**ELECTRONIC SECURITY- EPISODE NOTES**

Hello everyone and welcome back to the Good Judge-Ment Podcast. I am Wade Padgett

*And I am still Tain Kell.*

Tain, it is time that we introduced everyone to another FOP who may be appearing more often in coming episodes.

*I guess we have run off our other FOP’S – we haven’t seen them in a while.*

No, no – we just need to mix up our lineup every once in a while. That’s why we have invited our friend, colleague, presenter at NJO and all around good guy, Mr. Ben Luke.

*Hello Ben – it really is great to see you again – say hello to everyone!*

BEN: Hello out there in podcast land.

Tain, we need all the help we can get…

*Everywhere and all the time…*

No – I mean with how we handle electronic security – we are constantly asking questions of each other about what is real and what is a scam in terms of what we need on our phones and computers

*Absolutely – and I really am amazed how many African princes have a fortune at their fingertips – if only I can give them a few bucks and accept receipt of the treasure.*

So we invited our buddy, Mr. Ben Luke, to make a guest appearance and help our listener be better informed about electronic security.

*But Wade – we have all been through these classes where they show you a cheesy video about phishing or whatever – how can we make this less cheesy for our audience?*

Well, that’s why I invited Ben – he is one of the most “real” IT professionals I have ever met and does not ever make me feel like an idiot when I have an IT question.

*So, with that, Ben tell the people about you…*

BEN: [put your background, etc. on the record and feel free to be funny]

*We have lots of questions – but Ben, tell the folks what we are going to discuss today – at least from a 1,000 foot perspective*

**Abstract:**

We will cover fundamental personal cybersecurity and identity protection concepts. While some degree of technical explanation may be offered to further understanding of a concept, it will be high level and only in support of ongoing non-technical conversation.

Frequently asked questions and technologies we’re often prompted about are fair game. Passwords, MFA, social media hygiene, VPNs, encryption, general internet security, social engineering, and the like are a sampling.

I’d like to pay some special attention to email accounts and mobile devices. These are core components of a modern, digital identity. They’re often overlooked and need more attention than are typically given.

**Why are we talking about this on GJP?**

* *Can you help us in our attempts to get people to stop hitting “reply all” in e-mails sent to large groups?*
* *Are sites such as Dropbox (Wade’s favorite) safe?*
* *When you hear about sites getting hacked – like recent news involving Ticket Master – where they allegedly accessed 500mil accounts – what should you do if that is a site you had information stored on?*

**Ransomware**

* *Can you explain how that scam works?*
* *There have been several attacks on government entities – how does an IT professional plan for such a potential disaster?*
	+ *[BEN – CONSIDER DISCUSSING AOC’S HACK AND NOTE THAT YOU WERE NOT THERE WHEN IT HAPPENED]*

**The email account is sacred! Protect it:**

* Think about what you need to create an account, what you need to reset a password.
* Where do you get notices about bills, doctor appointments, business, financial information?
* Your email account is your online identity. It’s also a way into most of your digital life. It deserves a lot of your attention when it comes to cybersecurity.

**Hold dearly that mobile device!**

* Like your email account, take stock of what’s on that device.
* Also like your email, what can that mobile device unlock? (Banking, cars, home accessories, bills, medical information, address book, email)
* Lock down your iCloud/Google accounts! Apply the things we’ll talk about later here.
* Modern mobile devices have protections baked in. Turn them on. (find my iPhone, pin codes, account protection, device encryption)
* *Ok, let’s assume the worst – your phone is lost or stolen. What are some steps you need to take in reaction to that disaster?*

**Passwords:**

* Passwords have not kept pace with a modern, digital world.
	+ We have too many of them!
	+ We’re lazy with them.
		- Recycling
		- Easily guessable
	+ The people we give them too can be lazy.
	+ The idea of a password did not envision an everyday person juggling hundreds or thousands of them.
* What should we be doing with them?
	+ Long, strong pass**phrases**
		- Longer passwords are stronger passwords; adopt a passphrase instead of a word. Sentences are easier to remember.
		- Focus more on password length, not complexity.
	+ Use unique passwords for every service. When service a gets hacked or has a breach, I shouldn’t be able to guess the rest of your passwords with that information.
* Store them securely.
	+ I recommend a password manage. A password manager is a software or service that allows you to secure store your accounts in a digital vault. This vault is encrypted and generally considered more secure than alternative ways of storing, or not storing, your secrets. DashLane, OnePass, KeyPass, Keeper, BitWarden, and ProtonPass
		- *Years ago, you sold me on LastPass. Is that unsafe now?*

