

2020-21 Zombie Apocalypse and Dental Office Security (available for download!)





RESTRICTED



UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN

R)

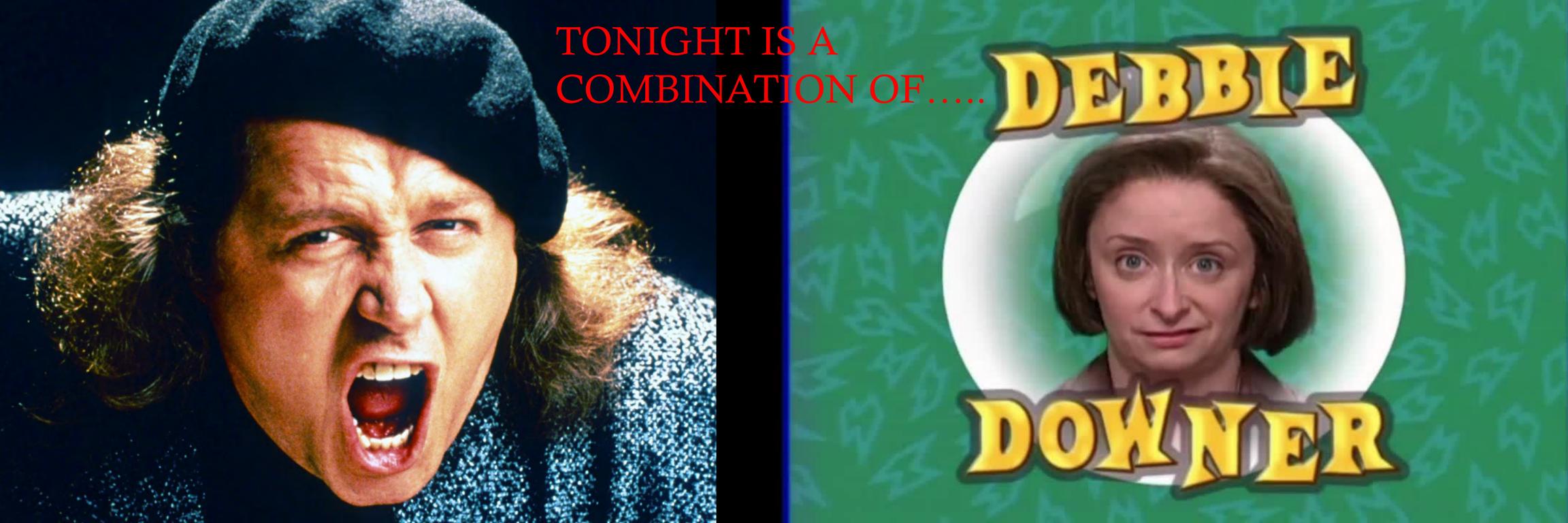
ADULT LANGUAGE

TONIGHT'S TOPICS (in under an hour):

- ♦WHAT I READ (you should, too!)
- NARROW DOWN GOOGLE SEARCH RESULTS
- **PASSWORD MANAGER**
- **&UPDATE ALL YOUR CRAP!**
- **\$GONE PHISHING**
- ♦FIREWALL Do you even have one??

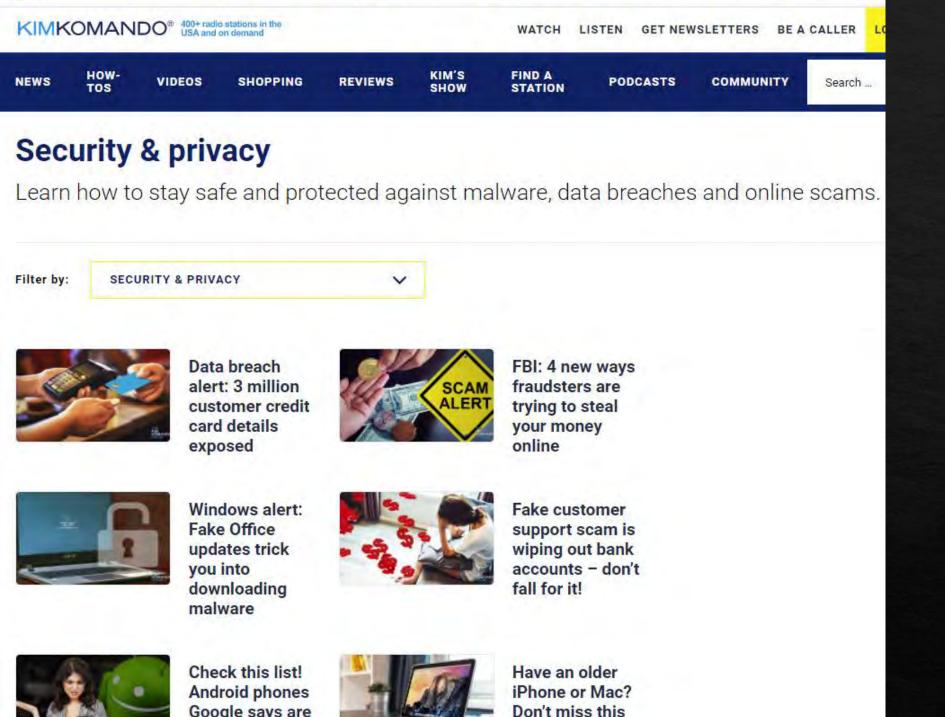
- **INCREASE SECURITY BY THIS SIMPLE STEP!**
- **♦KREB'S RULES**
- **©CREATE SHORTCUTS**
- **♦BACKUPS**
- **PENETRATION TESTING:**

grc.com, Nessus, Kali Linux



My frequent IT news sources (make them YOURS!)

- ♦ PcMagazine: https://www.pcmag.com/categories/security
- ♦ZDNet: https://www.zdnet.com/topic/security/
- ♦iPhone: News and Google News APPS
- *Ars Technica, TechRepublic, CNET, others: https://arstechnica.com/
 https://www.cnet.com/



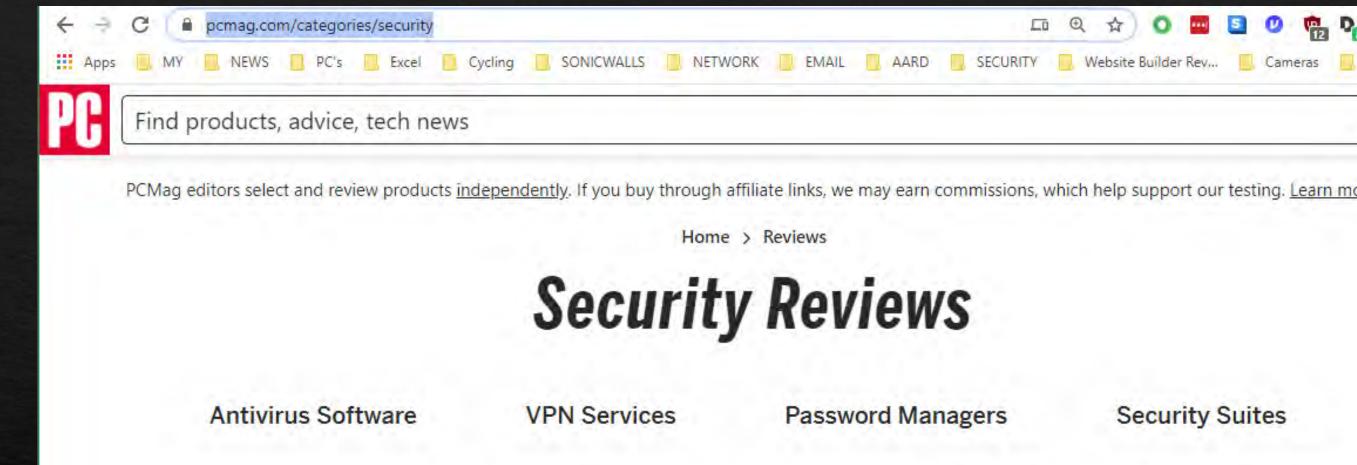
Kim Komando speaks English!

https://www.komando.com/category/news/security-privacy/

You may see her column in Fox News, CNN, USA Today, etc.

https://www.pcmag.com/categories/security

They (pcmag, zdnet, cnet - where I first go for answers) also have <u>daily</u> newsletters I subscribe to...



Ransomware Protection

Malware Removal and Protection

Encryption Software

Mac Antivirus

Parental Control Software

Spyware Protection

CURRENT HEADLINES (today, groan)...











ID MUST READ: Everything you need to know about the Microsoft Exchange Server hack

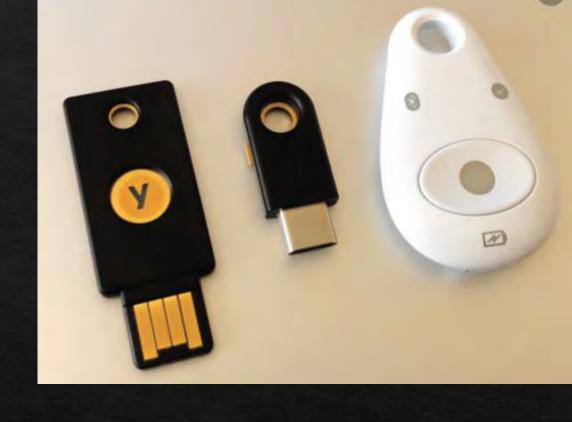
These two unusual versions of ransomware tell us a lot about how attacks are evolving

Researchers detail two new types of ransomware - AlumniLocker and Humble. Both are new and have very different ways of doing things, demonstrating the diversity in a space attackers are keen to get involved in.

The ransomware is delivered to victims via a malicious PDF attachment claiming to be an invoice that is distributed in phishing emails. The PDF contains a link that will extract a ZIP archive that runs a PowerShell script to drop the payload and execute the ransomware.

Like an increasing number of ransomware campaigns, the attackers behind AlumniLocker threaten to publish data stolen from the network of their victim if they're not paid within 48 hours – although given the ransom demand is so large, victims may decide it's too much to pay.

Organisations can help protect themselves from ransomware attacks with cybersecurity procedures including <u>applying patches</u> and using <u>multi-factor authentication</u>.



HINT: WHAT IS TOMORROW??

Do you have Microsoft Exchange Email Server?

(some of my colleagues do!)

KrebsonSecurity

In-depth security news and investigation



ADVERTISING/SPEAKING

Latest Warnings / The Coming Storm / Time to Patch — 47 comments

O5 At Least 30,000 U.S. Organizations Newly MAR 21 Hacked Via Holes in Microsoft's Email Software

At least 30,000 organizations across the United States — including a significant number of small businesses, towns, cities and local governments — have over the past few days been hacked by an unusually aggressive Chinese cyber espionage unit that's focused on stealing email from victim organizations, multiple sources tell KrebsOnSecurity. The espionage group is exploiting four newly-discovered flaws in **Microsoft Exchange Server** email software, and has seeded hundreds of thousands of victim organizations worldwide with tools that give the attackers total, remote control over affected systems.

CAN BE F

BEYOND

The Hacker News

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)ffers

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Researchers Find 3 New Malware Strains Used by SolarWinds Hackers

🛗 March 05, 2021 🌡 Ravie Lakshmanan

Pseudo-randomly generated data (using the Go crypto/rand package)

MDS hash of the current date/time value obtained by calling time.Now() and time.Time.String()

Range used by a custom PRNG

Decoy traffic activation value (if set to 1, GoldMax issues decoy HTTP requests)

GoldMax activation date represented as an ASCII Unix/Epoch time (e.g., "1609459200" for January 1, 2021 12:00:00 AM), '0' is interpreted as always active

Base64 encoded version of the following User-Agent string: Mozilla/5.0 (Windows NT 10.0: Win64: x64: rv:75.0) Gecko/20100101 Firefox/75.0

Padding bytes added to ensure the total size of the structure is a multiple of 16 (AES block

FireEye and Microsoft on Thursday said they discovered three more malware strains in connection with the SolarWinds supply-chain attack, including a "sophisticated second-stage backdoor," as the

Popular This Week



New Chrome 0-day Bug Under Active Attacks – Update Your Browser ASAP!



SolarWinds Blames Intern for 'solarwinds123' Password Lapse



uRGENT — 4 Actively
Exploited 0-Day Flaws Found
in Microsoft Exchange



Extortion Gang Breaches
Cybersecurity Firm Qualys
Using Accellion Exploit



Hackers Now Hiding
ObliqueRAT Payload in
Images to Evade Detection

I was contacted by a DDS who has Solar Winds on his system...



Topics - News - Training - Resources - Events - Jobs -

TRENDING: Live Webinar 3/3 | Zero Trust in 2021: Defending Against Supply Chain Attacks Like SolarWinds • Live Webina

Application Security . Cybercrime . Fraud Management & Cybercrime

Severe SolarWinds Hacking: 250 Organizations Affected?

Investigators Reportedly Finding Many More Victims Suffered Serious Intrusions

GE

CO

1

By

GD

solarwinds123 ????

Microsoft: We've open-sourced this tool we used to hunt for code by SolarWinds hackers

ZDNet - Feb 26



Former SolarWinds CEO blames intern for 'solarwinds123' password leak

CNN - Feb 26



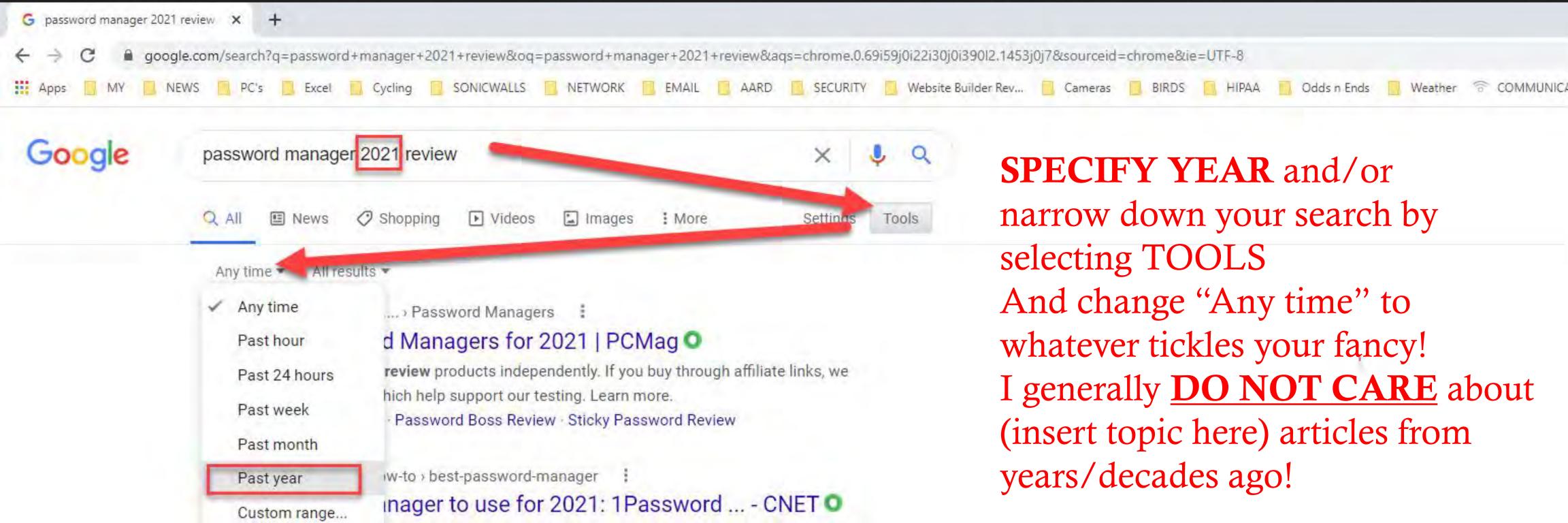
SolarWinds blaming intern is symptom of "security failures"

SC Magazine - 5 days ago



GOOGLE – tweak(s)

♦(or any other search engine – MAYBE)





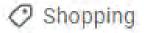
password manager 2021 review





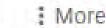


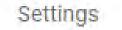
■ News











Tools

About 488,000,000 results (0.74 seconds)

https://www.pcmag.com > ... > Password Managers

The Best Password Managers for 2021 | PCMag O

PCMag editors select and review products independently. If you buy through affiliate links, we may earn commissions, which help support our testing. Learn more.

The Best Free Password... · Password Boss Review · Sticky Password Review

https://www.cnet.com > how-to > best-password-manager

Best password manager to use for 2021: 1Password ... - CNET O

Feb 16, 2021 — CNET's Apple Report newsletter delivers news, **reviews** and advice on iPhones, iPads, Macs and software. Yes, I also want to receive the CNET



Use PHRASES, not WORDS!!!!!



TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upp and Lowercas Letters, Symbo
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	1 sec	5 secs
7	Instantly	Instantly	25 secs	1 min	6 mins
8	Instantly	5 secs	22 mins	1 hour	8 hours
9	Instantly	2 mins	19 hours	3 days	3 weeks
10	Instantly	58 mins	1 month	7 months	5 years
11	2 secs	1 day	5 years	41 years	400 years
12	25 secs	3 weeks	300 years	2k years	34k years
13	4 mins	1 year	16k years	100k years	2m years
14	41 mins	51 years	800k years	9m years	200m years
15	6 hours	1k years	43m years	600m years	15 bn years
16	2 days	34k years	2bn years	37bn years	1tn years
17	4 weeks	800k years	100bn years	2tn years	93tn years
18	9 months	23m years	6tn years	100 tn years	7qd years



SMALL BUSINESS TV SECURITY AI MORE THE NEWSLETTERS ALL WRITERS



ID MUST READ: A little known feature of your iPhone is about to completely change how your doctor talks to you

FBI recommends passphrases over password complexity

Longer passwords, even consisting of simpler words or constructs, are better than short passwords with special characters.







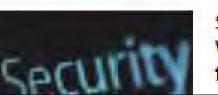






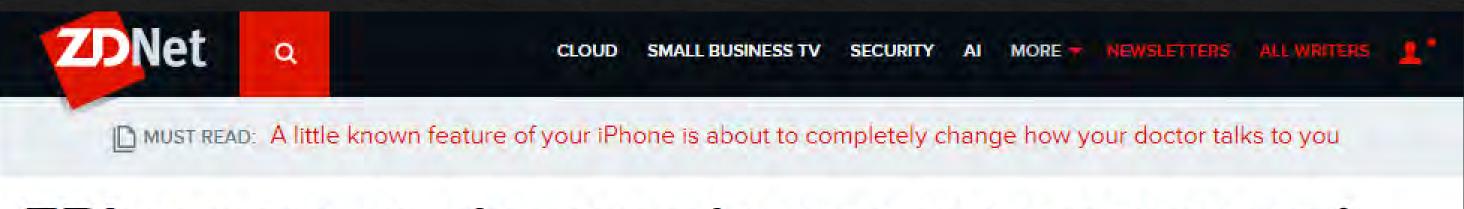


By Catalin Cimpanu for Zero Day | February 21, 2020 -- 20:06 GMT (12:06 PST) | Topic:



Security WordPress deploys forced security

"This involves combining multiple words into a long string of at least 15 characters," it added. "The extra length of a passphrase makes it harder to crack while also making it easier for you to remember."



FBI recommends passphrases over password complexity

Longer passwords, even consisting of simpler words or constructs, are better than short passwords with special characters.





What rattles thru my brain:
"Kittyhawk Golf Center" -- that's 21 characters
"Kitty Hawk Golf Center" - 22 characters!
"Kitty Hawk CVA-63 Golf Center"

I use golf courses, zip codes, hobbies, birds, streets I grew up near, schools, obscenities, SPACES (if allowed), special characters, the list goes on!!

AND THEN MIX 'EM UP!
AND YOUR PASSWORD MANAGER REMEMBERS THEM!

A COUPLE PHRASES...(what if I MIXED the words?)

281 W Lane Ave, Columbus, OH 43210

The Ohio State University, Address



500 S State St, Ann Arbor, MI 48109

University of Michigan, Address



- https://www.cybersecurity-insiders.com > password-123...
- Password 123456 was hacked over 23 million times ... O

Password 123456 was hacked over 23 million times worldwide. Posted By Naveen Goud. 691.

National Cyber Security Center(NCSC) said that ...

https://it.slashdot.org > story > more-than-23-million-pe...

