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Vol. 21—18TH ISSUE—SEPT. 2012

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Editor—Linda Wachal; e-mail WdRoseLady@aol.com Discover Dunkerton—A Good Place To Call Home!

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Above: Keoda Yung in action









Quarterback Kyle Miller

Aric Russell follows his blockers into the endzone.





Nick Fettkether gets loose against Janesville.

JH Football

Junior High football has been going strong this year. Here are a few photos, courtesy of Dennis Magee.

Dunkerton won, 44-14, on Thursday, Sept. 6, against West Central-Maynard. (White uniforms)

The second set of photos (black uniforms) is Dunkerton Junior High vs.

Janesville. Dunkerton won, 62-52, making them 2-0.

Left: Nick Fettkether going in for a tackle



Brad **Rottinghaus** (66), Charlie Magee (42), Levi Stanton and Trace Johnson on tackle.



Nick Fettkether, right, strips the ball as teammate, Trace Johnson, helps make the tackle. Nick returned the fumble for touchdown.

Dunkerton Educational Coalition

Submitted

Dunkerton Educational Coalition forms to support our school

The Dunkerton Educational Coalition, Inc. (DEC) has now been formed and officially recognized by the IRS as a 501c(3) non-profit organization. The purpose of the DEC is to promote educational excellence for Dunkerton students and to provide oversight for the different committees that support the Dunkerton Schools.

There are 6 founding committees that have joined together to make up the DEC. These groups each offer support for a different aspect in a well rounded academic atmosphere. The Parent Teacher Organization (PTO) supports activities for elementary students. After Prom, Athletic Boosters, Fine Arts Boosters and the 4 Year Trip provide funding and manpower for the various extracurricular programs within the Junior High and High School. As an active community group, the Dunkerton Foundation provides financial support for overall academic growth. A representative from each committee sits on the DEC Executive Board and is responsible for IRS

SEE COALITION/Page 5

Scambusters

By Scambuster Keith Issue #508 September 5, 2012

How to Remove Name Details and Other Personal Info Online

Where do you start if you want to remove name details and other information about yourself from the Internet? Don't think it's an issue? Well, as we reported in our special report on cyberstalking last year, there are scores of organizations whose entire business is built on gathering personal information about you and either displaying it for free or, more often, selling it.

http://clicks.aweber.com/y/ct/?l=OtAeW&m=JU vh3vkWRGtWfo&b=dQ5uVau6VvGO8Vw9ehb

In fact, earlier this year, one of these firms was fined \$800,000 by the Federal Trade Commission (FTC) for a whole series of alleged offenses about the way it used information it collected from social networking sites and then sold the information.

The FTC claimed that the data this firm sold included income, home values, marital status and ethnicity. It was sold to background screening services and recruiters.

Most of the information these organizations collect is already in the public domain and collecting it is perfectly legal, though what they do with it may not always be.

They know where to look and how to link different strands together to build a pretty comprehensive — and valuable — picture of you and your life.

Maybe you already know this and don't care or don't think you can do anything about this, but the fact is that your personal information jigsaw, when pieced together proper-

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ly, can be used for all sorts of dubious purposes from spamming to identity theft. Yet, as you might suspect, the process to remove name details is both complex and time consuming.

First, you have to discover all the organizations that hold information about you; then you have to approach each one, sometimes in writing, to ask them to remove your de-

Then you have to monitor them to check that they did what you asked.

The issue is further complicated by the fact that if they do it at all, they will only do exactly what you asked. So, if your name is Jane Doe, they might agree to remove your records from public access, but that won't include records that name you as Ms. Jane Doe, Jane A. Doe, or J.A. Doe.

You have to go through the same tedious process for each one. Often, too, you will be asked to provide identification to prove you are who you say you are, and for this reason, some of them will insist you send this by snail mail.

10 Opt-Out or Privacy Links

The good news is that you might be able to save yourself some time by subscribing to one of the automated services that offer to do all the hard work for you. Of course, you have to pay — anything from \$5 a month upwards.

