

Re: Can't run system restore

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Thank you for all that information. Actually, I had done EVERYTHING that you mentioned! (I am a self-taught computer nut.)

I TURNED OFF the System Restore, even though I lost my former restore points. I then turned it back on, and created some new restore points. Presto, the system restore started to work again (just like you had suggested). Sometimes, I just let my intuition go to work when everything else has failed!

Margaret :)

"Shenan Stanley" wrote:

> *bartsanz wrote:*
> > *Windows XP/McAfee virus pro/MSN firewall/auto updates from*
> > *MSN/Earthlink DSL system 2 yrs. old*
> >
> > *My system is running slow, getting worse all the time. I tried my*
> > *old trick of running the system restore. But no matter which date I*
> > *pick, the program tells me that it cannot restore to the appointed*
> > *date.*
> >
> > *Any clue as to the problem?*
>
> *Could be a multitude of things. Old applications you don't need taking up*
> *space.. Spyware/Adware.. Viruses/trojans.. etc.*
>
> *Don't want to read all of this? Read these two links instead:*
>
> *Protect your PC*
> <http://www.microsoft.com/security/protect/>
>
> *What to Know Before You Download and Install Windows XP Service Pack 2*
> http://www.microsoft.com/windowsxp/sp2/sp2_whattoknow.mspx
>
>
> *Let's take the cleanup of your computer step-by-step. Yes, it will take*
> *up some of your time - but again - consider what you use your computer*

microsoft.public.security: Re: Can't run system restore

- > *for and how much you would dislike it if all of your stuff on your*
- > *computer went away because you did not "feel like" performing some*
- > *simple maintenance tasks – think of it like changing the oil in your car,*
- > *changing the air filter on your home A/C unit, paying your bills on time,*
- > *etc.*
- >
- > *Let's go through some maintenance first that should only have to be done*
- > *once (mostly):*
- >
- > *Tip (1):*
- > *Locate all of the software (the installation media – CDs, etc) that you*
- > *have installed on your computer. Collect these CDs into a single pile*
- > *and locate the original installation media (CDs, disks) in a central and*
- > *safe place along with their CD keys and such. Make backups of these*
- > *installation media sets using your favorite copying method (CD Burner and*
- > *application, Disk copier, etc.) You'll be glad to know that if you have*
- > *a CD burner, you may be able to use a free application to make a*
- > *duplicate copy of your CDs. One such application is ISORecorder:*
- >
- > *ISORecorder home page (with general instructions on use):*
- > <http://isorecorder.alexfeinman.com/isorecorder.htm>
- >
- > *Pre–SP2 version:*
- > <http://isorecorder.alexfeinman.com/IsoRecorder/download.asp>
- >
- > *Post–SP2 beta version:*
- > <http://isorecorder.alexfeinman.com/download/ISORecorderV2B2.zip>
- >
- >
- > *Tip (2):*
- > *Empty your Internet Explorer Temporary Internet Files and make sure the*
- > *maximum size for this is small enough not to cause trouble in the future.*
- > *Empty your Temporary Internet Files and shrink the size it stores to a*
- > *size between 10MB and 360MB..*
- >
- > *– Open ONE copy of Internet Explorer.*
- > *– Select TOOLS –> Internet Options.*
- > *– Under the General tab in the "Temporary Internet Files" section, do the*
- > *following:*
- > *– Click on "Delete Cookies" (click OK)*
- > *– Click on "Settings" and change the "Amount of disk space to use:" to*
- > *something between 10MB and 360MB. (Betting it is MUCH larger right*
- > *now.)*
- > *– Click OK.*
- > *– Click on "Delete Files" and select to "Delete all offline contents"*
- > *(the checkbox) and click OK. (If you had a LOT, this could take 2–10*
- > *minutes or more.)*
- > *– Once it is done, click OK, close Internet Explorer, re–open Internet*
- > *Explorer.*
- >
- >

