



March 18th is St. Patrick's Day! We recommend the Irish **Dublin Coddle** recipe. This is an easy to make and delicious dish that's sure to please everyone. For the More Time for Fun section, we offer more computing tips. We use computers for work and/or at home. If you have noticed your computer becoming slower and slower over the years, its probably because there are unwanted programs draining the computer's resources. **Read this article** on how to identify the non-essential programs and get ride of them!

In today's Internet age, reading books have gone out of style. Who "has time" to sit for hours to read when Facebook, Tweeter, Blog, Texting, TV, and Wii video games demanding our time? Books are still the best source for in-depth information. For example, we hear headline news about global warming, telling us we should recycle and use less energy. These are all nice and good advice, but, what is the rest of the world doing? Most of us American's know China as where the products we buy are made. How many of us know China, has 4 time the population of United State? Over 1.2 billion people (the U.S. population is 300 million). Can you see why China, would be a major contributor to green house gases? Books, gives us these important details. We will start to share the books we have read (or enjoying at the moment) with our readers.

Quote of the month:

A real friend is one who walks in when the rest of the world walks out. – Walter Winchell.



Speed Up your computer! 2009 03

If you have a Microsoft Windows PC, you probably have noticed your computer takes longer and longer to start up. What is the cause of this slowness? Over the years you probably have install numerous software. Some software is started up automatically every time you start the computer without you knowing. Take a look at your task manager; do you recognize all these process that's running on your PC?

Image Name	User Name	CPU	Mem Usage
AcPrfMgrSvc.exe	SYSTEM	00	4,712 K
acrotray.exe	Eric	00	3,100 K
AcSvc.exe	SYSTEM	00	6,728 K
alg.exe	LOCAL SERVICE	00	3,688 K
AppleMobileDeviceService.exe	SYSTEM	00	2,516 K
BbDevMgr.exe	Eric	00	4,784 K
ccApp.exe	Eric	00	7,888 K
ccEvtMgr.exe	SYSTEM	00	2,908 K
ccSetMgr.exe	SYSTEM	00	3,960 K
csrss.exe	SYSTEM	00	4,276 K
ctfmon.exe	Eric	00	4,212 K
cypnd.exe	SYSTEM	00	6,148 K
DefWatch.exe	SYSTEM	00	4,028 K

Each and every one of these processes takes up CPU time and Memory. There are some processes that are essential to the PC's operation, while others may be unnecessary or may even be malware. How do you figure out which ones you can safely turn off?

If you have Windows XP, go to START, RUN, and type in MSCONFIG. Windows Vista, type "msconfig" in the search box. In the Startup Tab, you will see a list of processes that automatically starts when you start the computer. Since most of us are not computer experts, how do we know which one to keep and which one to turn off?

Startup Item	Command	Location
<input checked="" type="checkbox"/> igfxtray	C:\WINDOWS\system32\igfxtray...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> hkcmd	C:\WINDOWS\system32\hkcmd.exe	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> igfxpers	C:\WINDOWS\system32\igfxpers...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> SMax4PNP	C:\Program Files\Analog Devices\...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> Smax4	C:\Program Files\Analog Devices\...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> SynTPLpr	C:\Program Files\Synaptics\SynTP...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> SynTPEnh	C:\Program Files\Synaptics\SynTP...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> Acrotray	"C:\Program Files\Adobe\Acrobat ...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> EngUtil	"C:\Program Files\Common Files\R...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> DrgToDsc	"C:\Program Files\Roxio\Easy CD ...	HKLM\SOFTWARE\Microsoft
<input checked="" type="checkbox"/> RxDMon	"C:\Program Files\Roxio\Easy CD ...	HKLM\SOFTWARE\Microsoft

Google is our friend. For example, I did a search for igfxtray. I found it is a non-essential system process. Unless you are a computer graphic artist, you probably won't be changing any graphics chipset settings. You can turn it off. Go through the list, and determine what is essential, and what is not. Don't worry about messing up, you can ALWAYS undo by re-click the check box. When you restart the computer, there will be a message stating you have used msconfig to change the start up configuration. Click through the steps.

igfxtray.exe description

Description igfxtray.exe is a process which allows you to access the Intel Graphics configuration and diagnostic application for the Intel 810 series graphics chipset. This program is a **non-essential system process**, and is installed for ease of use via the desktop tray.

Turning off unnecessary process, should, help speeding up your PC. However, don't forget to defrag your hard drive and do regular back up to external hard drives!

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