More Than 23 Million People Use the Password '123456 ... O

Apr 21, 2019 — So what are the top ten most-frequently used **passwords? 123456**; 123456789; qwerty; **password**; 111111; 12345678; abc123; 1234567

https://www.customonline.com > tech-insights > are-yo...

Using 123456 as password | Custom Computer Specialists Using 123456 as your password? It's the most commonly used password. No wonder cyber-intruders have easy access to personal information.

Don't be these idiots

https://www.techrepublic.com > Topic > Security

© "123456" tops list of most common passwords for 2020 ... ○

Nov 18, 2020 — Passwords that lead to data breaches. Among the 200 most commonly used passwords this year, "123456" took first place, used by more than 2.5 ...

https://www.cnn.com > common-passwords-2020-trnd

Ves, people are still using '123456' and 'password' as ... - CNN
Nov 19, 2020 — Despite several reminders from cybersecurity experts, NordPass says that after comparing the list of the most common passwords of 2020 to that ...

Images for password 123456



Report images

Is EVERY workstation and server in your office using a DIFFERENT password???

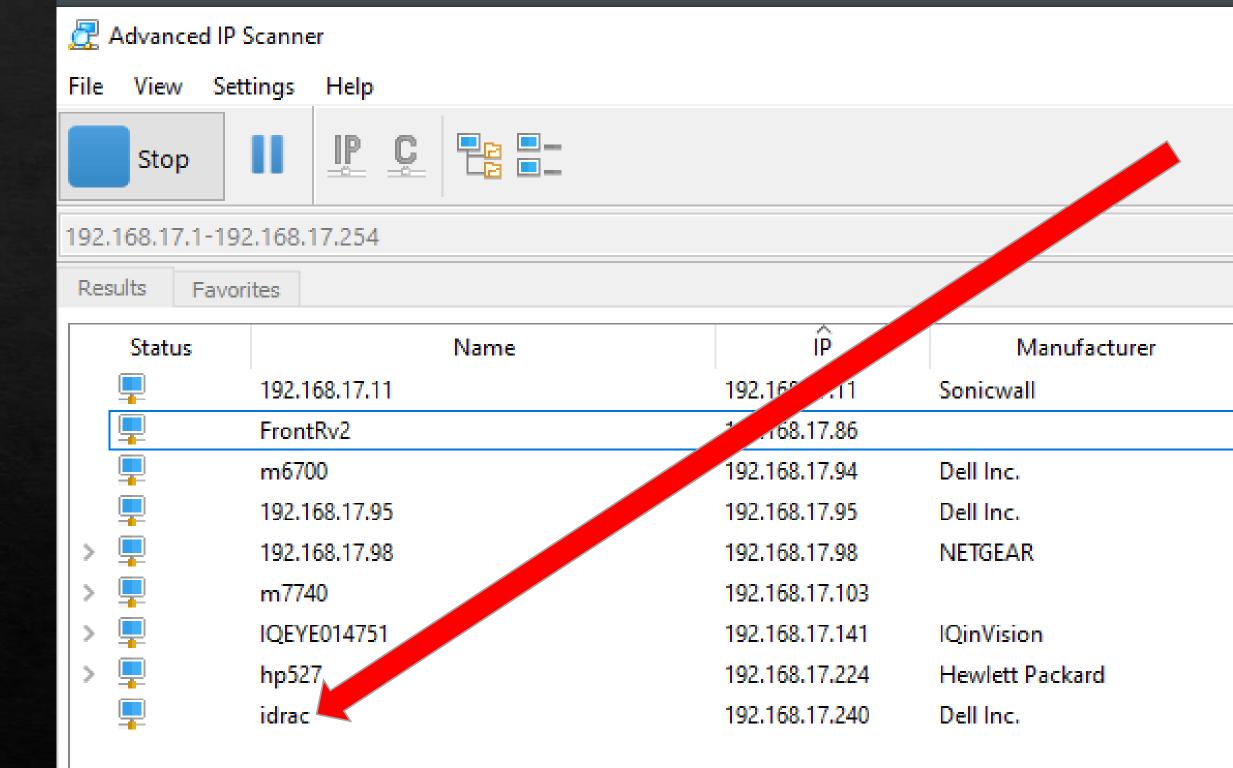
Hmmmm???

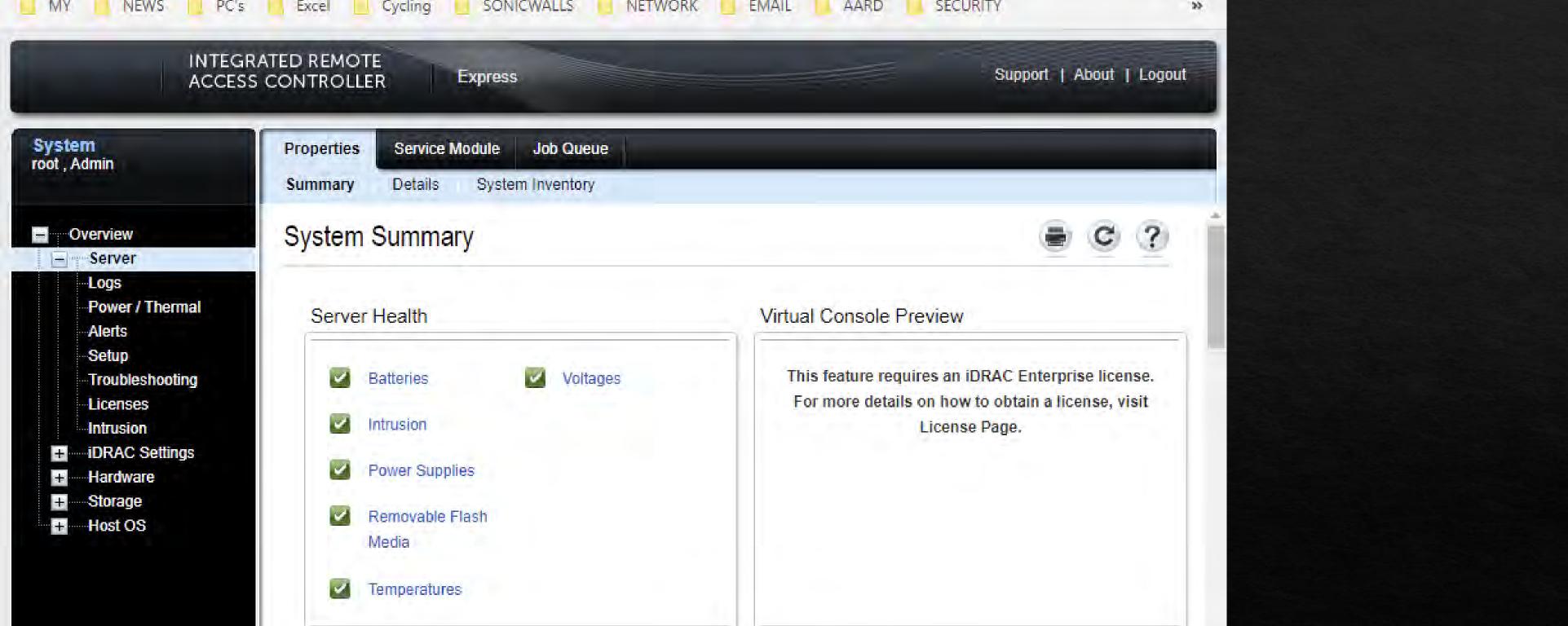
Update ALL your crap!

Program: "Advanced IP Scanner"

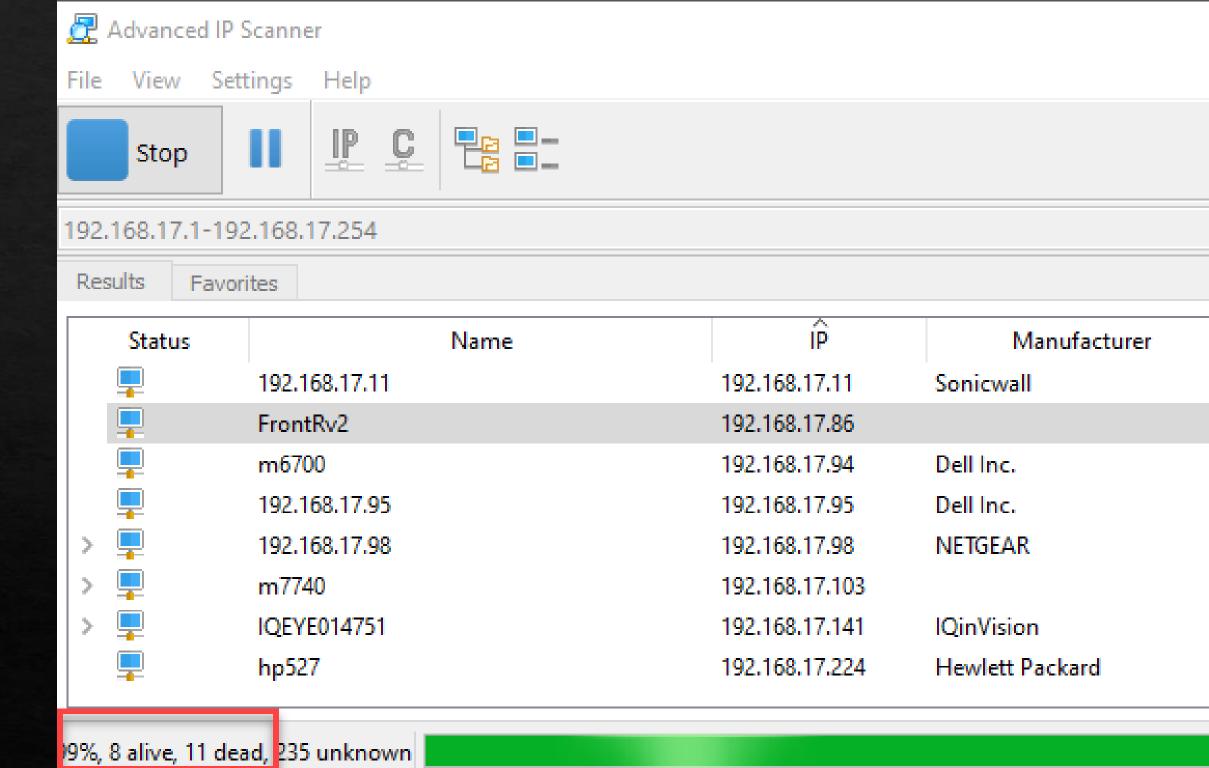
(Scan done on a quiet Saturday) and THANK YOU!!!!!

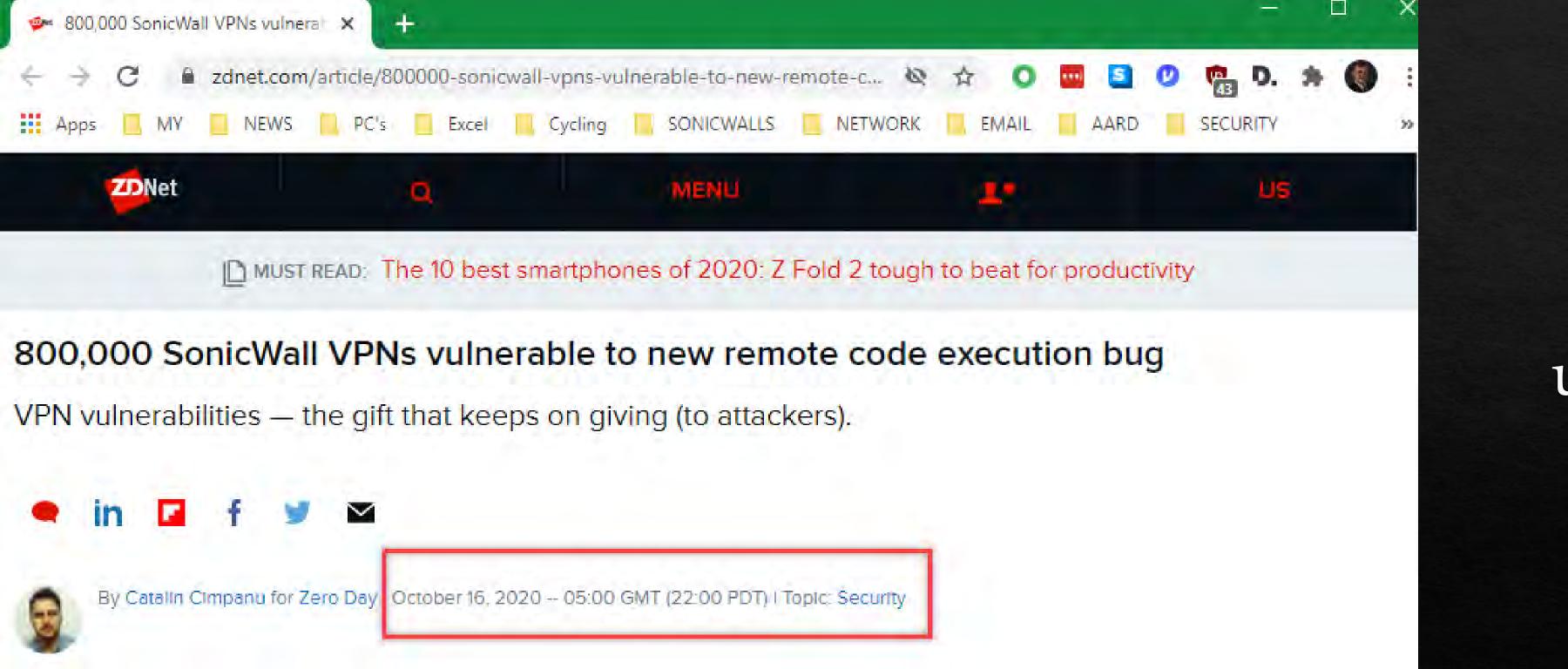
What is 'idrac' doing here??!!





And 'idrac' no longer showing up in my IP Scan!





I mentioned 'update ALL your crap!" And I use Sonicwalls!

(and applied the patch!)

ID MUST READ: The 10 best smartphones of 2020: Z Fold 2 tough to beat for productivity

Update now: Cisco warns over 25 high-impact flaws in its IOS and IOS XE software

Cisco urges customers using IOS and IOS XE devices and software to apply updates for dozens of high-severity vulnerabilities.

RANSOMWARE

Health & Fitness

Yet another hospital hacked...

Data Hack Impacts Local Patients

Patients may soon receive letters from Froedtert & the Medical College of Wisconsin Community Physicians, Inc.

By Rebecca Collett, Patch Staff P Oct 14, 2020 9:40 am CT



This major criminal hacking group just switched to ransomware attacks

A newly detailed financial cyber crime group has been conducting attacks around the world since 2016 - but now they've switched to ransomware because it's the biggest and easiest pay day.

Read in ZDNet: https://apple.news/A4NisNzVkSj2nNS5pojEicA

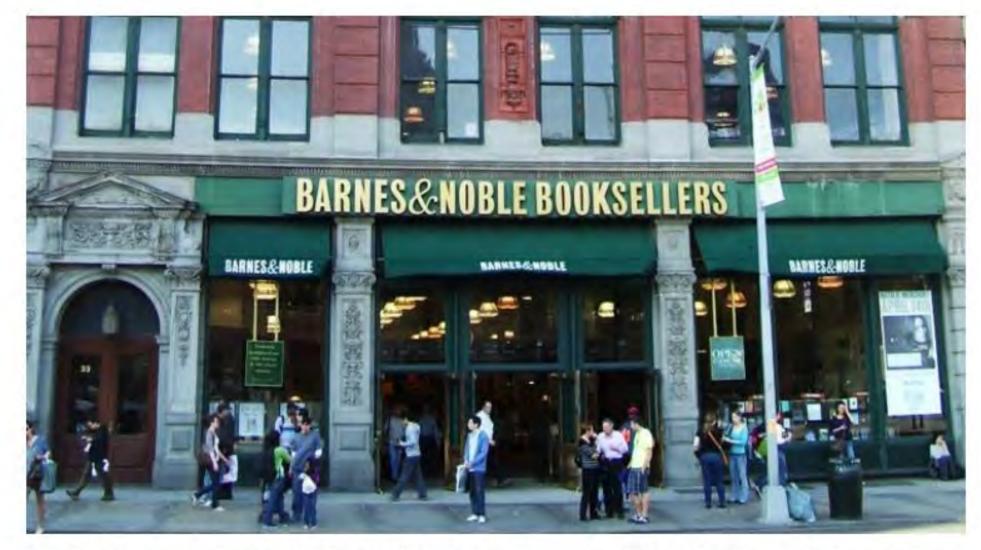
Shared from Apple News

Barnes & Noble hit by cyberattack that exposed customer data

By Lawrence Abrams

October 14, 2020

7 11:25 PM 0



U.S. Bookstore giant Barnes & Noble has disclosed that they were victims of a cyberattack that may have exposed customers' data.

CHANGE YOUR PASSWORD(s)! (every 90 days??)

B Bitdefender Total Security

Data breach alert for Barnes & Noble



A security incident was reported for mail.barnesandnoble.com. Barnes & Noble Cyberattack May Have Exposed Personal Information of Shoppers. The attack did more than cripple Barns & Noble corporate network. According to a notice sent to customers, the security incident may have exposed email addresses, billing, shipping information and telephone numbers of shoppers. CHECK IF YOU WERE AFFECTED!

Read more here

Protect yourself

Hackers Share Fairfax County Schools Employees' SSNs Online

Hackers are sharing more private information after hacking a Virginia public school system's computer system.

Read in NBC Washington: https://apple.news/ASCzImmeHSMqjgRaCCMeJ1Q

threatpost.com→ Malware 💌

Las Vegas Students' Personal Data Leaked, Post ... - Threatpost 🔘

Sep 29, 2020 — Personal information for students in the Clark County School District, which ... after school began online, on August 27, it found many of the school's files to be ... When Threatpost reached out to Emsisoft for more details on the data cache, ... a similar attack in July on the Athens school district in Texas led to ...

A researcher said he discovered an open data cache with names, grades, birthdates and more, after the Clark County School District refused to pay the ransom.

North American Governments Hit Hardest by Rise in Ransomware Attacks

Ransomware is out of control in 2020, and those most likely hit by an attack are governments and small businesses that are ill-equipped to protect themselves.

Read in PCMag: https://apple.news/AtCR7D4HzQpiYR6fdqGsqHQ

Shared from Apple News

How are we most likely going to catch ransomware?





most likely way to get ransomware







Videos

Images

Shopping

: More

Settings Tools

About 87,400,000 results (0.62 seconds)

These are the four most common ways ransomware infects its victims.

- 1. Phishing Emails. ...
- 2. Remote Desktop Protocol. ... PORT 3389
- 3. Drive-By Downloads From a Compromised Website....
- 4. USB and Removable Media.