- > *Tip (3):*
- > *If things are running a bit slow or you have an older system*
- > *(1.5GHz or less and 256MB RAM or less) then you may want to look into*
- > *tweaking the performance a bit by turning off some of the memory*
- > *using Windows XP "prettifications". The fastest method is:*
- >
- > *Control Panel --> System --> Advanced tab --> Performance section,*
- > *Settings button. Then choose "adjust for best performance" and you*
- > *now have a Windows 2000/98 look which turned off many of the annoying*
- > *"prettifications" in one swift action. You can play with the last*
- > *three checkboxes to get more of an XP look without many of the*
- > *other annoyances. You could also grab and install/mess with one*
- > *(or more) of the Microsoft Powertoy – TweakUI in particular:*
- >
- > <http://www.microsoft.com/windowsxp/downloads/powertoy/xppowertoy.msp>
- >
- >
- > *Tip (4):*
- > *Understanding what a good password might be is vital to your*
- > *personal and system security. You may not need to password your home*
- > *computer, as you may have it in a locked area (your home) where no*
- > *one else has access to it. Remember, however, that locked area is*
- > *unlocked when you access the Internet unless you are taking proper*
- > *precautions. Also, you aren't always "in that locked area" when using*
- > *your computer online – meaning you likely have usernames and passwords*
- > *associated with web sites and the likes that you would prefer other*
- > *people do not discover/use. This is why you should understand and*
- > *utilize good passwords.*
- >
- > *Good passwords are those that meet these general rules*
- > *(mileage may vary):*
- >
- > *Passwords should contain at least six characters, and the character*
- > *string should contain at least three of these four character types:*
- > *– uppercase letters*
- > *– lowercase letters*
- > *– numerals*
- > *– nonalphanumeric characters (e.g., *, %, &, !)*
- >
- > *Passwords should not contain your name/logon name. Passwords should*
- > *be unique to you and easy to remember. One method many people are*
- > *using today is to make up a phrase that describes a point in their*
- > *life and then turning that phrase into their password by using only*
- > *certain letters out of each word in that phrase. It's much better*
- > *than using your birthday month/year or your anniversary in a pure*
- > *sense. For example, let's say my phrase is:*
- > *"Discharged from Marines in 1964"*
- > *I could come up with this password from that:*
- > *"DifrMain64"*
- >
- > *The password tip is in the "one time" section, but I highly*

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> *recommend you periodically change your passwords. The suggested time*
> *varies, but I will throw out a "once in every 3 to 6 months for*
> *every account you have."*

>

>

> *Tip (5):*

> *This tip is also "questionable" in the "one time" section. However,*
> *if properly setup, this one can be pretty well ignored for most people*
> *after the initial "fiddle-with" time.*

>

> *Why you should use a computer firewall..*

> <http://www.microsoft.com/athome/security/viruses/fwbenefits.msp>

>

> *You should, in some way, use a firewall. Hardware (like a nice*
> *Cable Modem/DSL router) or software is up to you. Many use both of*
> *these. The simplest one to use is the hardware one, as most people*
> *don't do anything they need to configure their NAT device for and*
> *those who do certainly will not mind fiddling with the equipment to*
> *make things work for them. Next in the line of "simplicity" would*
> *have to be the built-in Windows Firewall of Windows XP. In SP2 it*
> *is turned on by default. It is not difficult to turn on in any*
> *case, however:*

>

> *Enable/Disable the Internet Connection Firewall (Pre-SP2):*

> <http://support.microsoft.com/kb/283673>

>

> *More information on the Internet Connection Firewall (Pre-SP2):*

> <http://support.microsoft.com/?kbid=320855>

>

> *Post-SP2 Windows Firewall Information/guidance:*

> <http://snipurl.com/atal>

>

> *The trouble with the Windows Firewall is that it only keeps things*
> *out. Truthfully, for most people who maintain their system in other*
> *ways, this is MORE than sufficient. However, you may feel otherwise.*
> *If you want to know when one of your applications is trying to obtain*
> *access to the outside world so you can stop it, then you will have to*
> *install a third-party application and configure/maintain it. I have*
> *compiled a list with links of some of the better known/free firewalls*
> *you can choose from:*

