A Novel Technique for Strong Passwords

Insert Logo here

The ever-increasing power of computers keeps making passwords more vulnerable. Passwords that were once too strong to crack in a practical amount of time are now fair game. That makes longer and more complicated passwords with a variety of character types a necessity. It also means having a collection of passwords that most people can’t remember.

One solution is to use one of the free password managers with a lot of different long passwords. But there is another possible approach suggested by fellow editor Ritho. The suggestion intrigued me enough that I decided to do some investigating. It involves using one of the many web sites that are available to turn a string of characters upside down and backwards. One of these sites is here and another is at this link. I have used this latter site for the following examples.

Type in **gizmo** and you get this: **oɯzıƃ**. This may seem too short for a password but it is much stronger than plain **gizmo**. According to one password checker, plain **gizmo** would be cracked instantly whereas **oɯzıƃ** would take 6 hours to crack on a desktop computer. A password **TechSupportAlert** might rapidly fall to a dictionary attack but its upside down version **ʇɹǝןɐʇɹoddnsɥɔǝʇ** is rated at 10 sextillion years. These numbers have to be taken with a grain of salt but they do show that the upside down version is much harder to crack. (Of course, a cracker might also think of turning obvious strings upside down.) This suggests that you might be able to use shorter and more easily remembered strings to create a password. (But don’t lose the upside down version.)

The method for turning strings of characters upside down and backwards uses JavaScript to find Unicode characters that are reasonable facsimiles of the flipped characters. The original characters are not actually flipped but a large assortment of Unicode characters is searched to find a close resemblance. The results will vary somewhat depending on which site you use for flipping. Each site has certain limitations and for practical reasons does not employ the full set of Unicode characters. (A quick explanation of Unicode characters is given in this article.)

From http://www.techsupportalert.com/content/novel-easy-remember-technique-creating-strong-passwords.htm

### Inside This Issue

Volume One 1

A Novel Technique for Strong Passwords 1

Get to know [Insert Name] 2

A Worship Leader's Perspective 2

How to Surf More Securely 3

How to Use the Praise Band to Clear the Stage 4

Welcome to the first issue of the Church Bulletin. This bulletin provides schedule and event information. It contains a “Meet The Team Member” section, as well as a few articles.

May, 2012

Issue 1

Church Bulletin

[Insert Church Name]

By [Insert Name]

# Volume One

By **Karl Verkade,** music director for Life Church in Southern California

# A Worship Leader's Perspective



[*Interview with Member*](http://blog.patientslikeme.com/2010/10/14/mental-health-awareness-interview-with-mood-community-member-marathoner452/) by [Insert Name]

Last week was [Mental Illness Awareness Week](http://www.nami.org/template.cfm?section=mental_illness_awareness_week). Did you know there are more than 18,000 patients in this virtual community. Stay tuned for another blog tomorrow with some interesting tidbits about this community. To warm us up, here is a recent newsletter interview we did with [three-star](http://www.patientslikeme.com/help/faq/My%20Profile#community_leadership) member. Read on to find out what she told about what brings her joy, returning to teaching, and what she has learned from this virtual community.

**(Amy)** What brings you joy?

**(Marathoner452)** My two-year-old niece and four-month-old nephew make me so happy. During my most recent depression, my niece and her parents (my nephew wasn’t born yet) lived at my house and just waking up in the morning and knowing that as soon as I made it downstairs she’d be chanting my name and wanting to sit on my lap at breakfast and pop the bubbles in my cereal was enough of a reason to live another day.

You don’t remember much from when you’re almost two-years-old. I wanted her to remember me. When she gets old enough to understand, I intend to tell her how she helped save my life.

**(Amy)** What is your top priority these days?

**(Marathoner452)** I am working on moving back to live with my girlfriend, who has been diagnosed with depression herself. I lived there for two years prior to moving home a year ago at the crisis point of a severe depressive episode.

http://blog.patientslikeme.com/2010/10/14/mental-health-awareness-interview-with-mood-community-member-marathoner452/

Get to Know A Member [Insert Name]

**Q: How do you establish a good relationship with your sound tech?**

**A: I think the key to maintaining a good relationship with your sound tech is to realize that he/she is the absolute most important part of the worship team. It doesn't matter if your band sounded like Coldplay this morning on stage; what matters is how it sounded in the house, and that is up to the sound guy. Once we realize this, it will be simply academic to treat the sound guy as part of the worship team, not the tech team. The sound guy gets all the worship e-mails, is invited to all the worship functions, and is listed every Sunday on the band roster. The soundboard is simply another instrument...... and the most important one.**

“...**what matters is how it sounded in the house, and that is up to the sound guy.”**

Page 2

Church Bulletin



The good old days of casual and carefree surfing are over. Today a simple act like clicking on a search engine hit or responding to an ad may take you to hostile website whose main mission is to infect your PC with spyware, trojans and worse. Worse still, hackers are now regularly attacking and compromising legitimate websites and then using these sites to infect surfers.