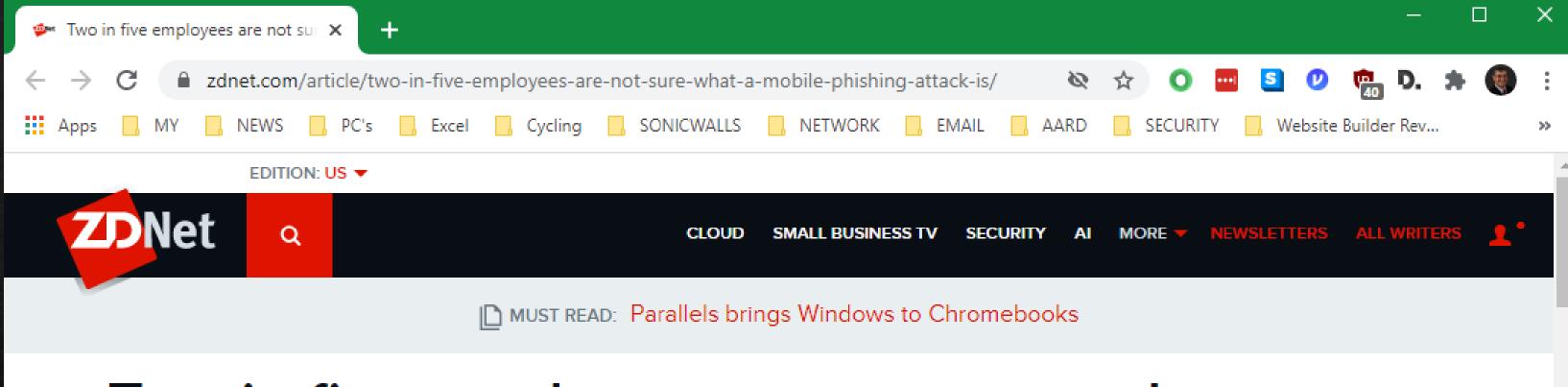
Aug 9, 2018

www.itproportal.com > features > the-four-most-popula... ▼

The four most popular methods hackers use to spread ... •

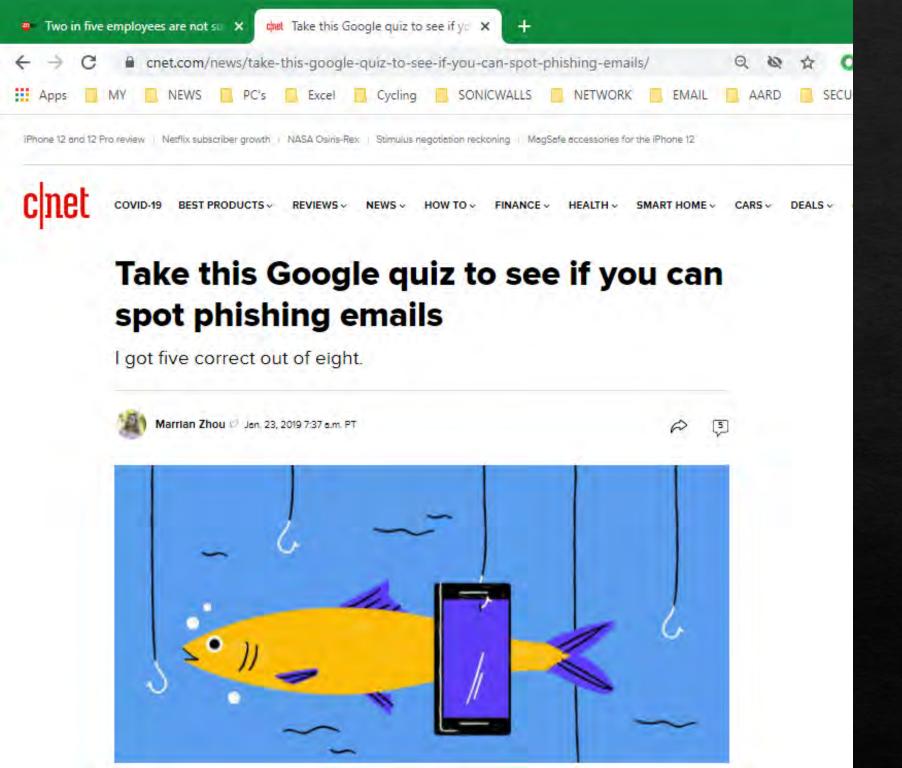


'local bank' won't allow some employees email since they FLUNK phishing tests!

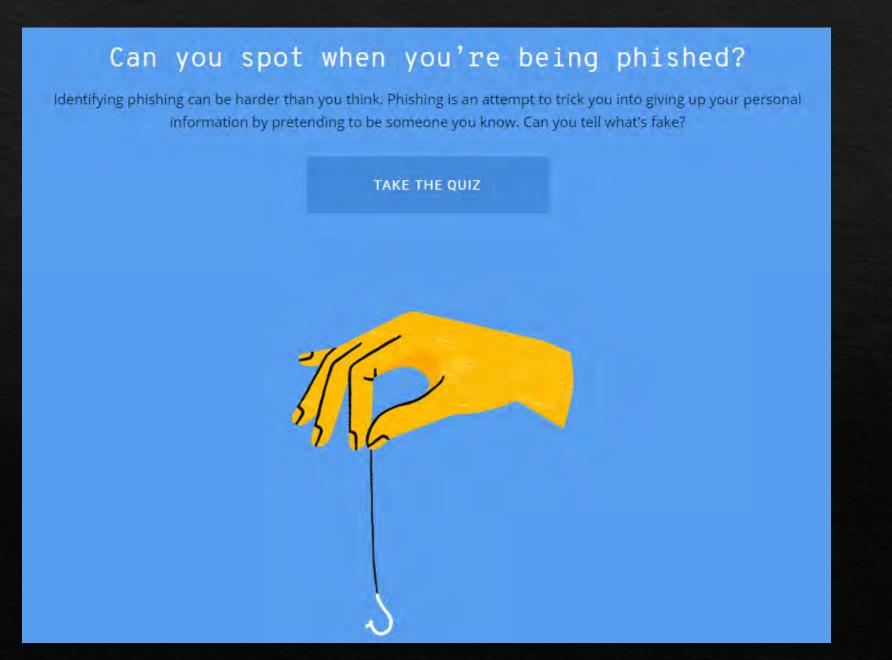


Two in five employees are not sure what a mobile phishing attack is

The COVID-19 pandemic presents a significant challenge for businesses around the world as it seems their dispersed workforce have little regard for IT security and mobile phishing - a threat vector being increasingly used to target remote workers.



https://phishingquiz.withgoogle.com/



I use multiple ways of checking website safety...

In this article, we'll show you some of the most common ways ransomware propagates and how you can reduce the risk of infection.

- · Email attachments. ...
- Malicious URLs....
- Remote desktop protocol. ...
- MSPs and RMMs. ...
- Malvertising. ...
- Drive-by downloads. ...
- Network propagation. ...
- Pirated software.

More items... • Dec 19, 2019

blog.emsisoft.com * how-ransomware-spreads-9-most-c... *

How ransomware spreads: 9 most common infection methods ... O

"Web of Trust"

https://www.cantarus.com > News > Blogs > Details :

SonicWALL VPN Tunnel Configuration Best Practice for ... O

SonicWALL VPN Tunnel Configuration **Best** Practice for Remote Desktop Services ... connections over VPN tunnels is due to TCP timeout **settings** that are too low. ... AS and **IPS**) to obtain the **best** RDS performance and connection reliability.

https://www.fastvue.co > sonicwall > blog > the-best-so...

WEBROOT - Caution

This site may contain content that could affect your online security.

led Logging and ... O

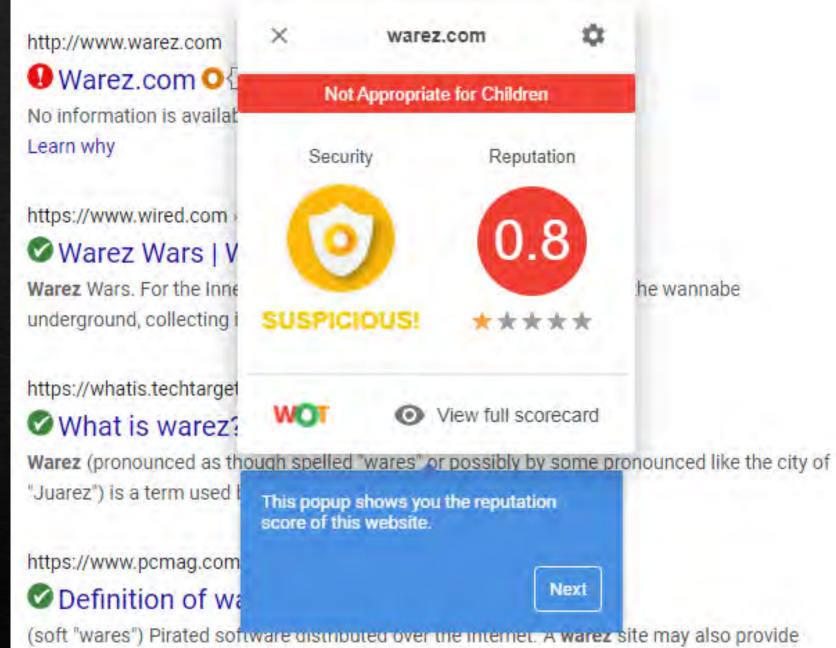
mmendations to get the ...

Syslog **Settings** with Reporting Software **Settings** in Log | Syslog that forces the ... that is required for the Fastvue Server to resolve **IPs** in the first place.

https://www.sonicguard.com > datasheets > SonicWAL... PDF :

SonicWall TZ series - SonicGuard.com

SonicWall **TZ300** series firewall combines effective **intrusion prevention**, ... Manage security **settings** of additional ports, including POE and POE+, under a single ...



(soft "wares") Pirated software distributed over the internet. A warez site may also provide hackers with viruses and Trojans as well as tips, techniques and ...

If multi-million dollar companies, hospitals, schools, governments, etc cannot thwart ransomware, what are you and I to do?

A unnar i caraca pubbers - i ceanar

Videos



Debbie Downer: Disney World - SNL

Saturday Night Live YouTube - Sep 25, 2013



Debbie Downer Wedding Reception - SNL

Saturday Night Live YouTube - Mar 7, 2020

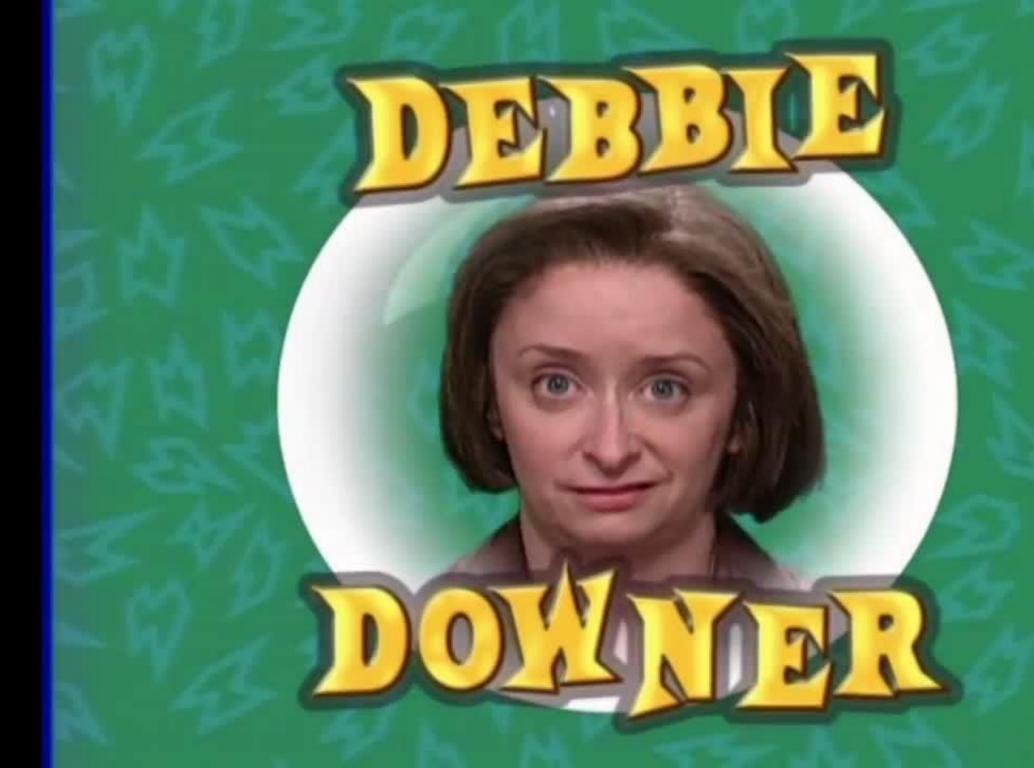


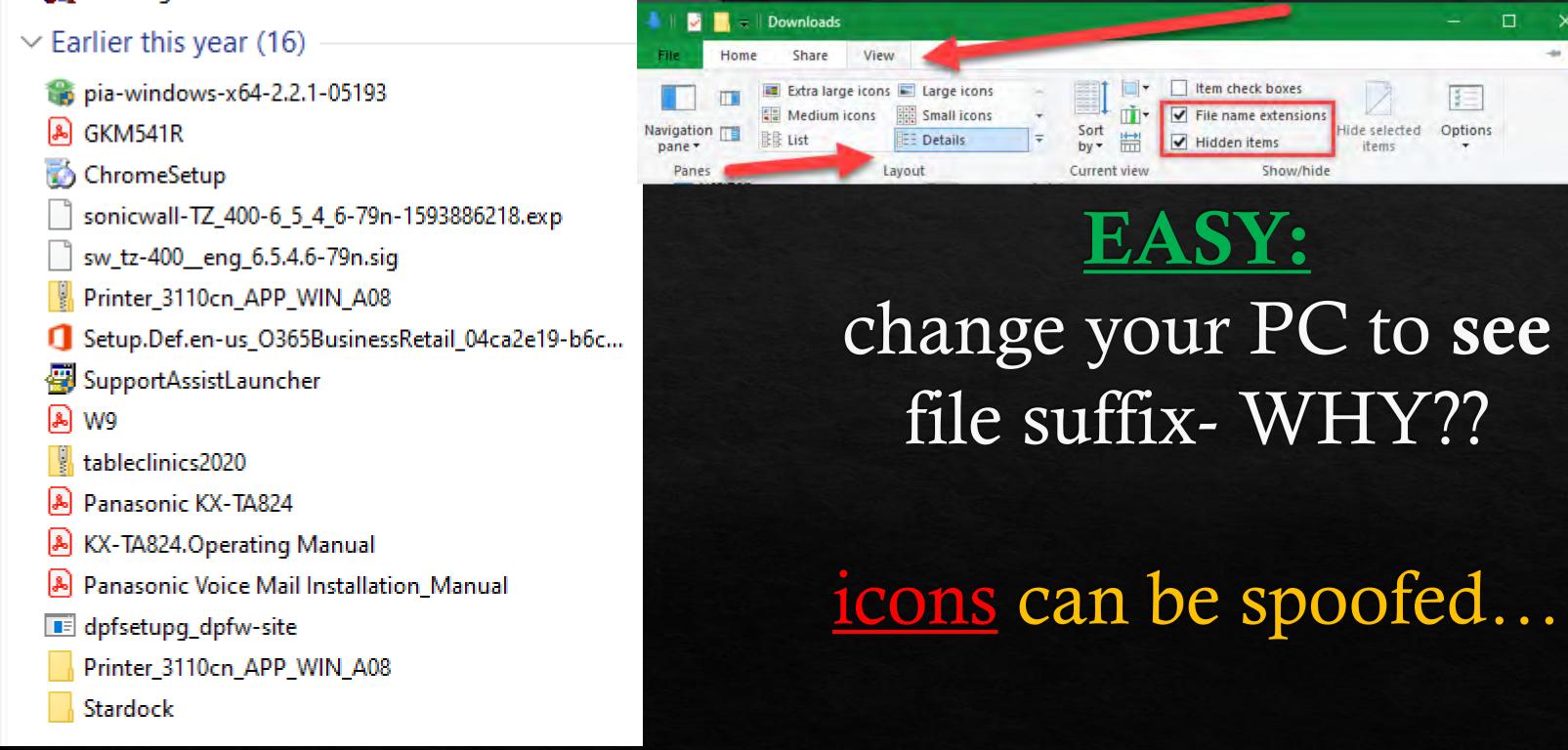
This Day in SNL History: >
Debbie Downer

Saturday Night Live YouTube - May 1, 2020

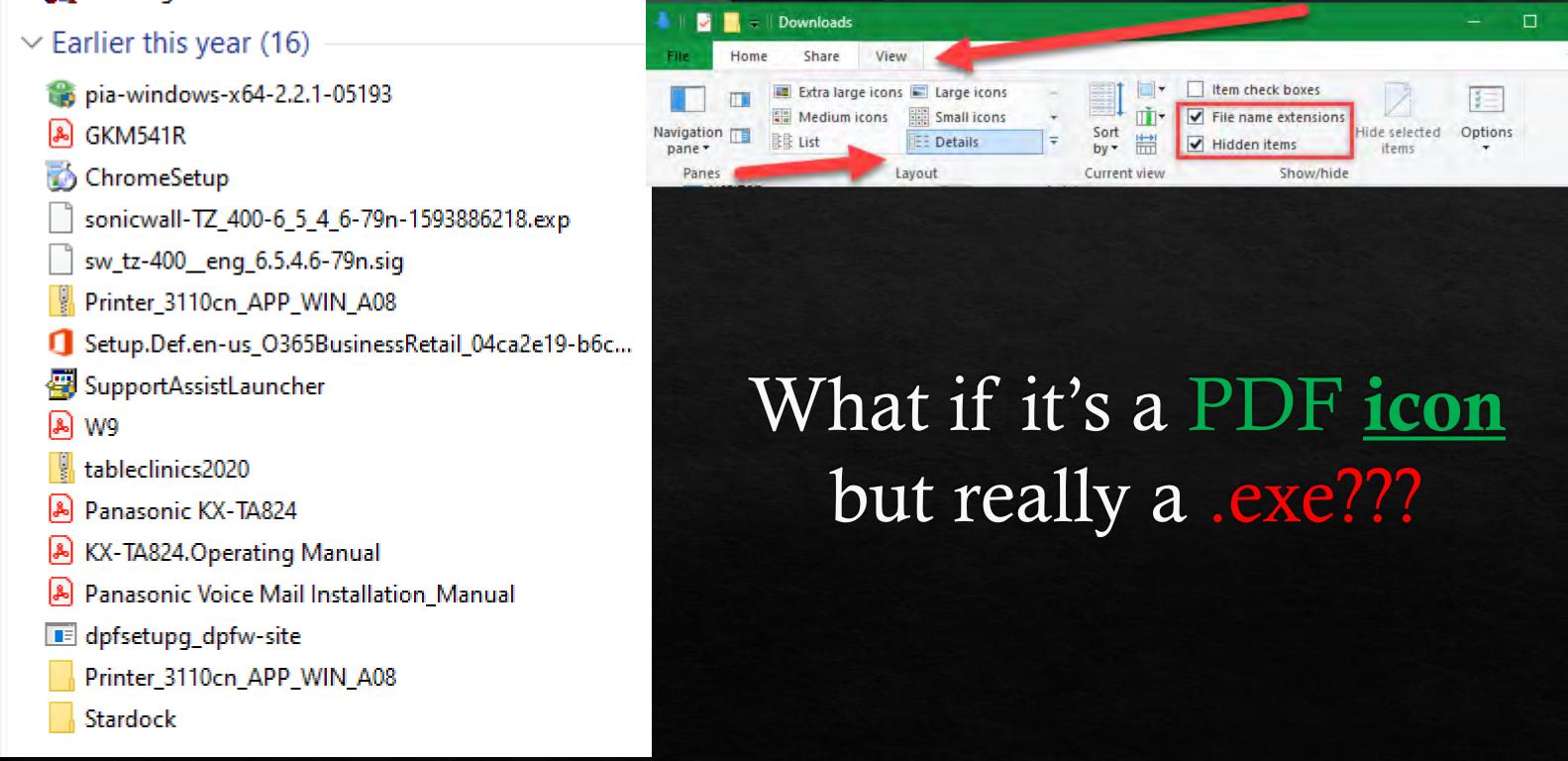


View all





- ✓ Earlier this year (16)
- 🐞 pia-windows-x64-2.2.1-05193.exe
- GKM541R.pdf
- 🚺 ChromeSetup.exe
- sonicwall-TZ_400-6_5_4_6-79n-1593886218.exp
- sw_tz-400__eng_6.5.4.6-79n.sig
- Printer_3110cn_APP_WIN_A08.zip
- Setup.Def.en-us_O365BusinessRetail_04ca2e19-b6c...
- SupportAssistLauncher.exe
- № W9.pdf
- 🔢 tableclinics2020.zip
- Panasonic KX-TA824.pdf
- KX-TA824.Operating Manual.pdf
- Panasonic Voice Mail Installation_Manual.pdf
- dpfsetupg_dpfw-site.exe
- Printer_3110cn_APP_WIN_A08
- Stardock



- ✓ Earlier this year (16)
- 🐞 pia-windows-x64-2.2.1-05193.exe
- GKM541R.pdf
- ChromeSetup.exe
- sonicwall-TZ_400-6_5_4_6-79n-1593886218.exp
- sw_tz-400__eng_6.5.4.6-79n.sig
- Printer_3110cn_APP_WIN_A08.zip
- Setup.Def.en-us_O365BusinessRetail_04ca2e19-b6c...
- SupportAssistLauncher.exe
- № W9.pdf
- 🔢 tableclinics2020.zip
- Panasonic KX-TA824.pdf
- KX-TA824.Operating Manual.pdf
- Panasonic Voice Mail Installation_Manual.pdf
- dpfsetupg_dpfw-site.exe
- Printer_3110cn_APP_WIN_A08
- Stardock

FIREWALL LOGS: From the Office on a quiet Saturday

Threat Prevention Summary

Threats Blocked

Intrusion Prevention

Geo-IP Filter

21

LZ.