>

> *ZoneAlarm (Free and up)*

> <http://snipurl.com/6ohg>

>

> *Kerio Personal Firewall (KPF) (Free and up)*

> http://www.kerio.com/kpf_download.html

>

> *Outpost Firewall from Agnitum (Free and up)*

> <http://www.agnitum.com/download/>

>

> *Sygate Personal Firewall (Free and up)*

- > http://smb.sygate.com/buy/download_buy.htm
- >
- > Symantec's Norton Personal Firewall (~\$25 and up)
- > <http://www.symantec.com/sabu/nis/npf/>
- >
- > BlackICE PC Protection (\$39.95 and up)
- > <http://blackice.iss.net/>
- >
- > Tiny Personal Firewall (~\$49.00 and up)
- > <http://www.tinysoftware.com/>
- >
- > Perhaps you can find the right firewall for your situation in that
- > list and set it up/configure it. Every firewall MAY require some
- > maintenance. Essentially checking for patches or upgrades (this
- > goes for hardware and software solutions) is the extent of this
- > maintenance – but you may also have to configure your firewall to
- > allow some traffic depending on your needs. Also, don't stack these
- > things. Running more than one firewall will not make you safer
- > – it would likely (in fact) negate some protection you gleaned
- > from one or the other firewalls you run.
- >
- >
- > Now that you have some of the more basic (one-time) things down..
- > Let's go through some of the steps you should take periodically to
- > maintain a healthy and stable windows computer. If you have not
- > done some of these things in the past, they may seem tedious at
- > first – however, they will become routine and some can even be
- > automatically scheduled.
- >
- >
- > Tip (6):
- > The system restore feature is a new one – first appearing in Windows
- > ME and then sticking around for Windows XP. It is a VERY useful
- > feature – if you keep it maintained and use it to your advantage.
- > However, remember that the system restore pretty much tells you in
- > the name what it protects – "system" files. Your documents, your
- > pictures, your stuff is NOT system files – so you should also look
- > into some backup solution.
- >
- > I'll mainly work around Windows XP, as that is what the bulk of this
- > document is about. I will, however, point out a single place for you
- > poor souls still stuck in Windows ME where you can get information on
- > maintaining your system right now:
- >
- > Windows ME Computer Health:
- > <http://www.microsoft.com/windowsME/using/computerhealth/articles/>
- >
- > Pay close attention to the sections:
- > (in order)
- > – Clean up your hard disk
- > – Check for errors by running ScanDisk

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- > – Defragment your hard disk
- > – Roll back the clock with System Restore
- >
- > Now back to the point at hand – maintaining your system restore in
- > Windows XP *SHOULD* be automatic – but I have seen the automatic go wrong
- > too many times not to suggest the following.. Whenever you think about
- > it (after doing a once–over on your machine once a month or so would
- > be optimal) – clear out your System Restore and create a manual
- > restoration point. Why? Too many times have I seen the system restore
- > files go corrupt or get a virus in them, meaning you could not or
- > did not want to restore from them. By clearing it out periodically
- > you help prevent any corruption from happening and you make sure you
- > have at least one good "snapshot".
- > (This, of course, will erase any previous restore point you have.)
- >
- > – Turn off System Restore.
- > <http://support.microsoft.com/?kbid=310405>
- > – Reboot.
- > – Turn on System Restore.
- > <http://support.microsoft.com/?kbid=310405>
- > – Make a Manual Restoration Point.
- > <http://snipurl.com/68nx>
- >
- > That covers your system files, but doesn't do anything for the files
- > that you are *REALLY* worried about – yours! For that you need to look
- > into backups. You can either manually copy your important files, folders,
- > documents, spreadsheets, emails, contacts, pictures, drawings and so on
- > to an external location (CD/DV – any disk of some sort, etc) or you can
- > use the backup tool that comes with Windows XP:
- >
- > *How To Use Backup to Back Up Files and Folders on Your Computer*
- > <http://support.microsoft.com/kb/308422>
- >
- > Yes – you still need some sort of external media to store the results
- > on, but you could schedule the backup to occur when you are not around,
- > then burn the resultant data onto CD or DVD or something when you are
- > (while you do other things!)
- >
- >
- > Tip (7):
- > You should sometimes look through the list of applications that are
- > installed on your computer. The list *MIGHT* surprise you. There are more
- > than likely things in there you *KNOW* you never use – so why have them
- > there? There may even be things you *KNOW* you did not install and
- > certainly do not use (maybe don't WANT to use.)
- >
- > This web site should help you get started at looking through this list:
- >
- > *How to Uninstall Programs*
- > <http://snipurl.com/8v6b>
- >

