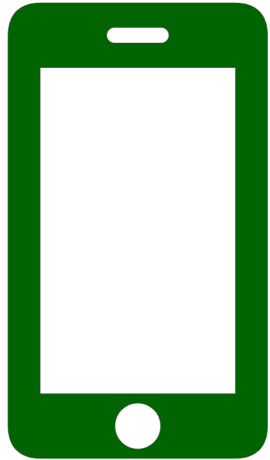


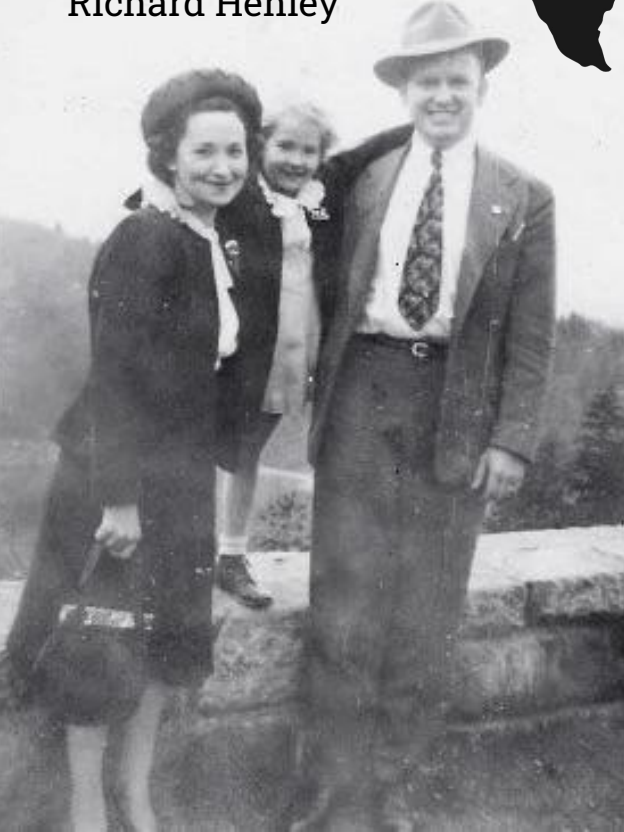
Technology

Fear Therapy

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Gertrude, Angelyn &
Richard Henley



1946

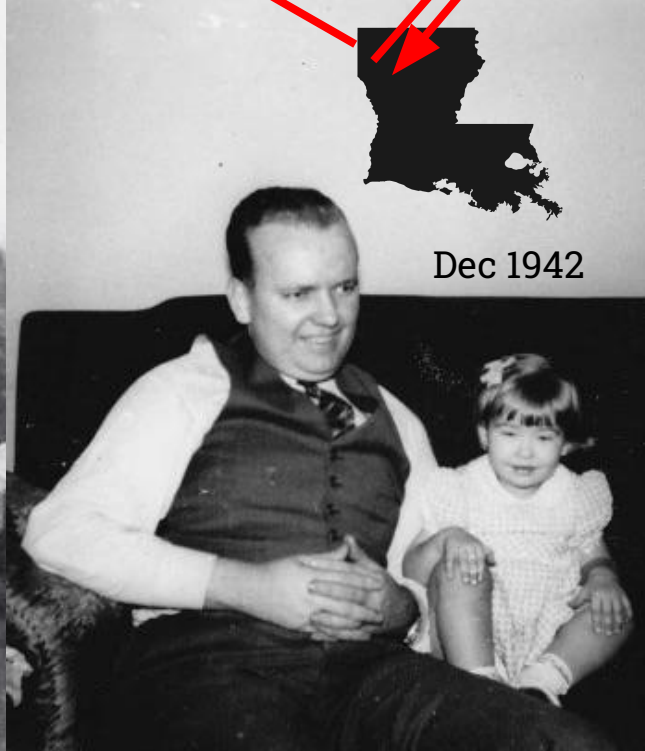


1945

1942



Dec 1942



1944
Oak Ridge,
Tennessee



2008

[@wfryer](#)

wfryer.me/techfear



!;--have i been pwned?

Check if your email address is in a data breach

email address



pwned?