And don't expect your anti-virus program to save you. Many of these evil sites make use of specially crafted malware products that your AV program doesn't know about or cannot see. Nor can you hope to be saved by keeping your software up-to-date with the latest security patches. These hostile sites often exploit new or undocumented flaws in Windows, your browser or other products to take control of your PC.

The good news is that it's possible to protect your PC against hostile sites. There are actually several different ways but in this article I'm going to discuss two of the most convenient ways. Happily, they are also among the most effective.

**B. Running your browser with reduced privileges using Sandboxie**

Sandboxing is a technique of protecting your PC by corralling off potentially dangerous applications such as your browser from the rest of your PC. Sandboxing your browser means that your browser effectively runs in a virtual PC within your PC. Anything nasty that happens in this sandbox cannot affect your real PC.

That means if you get infected while browsing in the sandbox you can remove the infection by simply shutting down the sandbox. Any malware files downloaded or actually running will be deleted and your "real" PC unaffected.

To run your browser sandboxed you must first run a sandboxing program that creates the sandbox environment. There are quite a few products available most of which are covered in a [sandbox review](http://techsupportalert.com/security_virtualization.htm) I carried out late in 2006.

My favorite is [SandBoxie](http://www.sandboxie.com/). It's not only effective it's free for home use. To use SandBoxie you must be running Windows 2000 or later including Vista. You can download it, it's only 230KB.

Before installing SandBoxie I suggest you make a full system backup or create a Windows restore point from Start / Help and Support / Undo changes with system restore / Create a restore point. That's because SandBoxie can create problems on some PCs. You can minimize the risk of problems by shutting down all your security programs before installing SandBoxie. After installing SandBoxie you will need to reboot anyway and that will restart all your security software.

Once SandBoxie is installed there are various ways to open your browser in a sandbox. You have to do it manually unless you are running the registered version where it's possible to setup your browser to automatically run sandboxed.

My favorite way of manually opening my browser in a sandbox is to right click the yellow SandBoxie tray icon and select "Run Sandboxed" then "Default Browser." It should look like this:

From http://www.techsupportalert.com/safe-surfing.php

**How to Surf More Securely**

Page 3

Church Bulletin

The musicians are your front line for getting things done. Following up on this week’s guest post by my pastor, I’d like to talk about teamwork, specifically work after the service.

For those of us who have service in a multipurpose room or have a portable church, every Sunday consists of setting up the stage in the morning and putting everything away after the last service ends. Working as the only sound tech, this can take significant amount of time. And, you might have family waiting for you. Let’s change all that.

You are on a team. Team members include other tech crew folks, the musicians, and, as my pastor pointed out in that article, the pastor. While a “teamwork mentality” is good, it’s time to put other team members to work.

You can have the stage cleared in a fraction of the time when the musicians help with the tear-down process. I used to have the musicians disappear from the stage after the service. Finally, I asked, “before you leave, can you please help me put everything away so my family isn’t waiting for me?“ Yes, I had a couple of them who thought it wasn’t their job but, in short order, other musicians were giving them a hard time about their attitude. Problem solved.

### Enlisting the musicians

Successfully enlisting the musicians requires you to;

* Explain the reason for the aid. Stress teamwork and stress family.
* Train them how to do it. How to wrap a cable, how to unplug a microphone, etc.
* Lay out an order. Many hands make light work as long as they are doing the work in the right order.

Keeping those points in mind, let’s look at the order in which they should clear the stage and where they might need a bit of training. Or, as I like to think of it…

### The seven steps to clearing the stage

#1. The musicians should put away all of their instruments. You don’t want instruments to get damaged so set this as the first step in the process. This will also give you more relaxed musicians as they’ll know their gear is safe.

#2. Clear the sheet music.A band that uses music stands and sheet music can have a lot of paper on the stage at the end of the service. Therefore, either have one person clean up all the sheet music or have each musician put away their own.

#3. Put away music stands. I think of each musician having their own station. Mic’s, music, stands, all are their responsibility. By clearing out music stands, it’s easier to gather up cables without getting them tangled in extra stage gear.

#4. Put away microphones. Train the musicians in how to unplug a microphone from the cable. Train them in how to properly handle sensitive microphones and where they need to go after the service. For example, have them put their microphone back in the proper place and in the proper location.

#6. Away with the microphone stands.

Show them how to loosen the fittings when they put the stands away so they don’t accidentally bend those boom stands.

#7. Put up the monitors.

You can train them or do this yourself. In the case of powered monitors, make sure they know to turn them off before they unplug any cables.

“Your weakness is you hate equipment and blame it for most problems.“

Page 4

Church Bulletin

From Http://www.behindthemixer.com

How to Use the Praise Band to Clear the Stage