09:52:53 Oct 17	83	Security Services	Alert	Probable port scan detected	Not ALL firewalls can do	Blocked Countries:	
						•	Afghanistan
					this (GEO-IP BLOCK)	577	Anonymous Pr
09:52:53 Oct 17	82	Security Services	Alert	Possible port scan detected		5-	Azerbaijan
		Cocurity					Bahrain
09:51:51 Oct 17	1199	Security Services	Alert	Responder from country blocked: Responder IP:20.189.118.208 Country Name:Hong Kong			Belarus
09:39:27 Oct 17	82	Security Services	Alert	Possible port scan detected		A.C.	Bhutan
		Services				(0)	Brazil
09:37:23 Oct 17	82	Security Services	Alert	Possible port scan detected			Bulgaria
						K ³	China
09:26:01 Oct 17	82	Security Services	Alert	Possible port scan detected		0	Croatia
09:15:34 Oct 17	1199	Security	Alert	Responder from country blocked: R	esponder IP:52.229.171.202 Country Name:Hong Kong		Czech Republi
05.13.51 Oct 17	1100	Services	Aicit	responder from country blocked. It	copolider in 152.225.17 1.202 Country Numeritoring Rong	3/5	Hong Kong
09:09:11 Oct 17	1198	Security Services	Alert	Initiator from country blocked: Initi	ator IP:129.227.129.187 Country Name:Hong Kong	···· <u>f</u> ····	Iran, Islamic F
08:37:54 Oct 17	82	Security Services	Alert	Possible port scan detected		10101	Iraq
							Kazakhstan

Proxy/Private IP

ıblic

ic Republic of

And when I try to login to my HOME firewall from the OFFICE

NOT ALLOWED to access the **firewall administration** from the internet - ONLY FROM HOME

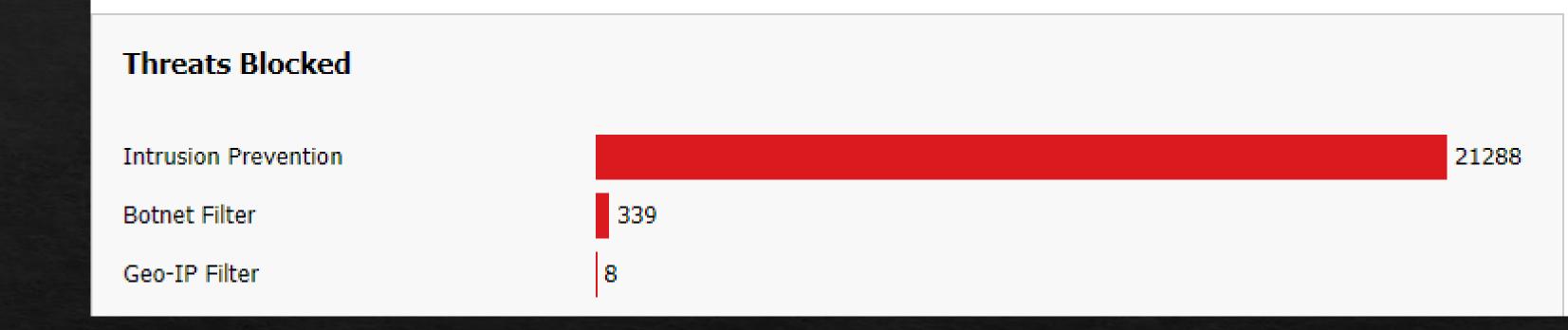
(by MY design!)

I've even **DELETED** the VPN between home/office, as VPN's are now at risk (see Sonicwall slide)

I'll bet SOME OF YOU don't have office FIREWALL, and > 95% of you do NOT have a firewall at home...

perhaps upgrade the office Firewall and use old one at home (it's ALSO what I do with old SERVERS!)





I went home and accessed the Sonicwall's home logs....

This graphic shows the **HOME** activity

What's going on at YOUR HOME?? Especially those with teenagers??

Easiest way to keep your office secure....



2 KEYSI

Wake up!!

Even a DDS adverse to anything IT can do this!

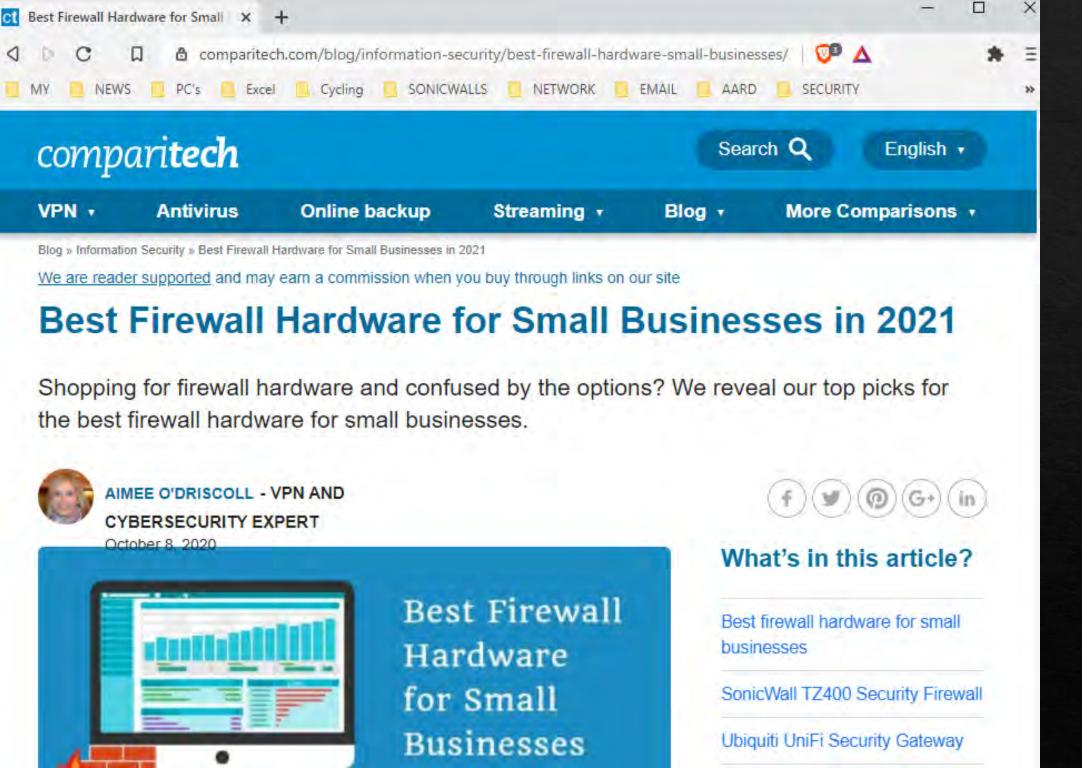
Easiest Way to keep your office secure:

FIREWALL!!!

And....

What's WRONG with this picture??





Best firewall hardware for small businesses:

- SonicWall TZ400 Security Firewall: A customizable, versatile solution for small businesses with possible expansion goals.
- Ubiquiti UniFi Security Gateway: This budget option is easy to install and manage.
- 3. WatchGuard Firebox T35: Ideal for businesses with up to 20 employees, the T35 comes with optional built-in wifi.
- Protectli Vault 4 Port: A robust firewall hardware for use with open source firewall distributions.
- Cisco Meraki MX68: This all-in-one router and firewall is backed by advanced cloud-managed security.
- Sophos XG 86: A next-generation firewall with optional wifi and centralized management.

(1st)? 2nd

Easiest Way to keep your office secure:

"A Timer"

EY



My internet MODEM is ON 6:45a-5:30p DAILY 8:00a – 12Noon (or less!) On WEEKENDS

OTHERWISE OFF

"if it's OFF, it can't be hacked"



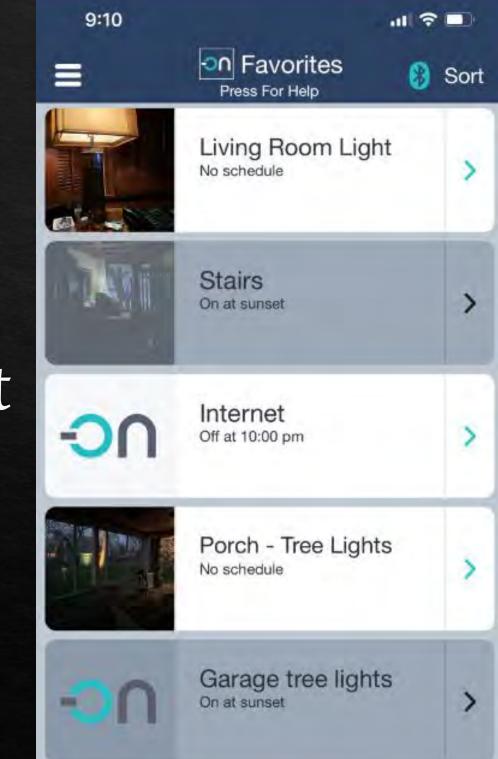


INOW DO THE SAME AT MY HOME

(which ALSO has a FIREWALL)

HIGHSPEED MODEM OFF overnight

(Google "GE Smart Switch")



CAUTION USING A TIMER...

- My front desk informed me "we haven't received any electronic-filed insurance payments in about a month..."
- ♦That's because that task was scheduled to run after hours (~11pm and now the internet OFF)
- ♦I changed this to run at 7am after internet back online, and before staff arrives
 - ♦ And the next month had **excellent** collections....

"If it's OFF, it can't be hacked"

- ♦ I know two LOCAL dentists who have NO INTERNET to their dental management network and workstations/server!
- ♦ My office? Email and online ordering on a dedicated workstation on its OWN NETWORK, with <u>no</u> access to the dental management network.
- ♦ ALL but ONE workstation OFF at 530p!
- ♦ I NOW turn **OFF** my SERVER 1p Fri until I walk into office 645a Mon!!!
- **Attacks changed from up to 1500/day (!) to WAY LESS than a few per hour!**

WORKSTATIONS and SERVERS (and PRINTERS and SWITCHES and NAS and and and...)



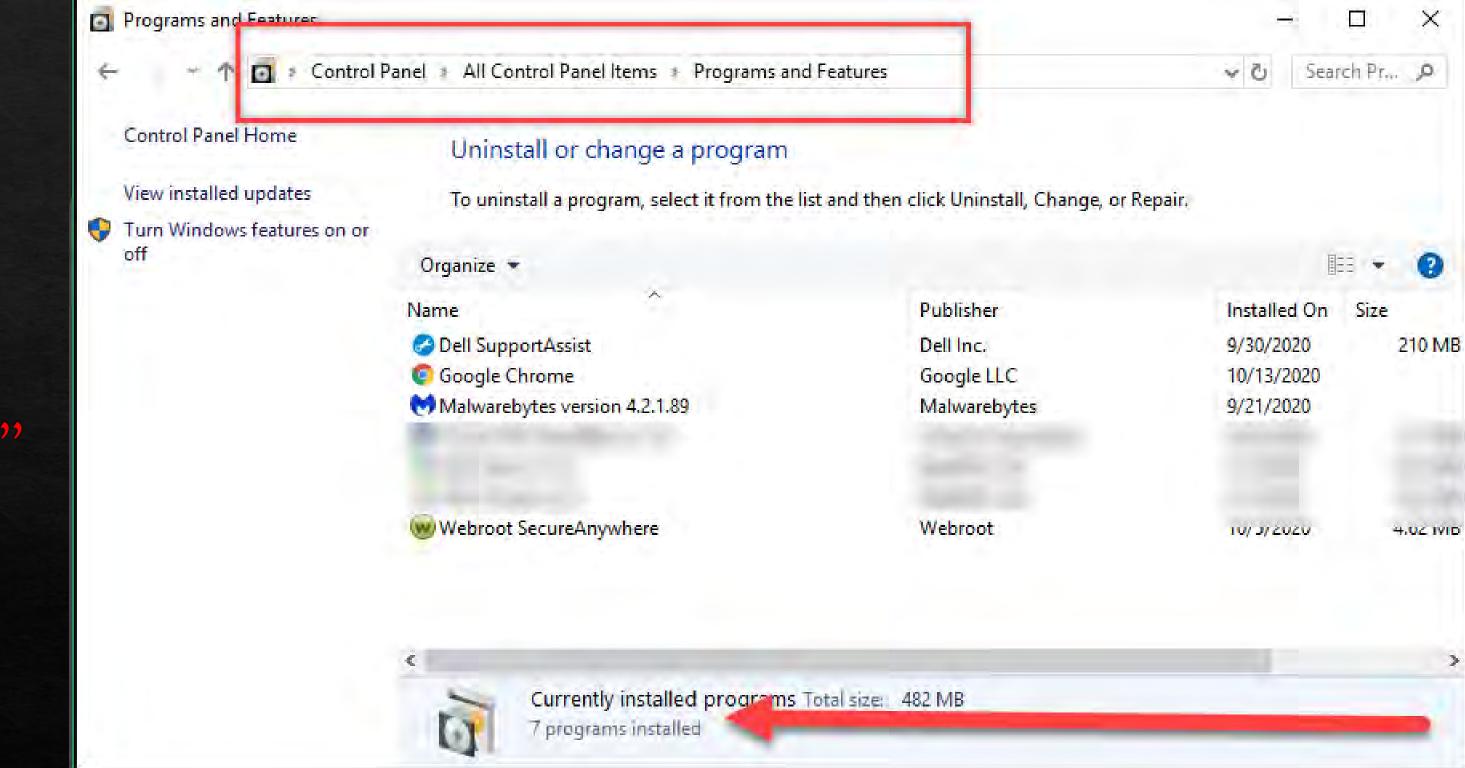
Kreb's 3 Rules for Staying Safe Online (2011!):

- *Krebs's Rule #1 for Staying Safe Online: "If you didn't go looking for it, don't install it!"
- *Krebs's Rule #2 for Staying Safe Online: "If you installed it, update it."
- *Krebs's Rule #3 for Staying Safe Online: "If you no longer need it, remove it."
 - ♦ Example: "TeamViewer," "Citrix GoToWebinar" and ~45 other programs on colleague's server(!)
 - ♦Do you REALLY need the Office Music System on your SERVER? (saw this in a different office).
 - ♦I WILL UNINSTALL TEAMS AFTER THIS EVENING! (OR may format my drive!)

MY **SERVER:** 7 programs installed, and

2 for security! THAT'S IT!!

"If you no longer need it, remove it."
and NO RDP ACCESS!!
To ANYTHING!
(see KEY slide, POINT #2)

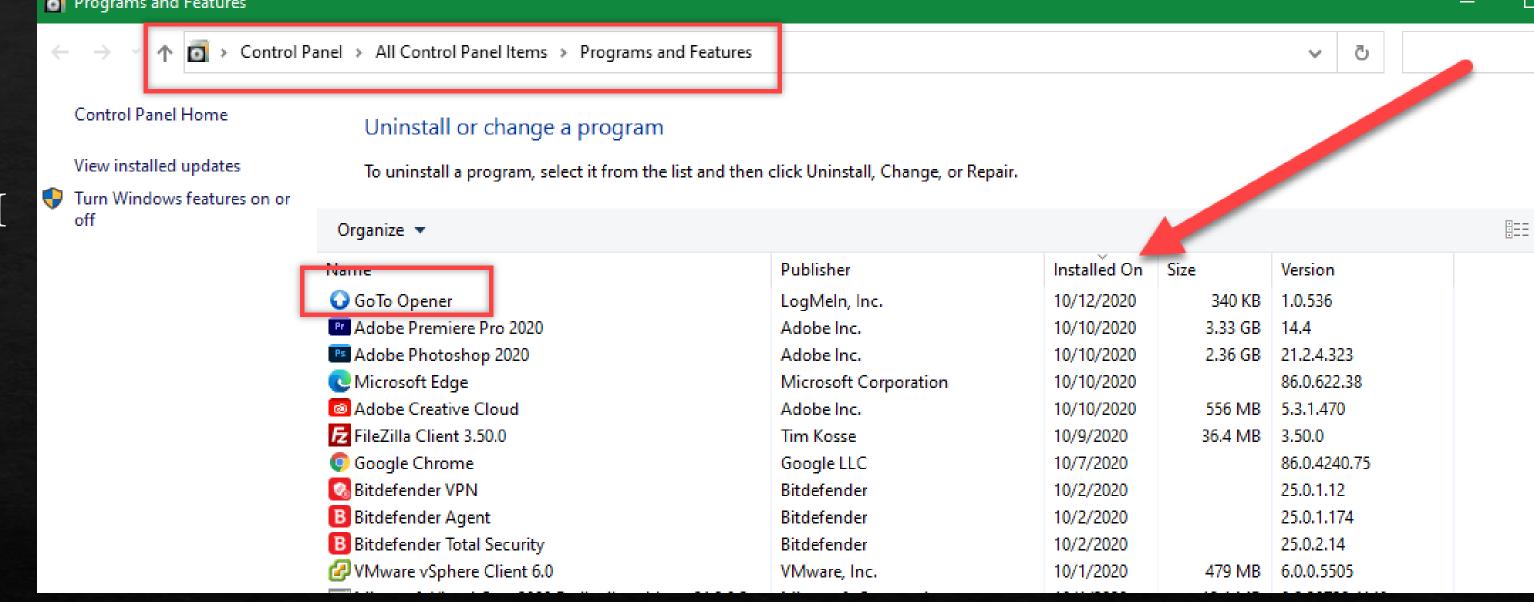


My laptop:

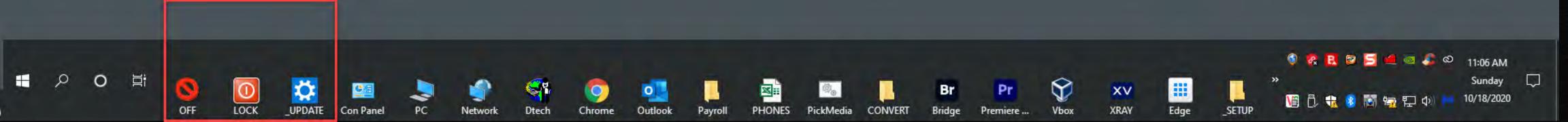
Once tech support was finished accessing my server (via my laptop), I mosey to "Control Panel:

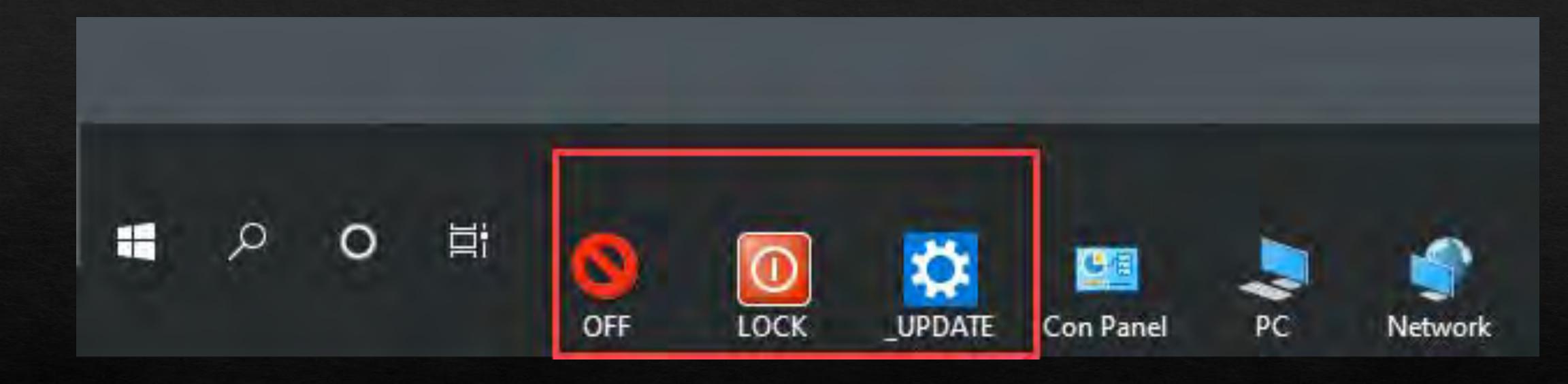
- -sort by 'installed on'
- delete the software

"If you no longer need it, remove it."



My Laptop screen and the toolbar on the bottom....

