Sorry to Hijack this thread, but I am experiencing frame rate issues as well.
Specs: 3 years old Laptop, 1.5GHz Intel Celeron M 270, with Intel 915GMA video card.
My games used to run fine(excluding Renegade of course), but now I get frame rate drops in just about every game I have: Soldier Of Fortune 2, Aliens VS Predator, ...

I have increased the Virtual Memory, which helped me to get more FPS, but the frame rate drops keep happening at almost regular intervals in every game.
Also, when I watch streaming or high resolution videos, frame rate suffers as well.

I tried everything I could think of: System Mechanic 7, Three registry Fixing Programs, Turning off as many tasks as possible, Three adware programs. The only things left that I can think of are trying another Anti-virus program (in case one anti-virus program is not enough), and re-installing Video Card drives.
Could you people provide any more help?