

---

Subject: Anti Virus & Defragmenter

Posted by [SickOptometrist](#) on Mon, 28 Mar 2005 22:14:25 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Jzinskyl used Norton av, worked fine until I "upgraded" to xp

I also used the standard windows defragmenter, that's fine too but I don't seem to be able to shut everything down without collapsing the system and ballsing it up. So yeah a good defrag program would be great, seeing as it's not been done now for about a year

DUDE! Defragin' is like changing your underwear man - It's got to be done at least once a month!

---