper private one.

Never use any part of your real name in a nick name on any website, where some web sites require you to state your location keep it as brief as possible like "Name: The Reaper Location:UK"

All virtual-community web sites must have Terms & Conditions, find them and read them.. These F%%kers often make them hard to find but still available in order to be legal. When you do find them its most likely some will state they have a right to give your details to a third party member in some form. If the web server that holds the web site you're using is NOT based in a European country is it still bound by the data protections act??? Probably not.!!!

Some web sites like you to register, but if you don't check the small print you find they've given your E-mail address to others.. This is why you always keep that supper private e-mail address safe and set up another one FOR EVERYTHING ELSE!!!

So you're 3rd rule is ALWAYS HAVE AT LEAST ONE SUPPER PRIVATE E-MAIL ADDRESS

And 4th rule is ALWAYS CHECK TERMS & CONDITIONS OF WEB SITES FOR PERSONAL DATA PRACTICES

And 5th rule is BE AS VAUGE AS POSSIBLE ABOUT YOUR NAME, AGE, and ADDRESS

E-mail miss direction

A little of the subjects in 'Internet ID theft' apply in this section, but we are now looking at a real nasty method used to catch people out and its in the top 3 for infecting pc's.

You've just learnt some ways how people can get hold of your E-mail address, and that's why some times you may receive an e-mail from some **** whitt trying to play the game of miss-direction with you. Here's the play to run through your mind.. (it's a long but true story for many)

You check your mail one day, and open a mail from some company to do with PC tools and security *(its from that 3rd party ***ker!)*

You open and read it, and it say's.. "We specialise in computer security and you have been selected from over 1000 e-mail addresses to try our new release for free for the first year and then only pay 24.99 each year there after" "Keep your PC error Free and stable with our new 2009 software release of Anti_V2009"

*You think... @**! ME that sounds great, im a lucky guy!!*

So you click on the web site link contained in the e-mail with excitement at getting your free kit that takes care of it all.. The web site opens and there's a little form for you to fill in, which you do, and click submit, where upon it then has another form asking for your credit card details to register and get your free software which you start paying for in 12 months time.. If you don't register with the card, you don't get it... so you do it...

This is the point at witch you're cruelly lowered into a false sense of security and let the website redirect you to its download page where they give you the download and then stick a nasty drive-by-download on you're PC as well, the " *&*ers!!

You think.... Cool!! Ive got the software lets install it and have that fast running pc I've dreamed about

You install the software and reboot your pc when asked to. It starts up and all looks good. PCs a little slow but isn't that why you installed this free supper duper tool, you lucky person you..!! not!!

You think.... Great, I'm going to scan and fix my pc, should run loads better now, I can't wait!!

You fire up the software and do a scan. It finds s**t loads of bad Trojans and viruses and mall ware, its ripping through your PC finding it all and killing sooooo much bad s**t that you almost cry.. It finishes and demands you reboot in order to complete the repair. Which you do.. Things look ok its seems to be running better and did kill all that bad s**t earlier.. *Did it ***K!!!*

Three days later you're back on the PC and surfing the web telling your mates about your supper new tool you got for free.. Suddenly a window pops up in the middle of the browser displaying your new tools logo and saying "Trojan T-virus detected in the registry please click here to fix it"

You think.... \$%^& Me its my new tool! Better do it, wow, must be really good kit!!!

You click the button on the window and the web browser opens and goes to a web site advertising a free Windows registry fixer, You see its related to your new AV2009 supper duper kit you got for free so you go for it and download and install this extra new and free kit.

You reboot and can't wait to run the registry fixer. That bloody pop-up comes up again.. but you don't care, you've got another supper duper free tool to fix that \$%^*ER. You run the regfix tool and it finds soooooo much bad s**t you cry even more than last time..

Weeks go by and the pc begins to get a little slower, you keep doing scans with your new kit and its not finding much so you're not sure what to do at this point.

You think... Ummm something's not right; I had to wait three hours before the pc opened a web page this morning and my supper duper fix it kit doesn't find much wrong.

In Fact! You've probably not realized it yet but you're supper duper kit are the only programs that seem to run well on your PC.. And when you get your credit card statement through you see 24.99 has gone out the account!!! You use another pc to check with their web site and find out that the small print states they will take 24.99 as a deposit on the first year and e-mail a coupon to use and claim one free year of usage. *And when you checked the web site on that other pc, you exposed it to a drive-by-download. So I hope it's well protected.....!!*

You hate your pc now,, you cant surf the net without some bloody pop-up showing up and finding more web pages open in new browser windows advertising some s**t your not even interested in.

Anything you try and do on that %^&*ING computer takes ages to start and forever to use when it's loaded in to windows....

*You think... Ummm That supper duper tool ain't worth ***T, im gana remove it right now.*

After waiting ten years for control panel to open, you finally get the Add Remove programs applet to run. You go on holiday and come back just in time to see the programs finish listing in the add Remove applet. You drop your suite case run to the pc and select Anti-V2009 and click hard on the REMOVE / UNINSTALL button. Off it goes doing its ***T and removing that not so supper duper tool. You do the same for that piece of crap registry fixer and re boot the pc

*You think... Die F***KER cant believe I fell for that shit..!!! Cant wait to get it off and back to the way it was before, even though it was a bit slow..*

The pc takes a life time to start up, you think its just finishing the kill process.. whoopee!!.. But alas no... When it does finally finish starting up and you rush to the web browser, it's all slow and full of those constantly appearing pop-ups. The start menu has bits missing, windows update wont work, your desktop keeps disappearing, and lots of system error messages keep popping up, then your start getting big blue screens with strange white writing and stuff you don't understand saying windows crashed!!

*You think... F***K this I'm off to pc world for some new shit that works!!!!*

Then it hits you...!! Ho ***T ive just lost all my photo's, and e-mails, and Web bookmarks, and internet invoices and..... *S..t mate let it go.... Its gone!!!!*

Only it's not all gone. And in many cases things can be fixed. But the frustration and stress these F\$%^ERS can cause is huge, especially if you depend on that pc!!!!

The story was beefed up a little and perhaps rough in places, but it wasn't meant to be nice.. It was intended to put across a serious issue with no rose-glasses to make the point hit home..

E-mail miss direction!!! Not all things offered by mail are supper duper!!

So you're 6th rule is never trust un-recognised e-mails from companies or organizations or individuals offering something without researching its subject in Google

And 7th rule never click on website links in e-mails without finding out more about there target website if possible

THE GOLDEN RULES FOR NETWISE PEOPLE

1. **Always do research on the web about software you would like to install on your PC.**
2. **Always check each stage of a down-loaded software installation for options to de-select optional tool bars and other un-wanted extras..**
3. **Always have at least two e-mails addresses and keep one supper private for personal use.**
4. **Check Terms & Conditions of websites you register with to see if they pass-on your personal or contact details to a third party member.**
5. **Be as vague as possible about any part of your identification when registering with a web site or setting up a user account.**
6. **Any E-mails from companies or organisations offering free stuff or even some paid stuff should be researched in Google BEFORE going anywhere near their website or download that they offer.**
7. **Never click on website links in e-mails unless you know the site or have researched it in Google first.**
8. **Checkout PCpetes.co.uk and get the right stuff and advice before committing..**

Finally.....

I hope this document was helpful, and if not, you at least enjoyed the read.. Please remember this was the beginners issue and that there are more advanced resources on the website..

Thanks for spending time with us...

bye..