As an example, see the site Reputation.com. http://clicks.aweber.com/y/ct/?l=OtAeW&m=JU vh3vkWRGtWfo&b=5m069czxJcNqD-

VAGLInGbg

Unfortunately, we are not in a position to recommend how reliable, effective or secure this or any other service is, since we haven't formally tested them.

If you want to go down the manual route, you need to check each site individually. As we said, there are scores of these and you can never be sure you've got them all.

But they include Spokeo, ZabaSearch, Pipl, MyLife, Yahoo, Google and PeopleFinder. Some of these organizations rely on other data providers for their information, like WhitePages, Acxiom and Intelius.

You'll often find if you do a search on your own name that one or other of these outfits returns a limited amount of information but offers to give you SEE SCAMS/Page 6

Jeremy Page & Ted Gamerdinger

Dunkerton Denver Tripoli 822-7444 984-5695 882-3399

Blue Zones

by Jessica Crouch

Have you heard of Blue Zones where people live longer, healthier lives? According to National Geographic researcher Dan Buettner, these people have similar healthy habits coined Power 9TM: move naturally, know your purpose, down shift, 80% rule, plant slant, wine at 5, family first, belong, right tribe. Did you notice that we can fulfill all nine habits in a natural, non-toxic, inexpensive way?

The first healthy habit - move naturally. I love the open-ended nature of this statement, which allows each of us to find a way to incorporate movement (i.e. exercise) in our lives in a way we will enjoy. Some people look forward to time in a gym on a regular basis. I prefer walking and talking with a friend or dancing. My aching quads will tell you that a day of yard work will also work your muscles while you have fun.

What activity do you love that gives you exercise at the same time? Stay tuned next for a look at number two – know your pur-

The Dunkerton News welcomes letters to the editor from readers. We urge you to keep your letters brief and to the point. We reserve the right to edit letters for length, if necessary

All letters to the editor must be signed and include a phone number or address for verification purposes.

Send letters to: The Dunkerton News, 3511 Lafayette Rd., Evansdale, IA 50707, email WdRoseLady@aol.com or fax 319-287-5941.

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's Happening

Volleyball: Girls JH Match 4:15pm Away vs. Oelwein Middle School

Cross Country: Varsity Meet 4:30pm Away vs. Centerpoint-Urbana MS

Volleyball: Girls 9th, JV & Varsity Match 6:00pm Away vs. Janesville

Football: JV w/Riceville here 6 p.m. THURSDAY, SEP 20, 2012

Volleyball: Girls JH Match 4:00pm West Central Dunkerton HS - Gym- Junior

Cross Country: Varsity Meet 5:00pm Away vs. Grundy Center

FRIDAY, SEP 21, 2012

Football: Boys Varsity Game 7:00pm Away vs. Janesville

SATURDAY, SEP 22, 2012

Volleyball: Girls Varsity Tournament 9:00am Clarksville HS, Janesville, East Buchanan, Northeast Hamilton, Blairsburg, Turkey Valley, Centerpoint-Urbana MS-Dunkerton HS - Gym-Main

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* Contact Linda with any news for The Dunkerton News

Football: Boys JH Game 4:00pm Northeast Hamilton, Blairsburg Dunkerton HS -Football Field-Main

Volleyball: Girls 9th, JV & Varsity Match 6:00pm Clarksville HS Dunkerton HS

Football: Boys JV Game 6:00pm Northeast Hamilton, Blairsburg Dunkerton HS -Football Field-Main

TUESDAY, SEP 25, 2012

Volleyball: Girls JH Match 4:00pm Denver Community Schools Dunkerton HS -Gym- Junior High

Cross Country: Varsity Invitational 4:30pm Away vs. Jesup

Volleyball: Girls 9th, JV & Varsity Match 6:00pm Away vs. Northeast Hamilton, Blairsburg Northeast Hamilton HS

