Passwords

It is becoming more and more important that you use STRONG passwords. In addition, I strongly suggest that you NOT store that password. There are computers running to capture your passwords many of them running from prisons. A simple password can be located by such programs within a few hours.

To create a STRONG password it should be at least 8 characters long and contain:

one or more Capitol letters (not necessarily the first letter),

one or more lower case letters,

one or more numbers, and

one or more symbols

To make it easy to create such, try using a pass phrase. This is a phrase that is easy to remember but NOT one of Chaucers tales that can be found in any dictionary. Rather a phrase that is familiar to you.   Example: the SAT was a real pain 2011! = tsA2twa0r1p1!

Of course, you must write these down someplace, but do NOT save this as a password file and do not paste them on the front of your computer.

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