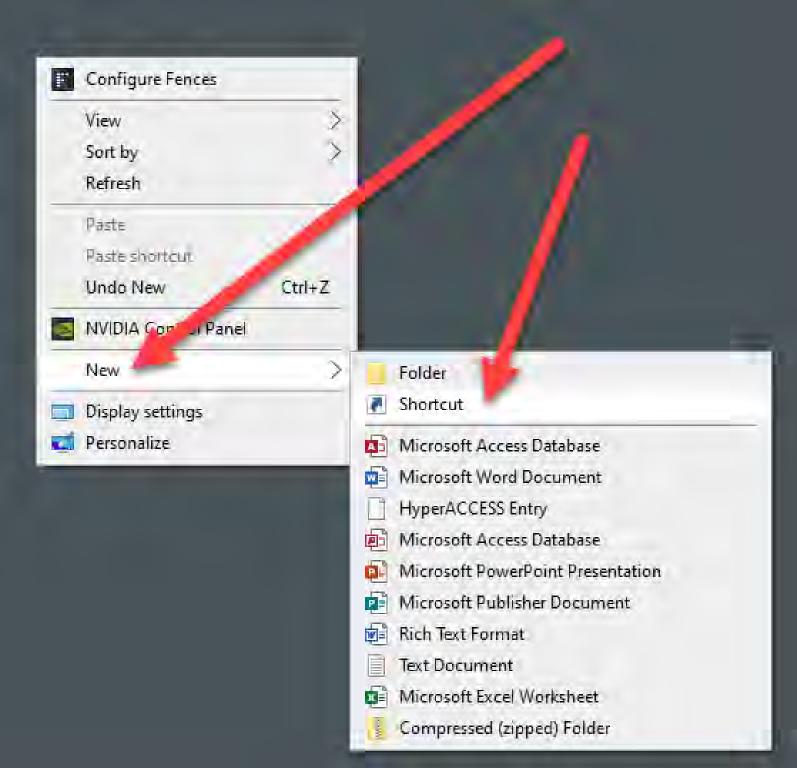




EVERY machine in my home and office sports these 3 shortcuts

How to create 'shortcuts' in Windows: I will walk you thru ONE, the other two are just as easy!

Let's start with turn your computer **OFF** at the touch of a button



Right mouse-click a blank spot on your desktop screen

select "New"
Select "Shortcut"



Create Shortcut

What item would you like to create a shortcut for?

This wizard helps you to create shortcuts to local or network programs, files, folders, computers, or Internet addresses.

Type the location of the item:

C:\Windows\System32\shutdown.exe /s /t 00

Browse...

Click Next to continue.

Copy and paste the following:

C:\Windows\System32\shutdown
.exe /s /t 00

Next

Cancel



What would you like to name the shortcut?

Type a name for this shortcut:

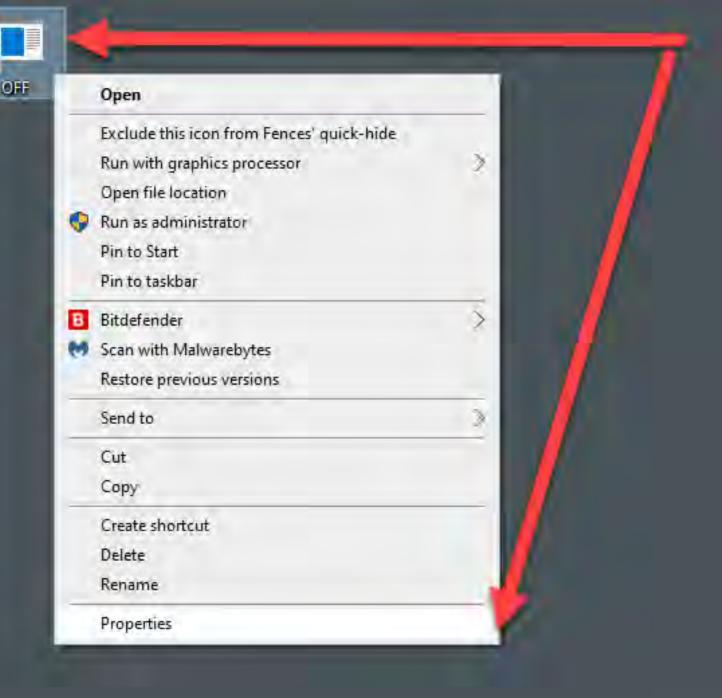
OFF

Click Finish to create the shortcut.

Now give it a name...

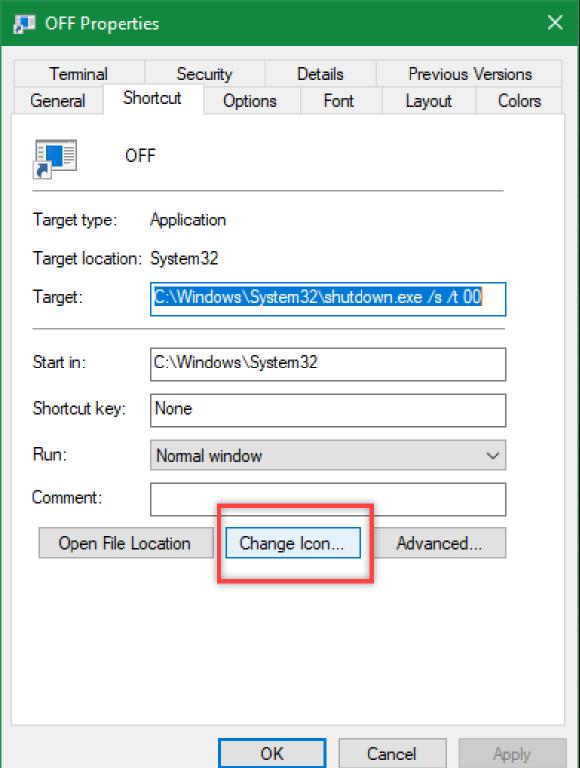
Finish

Cancel

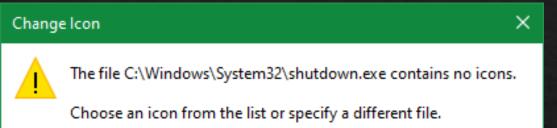


Let's change that ugly icon:

- -Right click your new shortcut icon
- -Select "Properties"

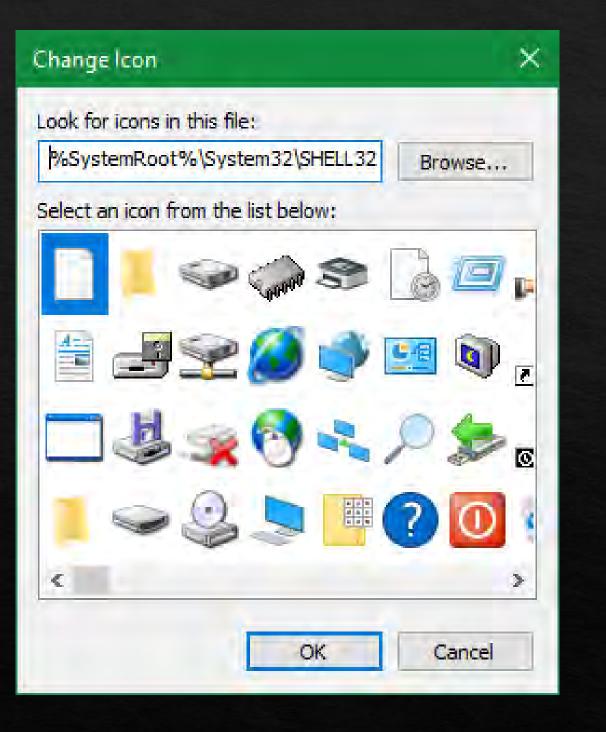


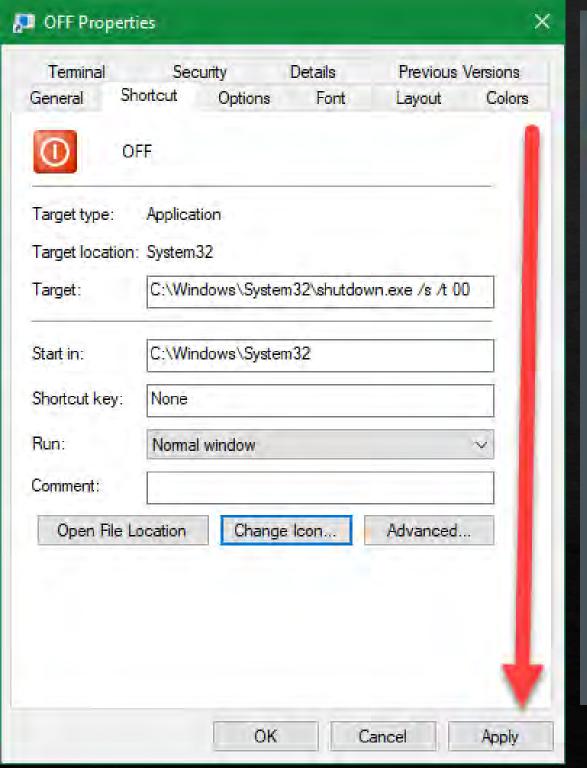
"Change Icon"



OK

Select "OK" on the next screen, then pick whatever icon you want for your shortcut, hit "OK" one more time.







"Apply" the change, and there's your new icon.

I drag mine to the toolbar on the bottom of my screen.

Summary: TAKE A PICTURE OF THIS SLIDE!

OFF:

C:\Windows\System32\shutdown.exe /s /t 00



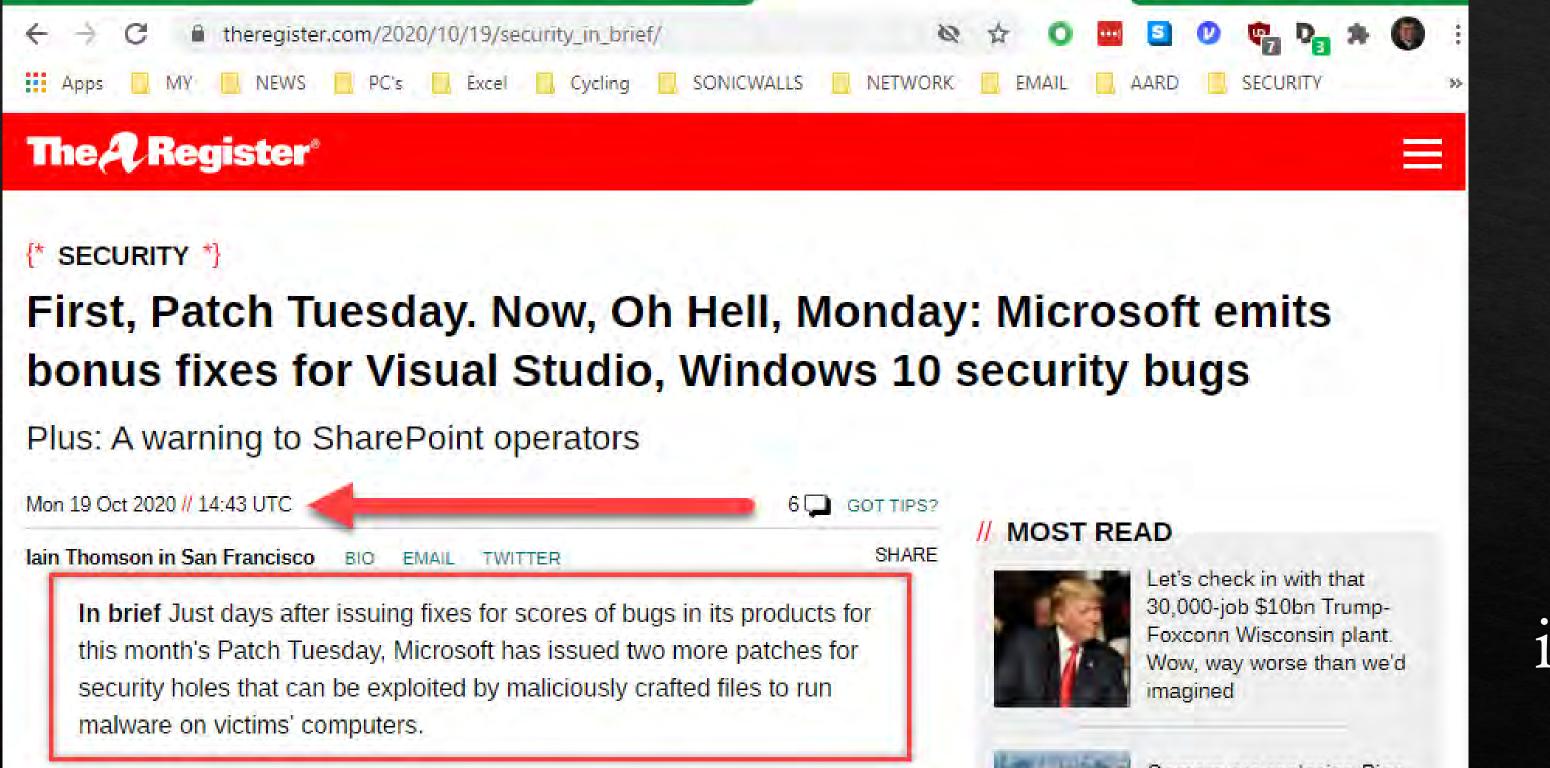
LOCK:

C:\Windows\System32\rundll32.exe user32.dll,LockWorkStation

UPDATE:

ms-settings:windowsupdate

and I run 'update' **DAILY**, and generally do it 2-3 times! WHY?????



MON 10/19/2020 and MANY OTHER DATES

BTW: TOMORROW is "PATCH TUESDAY"

Writing Batchfile(s)

Slightly harder...

and I might be losing a few of you so TIME OUT!

(Or watch a 3min Sam Kineson Video):

https://www.youtube.com/watch?v=P
RbnTNL4UAM

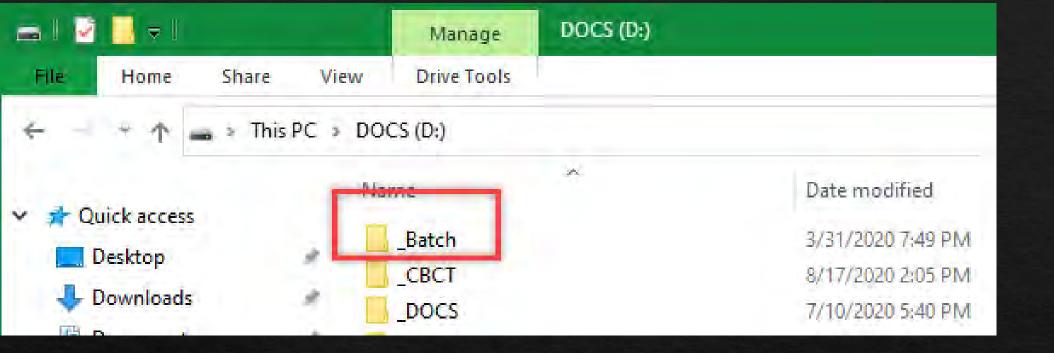




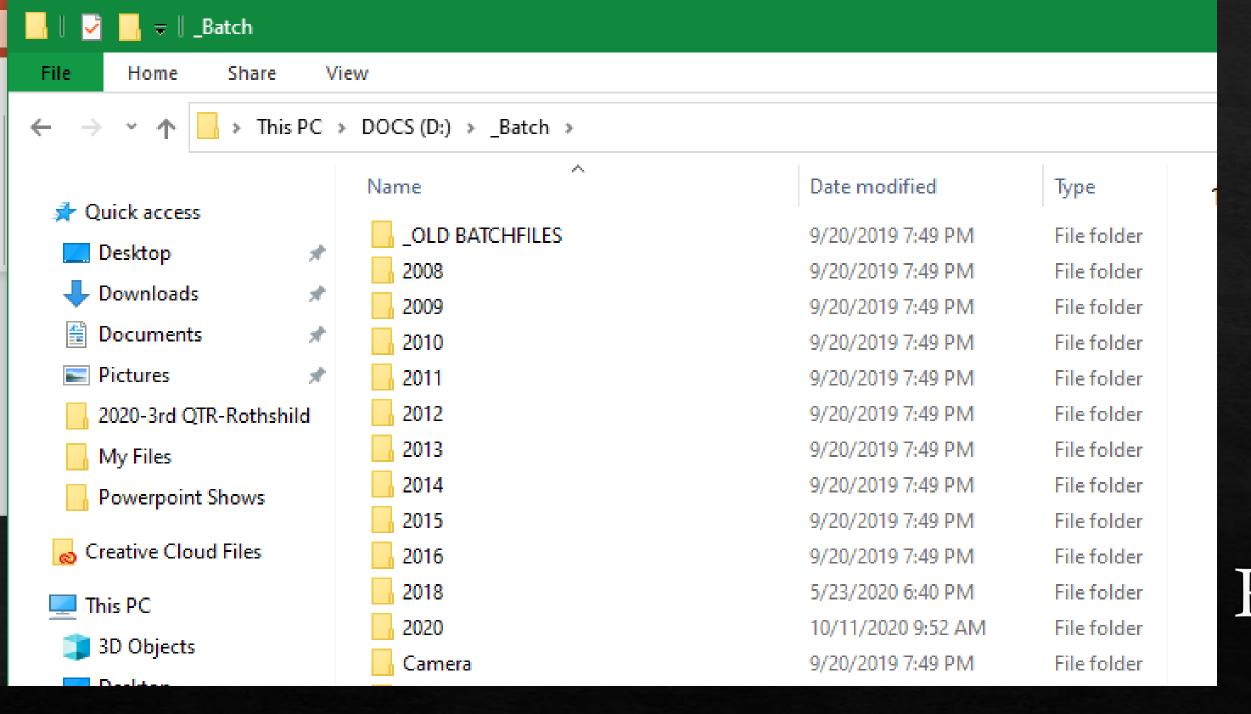
VS

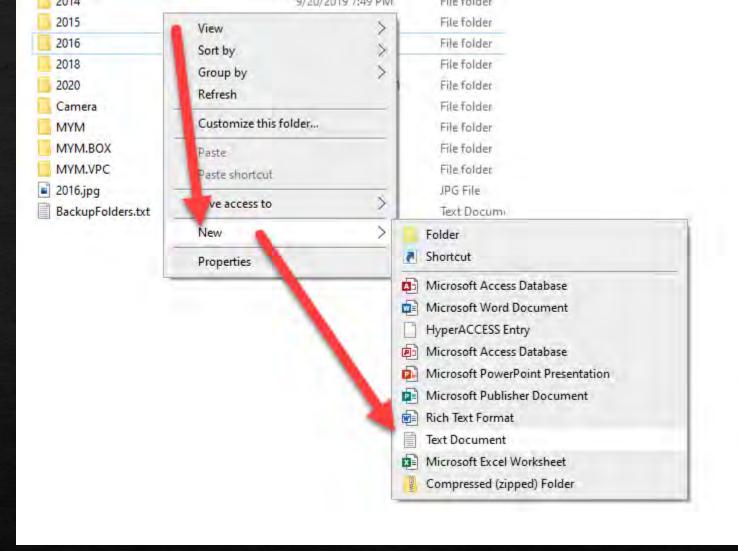




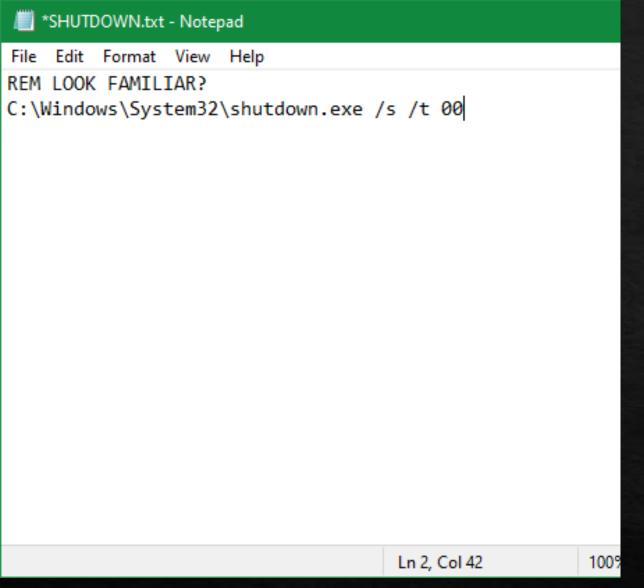


I write a LOT of batchfiles.... (looks hard but I've taught other dentists to do this!)