THURSDAY, SEP 27, 2012

Volleyball: Girls JH Match 4:00pm Clarksville JH Dunkerton HS - Gym- Junior High

> Volleyball: Girls 9th Game 6:00pm CAL Cadets Dunkerton HS

Volleyball: Girls JV & Varsity Match 6:00pm CAL Cadets Dunkerton HS

FRIDAY, SEP 28, 2012

Football: Boys Varsity Game 7:00pm

Northwood-Kensett CSD Dunkerton HS - Football Field-Main

SATURDAY, SEP 29, 2012

Volleyball: Girls JV Tournament 9:00am

Away vs. Jesup MONDAY, OCT 01, 2012

Football: Boys JH Game 4:00pm Away vs. Clarksville HS

Volleyball: Girls JH Match 4:30pm Away vs. Don Bosco Catholic

Football: Boys JV Game 6:30pm Away vs. Clarksville HS

Attention: 7th - 10th grade parents

by Ami Strauss

Our annual craft show will be held on Saturday, October 20. The funds raised go towards the four year trip to Chicago. Help is needed with admission tables, supervising concessions, serving hot food in the kitchen and clean up after the show. Please email Amie Strauss at amieric@dunkerton.net. Remember, parent chaperones are selected from those that have volunteered.

Seniors!

Don't forget! Goodies delivered at 11 a.m., lunch at 11:45. Bring dish to share and also a food item for Bingo. For more info, call Pat 319-464-5384

Panic Park

Submitted

The Black Hawk County Conservation Board Panic Park Haunted House is ready to frighten again.

Nearly 4,000 people visited Panic Park Haunted House last year but, what is unclear is the number of people left behind to haunt the halls. With a new consultant on board, this year's house promises to frighten even the scariest of ghosts. Come out, test your nerves and walk with the things that go "Bump" in the night.

Panic Park is operated by live SEE PANIC/Page 6

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LIBRARY NEWS

Saturday, September 29 @ 12:30.

The Hunger Games. Free popcorn will be provided. For those attending that are younger than 13 years old, a parental approval form must be signed.

The move is rated PG-13 and runs 142 minutes.

"In a not-too-distant future. North America has collapsed, weakened by drought, fire, famine, and war to be replaced by Panem, a country divided into the Capitol and 12 districts. Each year two young

representatives from each district are selected by lottery to participate in The Hunger Games. Part entertainment, part brutal intimidation of the subjugated districts, the televised games are broadcast throughout Panem. The 24 participants are forced to eliminate their competitors, literally, with all citizens required to watch. When 16 year old Katniss' young sister, Prim, is selected as the mining district's female representative, Katniss volunteers to take her place. She and her mail counterpart Peeta, will be pitted against bigger, stronger representatives who have trained for this their whole lives."

Raider Rewards

by Jessica Huntley

Have you started thinking about your Christmas shopping? I hate to be the bearer of bad news, but it is sneaking up fast! Let us help you start your shopping by buying Raider Rewards! We have cards to several local stores, like Target, Wal-mart and Menards. And don't forget to fill up your tank! We also carry Kwik Star Cards. Visit www.dunkerton.k12.ia.us to print off a form and send to school, or visit our local Farmers State Bank to purchase. The school benefits just by you shopping! For questions or to request a form, e-mail Jessica at Dunkerton PTO@hotmail.com.

Thank you!

My 80th birthday bash at the Lakeside Ballroom, on September 1, was just awesome. It was truly great having so many guests, family and friends present to share in the evening's events. I'd like to thank every single person who attended, sent cards or gave gifts, as it surely brightened my day. My 12 kids and their spouses surprised me with the food, drinks, photos, entertainment, decorations, and dedications on that day. A special thank you goes out to Tom Pei (Pei's Restaurant of Cedar Rapids) for the Chinese food, and his band, for all they contributed to the evening success. What an amazing day!! Thank you so much. Gamerdinger.

