



« [Adoptive Parents Worry About Their Haitian Children](#) | [Main](#) | [Knicks' Al Harrington Cooks Chicken Satay At Phillipe](#) »

Jan 20

6:50am | posted by Shelley Ng | January 20, 2010 | [comments: 0](#)

How To Keep Your Laptop Running Smoother For Longer



Are you taking extra good care of your laptop? If it's not performing to its abilities, chances are you've been slacking off. Ross Lacy from [Laptop MD](#) is here with a few pointers to ensure the health of laptop.

• **Don't Drink and Drive**

If you have liquids near your laptop, you increase the chances of a spill. Always keep beverages a good arms-length away from any computer equipment.

• **Give Your Email a Work-out**

Pick a day each month (perhaps your day of birth) to review your emails and file, archive or delete the messages that are more than two months old. If this is too tedious, you can automate the archiving process in a relatively painless way. In Outlook, click 'File' and then 'Archive' to set the configuration. Archiving helps keep your PST file (which stands for "Personal Information Store" and contains all your outlook data) under two Gigabytes. If your PST file grows too large, it can cause Outlook to slow down considerably and even make it crash. So, give your email a monthly work-out and reduce it.

• **Keep Your Email Free**

Use web-based email such as Yahoo, Hotmail, or Gmail. These free accounts are preferable because they are accessible from anywhere on the globe and they are compatible with every operating system. At LaptopMD, we often assist clients with email accounts from Verizon, TimeWarner, or Earthlink who find themselves tied to a specific service provider. If they move and the service provider is not in that area, they are forced to change their email address, which is a big pain. Using a free web-based provider makes the transition between providers easy and painless. Plus, there is no need to back up your email, because it is always stored on a safe server with enormous storage space.

• **Get File Insurance**

Unlike life insurance, ensuring the safety of your files is cheap and does not require an agent other than yourself. Put simply: Back-up your files. The process seems like such a chore, but it only takes a few minutes every week. Do not put your data's safety on the backburner. Schedule a time each week to do your data backup to an external Hard Drive. If you have extremely important data, the best way to be absolutely certain that all your data is safe is by using an online backup. Online backup really is the wave of the future. LaptopMD suggests Mozy.com with an unbelievably cheap data backup solution that anyone can afford. For \$4.95 per month, you receive UNLIMITED instantaneous online backup. If your laptop is lost or stolen, or your home is damaged by flood or fire, your data will be safe and sound on a server and accessible at all times from any

Contact the PIX11 Newsroom!

Send an email to morningnews@wpix.com
Your message might even get read on the air!

[WPIX Homepage](#)
[WPIX Horoscope](#)
[WPIX News](#)
[More WPIX Blogs](#)

Search Blog



PIX Honeymoon Giveaway: Win a trip for two to Oahu.



PIX Morning News Traffic Reporter [Jill Nicolini](#) wears several outfits provided by [Lord & Taylor](#).

Photo Galleries



[Top Viral Videos of 2009](#)



[PIX Morning News Viewers](#)



Suki recently had her first child & she's sharing her experience with the PIX Morning News family! [Read her blog posts & tag along with her on her journey into motherhood.](#)

Categories

[Celebrity Interviews](#)
[Dining PIX](#)
[Dr. Steve](#)
[Free Friday](#)
[Friday Forecaster](#)
[Help Me Howard](#)
[High School Musical](#)
[Jill Nicolini](#)

Recommended Links

[WPIX Home](#)
[The CW Source](#)
[Jezebel](#)
[Gawker](#)
[Gothamist](#)
[Perez Hilton](#)
[TMZ](#)
[x17](#)

computer in the universe. Whether you choose online back-up or manual, do it every week.

• Check Out the Flashing Maintenance Light

Like the Check Engine Light on a car, your computer has a way of signaling you. An updated antivirus is the cornerstone of any healthy computer. When you are notified to renew your subscription, do not wait - update it as soon as possible. Consider it health insurance or preventative medicine, which is definitely worth purchasing once a year for \$30-\$70. If your laptop does become infected, it can be costly to remove the virus from your system. Your updated antivirus will protect you from 90% of the viruses online. Keep in mind that you still need to be conscientious of your web surfing and stay away from torrents, and programs like limewire. There is no antivirus that can protect you from every single virus, but smart web browsing and an updated antivirus will pretty much guarantee your safety.

