

## Retired OnLine Inc. - Computer Setup © Copyright 2010

Programme	Web Site	ROL Tutorial	What Is It For?	
<b>Virus Protection</b>				
AVG 2011 Free	<a href="http://free.avg.com/ww-en/get-basic-protection">http://free.avg.com/ww-en/get-basic-protection</a>	No	Virus Protection	Free
<b>Firewall</b>				
Zone Alarm	<a href="http://download.cnet.com/ZoneAlarm/3000-10435_4-10039884.html">http://download.cnet.com/ZoneAlarm/3000-10435_4-10039884.html</a>	No	Firewall Protection	Free
<b>Adware / Spyware / Malware Scanners</b>				
AdAware	<a href="http://www.lavasoft.com/single/trialpay.php">http://www.lavasoft.com/single/trialpay.php</a>	No	Adware Protection	Free
Firefox Bitdefender quick scan	<a href="https://addons.mozilla.org/en-US/firefox/addon/161837/">https://addons.mozilla.org/en-US/firefox/addon/161837/</a>	Yes	Quick scan for virus, trojans etc	Free
HijackThis	<a href="http://free.antivirus.com/hijackthis/">http://free.antivirus.com/hijackthis/</a>	No	Gives report on computer protection	Free
HijackThis logfile	<a href="http://www.hijackthis.de/index.php#anl">http://www.hijackthis.de/index.php#anl</a>	No	One site to submit Hijack report	Free
MalwareBytes	<a href="http://www.malwarebytes.org/">http://www.malwarebytes.org/</a>	No	Scans for Malware	Free
Spybot Search and Destroy	<a href="http://www.safer-networking.org/en/spybotsd/index.html">http://www.safer-networking.org/en/spybotsd/index.html</a>	No	Spyware protection	Free
<b>Cleaners</b>				
Ccleaner	<a href="http://www.ccleaner.com/">http://www.ccleaner.com/</a>	Yes	Cleans computer	Free
Page Defrag	<a href="http://technet.microsoft.com/en-us/sysinternals/bb897426">http://technet.microsoft.com/en-us/sysinternals/bb897426</a>	No	Defrag boot file and boot Registry	Free
<b>E-mail</b>				
G-Mail	<a href="https://www.google.com/accounts/NewAccount?service=mail&amp;contin">https://www.google.com/accounts/NewAccount?service=mail&amp;contin</a>	No	G-Mail account sign up	Free
Thunderbird	<a href="http://www.mozillamessaging.com/en-US/thunderbird/download/">http://www.mozillamessaging.com/en-US/thunderbird/download/</a>	No	Thunderbird Email application	Free
Windows Live Mail	<a href="http://www.microsoft.com/downloads/en/details.aspx?FamilyID=56883">http://www.microsoft.com/downloads/en/details.aspx?FamilyID=56883</a>	No	E-Mail application	Free
Yahoo Mail	<a href="https://au.edit.yahoo.com/registration?.pd=&amp;intl=au&amp;origIntl=uk&amp;done">https://au.edit.yahoo.com/registration?.pd=&amp;intl=au&amp;origIntl=uk&amp;done</a>	No	Yahoo Mail sign up account	Free
<b>E-mail Monitor</b>				
Mailwasher Free	<a href="http://download.cnet.com/MailWasher-Free/3000-2382_4-10192298.h">http://download.cnet.com/MailWasher-Free/3000-2382_4-10192298.h</a>	No	Monitor e-mail before downloading	Free
<b>Browsers</b>				
Firefox	<a href="http://www.mozilla.com/en-US/products/download.html">http://www.mozilla.com/en-US/products/download.html</a>	No	Web browser	Free
IE 7	<a href="http://www.soft32.com/download_997.html">http://www.soft32.com/download_997.html</a>	No	Web browser	Free
IE8	<a href="http://www.microsoft.com/windows/internet-explorer/worldwide-sites.a">http://www.microsoft.com/windows/internet-explorer/worldwide-sites.a</a>	No	Web browser	Free
<b>Browser Add Ons</b>				
Adobe Flash Player	<a href="http://get.adobe.com/flashplayer/">http://get.adobe.com/flashplayer/</a>	No	Plays Flash files on internet	Free
Adobe Reader	<a href="http://get.adobe.com/reader/">http://get.adobe.com/reader/</a>	No	PDF File Reader	Free
Adobe Shockwave Player	<a href="http://get.adobe.com/shockwave/">http://get.adobe.com/shockwave/</a>	No	Plays Shockwave files on internet	Free
Firefox Google Toolbar	<a href="https://www.google.com/intl/en/toolbar/ff/index.html">https://www.google.com/intl/en/toolbar/ff/index.html</a>	Yes	Quick search using Firefox	Free
IE7 Google Toolbar	<a href="http://google-toolbar-ie.brothersoft.com/">http://google-toolbar-ie.brothersoft.com/</a>	No	Web browser add on	Free
IE8 Google Toolbar	<a href="http://google-toolbar-ie.brothersoft.com/">http://google-toolbar-ie.brothersoft.com/</a>	No	Web browser add on	Free
<b>Download Helper</b>				
Free Download Manager	<a href="http://www.freedownloadmanager.org/download.htm">http://www.freedownloadmanager.org/download.htm</a>	No	Monitor download, speeds up download	Free
<b>Uninstaller</b>				

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<b>Programme</b>	<b>Web Site</b>	<b>ROL Tutorial</b>	<b>What Is It For?</b>	
Revo Uninstaller	<a href="http://www.revouninstaller.com/start_freeware_download.html">http://www.revouninstaller.com/start_freeware_download.html</a>	No	Deep uninstaller programme	Free
<b>Zip / UnZip files</b>				
Zip It Free	<a href="http://www.zipitfree.com/">http://www.zipitfree.com/</a>	No	Zip and UnZip compressed files	Free
<b>Utilities</b>				
Blue Screen	<a href="http://www.fiberdownload.com/Download/19771/BlueScreenView">http://www.fiberdownload.com/Download/19771/BlueScreenView</a>	No	Confirm what caused The Blue Screen	Free