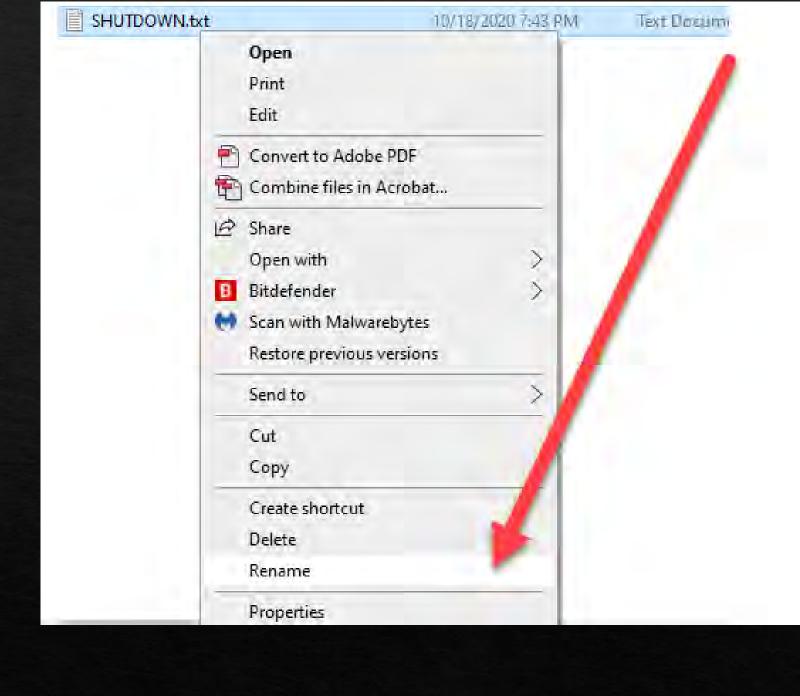


Right click <u>blank screen</u> & select New | Text Document



Use the same command you used for the shortcut on your toolbar or desktop and place in a txt document you called 'shutdown.txt'

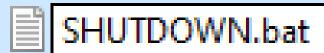
RENAME to shutdown.bat





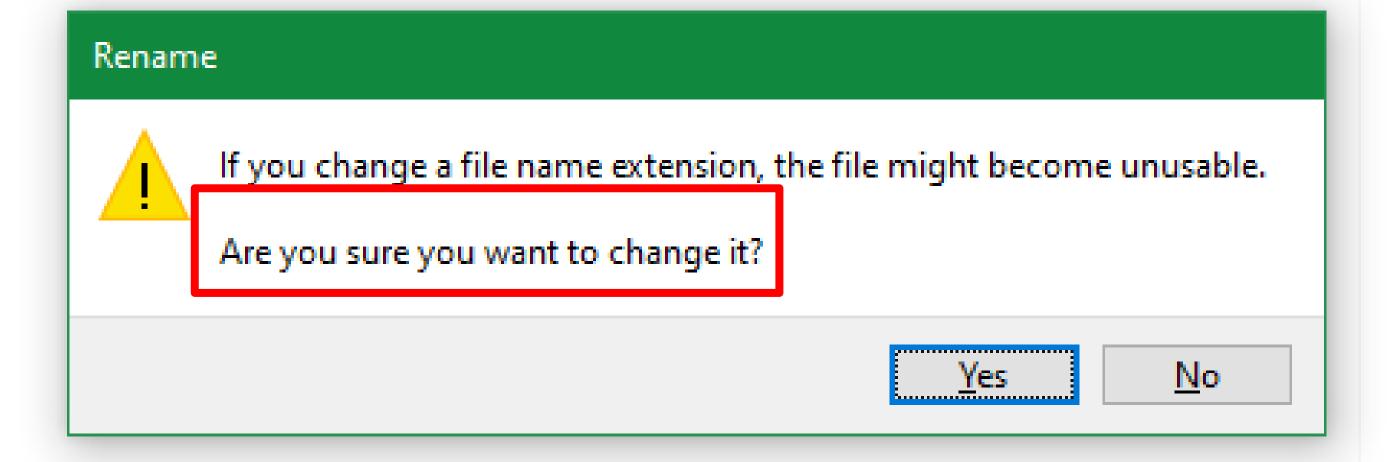
3/31/2020 7:06 PM

Text Docume



10/18/2020 7:43 PM

Text Docume



YES you do!

Another way and Harder still....

I want my damn computer workstations OFF at 5:30pm every day! **PERIOD**I want my damn **SERVER** off 1pm Fridays. **PERIOD**

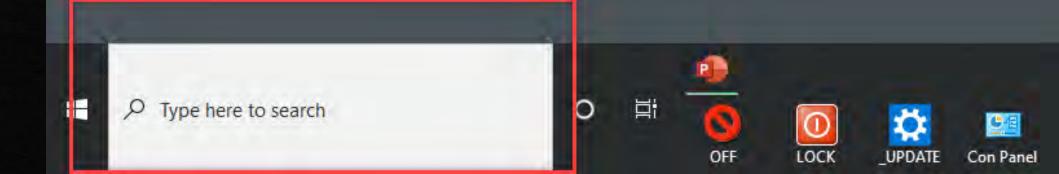
YES, I tell my staff to turn 'em off at the end of the day but...has your assistant ever asked YOU "Do you want to etch before you bond that tooth?"

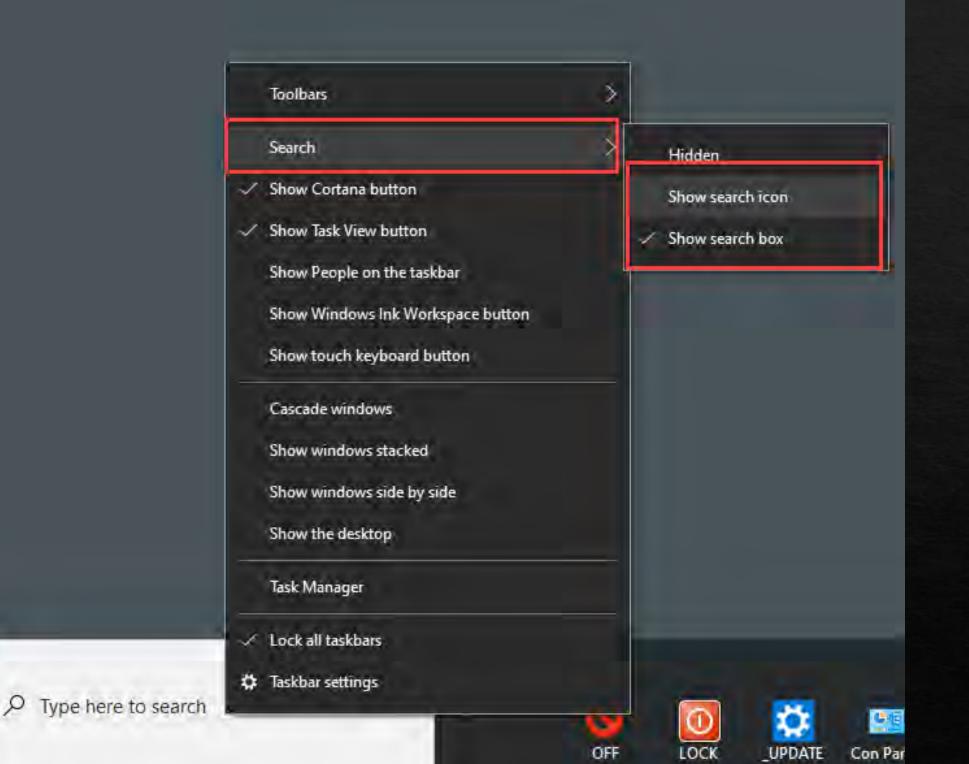
NONE OF US IS SMARTER THAN ALL OF US!



"To-may-to" search icon Or "to-mah-to" search box

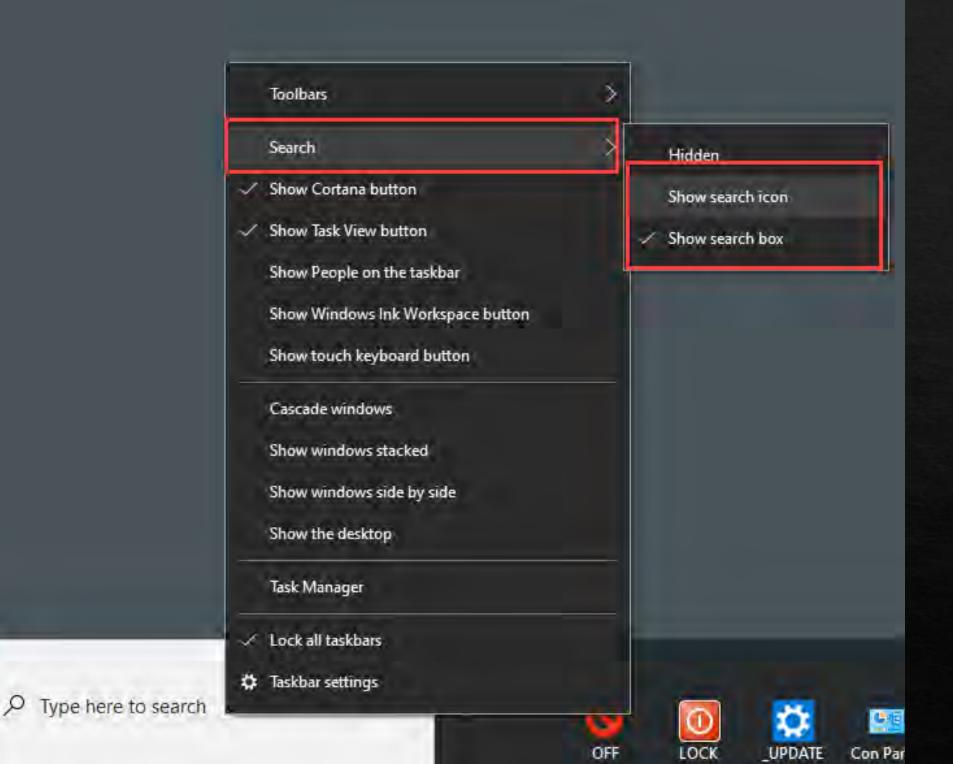






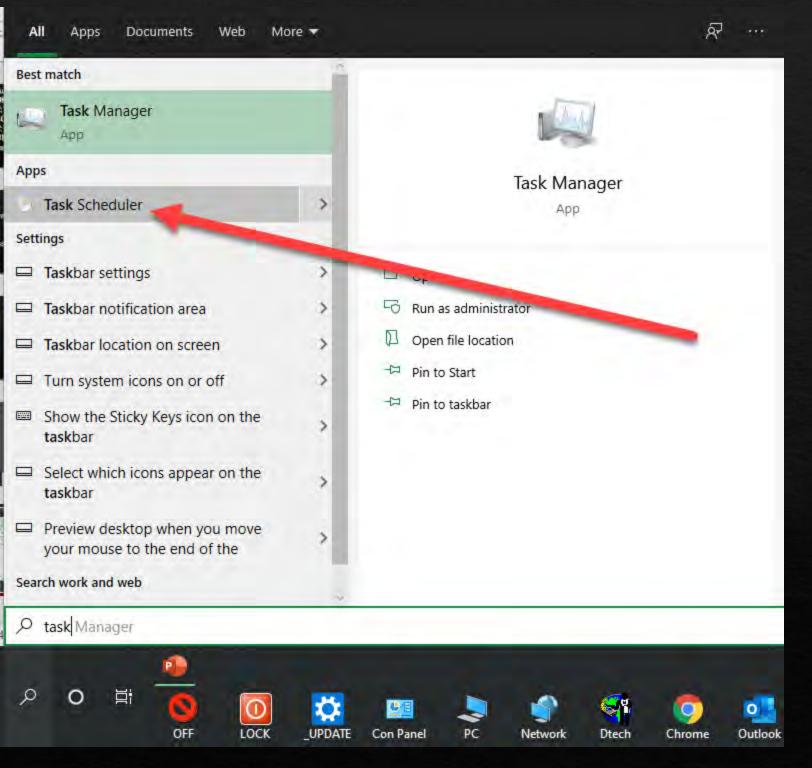
Right click the search box or icon and:

(icon or box)

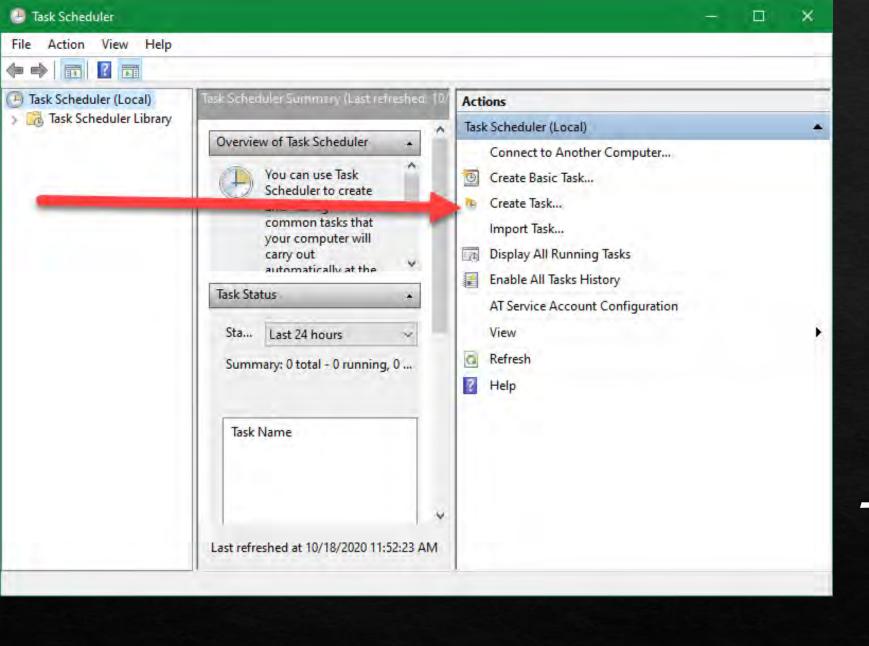


... and type: task

Choices....
Select Task Scheduler

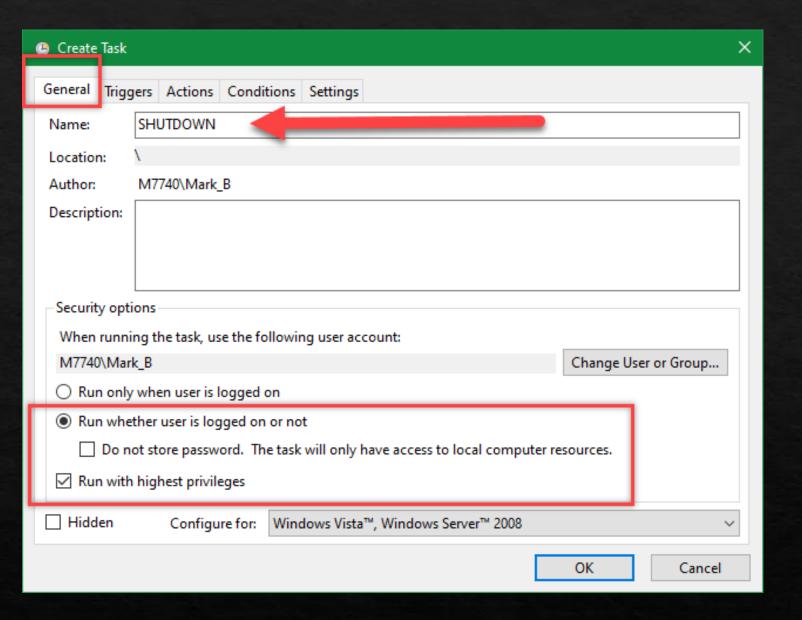


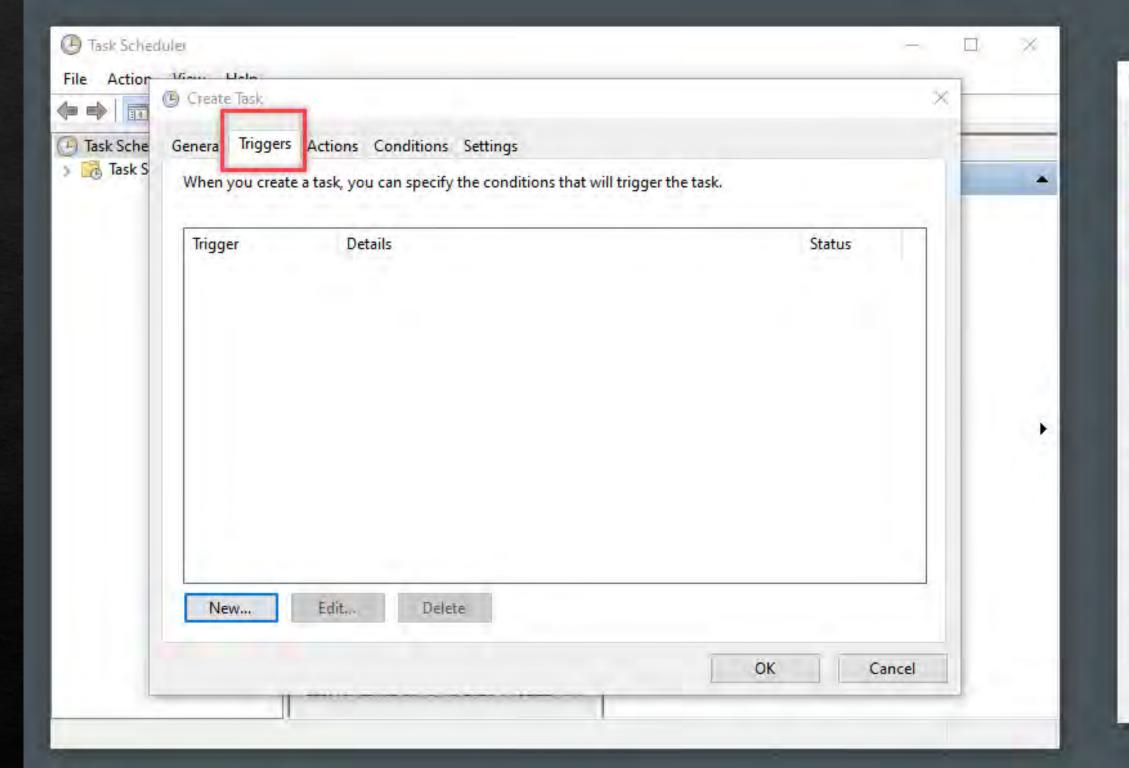
Select "Task Scheduler"