• Let Your Laptop Breathe

It's best to rest your laptop on a hard flat surface so its air can circulate. When laptops were named "Lap Top Computers," there were no fans inside and air flow was barely necessary for healthy usage. As faster processors and higher quality graphics cards became standard equipment, laptops required fans with heat-sinks to disperse the heat from these components. Blocking the air vents surrounding these fans can effectively render the fans useless. This causes the cpu and gpu to run incredibly hot, and eventually burn out. When that happens, you will most likely need to replace your motherboard, which carries a hefty price tag. If you prefer to work on a couch or bed, make sure the vents are unobstructed; especially the vents around the fans. If you feel the laptop getting especially hot while watching movies, you can purchase a relatively inexpensive laptop cooling fan which will guarantee your fan to have the best air circulation possible.

For more of Laptop MD's pointers on getting the best out of your laptop, visit www.laptopmd.com.



How To Keep Your Computer Running
(2:34)



Post a comment

(If you haven't left a comment here before, you may need to be approved by the site owner before your comment will appear. Until then, it won't appear on the entry. Thanks for waiting.)

Name:

Email Address:

URL:

Remember personal info?

- [Kurt the Cyberguy](#)
- [Larry's World](#)
- [Lisa Mateo](#)
- [Morning Show News](#)
- [Question Of The Day](#)
- [Spotlight On...](#)
- [Suki Mama](#)
- [Totally Tamsen](#)
- [Valentine's Day](#)
- [Wake-Up Workout](#)
- [What's Your Wish?](#)

- [Daily Intelligencer](#)
- [Serious Eats](#)
- [Digital Popcorn](#)
- [Brooklyn Vegan](#)
- [Idolator](#)
- [Oh My Rockness](#)
- [Stereogum](#)
- [Opie & Anthony](#)

Monthly Archive

- [January 2010](#)
- [December 2009](#)
- [November 2009](#)
- [October 2009](#)
- [September 2009](#)
- [August 2009](#)
- [July 2009](#)
- [June 2009](#)
- [May 2009](#)
- [April 2009](#)
- [March 2009](#)
- [February 2009](#)
- [January 2009](#)
- [December 2008](#)
- [November 2008](#)
- [October 2008](#)
- [September 2008](#)
- [August 2008](#)
- [July 2008](#)
- [June 2008](#)
- [May 2008](#)
- [April 2008](#)
- [March 2008](#)
- [February 2008](#)
- [January 2008](#)
- [December 2007](#)
- [November 2007](#)
- [October 2007](#)
- [September 2007](#)
- [August 2007](#)
- [July 2007](#)
- [May 2007](#)

Recent Entries

- [Ask The Doctor: How Can I Lose My Post-Baby Weight?](#)
- [Question Of The Day: What Do You Think About The Chicken On The Subway Video?](#)
- [Steve Ward To Host Largest Speed Dating Event In NJ](#)
- [How To Get Taylor Swift's Look](#)
- [Grammy Predictions](#)
- [Free Friday: Photo Exhibit, Wi-Fi at McDonalds](#)
- [Nina Garcia Talks About 'Project Runway' Coming Back To NYC](#)
- [Hawaiian Cooking, Vacation Giveaway](#)
- [AAA Expert Answers YOUR Questions!](#)
- [Question Of The Day: Which Is The Better Dog -- Lab or Yorkie?](#)

Meet the PIX Morning News Team

Sukanya Krishnan
Co-Anchor
PIX Morning News



John Muller
Co-Anchor
PIX Morning News



Craig Treadway
Co-Anchor
PIX Morning News "Early Edition"



Linda Church
Weather Anchor
PIX Morning News



Jill Nicolini
Commutercast Traffic Reporter
PIX Morning News



Lisa Mateo
Feature Reporter
PIX Morning News



Comments: (you may use HTML tags for style)

Please enter the letter "w" in the field below:

Dr. Steve
Medical Reporter
PIX Morning News "Ask Dr. Steve"



James Ford
Reporter
PIX Morning News



Tamsen Fadal
Totally Tamsen
PIX Morning News



**SATURDAY,
FEB. 6 AT 7PM**

TICKETMASTER
800-745-3000
PRUCENTER.COM

>>> CLICK HERE FOR TICKETS <<<

Copyright © 2009 Tribune Interactive
By visiting this site, you are agreeing to our [Privacy Policy](#) & [Terms of Service](#).