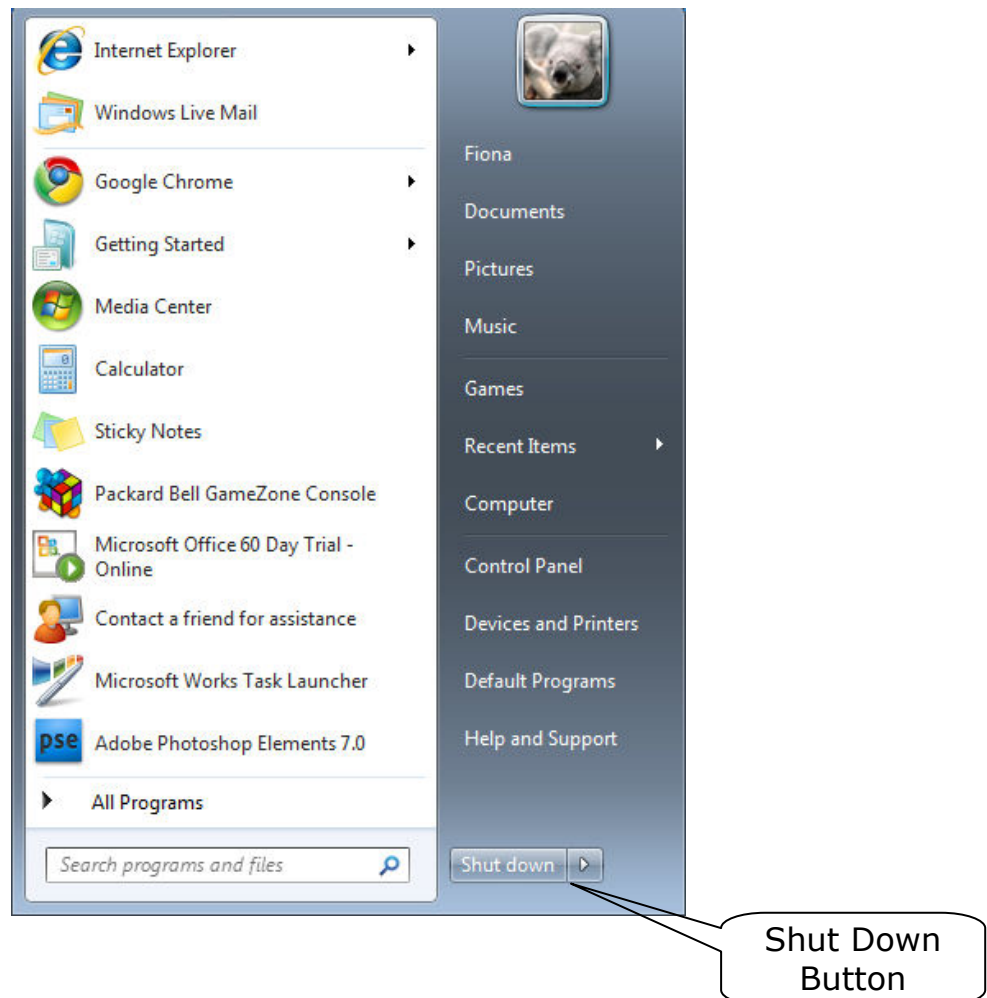


The Start Menu

When you left click on the Start Button, a menu is displayed.



- Icons for your e-mail and Internet are on this menu, with those for programs that you have used recently.
- Left click on an icon to start the program.

To Shut Down

- Click on the Shut down button to turn off the computer.

It is important to shut down the computer in this way and not simply to switch off the power. If you do not shut down the computer properly it will take much longer to start next time you switch on and programs may not work properly.