Below: The Gamerdinger family



Fall Dinner & Festival

A Parish Dinner will be held on Sunday, October 7, 2012 from 11 a.m. - 2 p.m. at St. Francis Catholic Church, 7837 E. Airline Hwy., Dunkerton, IA. Menu includes: roast beef & ham, scalloped potatoes, green beans, salad & dessert bar, home baked bread, coffee and Koolaid. Cost is \$7 for

adults; \$6.50 for senior citizens; \$4 for 5-10 year olds and under 5 is free.

Country Store, Raffle and Children's games are available for your enjoyment. For more information, contact Nancy Steffen 319-236-3698 or Carol Steffen at 319-822-7879 or 319-822-7477.

Bodee's Buddies

Submitted

1st Annual Ride for Bodee's **Buddies**

Our first annual ride for Bodee's Buddies will be Sept. 22. Registration will go from 9-11 a.m. at the Screaming Eagle, 228 East Fourth St. in Waterloo, and sausage and biscuits will be available. The registration includes your card hand at the end of the ride, and a meal. Cost of the ride will be \$15 for the driver and \$10 for the rider. We will take off at 11 a.m. after the Blessings of the Bikes. We will have meals for \$5 starting at 5 p.m., silent auction with a Vintage Cabbage Patch Doll in box, gift certificates, Scentsy and more.

We'll have a raffle with a 32" LED TV and a variety of items. We will end up at Lofty's Lounge in Evansdale. We are riding to help underprivileged children to be able to play in sports and activities through a scholarship in Bodee Lane Peterson's memory.

Bodee's life was taken way too soon, due to a boating accident on August 17, 2011. We want to keep his memory alive and to remember how he lived and loved fearlessly.

If you would like to help with the ride, or donate anything to the silent auction, raffle or meal, please contact Debbie at 219-231-6649 and leave a message.

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Coalition

Continued from page 1 compliance within their organization.

The DEC is recognized by the IRS as an official non-profit organization and this status offers benefits that weren't available to these committees as stand alone groups. The primary benefit is that these committees can now accept donations and offer tax deductible receipts to donors. The groups can also take advantage of purchasing that is only available to non-profit organizations.

In the long run, the groups will also reap additional benefits from consistently administered policies and the structured record keeping offered by the DEC. Each committee, however, still maintains and controls its own checkbook and decides how funds are spent to support their respective group. The DEC executive committee would like to offer special thanks to Sue Koppmann who did all the leg work and paperwork to gain IRS non-profit approval. Sincere appreciation is also offered to local business owner, Brad Grieves with Print Innovations, who donated his time and talents to create the DEC official logo. The next time you see Sue and Brad, please thank them for their efforts.

This committees are as follows:

Dunkerton Foundation

To generate and distribute resources for the benefit of Dunkerton Schools. Volunteers from anyone in the community

dunkertonfoundation@gmail.c

After Prom

To offer a fun, safe event for Junior/Senior students after the spring Prom. Volunteers are all Junior and Senior Parents

dunkertonafterprom @hot-mail.com.

Athletic Boosters

Promotes school spirit, pride and sportsmanship by supporting athletic programs. Volunteers are all parents with a student in Junior High/High School that participate in any sport

dtownboosters@gmail.com.

Fine Arts Boosters

Provides recognition for achievements in the arts and support for the Fine Arts programs. Volunteers are all parents with a student in Junior High/High School participating in Fine Arts, including Chorus, Band, Art, Drama, and Speech.

dunkertonfab@gmail.com

4 Year Trip

Sponsors a trip every 4 years for all high school students to attend. Students experience museums, cultural attractions and more. Volunteers are all parents with a student in High School

twolfensperger@dunkerton.k1 2.ia.us

Parent Teacher Organization (PTO)

Offers book distributions, student incentives, assemblies and classroom and playground equipment. Volunteers are all parents with an elementary student

dunkertonpto@hotmail.com

I have never in my life learned anything from any man who agreed with me. - Dudley Field Malone