**Multi-factor Authentication (MFA)**

* The single best step you can take towards protecting an online account.
* Something you know (password, pin, security question) , something you have (token, one-time code, card, certificate), something you are (facial recognition, finger print, retina scan). You need at least two from separate categories. Something you know two times is not MFA.

**Passkeys:**

* What are they?
* Why are they better than passwords?
* Considerations as you adopt them.

**Virtual Private Networks (VPN):**

* Why do you think you need a VPN?
	+ Good reasons to use one: encrypting your traffic on a public network; masking your traffic from an internet service provider; changing where your traffic appears to come from
	+ You must trust your VPN provider. You’re changing “who” can see your traffic, not whether it can be seen.
* Which VPN should I use for ‘x’? – Who do you want to trust with your data?

**Backup anything you care about!**

* + The best defense is a good offense. In 2024, it’s no longer “can I be compromised” ; it’s “when and how bad”.
	+ Backup everything you cannot stand to lose.
	+ Rule of 3s (1 is none; 2 is 1)
	+ If you don’t test your backups, you don’t really have backups.
	+ *What is the “right” way to back up your computer?*
		- *External hard drives?*
		- *Flash drives?*
		- *Cloud-based?*

**Social Engineering:**

* Almost all attacks have a call to action and create a sense of urgency.
* Is often low-tech and targeted.
* Examples (Phishing, Smishing, Vishing)
* Pretexting (in-person, on the phone, via I)
* Preys on our desire to be helpful.
* Verify using known-good information.
* STOP AND THINK before you click or provide information.

**Stop postponing those updates:**

* Updates fix things that are broken.
	+ Know, broken things often create a path for bad actors to exploit us (vulnerabilities)
* Updates are especially important on your browser and your OS.

**Online Hygiene:**

* Limit sharing information online that makes it easy for people to take advantage of you.
* If you have a social media presence, use the account checkups features to limit who can see what.
* The first stage of an attack is reconnaissance. Make this harder for the would-be bad guy.
* Don’t feel compelled to use your real name and I address on every service you use.
* Consider removing yourself from data brokers using a service like DeleteMe.

**Reserve for spare time or part 2:**

**Identity Theft**

* What is identity theft, really?
* What can I do to prevent it?
	+ Freeze credit reports (3 + 1)
	+ IRS notice?
	+ File police reports
* Protections afforded with credit vs. debit
	+ Privacy.com – virtual cards and safer online shopping

**Data Brokers**

* Legal
	+ If the product is free, you’re the product;
	+ Data == dollars;
	+ What you buy, where you are, what you do, who you are, your income, homeownership status, credit, demographics, etc. are all packaged an available to anyone willing to pay.
	+ Trial BeenVerified or similar;
* Less than legal:
	+ Marketplaces for SSNs, pastes, data dumps; Your data is cheap and easy to access.

**Dark Web**

* What is it?
* Am I a criminal if I use it?
	+ Legitimate use cases
* Things to avoid

**Air Tags**

* *We hear about people being tracked using air tags – really, not all that new because people have been tracked using electronic devices for years*
	+ *Wade’s story from divorce case where wife found it and put it on a police car*
* *Is there any reasonable way to combat that?*

So that is all for today’s episode on electronic security – thanks to Ben Luke for being here

*We are going to have Ben back for future episodes – if you have questions or topics that you want us to address with Ben in a future episode, send them to us at* *goodjudgepod@gmail.com*

You can get this outline – along with all of our other outlines – at our website, goodjudgepod.com

*Ben, it has been great to have you here – but now we come to the section of the podcast that our listeners wait for each episode – the music trivia section!*

Today’s session of music trivia should be subtitled, “The Episode that got Tain’s Blood Pressure Up.” I heard an excerpt of this on a recent radio show and I immediately thought of Tain’s reaction (which I knew would be filled with disgust). Every few years, Rolling Stone magazine comes out with its list of the 500 greatest songs of all time. This is a topic right up our alley – normally. I am going to give Tain some clues and see how many of the top 20 he can guess. I bet that Tain’s top 20 do not match Rolling Stone’s list.