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- > *A word of warning – Do NOT uninstall anything you think you MIGHT need*
- > *in the future unless you have completed Tip (1) and have the installation*
- > *media and proper keys for use backed up somewhere safe!*
- >
- >
- > *Tip (8):*
- > *Patches and Updates!*
- >
- > *This one cannot be stressed enough. It is SO simple, yet so neglected*
- > *by many people. It is especially simple for the critical Windows patches!*
- > *Microsoft put in an AUTOMATED feature for you to utilize so that you do*
- > *NOT have to worry yourself about the patching of the Operating System:*
- >
- > *How to configure and use Automatic Updates in Windows XP*
- > *<http://support.microsoft.com/kb/306525>*
- >
- > *However, not everyone wants to be a slave to "automation", and that is*
- > *fine – as long as you are willing to do things manually. Admittedly, I*
- > *prefer this method on some of my more critical systems.*
- >
- > *Windows Update*
- > *<http://windowsupdate.microsoft.com/>*
- >
- > *Go there and scan your machine for updates. Always get the critical ones*
- > *as you see them. Write down the KB##### or Q##### you see when*
- > *selecting the updates and if you have trouble over the next few days,*
- > *go into your control panel (Add/Remove Programs), match up the latest*
- > *numbers you downloaded recently (since you started noticing an issue) and*
- > *uninstall them. If there was more than one (usually is), uninstall them*
- > *one by one – with a few hours of use in between, to see if the problem*
- > *returns. Yes – the process is not perfect (updating) and can cause trouble*
- > *like I mentioned – but as you can see, the solution isn't that bad – and is*
- > *MUCH better than the alternatives.*
- >
- > *Windows is not the only product you likely have on your PC. The*
- > *manufacturers of the other products usually have updates as well. New*
- > *versions of almost everything come out all the time – some are free, some*
- > *are pay – some you can only download if you are registered – but it is best*
- > *to check. Just go to their web pages and look under their support and*
- > *download sections. For example, for Microsoft Office update, you should*
- > *visit:*
- >
- > *Microsoft Office Updates*
- > *<http://office.microsoft.com/>*
- > *(and select "downloads")*
- >
- > *You also have hardware on your machine that requires drivers to interface*
- > *with the operating system. You have a video card that allows you to see on*
- > *your screen, a sound card that allows you to hear your PC's sound output and*
- > *so on. Visit those manufacturer web sites for the latest downloadable*
- > *drivers for your hardware/operating system. Always (IMO) get the*

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- > *manufacturers hardware driver over any Microsoft offers. On the Windows*
- > *Update site I mentioned earlier, I suggest NOT getting their hardware*
- > *drivers – no matter how tempting. First – how do you know what hardware*
- > *you have in your computer? Invoice or if it is up and working now – take*
- > *inventory:*
- >
- > *Belarc Advisor*
- > http://belarc.com/free_download.html
- >
- > *EVEREST Home Edition*
- > <http://www.lavalys.com/products/download.php?pid=1&lang=en>
- >
- > *Once you know what you have, what next? Go get the latest driver for your*
- > *hardware/OS from the manufacturer's web page. For example, let's say you*
- > *have an NVidia chipset video card or ATI video card, perhaps a Creative*
- > *Labs sound card or C–Media chipset sound card...*
- >
- > *NVidia Video Card Drivers*
- > <http://www.nvidia.com/content/drivers/drivers.asp>
- >
- > *ATI Video Card Drivers*
- > <http://www.atitech.com/support/driver.html>
- >
- > *Creative Labs Sound Device*
- > <http://us.creative.com/support/downloads/>
- >
- > *C–Media Sound Device*
- > http://www.cmedia.com.tw/e_download_01.htm
- >
- > *Then install these drivers. Updated drivers are usually more stable and*
- > *may provide extra benefits/features that you really wished you had before.*
- >
- > *As for Service Pack 2 (SP2) for Windows XP, Microsoft has made this*
- > *particular patch available in a number of ways. First, there is the*
- > *Windows Update web page above. Then there is a direct download site*
- > *and finally, you can order the FREE CD from Microsoft.*
- >
- > *Direct Download of Service Pack 2 (SP2) for Windows XP*
- > <http://snipurl.com/8bqy>
- >
- > *Order the Free Windows XP SP2 CD*
- > <http://snipurl.com/8umo>
- >
- >
- >
- > *Tip (9):*
- > *What about the dreaded word in the computer world, VIRUS?*
- >
- > *Well, there are many products to choose from that will help you prevent*
- > *infections from these horrid little applications. Many are FREE to the*
- > *home user. Which one you choose is a matter of taste, really. I wouldn't*
- > *list one here I had not personally used – and they all work. Many people*