101 W. Sycamore Dunkerton, IA Making Christ Known

Sunday School Adult and children 9:00 a.m. Worship Service 10:00 a.m.

www.fbcdunkerton.com

Dunkerton Disc Golf

Submitted

At the time the disc golf course was established in Dunkerton, local citizens and those interested in adding a course approached the Parks Board and presented a request for it to be added to our Parks. The Parks Board also felt that if a course was added those who play disc golf could be part of a league in the nearby areas. Deerwood Park, Exchange park, and Ghost town Park @ Island Park I believe form that league. The towns represented are Evansdale,

Waterloo and Cedar Falls. It was noted that Jesup had a 6 disc golf basket in its park. At the time our disc golf course was built, the historic bridge was closed and donations allowed us to build a 9 hole course with 6 baskets. You may go to iagd.com or pdag.com to see course lists and space used. At the present time I have funds to cross the creek and redesign our course. If you are interested in helping to establish a full 9 hole course please contact me, Steve Collins.

Letter to the editor

Dunkerton City Council & other boards have minutes and agendas, why don't they print them in the Dunkerton News.

Thank you

Steve Collins

From the editor

This is a question we have been asked many times over the years. Seems reasonable to publish local things in the local paper doesn't it? Especially when this paper is free. Unfortunately, from a legal standpoint, council minutes and school board minutes must be printed in a weekly publication, and The Dunkerton News doesn't qualify.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

- Michael Jordan



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Panic

Continued from page 3

actors so it is never the same from one spooky night to another. Our actors are all volunteers. If you are interested in participating, please call 319-433-7275 or email aweber@co.black-hawk.ia.us. Panic Park will be open on October 5, 6, 12, 13, 19, 20, 21, 25, 26, 27, 28 & 31. Fridays and Saturdays from 7 p.m. to 11 p.m. and on Thursday, Sunday & Halloween from 7-10 p.m. The price of admission is

\$10 per person.

New this year, Friday, October 12th is "Car Load" night. Pack as many people as you can safely pack in your car and receive a reduced rate. The more people the better the price! It's always fun to see a big group enter and only a few return from the hallowed halls of Panic Park.

Check out our website, www.panicpark.org for volunteer forms, coupons and other valuable information. We Dare You!

Scams

Continued from page 2

more if you pay.

We don't have the space or the resources to list all the sites from which you might want to remove your name. But here are 10 of the major organizations, with links to their opt-out or relevant information page (tested at the end of July, 2012):

- *Acxiom:http://clicks.aweber.com/y/ct/?l=OtAeW&m=JUvh3vkWRGtWfo&b=MjWWFayBu6pT3MQCeKF8Eg
- *Intelius:http://clicks.aweber.com/y/ct/? l=OtAeW&m=JUvh3vkWRGtWfo&b= Rn9mSwz_916LXyS9R5_uVQ
- * My Life: Send email to privacy@mylife.com or phone 1-888-704-1900
- *PeopleFinder:http://clicks.aweber.com/ y/ct/?l=OtAeW&m=JUvh3vk-WRGtWfo&b=HtsHIXwZIkSRjwvBOzjPLw
- ** Pipl People Search (invites you to join reputation.com after you complete!):http://clicks.aweber.com/y/ct/?l= OtAeW&m=JUvh3vkWRGtWfo&b=p0 EW1bqguraqo040X32BIA
- *Spokeo:http://clicks.aweber.com/y/ct/? l=OtAeW&m=JUvh3vkWRGtWfo&b= C9DF4cK2GjGAFvrfQR.9hg
- *WhitePages:http://clicks.aweber.com/y/ct/?!=OtAeW&m=JUvh3vk-
- WRGtWfo&b=P9_cx5AkuwyXJ.tiA6Y Bpg
- * Yahoo (uses Intelius but has its own optout):http://clicks.aweber.com/y/ct/?l=Ot
- out):http://clicks.aweber.com/y/ct/?l=Ot AeW&m=JUvh3vkWRGtWfo&b=d9y Vs6y5TV2lmGSmJGJpHQ
- * ZabaSearch (requires copy of ID card or driver's license to be faxed): http://clicks.aweber.com/y/ct/?l=OtAe W&m=JUvh3vkWRGtWfo&b=HEAfX INSKwaahkqGMUdxZg

That makes 9, right?

