



“As a business owner, I know you don’t have time to waste on technical and operational issues. That’s where we *shine!* Call us and put an end to your IT problems finally and forever!”
- Walt Ely, System Care Inc.

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“Oh, the usual stuff. Spam from the Joker, another e-mail virus from the Penguin, an illegal chain letter from Cat Woman....”

Technology Times

“Insider Tips To Make Your Business Run Faster, Easier, And More Profitably”

How To Make Your Sluggish, Old Computers Run Like New Again

Is your computer running so slow that you’re thinking of shelling out the cash for a new one? Well, DON’T DO IT...at least not before reading this article. These quick tips may be all you need to get your computer running like new again and can save your a couple of thousand dollars.

As you may know, a computer’s performance deteriorates over time. *Gradual deterioration is almost never due to a lack of processing speed or capacity.* It is generally due to the software “grime” I refer to as “system build-up.”

Most software programs are designed to run in the background whether you’re using them or not. These programs, such as QuickTime and RealPlayer, initiate on start-up. All of these programs running simultaneously tie up memory resources and CPU capability, leading to sluggish performance. That’s why it’s important to perform regular maintenance on all computers. This will help avoid program build up, fragmentation, and file build up that kills your computer’s performance.

Here are a few things to help you speed things up:

- 1.) **Be wary about installing more software to speed up your computer.** Why? Because “excess” software *is* the problem! Adding additional programs will only add fuel to the fire, and many of them are given away free so they can sell you additional software and install cookies for tracking and monitoring you online. Only those programs you know and trust should be installed (call our office for recommendations).
- 2.) **Regularly clean out your Internet temporary files.** When you open your web browser, click on the “Tools” menu, then “Internet Options” or “Options.” From there choose “Browsing History,” and delete the temporary files. You can also delete the temporary files on your hard drive. You can often find them by searching on all files with a “*.tmp” extension in your C-drive. Temporary files are used by virtually all programs and remain on your drive even if you haven’t used the file in a long time.
- 3.) **Disable programs that automatically run after Windows starts.** Some applications may give you the option to have them

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All Is Fair In Business

A shopkeeper was dismayed when a brand new business much like his own opened up next door and erected a huge sign which read 'BEST DEALS.'

He was horrified when another competitor opened up on his right, and announced its arrival with an even larger sign, reading 'LOWEST PRICES.'

The shopkeeper panicked, until he got an idea. He put the biggest sign of all over his own shop. It read: 'MAIN ENTRANCE.'



How Did You Make Your money?

A young man asked an older rich man how he made his money. The old guy fingered his sweater and said, "Well, son, it was 1934 and in the depth of the Great Depression. I was down to my last dime."

"I invested that dime in an apple. I spent the entire day polishing the apple and, at the end of the day, I sold the apple for fifteen cents."

"The next morning, I invested those fifteen cents in two apples. I spent the entire day polishing them and sold them for 30 cents. I continued this system for a month, by the end of which I'd accumulated a fortune of \$1.59."

"And that's how you built an empire?" the boy asked. "Heavens, no!" the man replied. "Then my wife's father died and left us two million dollars."

"Run In Taskbar," which is generally not what you want them to do.

- 4.) **Use the defrag tool to organize the data on your hard drive and speed up disk read and write times.** You can find this tool by clicking on the "Start" button, then - All Programs – Accessories - System Tools - Disk Clean-up.
- 5.) **Add more memory.** While this option costs some money, it is by far the best thing you can do to increase computer hardware performance at minimal cost. Memory is extremely cheap these days and can do wonders to dramatically improve sluggish performance.

Just Want Us To Do It For You? Then Our "Spring Cleaning" Special Is For You!

If you've done all the above and your system is still way too slow or if you just want someone else to do this for you, you're in luck! Our "August Clean-Up" special was so popular that we've decided to bring it back! For only \$99 per PC, we will have a trained expert perform a "Spring Cleaning" of your computer or network to make it run faster and with fewer problems. For only \$99 per PC, we'll come onsite to perform a system maintenance to:

- Detect and remove hidden spyware
- Check your privacy settings, firewall and network security
- Perform various system checks and maintenance to speed up your computer and network
- Block annoying pop-up ads and check your online security settings
- Check for system errors, conflicts, or other problems
- Verify your data backups

Normally we charge \$295 for this maintenance service, but it's yours for only \$99 per PC. But you have to hurry...this special is only good through the end of January, so call today!

A State of the Art Data Backup and Disaster Recovery Solution that "bullet proofs" your data.