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- > *have emotional attachments or performance issues with one or another*
- > *AntiVirus software. Try some out, read reviews and decide for yourself*
- > *which you like more:*
- >
- > *Symantec (Norton) AntiVirus (~\$11 and up)*
- > http://www.symantec.com/nav/nav_9xnt/
- >
- > *Kaspersky Anti-Virus (~\$49.95 and up)*
- > <http://www.kaspersky.com/products.html>
- >
- > *Panda Antivirus Titanium (~\$39.95 and up)*
- > <http://www.pandasoftware.com/>
- > *(Free Online Scanner: <http://www.pandasoftware.com/activescan/>)*
- >
- > *AVG Anti-Virus System (Free and up)*
- > <http://www.grisoft.com/>
- >
- > *McAfee VirusScan (~\$11 and up)*
- > <http://www.mcafee.com/>
- >
- > *AntiVir (Free and up)*
- > <http://www.free-av.com/>
- >
- > *avast! (Free and up)*
- > <http://www.avast.com/>
- >
- > *Trend Micro (~\$49.95 and up)*
- > <http://www.trendmicro.com/en/home/us/personal.htm>
- > *(Free Online Scanner:*
- > http://housecall.trendmicro.com/housecall/start_corp.asp)
- >
- > *RAV AntiVirus Online Virus Scan (Free!)*
- > <http://www.ravantivirus.com/scan/>
- >
- > *Most of them have automatic update capabilities. You will have to*
- > *look into the features of the one you choose. Whatever one you finally*
- > *settle with – be SURE to keep it updated (I recommend at least daily) and*
- > *perform a full scan periodically (yes, it protects you actively, but a*
- > *full scan once a month at 4AM probably won't bother you.)*
- >
- >
- > *Tip (10):*
- > *The most rampant infestation at the current time concerns SPYWARE/ADWARE.*
- > *I hate this stuff. It has no purpose. I have seen people try to justify*
- > *it over and over – it's worthless. It slows down your PC, it can send*
- > *your private information to people you'll never meet and did I mention,*
- > *it's worthless. You need to eliminate it from your machine.*
- >
- > *If you use P2P software, this COULD make that stop working. Find some*
- > *decent software to do the same thing – what you are currently using is*
- > *crap.*