Well, we wanted to save the tenth and perhaps the most important to last — Google.

Just how can you prevent Google from collecting and sharing information about you, or returning links to your personal data?

Well, we could probably write a

whole book on that subject (if we had enough time and people), but fortunately Google themselves do provide quite a lot of helpful information — if you know where to look.

Start by learning more about how to manage your online reputation here:

http://clicks.aweber.com/y/ct/?l=OtAe W&m=JUvh3vkWRGtWfo&b=ZyAS-DO9F5Kpxw61UJ7OXow

Click on "Remove unwanted content and associated search results" for links to more information about this thorny subject.

But don't set your expectations too high because, as you'll discover, Google generally disavows responsibility for what others say about you on their websites and advises you to contact the sites' webmasters.

More advice on keeping personal information out of Google can be found here: http://clicks.aweber.com/y/ct/?l=OtAe W&m=JUvh3vkWRGtWfo&b=riQ2e7 WGPGx9Bzp0ZmGObw

There are some situations in which Google will take action, especially if there are legal issues. For this, you have to go through a question and answer process that starts here:

http://clicks.aweber.com/y/ct/?l=OtAe W&m=JUvh3vkWRGtWfo&b=q.bAOI e95ezNiJiHB02OMw

There are several organizations that claim to be able to prevent negative information about you appearing on the first couple of pages of a Google search.

Their fee? Anything from \$1,000 to \$40,000. And we can't tell you whether that'd be money down the drain but we suspect it could be, since Google is always changing the way it controls the search process.

We also suspect, in the broader

St. John's Lutheran Church Bennington

.................

Sunday School 8:45 a.m. Worship 10 a.m.

September 16: Christians in the First Century/ Acts of the Apostles - The Jerusalem Church

September 23: Lutheran Christians Today - No. 1: German Lutheran Austerity

September 30: Celtic Christian Evangelism Then / Christian Evangelism Now - No. 1:

Preface and Chapter 1 - The Gospel to the Irish (pp. ix-13)

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Pastor: Wm. Thalacker e-mail: billthalacker@yahoo.com 319-287-7836

scope of this issue, that, despite all your efforts, we are living in an age when personal information about you seems to have become public property.

In the end, there may not be a lot you can do about that without investing a huge amount of effort.

But one quick and easy thing you can do from the get-go is limit the personal information you post about yourself online — in everything from social media networks to blog comments.

Realize that, whatever actions you take to remove name and other data about yourself, everything you post is capable of being collected, stored and linked up with other information to create your very own, but probably unwelcome, digital self-portrait. So be careful about what you post.

Time to close today, but we'll be back next week with another issue. See you then!

By Scambuster Keith

Issue #509 September 12, 2012 **10 Keys to Password Security**

Looking for total password security? Sorry, you're out of luck. There's no such thing.

For a start, crooks might hack their way into a site where you use your password and steal it from there — like they do somewhere around the world virtually every day.

A couple years back, they stole 32 million from a single social

networking site and posted the whole lot online.

Or you could come up with a clever jumble of letters and numbers but, using what law enforcement calls a "brute force attack," the criminals could employ automated password software to make a billion guesses a second until they get the right one.

But here's the good news: You can take action right now that will virtually eliminate the risk of your password ever being guessed and limit the chance of it being stolen.

And it's not as hard as you might think. We've drawn up a list of 10 rules to safeguard your password security, drawing on the advice of experts — with a good dose of common sense mixed in.

Here they are:

1. Make them long. It used to be that a password of, say, eight characters was considered safe enough but with the increasing power of computers, those brute force attacks can run through billions of possible combinations in minutes.