Generate secure, unique passwords for every account

[Learn more at 1Password.com](#)

[Why 1Password?](#)

516

pwned websites

10,624,175,450


pwned accounts

113,998

pastes

199,730,234

paste accounts



**“I’m not a
technology
person!”**

Microsoft Exchange Server vulnerabilities revealed

Top coverage

 Data Center Knowledge

Microsoft Exchange Vulnerability Could Be Worse Than SolarWinds

2 days ago



 WION

Microsoft email hack: How does the attack work? What Microsoft is doing? English News

 Yesterday



 PCMAG.COM

Ransomware Hackers Start Exploiting Microsoft Exchange Server Flaws

47 minutes ago



 ComputerWeekly.com

NCSC issues emergency alert on Microsoft Exchange patch

2 hours ago

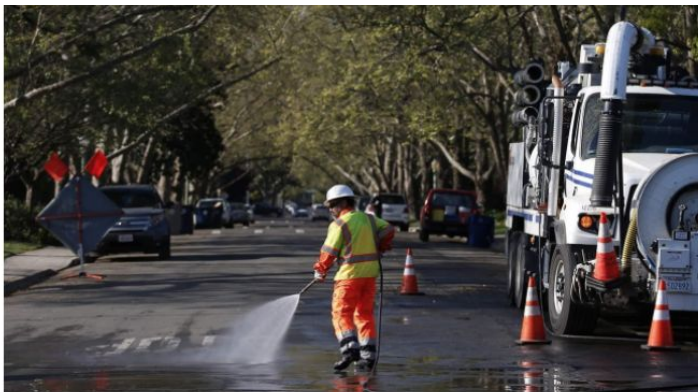


Florida Hack Exposes Danger to Water Systems

STATELINE ARTICLE March 10, 2021 By: Jenni Bergal Topics: Business of Government, Energy and Environment & Homeland Security Read time: 7 min

www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2021/03/10/florida-hack-exposes-danger-to-water-systems

Share Read Mode



A city worker washes down a street after repairs to a water line in Sacramento, California. Cybersecurity experts say water systems need to be vigilant to protect against hackers.

Rich Pedroncelli/The Associated Press

A renegade mouse cursor signaled the danger at the water treatment plant in Oldsmar, Florida.

On Feb. 5, a plant operator for the city of about 15,000 on Florida's west coast saw his cursor being moved around on his computer screen, opening various software functions that control the water being treated. The intruder boosted the level of sodium hydroxide—or lye—in the water supply to 100 times higher than normal.

AUTHOR



Jenni Bergal
Staff Writer
Stateline



States of Innovation

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- Places [Florida, New Jersey, Wisconsin](#)

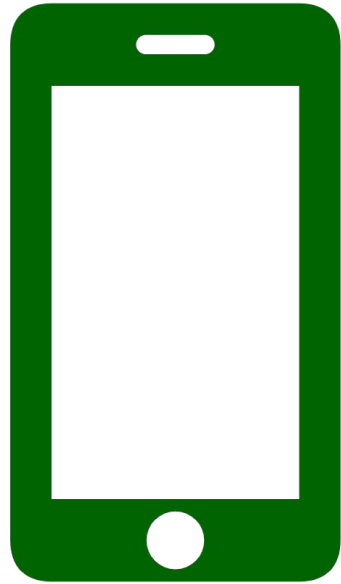
EXPLORE MORE FROM STATELINE

explore by place

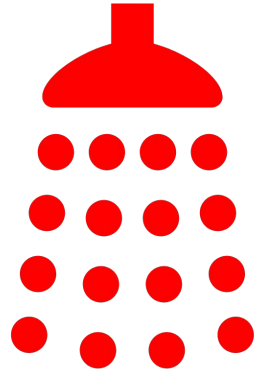
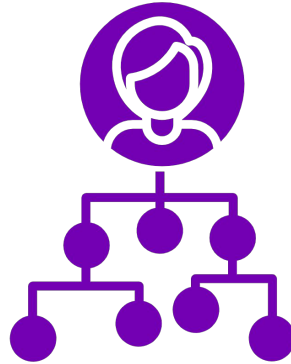
How are we
going to **protect**
our families in
this era of
cybercrime?



“Technology Fear Therapy”



4 Prescriptions



1. Proactive, Patient Listening



(personalize the need)

';--have i been pwned?

Check if your email address is in a data breach

 pwned?

Oh no — pwned!

Pwned in 18 [data breaches](#) and found 1 [paste](#) ([subscribe](#) to search sensitive breaches)

3 Steps to better security

[Start using 1Password.com](#)



Step 1 Protect yourself using 1Password to generate and save strong passwords for each website.



Step 2 Enable 2 factor authentication and store the codes inside your 1Password account.



Step 3 Subscribe to notifications for any other breaches. Then just change that unique password.

