

**WTNS Radio OSU Extension Update for May 8, 2023**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about passwords, and as always look at some upcoming programs from OSU Extension.

Just a couple of days ago was "World Password Day". If you had to guess who devised this focus on password protection, you may guess someone in the computer industry. Ten years ago, Intel created the day to raise awareness about the role that strong passwords play in securing our digital lives.

Things have come a long way since then when it comes to password protection. Now many accounts or programs require multiple security layers either in addition to or instead of a password. You may have a bank account that requires a two-step authentication process. This could mean sending a code to your phone or email to verify that it really is you. And who would have thought that we could use our fingerprint or facial recognition to gain access to our phones or apps on our mobile devices.

The founder of the National Cybersecurity Education Center, Derek Smith, shared tips about passwords in a recent blog for BeyondTrust. This is the result of experiences gained in his extensive career in the military and government agencies. Here are some common techniques that are used to crack passwords. Are you creating passwords that could easily be hacked in any of these ways?

- Hackers can use software that automatically plugs in common words into password fields. These dictionary attacks can be avoided by not using full words that appear in the dictionary.
- They also guess the simplest passwords. Combinations like 123456, 12345, princess, qwerty, and abc123. There are other ways to make passwords easier on yourself, yet tougher to hack.
- Maybe you have a fairly creative and secure password, however you use it for several different accounts. When one data breach compromises passwords, then that same login information can be used to try to hack into other types of accounts.

Sometimes when you create a password there is a little testing tool that tells you whether your password is weak, moderate, or strong. If this tester is telling you the password is weak or moderate, believe it and create something more robust.

One of my favorite methods for creating passwords is using Bible verses. It is a great way to aid in memorizing scripture. For example, take Philippians 4:13 – I can do all things through Christ who strengthens me. One strategy is to use the first letter of each word to help you learn the verse. This is a positive security technique because it is long, and it doesn't contain any words from the dictionary. Another way to incorporate special symbols is to use “!” for i or “@” for a or “\$” for s. Since you include the chapter and verse numbers, this helps to make numerals a part of the password too.

Once you have several strong passwords, the next challenge is to remember them. The Federal Trade Commission suggests using a password manager. To find a reputable password manager, search independent review sites, and talk to friends and family for ones that they use. The ironic key to this is to create yet another strong password to secure the information in your password manager. But at least that is only having to remember one password overall.

Another advantage to using a password manager is planning for the unknown. You could store the password for your password manager in a safety deposit box or other very secure location with other important documents that only one or two trusted people will have access to.

Today I'll leave you with this quote from Clifford Stoll, “Treat your password like your toothbrush. Don't let anybody else use it and get a new one every six months.”

And now let's look at some upcoming programs from OSU Extension. OSU Extension will also be offering the ServSafe® Manager Food Safety Training course on Thursdays, June 8, 15, and 22 from 9:00 a.m. until 4:00 p.m., with the proctored exam Thursday, June 29. Look for registration details on our website, [Coshocton.osu.edu](http://Coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!