To be up front and honest about Rolling Stone’s methodology, they got votes from 250 artists, writers, producers, music critics, journalists, etc. They originally made this list in 2004 and over ½ of the songs on the 2024 list did not appear on the 2004 list.

So, Tain – when you are thinking about the 500 greatest songs of all time, tell me some songs or artists that come to mind? Before you start, let me give you a few examples. Elton John’s *Tiny Dancer* comes in at #47. Michael Jackson’s *Billie Jean* rated #44. *My Girl* by the Temptations ranked #43. *Sitting on the Dock of the Bay* by Otis Redding was #38. Here are some other monster songs that did not make the Top 20: *Born to Run* by Bruce Springsteen; *I Can’t Get No Satisfaction* by the Rolling Stones; *Papa’s Got a Brand New Bag* by James Brown and *When Doves Cry* by Prince are all outside the top 20. Tain, you thoughts?

*Tain – ad lib*

Ok, so it’s time for the game. I will freely admit that I bet we have never heard some of these songs so asking you to come up with the top 5 or 10 would not be realistic (or much fun – for us or the listeners). Instead, I am going to give you some hints and then we will see if the song makes the top 20 of Rolling Stone’s list.

For the listeners, feel free to play along and scream out the answer to your device. I am sure nobody standing around you will think you are nuts.

So, you are not going to get #20. A 2010 dance hit by Robyn called *Dancing on My Own.* No shot, so moving on (and I promise you will actually know some of these and may actually agree with some of them)

#19 is a song by a former Beetle. The artist famously said that this song was “virtually the *Communist Manifesto”* in the form of a song. Tain, take a guess at #19.

**ANSWER: JOHN LENNON *IMAGINE***

#18 is by one of my favorite artists who was known for wearing purple. Remember, I told that *When Doves Cry* is not on the top 20. Take a guess.

**ANSWER: *PURPLE RAIN* BY PRINCE AND THE REVOLUTION**

#17 has been called a rock opera by the same band that sang the song *Fat Bottomed Girls*. Take a guess.

**ANSWER: QUEEN *BOHEMIAN RHAPSODY***

#16 is by Queen Bee herself. It is not *Single Ladies*. But it is about love. So take a guess at 16.

**ANSWER: BEYONCE *CRAZY IN LOVE***

#15 is a song from 1963 performed by probably the most famous 4 men from England to ever appear on the Ed Sullivan show. This is not the last time (or the first time) we are going to hear about this band during the trip through the top 20 songs list but this was the first #1 hit by this band in the US.

**ANSWER: *I WANT TO HOLD YOUR HAND* BY THE BEETLES**

 Ok, I am going to take #14 off of the songs I wanted you to guess because I never heard it and, after listening to it, I know why. It is a song, *Waterloo Sunset* by the Kinks from 1967.

#13 is by Mick Jagger and the boys. It was recorded in 1969. This song was about all of the upheaval going on in the world at the time – Vietnam War, race riots and Charles Manson’s insanity. This song appeared in three of Martin Scorsese’s films, *Goodfellas, Casino and The Departed.* Take a guess.

**ANSWER: ROLLING STONES *GIMME SHELTER***

#12 – This man was blind and while he was a piano aficionado, he also played some of the greatest funk music in the world. This was a number one hit and was recorded in 1972. Take a guess.

**ANSWER: STEVIE WONDER *SUPERSTITION***

#11 is by a California-based band from the 1960’s who sang some campy songs – frequently in multi-part harmony – usually about surfing. I am not sure you will get the song but I bet you get the band.

**ANSWER: THE BEACH BOYS *GOD ONLY KNOWS***

Ok, let’s stop there for today and save the top 10 for another episode. Tain, you agree you will not look it up before we record again, right?

Thank you all for listening to our podcast. Have a great day.