microsoft.public.security: Re: Can't run system restore

- >
- > Anyway – there is no one software that cleans and immunizes you against
- > everything. Antivirus software – you only needed one. Firewall, you
- > only needed one. AntiSpyware – you may need several. I have a list and
- > I recommend you use at least the first 5. I know that sounds like a lot,
- > and you may be saying "But you said earlier that I should clean my system,
- > now you are telling me to install more software – 5 pieces in fact!" Okay,
- > I get your point, but please consider that this stuff has prevented the
- > install of the latest service pack for some people, it has the potential
- > to slow and crater your PC, it can send your private information around
- > the world to people you do not know – it is all around BAD.
- >
- > First – make sure you have NOT installed "Rogue AntiSpyware". There are
- > people out there who created AntiSpyware products that actually install
- > spyware of their own! You need to avoid these:
- >
- > Rogue/Suspect Anti–Spyware Products & Web Sites
- > http://www.spywarewarrior.com/rogue_anti-spyware.htm
- >
- > Also, you can always visit this site..
- > <http://mvps.org/winhelp2002/unwanted.htm>
- > For more updated information.
- >
- > Then, my suggestion again is that you at least install the first five of
- > these: (Install, Run, Update, Scan with..)
- >
- > Lavasoft AdAware (Free and up)
- > <http://www.lavasoft.de/support/download/>
- > (How–to: <http://snipurl.com/atdn>)
- >
- > Spybot Search and Destroy (Free!)
- > <http://www.safer-networking.net/en/download/index.html>
- > (How–to: <http://snipurl.com/atdk>)
- >
- > Bazooka Adware and Spyware Scanner (Free!)
- > <http://www.kephyr.com/spywarescanner/>
- > (How–to: <http://snipurl.com/ate3>)
- >
- > SpywareBlaster (Free!)
- > <http://www.javacoolsoftware.com/sbdownload.html>
- > (How–to: <http://snipurl.com/ate6>)
- >
- > IE–SPYAD (Free!)
- > <https://netfiles.uiuc.edu/ehowes/www/resource.htm>
- > (How–to: <http://snipurl.com/ate7>)
- >
- > CWShredder (Free!)
- > http://www.softbasket.com/download/s_8114.shtml
- >
- > Hijack This! (Free)
- > <http://mjc1.com/mirror/hjt/>

microsoft.public.security: Re: Can't run system restore

- > (Tutorial: <http://hjt.wizardsofwebsites.com/>)
- >
- > *ToolbarCop (Free!)*
- > <http://windowsxp.mvps.org/toolbarcop.htm>
- >
- > *Browser Security Tests*
- > <http://www.jasons-toolbox.com/BrowserSecurity/>
- >
- > *Popup Tester*
- > <http://www.popupstest.com/>
- >
- > *The Cleaner (49.95 and up)*
- > <http://www.moosoft.com/>
- >
- > *If used properly, you should have a malware free system now. The last*
- > *two of the first five I suggest you install are immunization applications.*
- > *None of these programs (in these editions) run in the background unless you*
- > *TELL them to. The space they take up and how easy they are to use greatly*
- > *makes up for any inconvenience you may be feeling.*
- >
- > *Unfortunately, although that will lessen your popups on the Internet/while*
- > *you are online, it won't eliminate them. I have looked at a lot of options,*
- > *seen a lot of them used in production with people who seem to attract popups*
- > *like a plague, and I only have a few other suggestions that should help.*
- > *This*
- > *one ends up serving double duty (search engine and popup stopper in one):*
- >
- > *The Google Toolbar (Free!)*
- > <http://toolbar.google.com/>
- >
- > *Yeah – it adds a bar to your Internet Explorer – but its a useful one. You*
- > *can search from there anytime with one of the best search engines on the*
- > *planet (IMO.) And the fact it stops most popups – wow – BONUS! If you*
- > *don't like that suggestion, then I am just going to say you go to*
- > *www.google.com and search for other options.*
- >
- > *Please notice that Windows XP SP2 does help stop popups as well.*
- >
- > *Another option is to use an alternative Web browser. I suggest*
- > *"Mozilla Firefox", as it has some great features and is very easy to use:*
- >
- > *Mozilla Firefox*
- > <http://www.mozilla.org/products/firefox/>
- >
- > *One more suggestion is to disable your Windows Messenger service. This*
- > *service is not used frequently (if at all) by the normal home user and*
- > *in cooperation with a good firewall, is generally unnecessary. Microsoft*
- > *has instructions on how to do this for Windows XP here:*
- >
- > <http://www.microsoft.com/windowsxp/pro/using/howto/communicate/stopspam.asp>
- >