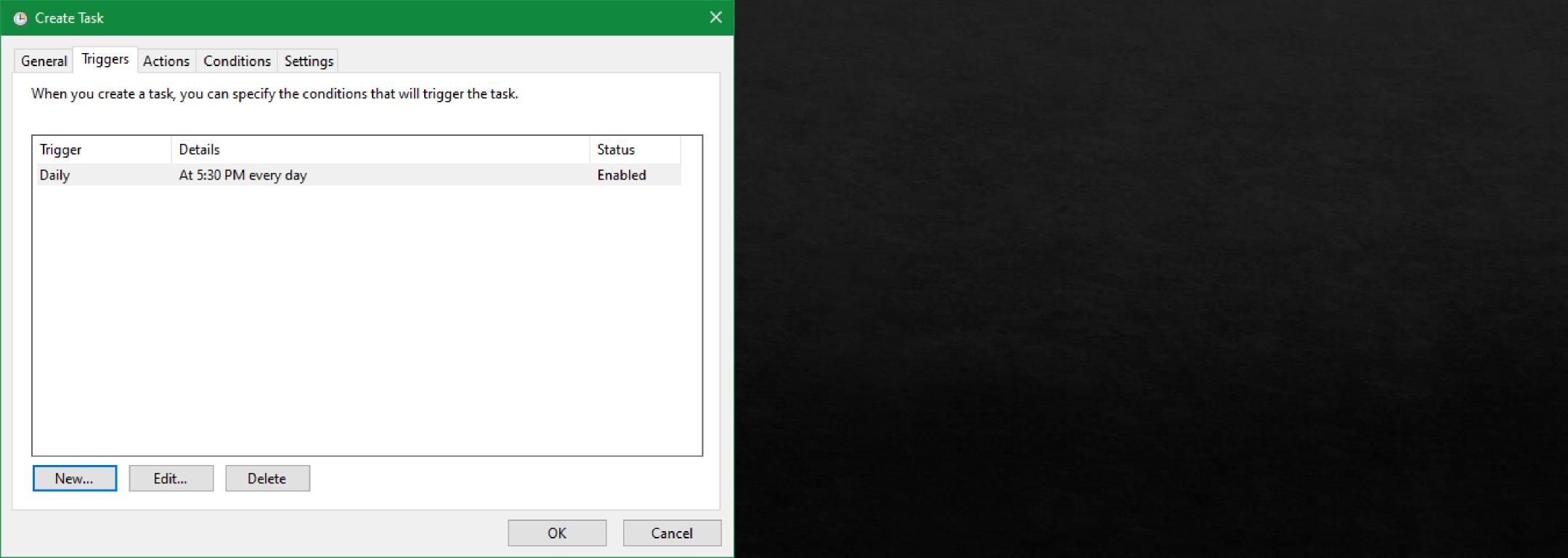
-Create task

-give it a name and -check the options

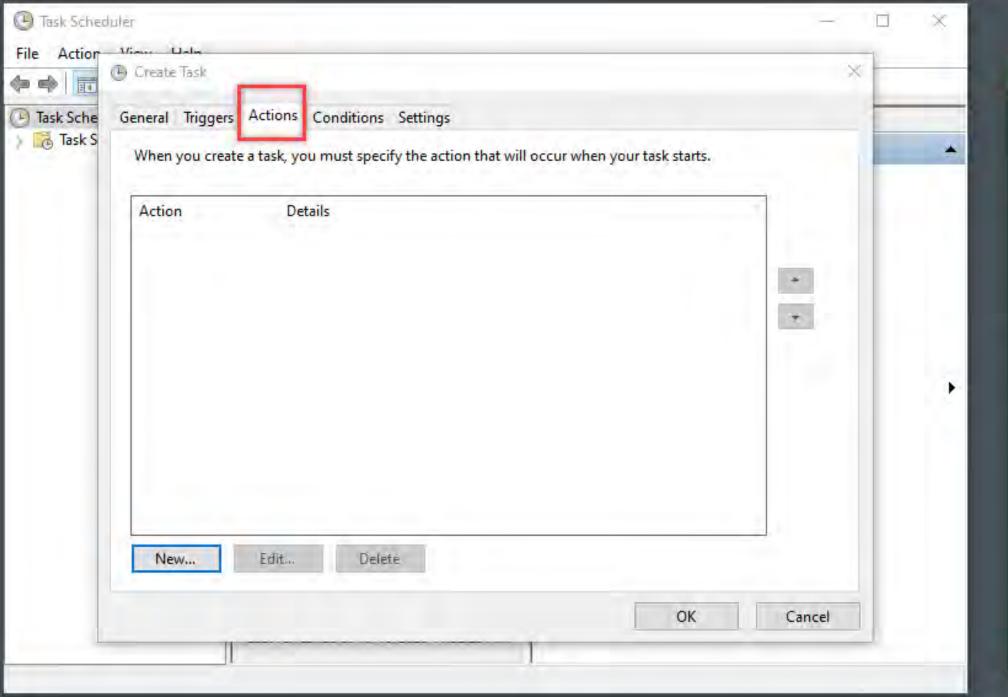


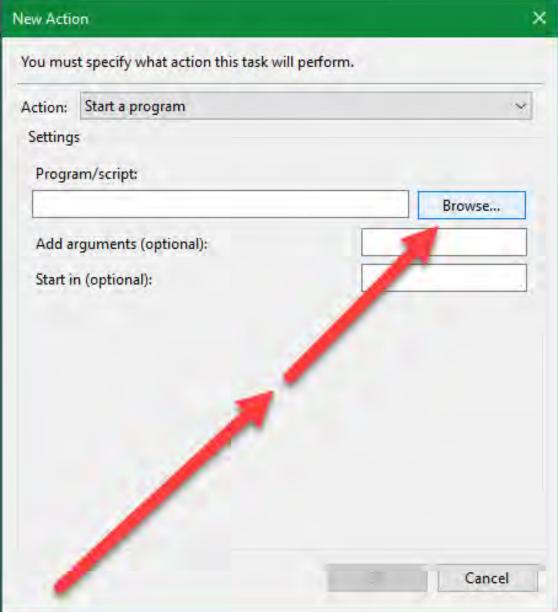


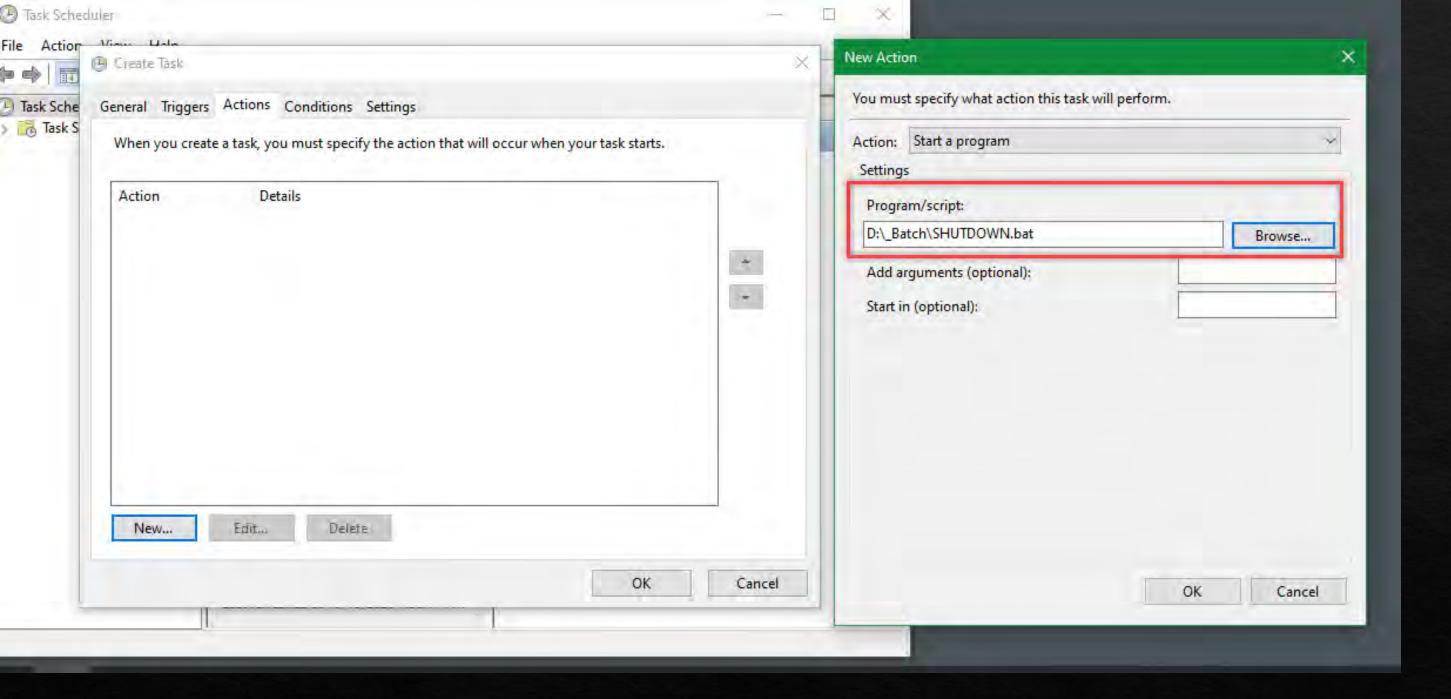
onto Alexander	On a sch	a aliala					~			
egin the task: Settings	On a sci	ledule								
One time Daily Weekly Monthly	Stan	t: 10/18/		days	5:30:00 s	PM	⊕ □ s	iynchro	nize acro	ss time zone
Advanced settir	7	(random c	lelay):	1 hou	ir	-				
Repeat task	every:	1 hour		·		fu	r e durat	danoi	1 day	14
_ Stop	all runnin	ng tasks at	end of	repetiti	ion dun	ation				
Stop task if	it runs lo	nger than		3 days	5	18				
Expire: 10,	/18/2021	E+ 1	1:53:17	AM	.		5ymch	romize :	across tim	re Idnes
☑ Enabled										

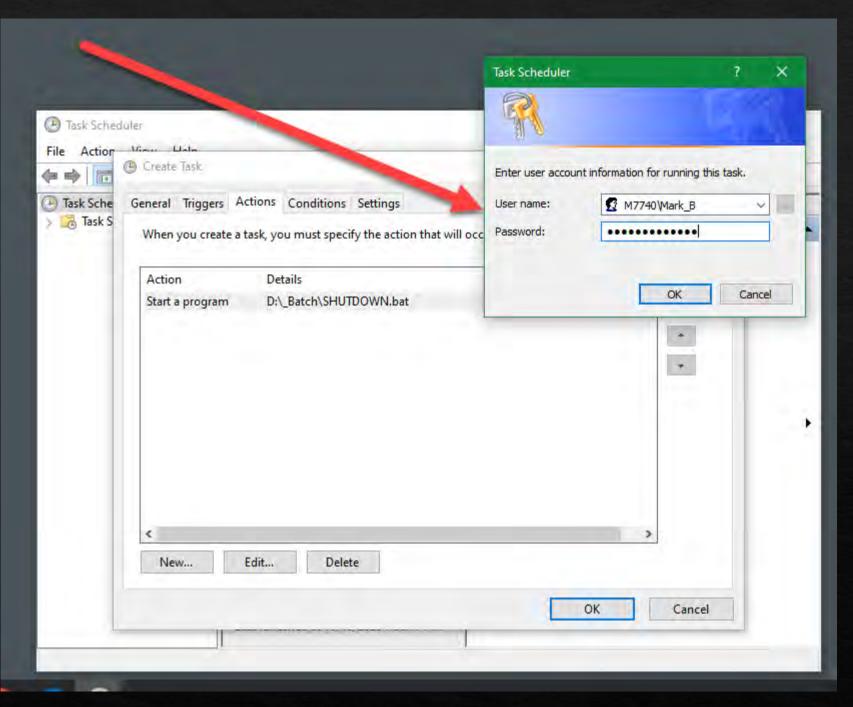


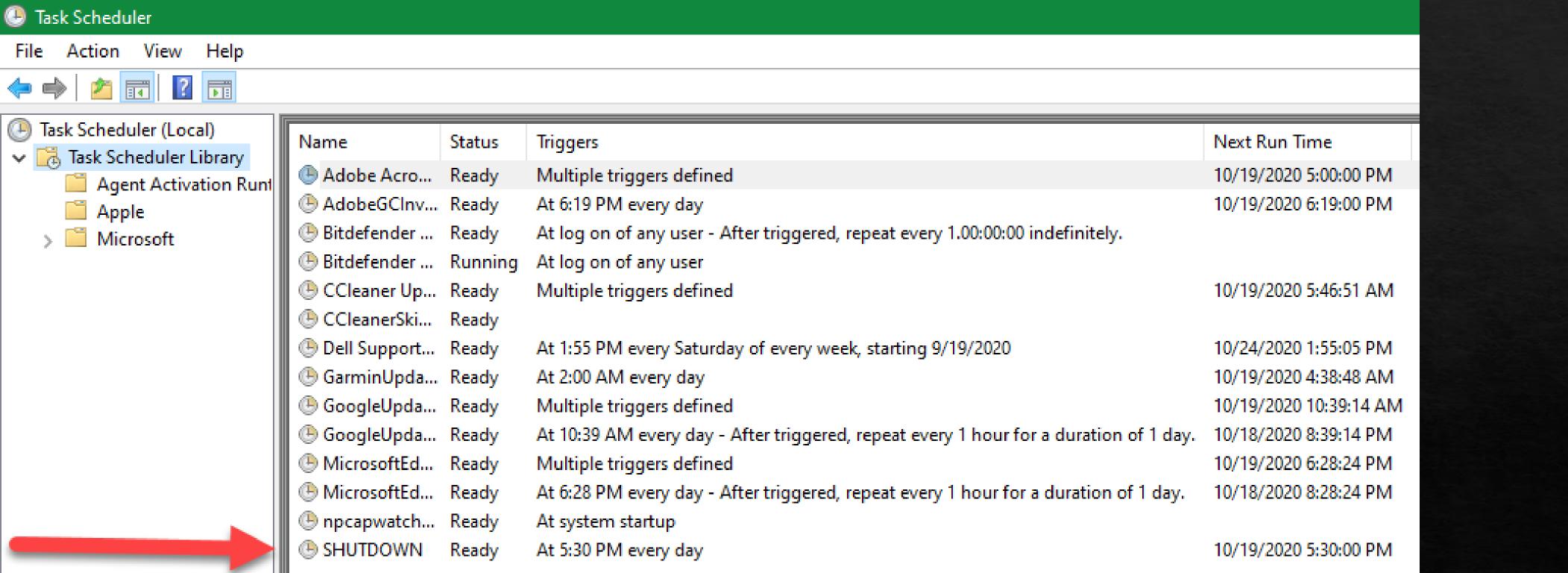
We're going to 'browse' to a batchfile you've created (next slide)











If it's OFF, it <u>can't</u> be <u>hacked!</u> (how many times have I mentioned this?)



BACKUPS! (EASY!!!!)

3-2-1 and 'Off and Away' backup strategy (FROM 2017)

Most IT professionals recommend a "3-2-1 backup strategy". The idea is to have at least three copies of every file, two of which are on different physical devices, and one of which is located off-site. Hardware fails, so it's clear why you'd want a copy of your data on different hardware. As for why you'd want a backup offsite, Rauel LaBreche, information services director at McFarlanes' Manufacturing, explains:

"One of our saving graces prior to a business fire in 2013 was that we had backups offsite, so the only data information we lost was from the day of the fire. I would caution every business to seriously consider implementing a business disaster plan that includes regularly replacing and storing backups offsite -- it's a small task that in return could save your business."

The "off" strategy: Keep one backup in storage, powered off and not connected to anything. This protects you from situations like <u>ransomware</u>, where a virus propagates throughout a network and encrypts files, <u>even your (CLOUD!!)</u> backups. If you have an unplugged, powered off, unconnected backup, it's safe.

The "away" strategy: I live in Florida, where <u>we have hurricanes</u>. While it's good to have an offsite backup, it's even better to have an offsite backup that's outside of your region. That way, if your entire state gets knocked back to the Stone Age, your data is still alive and available. Cloud backup services are ideal for the away strategy. They often keep multiple copies of your data, and keep them in multiple data centers.

MY OFFLINE BACKUPS:
Bitlocker Encrypted "in case" they're
pried from my cold dead fingers

2TB NVME SSD's USB3.1 and/or Thunderbolt

Google 'Sabrent' Google 'fastest NVME 2Tb'





BACKUPS:

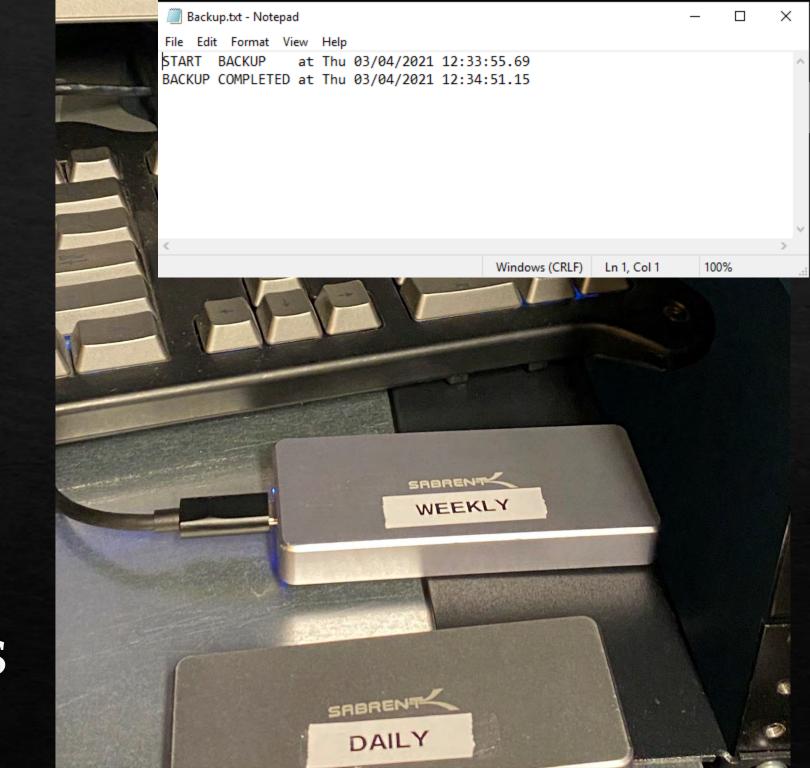
My Sabrent NVME backup takes 1 min!

I also use NAS and it's...

OFF 23.50hrs/day!

I also...

RSYNC to multiple machines



REM PATH ADDED or else Robocopy runs!! (hell if I know why!)

C:\Windows\System32\xcopy D:_Batch U:\m7720_Batch /c/s/i/f/y/d/r

C:\Windows\System32\xcopy D:_CBCT U:\m7720_CBCT /c/s/i/f/y/d/r

C:\Windows\System32\xcopy D:_DOCS U:\m7720_DOCS /c/s/i/f/y/d/r

C:\Windows\System32\xcopy P:_PATIENTS U:\m7720_PATIENTS /c/s/i/f/y/d/r

I'm **ALSO** copying from my laptop hard drive(s) (D, P) to an external drive – DAILY!

My laptop is backed up both at HOME and at OFFICE to external drives External drives then turned OFF (WHY???)

SERVER
Daily Master Backup
to a NAS

Backup (~7min)
Verify (~4min)

```
SW Compression
                       = 76%
Elapsed Time
                       = 00:06:51
Data Transfer Speed
                       = 19.328 GB/hr
                       = 330.009 \, MB/min
                       = 5767337 bytes/sec
Relative Speed
                       = 63.512 \, GB/hr
                       = 1084.121 MB/min
                       = 18946389 bytes/sec
Exit Status
                       = 0
Actual Medium Usage
                       = 968
Non-reclaimable Usage = 3%
[Verify of dtech430:system]
Archive ID: 5f8e1ccc00006e63
Instance ID: 5f8e2a2700007442
SUMMARY - BYTE-BY-BYTE VERIFICATION
Serial Number
                       = Tue Oct 20 00:15:08 2020
Date
Segments Used
                       = 2
                       = 1.86GB
Data Read
                       = 00:03:15
Elapsed Time
Data Transfer Speed
                       = 65.375 \, GB/hr
                       = 1116.009 MB/min
                       = 19503684 bytes/sec
Files Encountered
                       = 355946
Files Excluded
                       = 4
Special Files
                       = 31152
                       = 324790
Verified Successfully
                       = /usr/lib/edge/lists/simple job/
Change Log
```

HOW SECURE IS YOUR OFFICE? Or HOME?

"This stuff is over my head, Mark! I'll delegate it!"

Former SolarWinds CEO blames intern for 'solarwinds123' password leak

CNN - 2 days ago

SolarWinds Officials Blame Intern for 'solarwinds123' Password

Gizmodo - 22 hours ago



Microsoft: We've open-sourced this tool we used to hunt for code by SolarWinds hackers

ZDNet · 2 days ago

SolarWinds Hack Pits Microsoft Against Dell, IBM Over How Companies Store Data

The Wall Street Journal - Yesterday

The SolarWinds Body Count Now Includes NASA and the FAA

WIRED - Yesterday

SOLARWINDS

AND

PERCSOFT

29 Ransomware Bites Dental Data Backup Firm

AUG

PerCSoft, a Wisconsin-based company that manages a remote data backup service relied upon by hundreds of dental offices across the country, is struggling to restore access to client systems after falling victim to a ransomware attack.

Dental Record

ARCH

Q

IMPORTANT MESSAGE FOR DDS SAFE CLIENTS

DIGITAL SOLUTIONS

ESERVICE BUNDLE

HIPAA SOLUTION

FORMS & CHARTS

MORE

Encrypted. Integrated.

