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"WHO Radio Wise Guys"
Saturdays, noon to 2pm

"The Brian Gongol Show"
Sundays, 8pm to 10pm

One of the biggest hassles for many PC users is that the computer tends to slow down over time. One of the main causes is that a bunch of programs try to automatically load themselves. That occupies a bunch of your computer's processing power and makes for a serious hassle. Here's how to fix it:
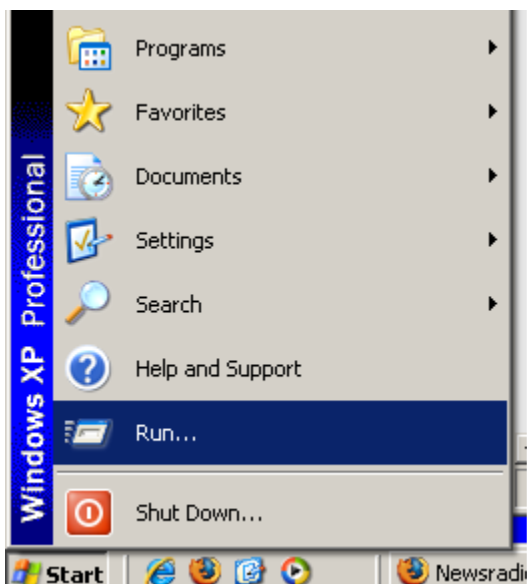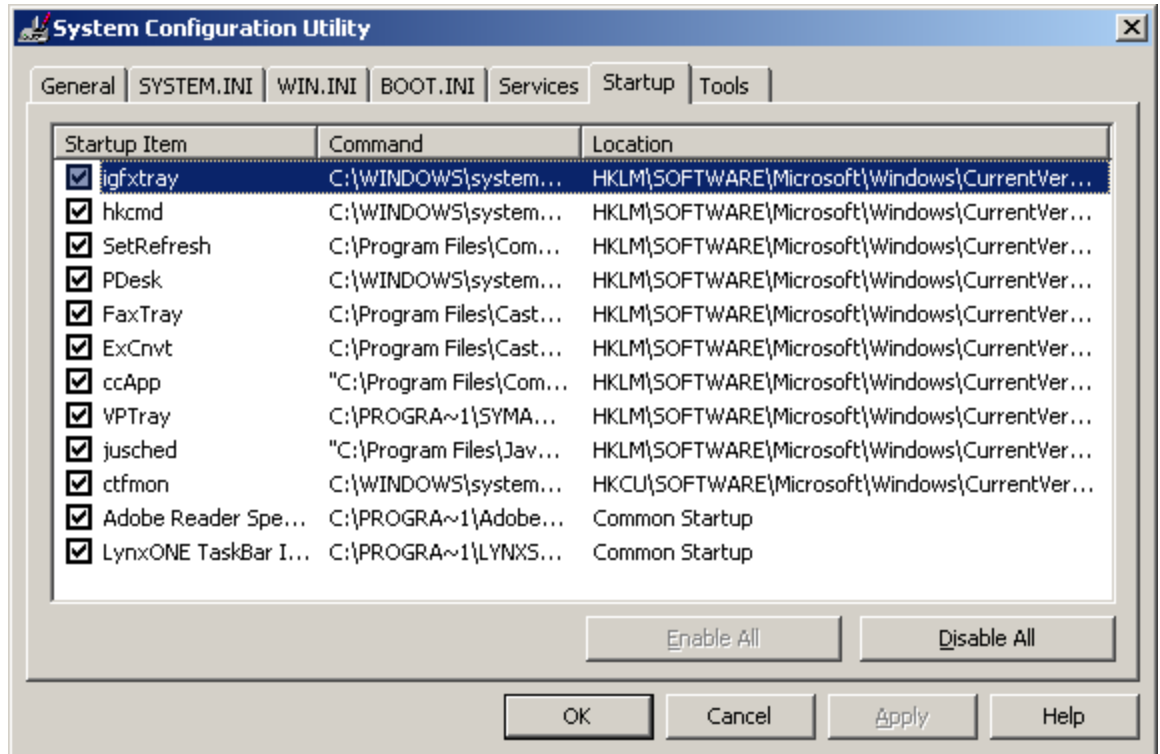
First, find the "Run" command in your start menu. It moves around, depending on what version of Windows you're using, but it generally looks like this:

Click on "Run" and type in "msconfig":
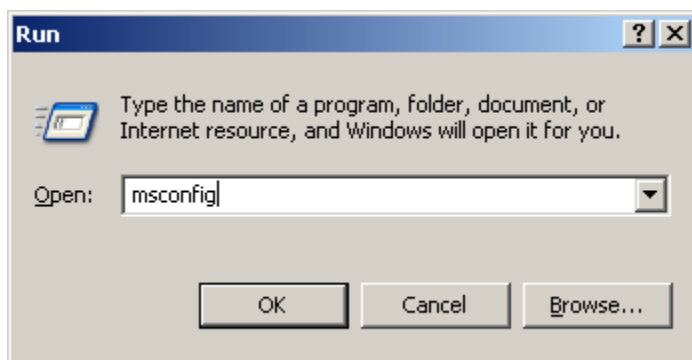
After you click "OK", you'll go to the system configuration utility. There, you'll want to click on the "Startup" tab. It will look something like this:

You probably have many more programs running there than you expect. Lots of them are needless. Your biggest memory hogs are often programs like iTunes and QuickTime. Click on the checkbox next to the name of the program to empty the checkbox. This will cause the computer to stop auto-loading the program when you start your computer. Click the checkbox again to reactivate the program on startup.

Now, the tricky part is figuring out which programs you should allow to auto-load, and which ones you shouldn't. Unfortunately, there's no comprehensive list, and it all depends on a wide variety of factors, including how often you use the programs and which programs you trust.

Here's are some general rules of thumb:

- If it's tied to something like anti-virus or anti-spyware software, let it auto-load on startup.
- If it appears to be an automatic updater for Windows or Javascript, let it auto-load.
- If it appears to be connected to something like your printer or your computer network, let it auto-load.
- Otherwise, it's probably safe to shut down the auto-load function. Try un-checking three or four programs at a time, and see if there's a change in computer speed. Use it for a couple of days and see if there's

any improvement in performance. If you notice that something has stopped working, you can always go back and re-authorize those three or four programs to auto-load. If everything goes well for a few days, go back and un-check a few more programs. It's all a process of deduction, and you could very well have a few obstacles along the way. But most of these mistakes are easily reversible, and it should make your life easier.