Each character you add increases the number of possible combinations astronomically.

Here's the simple explanation: A one-letter password would only take a maximum of 26 guesses — right? — but two letters would create 26 x 26 possible combinations = 676 guesses. One more letter would require 26 x 26 x 26 = 17,576 guesses, and another would need 456,976

1/6 -28

Scams

Continued from page 6 guesses.

Get the picture?

But, as we said, computers can run through that number of guesses in a fraction of a second, so we recommend at least 12 characters, which would take billions of billions of guesses and that would take centuries to do!

2. Don't make sense. In other words, don't use actual words, combinations of words, place names, slang, names and nicknames, birth dates, meaningful abbreviations (like "ILY" — "I Love You"), your email address or the name of the website you're visiting.

The first thing hackers do is run what they call a "dictionary attack," which does what its name suggests — it checks every word in the dictionary AND then every possible combination of words.

Some words are particularly dumb password favorites; for example in the hack attack we mentioned earlier, almost 62,000 victims had used the word "Password," while another 51,000 used "iloveyou."

3. Use the strength of characters. Don't just use letters; use numbers and symbols — those characters you mainly get using your "Shift" key and a number (though there are other symbols on the keyboard too).

Also, use both upper and lower case letters since most logins are "case sensitive" — they require you to type the letter in exactly the case in which the password was set up.

By using these additional combinations of characters, you are once again multiplying vastly the number of guesses a hacker would have to make.

4. Don't use sequences. In some ways, sequences of consecutive numbers and letters are even worse than using whole words.

Again, referring back to that big hack attack, the list of passwords published on the Internet showed that nearly 300,000 victims used "123456."

Even a keyboard sequence of "qwerty" — the first six letters on your keyboard — had more than 17,000 password users.

5. Use a different password for each site. Once they've got your password, crooks will try it on any number of sites, using auto-

mated programs.

So, if, for instance, you use the same password for Amazon and your bank account, if they get one, they'll be able to access both.

You may consider using the same password for sites where you think your security is unimportant if it's compromised, but that's a potentially dangerous practice because criminals can piece together the information about you that they obtain from multiple sites if they can log on to them all.

At the very least, don't use the same password/username combo.

6. Change them regularly. As we said at the outset, even if you do all the right things, you password could still be stolen, both by hackers and by malware on your PC.

Make it a habit to change them all regularly, especially those connected with banking and online purchases.

Yes, we know it's tiresome but, with some of the techniques we discuss below, it can be done.

7. Make them easy to remember — for you. With seemingly unpredictable mixtures of letters, numbers and symbols, how are you going to remember them?

A couple of tricks can help you call individual ones to mind more easily.

For instance, security expert Steve Gibson was quoted in a recent Yahoo! report as explaining that a password using a repeated pattern of symbols could be harder to guess than a random mixture of characters if it actually has more characters and a higher total of symbols. He says D0g!(!(!(!(!(! would be easier to remember but tougher to crack than PrXyc5NFn4k77. Another possibility is to turn a

Another possibility is to turn a memorable sentence into a single password, substituting letters, symbols and numbers.

For instance, remember this statement from John F. Kennedy?

"Ask not what your country can do for you, but what you can do for your country."

That could become "A-?urCcd4u,b?ucd4urC." In this case the dash represents a minus for "not" and the question mark replaces "what"; "ur" is "your" and "4" is "for." Upper case "C" is used for country just to ensure a good mix of upper and lower case.



Getting Back to the Basics: Rural Iowa <u>Values</u>

- Born and raised in northeast lowa, Bill values family and rural lowa communities
- Bill left a successful sales career to start a small business in Waverly and raise three sons, Thomas, Andrew and Patrick, with wife Jan
- Bill will work to sustain and grow our rural communities to ensure we pass our values of hard work, integrity and trust onto the next generation

A hardworking family man and community leader that you can TRUST.