- >
- > *So your machine is pretty clean and up to date now. If you use the sections*
- > *above as a guide, it should stay that way as well! There are still a few*
- > *more*
- > *little things you can do to keep your machine running in top shape.*
- >
- >
- > *Tip (11):*
- > *You should periodically check your hard drive(s) for errors and defragment*
- > *them. Only defragment after you have cleaned up your machine of*
- > *outside parasites and never defragment as a solution to a quirkiness in*
- > *your system. It may help speed up your system, but it should be clean*
- > *before you do this.*
- >
- > *How to use Disk Cleanup*
- > <http://support.microsoft.com/?kbid=310312>
- >
- > *How to scan your disks for errors*
- > <http://support.microsoft.com/?kbid=315265>
- >
- > *How to Defragment your hard drives*
- > <http://support.microsoft.com/?kbid=314848>
- >
- > *I would personally perform the above steps at least once every three months.*
- > *For most people this should be sufficient, but if the difference you notice*
- > *afterwards is greater than you think it should be, lessen the time in*
- > *between*
- > *its schedule.. If the difference you notice is negligible, you can increase*
- > *the time.*
- >
- >
- > *Tip (12):*
- > *SPAM! JUNK MAIL!*
- > *This one can get annoying, just like the rest. You get 50 emails in one*
- > *sitting and 2 of them you wanted. NICE! (Not.) What can you do? Well,*
- > *although there are services out there to help you, some email*
- > *servers/services that actually do lower your spam with features built into*
- > *their servers – I still like the methods that let you be the end–decision*
- > *maker on what is spam and what is not. I have two products to suggest to*
- > *you, look at them and see if either of them suite your needs. Again, if*
- > *they don't, Google is free and available for your perusal.*
- >
- > *SpamBayes (Free!)*
- > <http://spambayes.sourceforge.net/>
- >
- > *Spamihilator (Free!)*
- > <http://www.spamihilator.com/>
- >
- > *As I said, those are not your only options, but are reliable ones I have*
- > *seen function for hundreds+ people.*
- >

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- > *Tip (13):*
- > *ADVANCED TIP! Only do this once you are comfortable under the hood of your*
- > *computer!*
- >
- > *There are lots of services on your PC that are probably turned on by default*
- > *you don't use. Why have them on? Check out these web pages to see what all*
- > *of the services you might find on your computer are and set them according*
- > *to*
- > *your personal needs. Be CAREFUL what you set to manual, and take heed and*
- > *write down as you change things! Also, don't expect a large performance*
- > *increase or anything – especially on today's 2+ GHz machines, however – I*
- > *look*
- > *at each service you set to manual as one less service you have to worry*
- > *about*
- > *someone exploiting. A year ago, I would have thought the Windows Messenger*
- > *service to be pretty safe, now I recommend (with addition of a firewall)*
- > *that most home users disable it! Yeah – this is another one you have to*
- > *work for, but your computer may speed up and/or be more secure because you*
- > *took the time. And if you document what you do as you do it, next time, it*
- > *goes MUCH faster! (or if you have to go back and re-enable things..)*
- >
- > *Task List Programs*
- > *http://www.answerthatwork.com/Tasklist_pages/tasklist.htm*
- >
- > *Black Viper's Service List and Opinions (XP)*
- > *<http://www.blackviper.com/WinXP/servicecfg.htm>*
- >
- > *Processes in Windows NT/2000/XP*
- > *<http://www.reger24.de/prozesse/>*
- >
- > *There are also applications that AREN'T services that startup when you start*
- > *up the computer/logon. One of the better description on how to handle these*
- > *I have found here:*
- >
- > *Startups*
- > *http://www.pacs-portal.co.uk/startup_content.php*
- >
- >
- > *If you follow the advice laid out above (and do some of your own research as*
- > *well, so you understand what you are doing) – your computer will stay fairly*
- > *stable and secure and you will have a more trouble-free system.*
- >
- > --
- > <-- Shenan -->
- > --
- > *The information is provided "as is", it is suggested you research for*
- > *yourself before you take any advice – you are the one ultimately*
- > *responsible for your actions/problems/solutions. Know what you are*
- > *getting into before you jump in with both feet.*
- >

microsoft.public.security: Re: Can't run system restore

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