A recent study discovered that, of companies experiencing a "major loss" of computer records, 43 percent never reopened, 51 percent closed within two years of the loss, and a mere 6 percent survived over the long-term¹ For small and medium-sized businesses (SMB's) in particular, these statistics suggest the necessity of crafting a Business Continuity Planning (BCP) strategy grounded in a robust data backup and recovery solution.

Unlike enterprises, many smaller companies cannot afford optimal in-house strategies and solutions in service of BCP. These

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Did You Know...

Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!

In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

There are 18 different animal shapes in the Animal Crackers cookie zoo!

Your body is creating and killing 15 million red blood cells per second!

The King of Hearts is the only king without a moustache on a standard playing card!

The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off!

Every day 20 banks are robbed. The average take is \$2,500!

One car out of every 230 made was stolen last year!

The Philadelphia Mint produces 26 million pennies per day!

A lightning bolt generates temperatures five times hotter than those found at the sun's surface!

Most lipstick contains fish scales!

“Skepticisms” is the longest word that alternates hands when typing!

The first product to have a bar code was Wrigley's gum!

No piece of square, dry paper can be folded more than 7 times in half!

A 'jiffy' is an actual unit of time for 1/100th of a second!

Source: StrangeFacts.com

companies are consequently at an elevated risk of being put out of business due to any major loss of data. Loss of data could mean emails lost, accounting data lost, patient or client files lost, company records lost, client legal records or orders lost and so on. System Care offers a complete Disaster Recovery Solution for those companies that do not have a Disaster Recovery Plan in place.

Highlights of the Service:

- A complete solution that is designed to reduce any server down time with the use of a specialized back up and virtual server appliance.
- Allows near real-time backups-as frequent as every 15 minutes.
- Offers offsite storage at an affordable cost
- Provides a low cost, speedy disaster recovery process.
- Data is encrypted so it is not accessible to anyone, either on the NAS or at the remote storage facility without the passkey.
- Eliminates the cost and time of managing on-site tape backup. We monitor and manage the entire process.
- All costs-frequent on site backups, on site virtual server, remote storage, disaster recovery in the event of disaster and 24x7 management of the entire process are bundled at a price that is comparable to the overall cost of buying and managing tape backup.

For complete details or a copy of our whitepaper “Bullet Proof Your Data” contact me at wely@systemcareinc.com or give me a call at 440 925 4005 ext 128.

Believe It Or Not – It's National Clean Up Your Computer Month

I didn't believe it either, but after some research it's official...an authority no less reputable than “The Vinegar Institute” declared January as a national holiday to clean up your computer.

In light of this holiday, I thought I'd take the time to answer a small but nagging question, “How do I get those smudges, dust, and fingerprints safely off of my flat screen monitor?”

Although each monitor manufacturer has its own special instructions for cleaning, there are some common guidelines you can use to get your screen looking like new in no time.

Turn off the monitor. It's not required, but it makes smudges and smears easier to see.

Use a cotton cloth or compressed air to get rid of light dust buildup. Never use a rag or paper towel to clean since they can scratch the screen.
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Vista Vulnerability

Researchers recently found vulnerability in Windows Vista (with or without SP1) that could allow an attacker to remotely take control of a PC.

The problem can be exploited in two different ways to cause a buffer overflow that can corrupt the memory of the operating system.

The good news is that the primary method of exploiting the problem requires one to have administrative permissions, thereby diminishing the risk.

There are experts that believe it might be possible to exploit the problem without administrative rights.

The Windows XP operating system is not affected by the issue.

Microsoft plans to release a patch for the vulnerability in Service Pack 2 which is scheduled to be released in mid 2009.

These types of vulnerabilities continue to underscore the importance of keeping your systems updated with the latest security releases.

We Want Your Input!

Do you have an idea to make this newsletter better? Would you like to submit a story, article, or trivia? We'd love to hear from you!

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Don't use products with ethyl alcohol or ammonia based products.

Products like Windex can yellow flat-screen or laptop monitors.

Use water or a homemade mix to clean grungy surfaces. If water is not enough, concoct a cleaning solution of 1 part water, 1 part isopropyl alcohol, and 1/2 part vinegar.

Lightly moisten your cloth with the cleaning solution. Never apply the liquid directly to the screen.

Wipe the cloth in one direction – from top to bottom. This method will ensure grime and dust move to the bottom of the screen surface where it can be wiped away.

One final guideline, never touch or press on your LCD screen with your fingers as this can cause the pixels to burn out. Happy cleaning!

ⁱ Cummings, Maeve; Haag, Stephen; and McCubbrey, Donald. 2003. *Management information systems for the information age*. http://highered.mcgraw-hill.com/sites/0072935863/information_center_view0/.