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8. Store them safely. Now that you've got all those passwords buzzing around in your head, how are you going to remember which goes with what?

You might be able to think of a clever way of linking a particular site name with a password, but a more reliable bet is to use a password manager which encrypts them — stores them in a way hackers can't read.

Some Internet security software comes with built-in password savers but you can also download or buy dedicated programs, some of which will actually generate random passwords for you (4u!). They require a master password (which should be really tough!); don't trust one that doesn't.

Alternatively, some security experts say you can write your password sentence (not the actual password) or a clue to it on paper and store it in your wallet. Frankly, we don't think this is a good idea.

Our best advice: Use a good password manager like Last-Pass, KeePass or 1Password. Create one very strong password you can remember to access your password manager. Then, you can let the password manager create strong random passwords for each site you visit — and you don't have to remember them since they are stored in your password manager. We find that works really well.

LastPass:http://clicks.aweber.com/y/c t/?l=OtAeW&m=K4Fitjo0RGtWfo&b=

LYjmQolZcKCr1UvlrP5HPQ

KeePass:http://clicks.aweber.com/y/ct /?l=OtAeW&m=K4Fitjo0RGtWfo&b= _YOJKMDECRn1koBmtjcFEw

1Password:http://clicks.aweber.com/ y/ct/?l=OtAeW&m=K4Fitjo0RGtWfo& b=SaJIdtjQX.dsCZeezYWvLg

- 9. Don't share them with anyone. Just don't. Well, maybe your "significant other" but that's your call.
- 10. Check the security of sites you use. As we've explained, there are some things you just don't have any power over like the security of organizations that store your password. But you can take the time to check what they do to keep it safe. Do they encrypt them? The big hack victim we've referred to didn't. How many login attempts will they permit before blocking access?

Ultimately, your security is in their hands, so you need to know.

All of this may seem like a challenge but look at it this way. In 10 years, the Internet has moved from a peripheral activity for most of us to a central part of the way we run our lives.

What will it be like in another 10 years? So, think about your password security now.

Follow our 10 golden rules and you'll get close enough to achieving that password security — so you can comfortably get on with the rest of your life! That's all for today — we'll see you next week.

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Diabetes Awareness

Submitted – Individuals interested in a managing or preventing Type 2 Diabetes are welcome to attend a Diabetes Awareness class on Tuesday, October 2nd from 6:00 p.m. to 7:00 p.m. The event will be held in classroom 10 on the fourth floor in the Outpatient and Women's Center at Covenant Medical Center in Waterloo. Attendees at the Nutrition for Diabetes prevention program will learn food factors that can help manage or prevent Type 2 Diabetes. Guest speaker, Registered Dietitian and Certified Diabetes Educator, Mary Steffensmeier will review lifestyle changes that can help reduce the risks of Type 2 Diabetes. To reserve your spot in this class call 319.272.2265. This educational event is free and open to the public.

Community Clothes Closet

9-12 Saturday, September 22nd at the Breath of Life Church, 907 Independence Ave., Independence. Everything is free. Come see if we have something you need or want.

What God has given to us, we give to you!

Mistake

I made a mistake on the last issue having listed it as the 18th issue. It actually was the 17th issue and this one is the 18th issue. My apologies!

On March 18, 2011, Station KCOO(FM) was granted a license by the Federal Communications Commission to serve the public interest as a public trustee until February 1, 2013.

Our license will expire on February 1, 2013. We must file an application for license renewal with the FCC by October 1, 2012. When filed, a copy of this application will be available for public inspection during our regular business hours. It contains information concerning this station's performance since March 18, 2011.

Individuals who wish to advise the FCC of facts relating to our renewal application and to whether this station has operated in the public interest should file comments and petitions with the FCC by January 2, 2013.

Further information concerning the Commission's broadcast license renewal process is available at Station KCOO(FM), 1921 Wimberly Lane, Austin, Texas 78735 or may be obtained from the FCC, Washington, DC 20554, www.fcc.gov.

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