2. Secure Passwords



*** * * ***

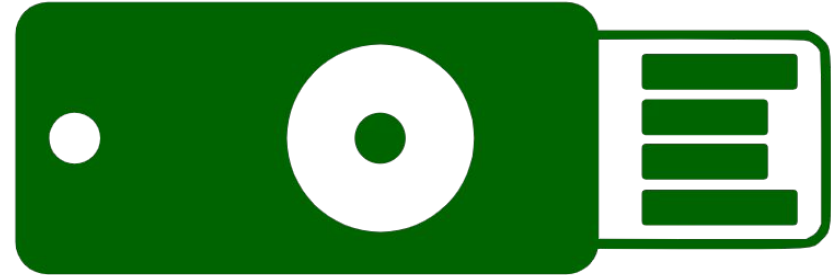
Unique, Long & Complex

Multi-Factor Authentication



Text Message
Yesterday 8:42 AM

[Redacted] is your one-time
[Redacted] login code. Enter
it in Online Access to confirm
your identity.

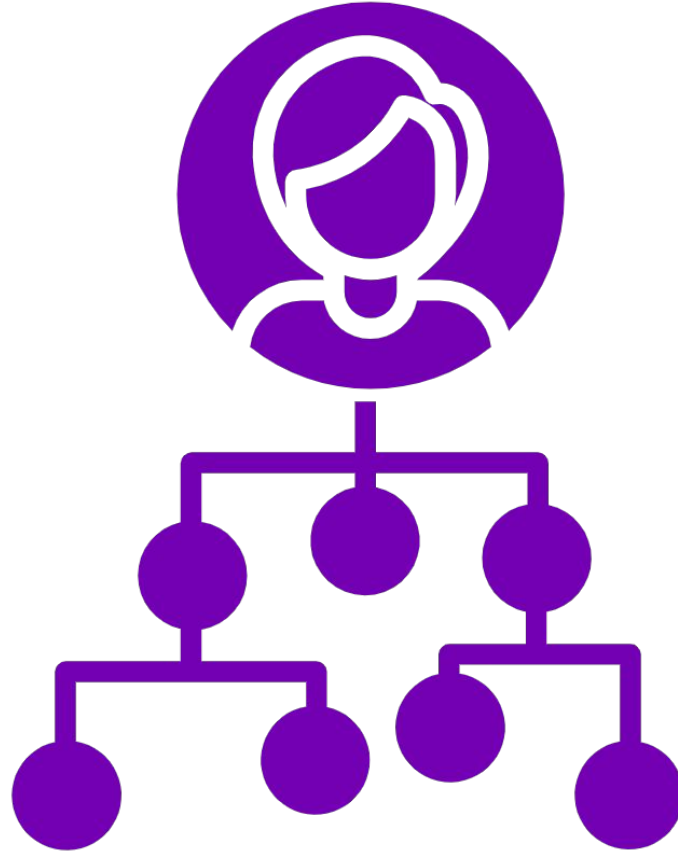


via SMS or a hardware token

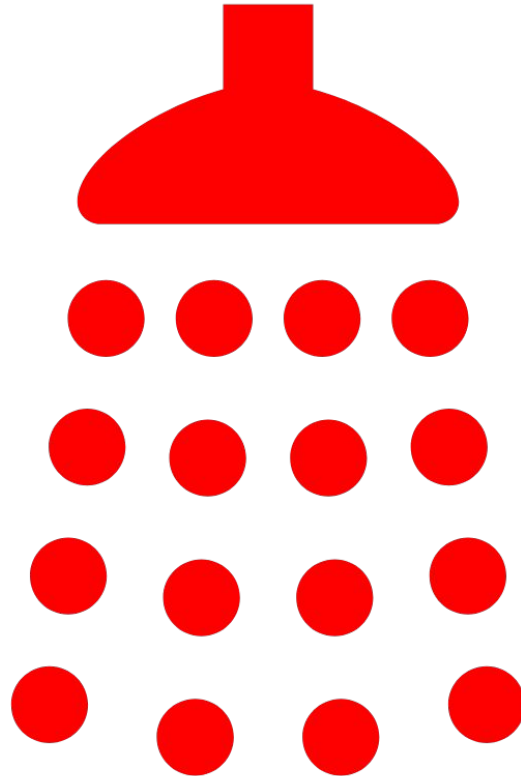
3. Password Manager



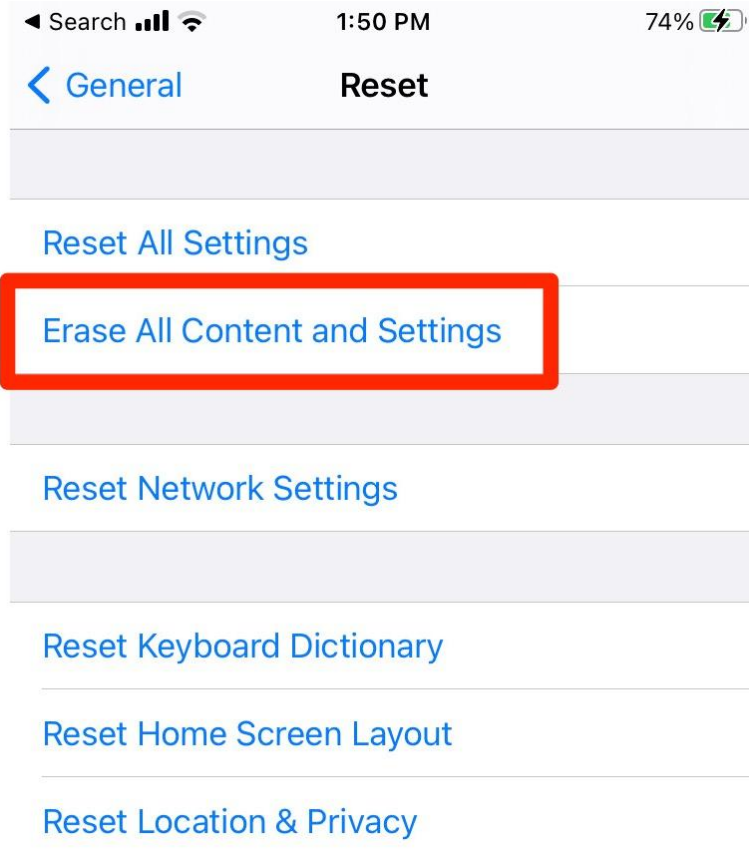
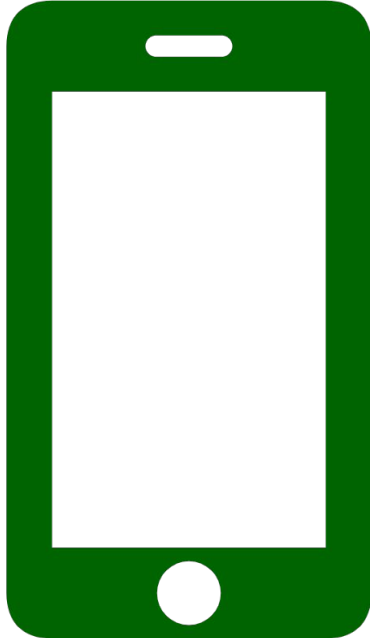
“Best password manager?”



4. Regular Digital Hygiene



4. Regular Digital Hygiene



4. Regular Digital Hygiene



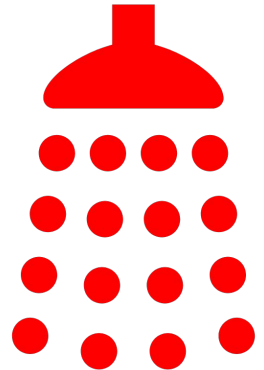
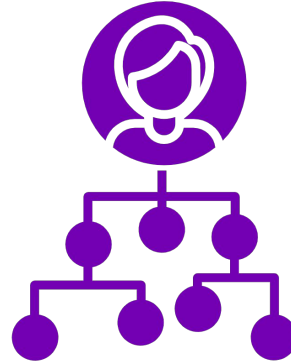
“Who is your
**tech go-to
person?**”

A close-up, low-angle shot of a sandy beach. A series of dark, irregular footprints leads from the foreground towards the background, curving slightly to the right. The lighting is warm and golden, suggesting late afternoon or early morning. The sand is fine-grained and has a soft texture.

Next Steps?

1. Follow these Prescriptions YOURSELF!

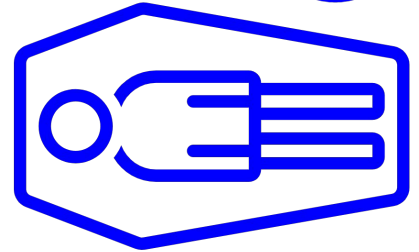
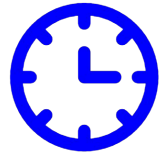




2. Schedule Conversations with family members



(like estate
planning)



3. Practice

Patience and Dialog





December
8, 1970

[www.flickr.com/photos/
wfryer/4356922560/](http://www.flickr.com/photos/wfryer/4356922560/)

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