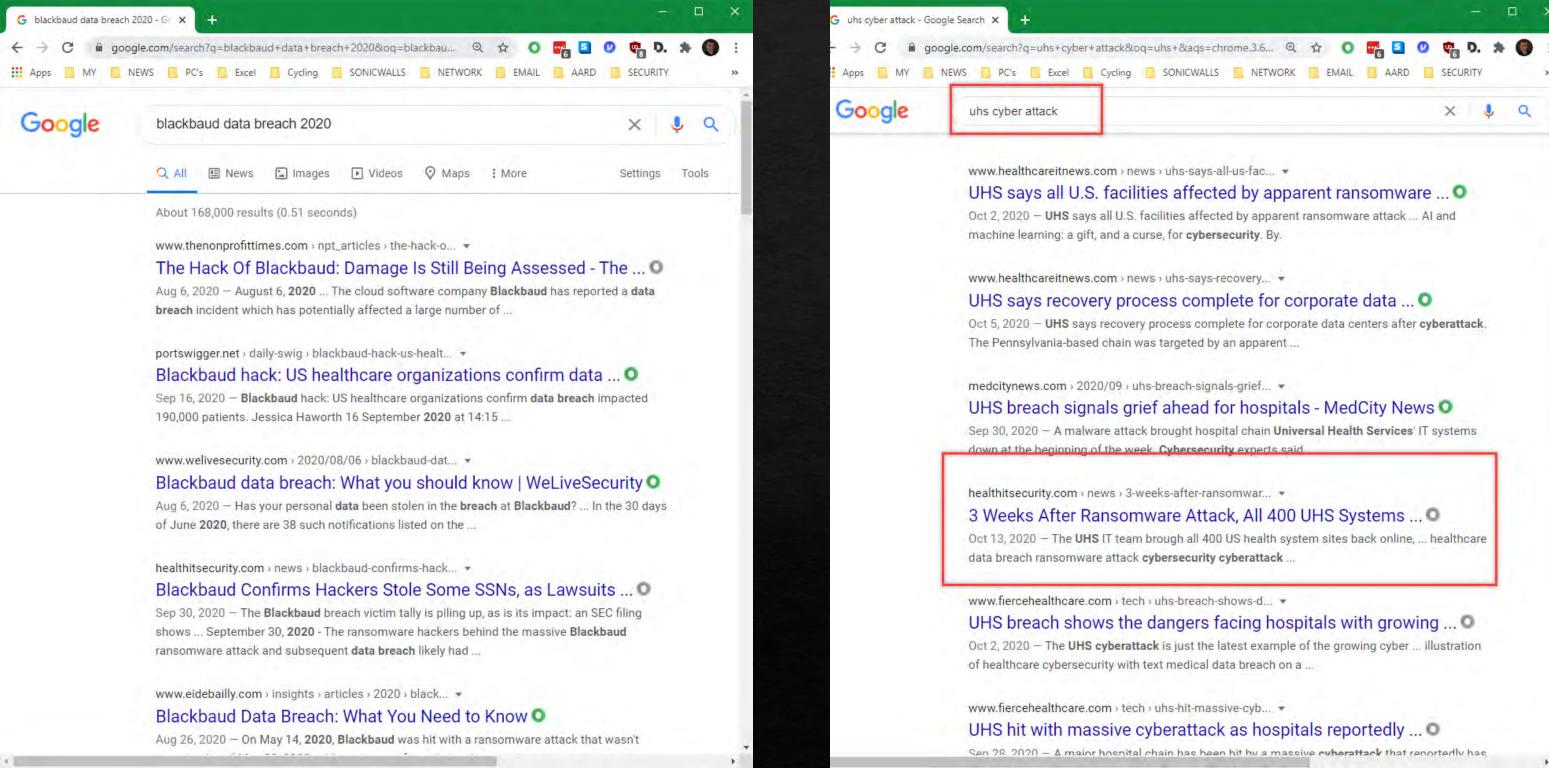
SIMPLIFIED.





West Allis, Wis.-based PerCSoft is a cloud management provider for Digital Dental Record (DDR), which operates an online data backup service called **DDS Safe** that archives medical records, charts, insurance documents and other personal information for various dental offices across the United States.

The ransomware attack hit PerCSoft on the morning of Monday, Aug. 26, and encrypted dental records for some — but not all — of the practices that rely on DDS Safe.





29 Ransomware Bites Dental Data Backup Firm

- □ ×

X J Q

PerCSoft, a Wisconsin-based company that manages a remote data backup service relied upon by hundreds of dental offices across the country, is struggling to restore access to client systems after falling victim to a ransomware attack.

Dental Record

IMPORTANT MESSAGE FOR DDS SAFE CLIENTS

Encrypted. Integrated.

SIMPLIFIED.





West Allis, Wis.-based PerCSoft is a cloud management provider for Digital Dental Record (DDR), which operates an online data backup service called DDS Safe that archives medical How secure is your home or office?



HOME > TECHNOLOGY EXPLAINED

What Is Port Scanning and How Does It Work?

Is it safe to leave your ports open?

BY SIMON BATT

PUBLISHED 22 HOURS AGO

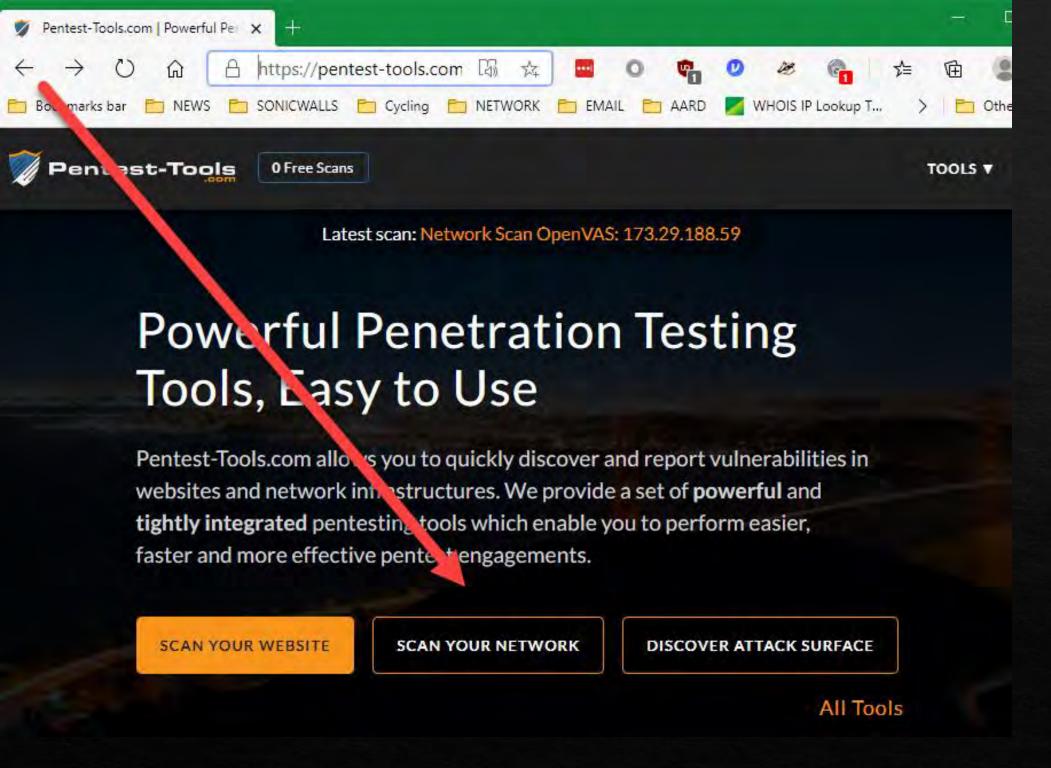








When your computer goes on the internet, it uses "ports" to help do its job. Both network administrators and hackers are keen to scan these ports for weaknesses, but what is a port, and why are people scanning them?



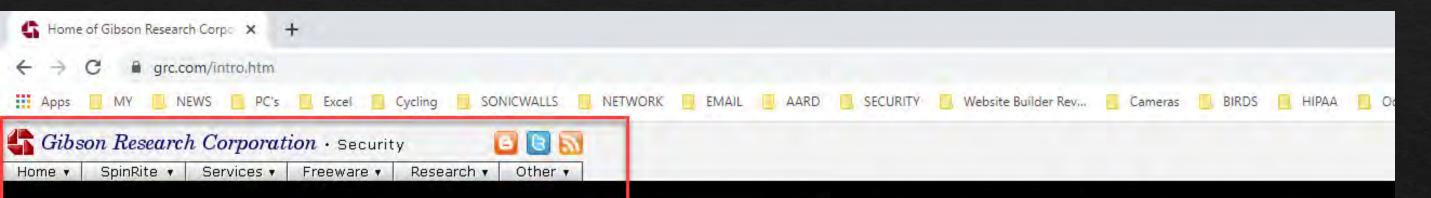
EASY!

Penetration

Testing

https://pentest-tools.com/home

GRC.com (both) Pen-Testing and Password Strength



Gibson Research Corporation Proudly Announces

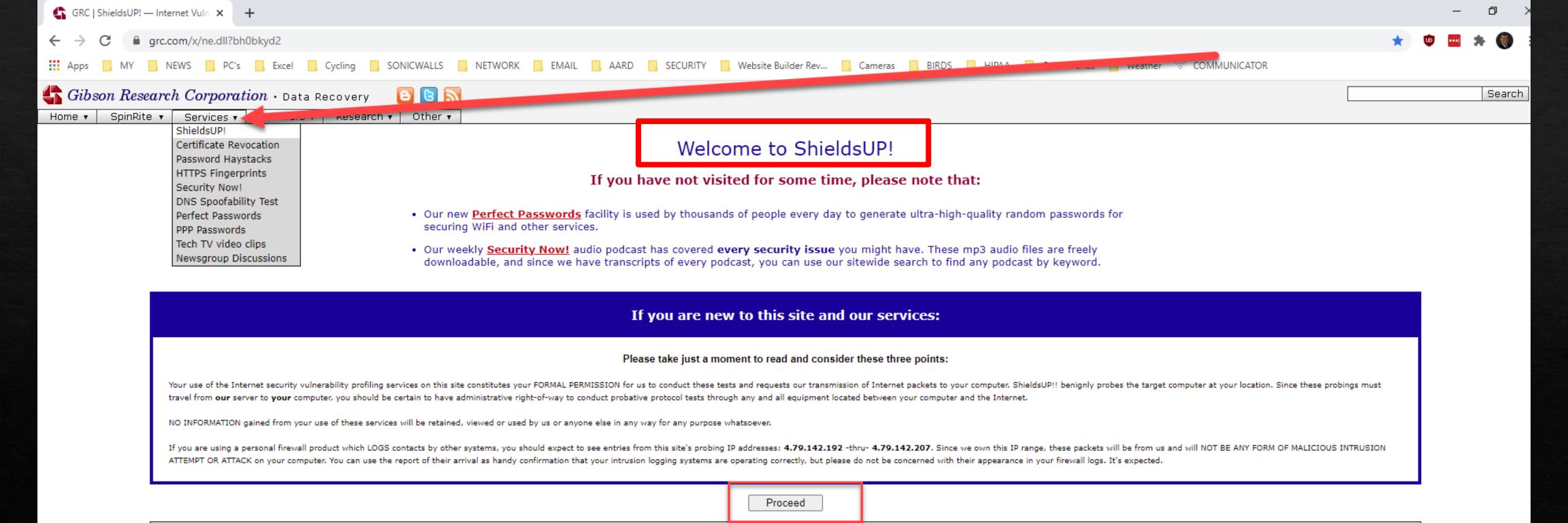


The industry's #1 hard drive data recovery software is NOW COMPATIBLE with NTFS, FAT, Linux, and ALL OTHER file systems!

And the exclusive home of . . .



To proceed, click the logos or select from the menu above.





Port Authority Edition - Internet Vulnerability Profiling

by Steve Gibson, Gibson Research Corporation.



reetings.

With ut your knowled e or explicit permission, the Windows networking technology which connects your computer to the Internet may be offering some or all of your computer's data to the entire world at this very

- For cientation and background, please examine the page links provided below for important information about Internet vulnerabilities, precautions and solutions.
- First time users should start by checking their Vindows File Sharing and Common Ports vulnerabilities with the "File Sharing" and "Common Ports" buttons below.
- For orientation and information about the Port Author Csystem, click the Home or Help icons in the titlebar . . .

Click here to check your router now...

GRC's Instant UPnP Exposure Test

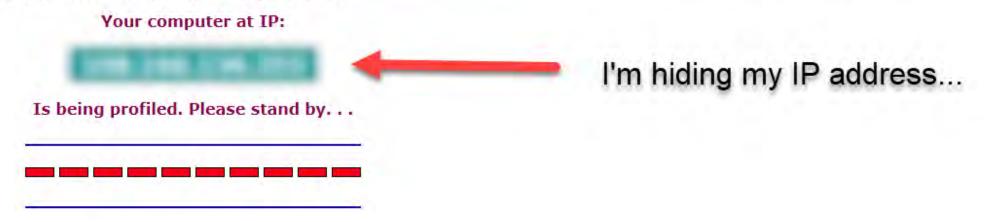
File Sharing Common Ports All Service Ports Messenger Spam Browser Headers You may select any service from among those listed above . . . User Specified Custom Port Probe Lookup Specific Port Information Or enter a port to lookup, or the ports for a custom probe to check, then choose the service. Your computer at IP 108,166.136.253 will be tested.

TEST -COMMON PORTS -ALL SERVICE PORTS -CUSTOM PORTS (3389)

PORT 3389= RDP
(Remote Desktop Protocol)
= #2 way of getting
Ransomware

Checking the Most Common and Troublesome Internet Ports

This Internet Common Ports Probe attempts to establish standard TCP Internet connections with a collection of standard, well-known, and often vulnerable or troublesome Internet ports on YOUR computer. Since this is being done from our server, so cessful connections demonstrate which of your ports are "open" or visible and soliciting connections from passing Internet port scanners.



Total elapsed testing time: 5.095 seconds

TruStealth Analysis

PASSED



Search

Your system has achieved a **perfect** "TruStealth" rating. **Not a single packet** — solicited or otherwise — was received from your system as a result of our security probing tests. Your system ignored and refused to reply to repeated Pings (ICMP Echo Requests). From the standpoint of the passing probes of any hacker, this machine does not exist on the Internet. Some questionable personal security systems expose their users by attempting to "counter-probe the prober", thus revealing themselves. But your system wisely remained silent in every way. Very nice.

GRC ONLY works at whatever network you are located, i.e. I cannot remotely test another network

Perform these tests both at home and office If anything appears open, <u>time to talk with IT!!!</u>

And don't forget to run those OTHER tests

Scanning "all service ports"



Port Authority Edition – Internet Vulnerability Profiling

by Steve Gibson, Gibson Research Corporation.

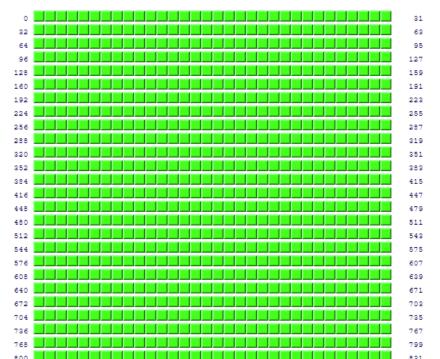
Determine the status of your system's first 1056 ports

This Internet service ports "grid scan" determines the status — 📕 Open, 📕 Closed, or 🔲 Stealth — of your system's first 1056 TCP ports.

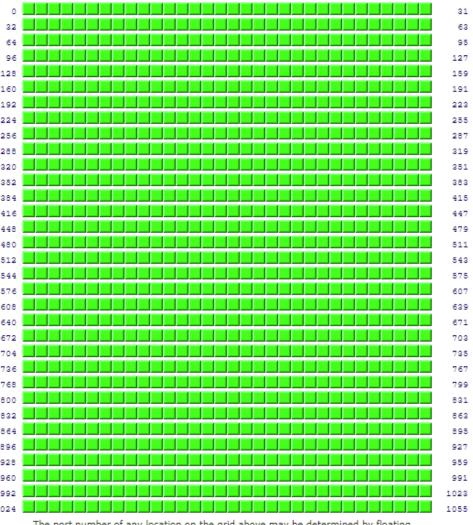
- 32 ports, represented by each horizontal row, are probed as a group. The results are posted as the next set of ports are probed.
- During off-peak hours the entire scan requires just over one minute.
- For guaranteed accuracy, the scanning time will increase during peak usage when many people are sharing our scanning bandwidth.
- A scan of a stealthed system is up to four times slower since many more probes must be sent to guarantee against Internet packet loss.
- The test may be abandoned at any time if you do not wish to wait for the scan to finish.
- You may hover your mouse cursor over any grid cell to determine which port it represents, or click on the cell to jump to the corresponding Port Authority database page to learn about the port's specific role, history, and security consequences. (Depress SHIFT when clicking to open new window and allow unfinished test to continue.)

Your computer at IP:

Is being carefully examined:



Is being carefully examined:



The port number of any location on the grid above may be determined by floating your mouse over the square. Most web browsers will display a pop-up window to identify the port. Otherwise, see the URL display at the bottom of your browser.

Total elapsed testing time: 69.031 seconds

Open Closed Stealth

Text Summary

95

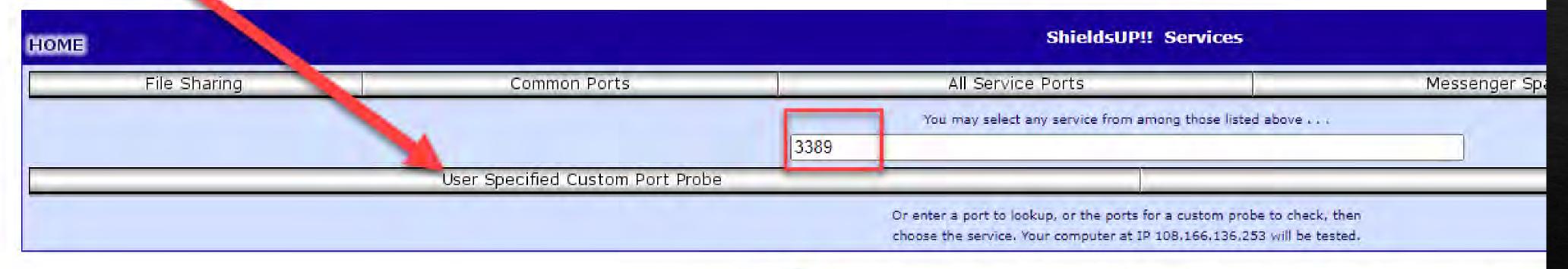






#2 way to get Ransomware is RDP (port 3389)

GRC's Instant UPnP
Exposure Test





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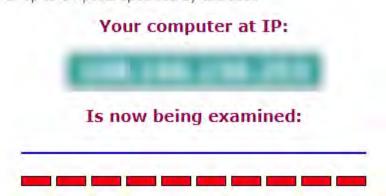


IF A DDS CAN DO THIS.... HOPEFULLY your IT can also!

BELLCURVES

User-Specified Custom Port Probe

This Internet port probe attempts to establish standard TCP Internet connections with any set of up to 64 ports specified by the user.



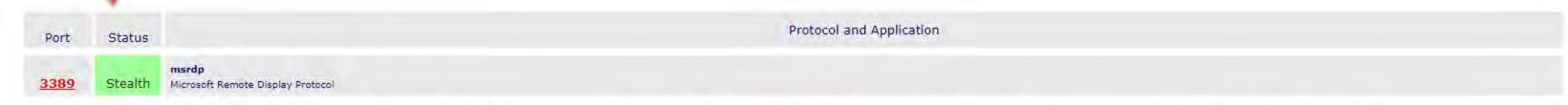
Total elapsed testing time: 5,063 seconds



TruStealth Analysis



Your system as achieved a **perfect** "TruStealth" rating. **Not a single packet** — solicited or otherwise — was received from your system as a result of our security probing tests. Your system ignored and refused to reply to repeated Pings (ICMP Echo Request). From the standpoint of the passing probes of any hacker, this machine does not exist on the Internet. Some questionable personal security systems expose their users by attempting to "counter-probe the prober", thus revealing themselves. But your system wisely remained silent in every way. Very nice.



The ports you specified have been successfully probed. Their open, closed, or stealth status is displayed in the table above. This Text Summary button provides a textual report that can be printed, copied, and saved:

Text Summary

ADVANCED PENETRATION TESTING

Tenable's "NESSUS ESSENTIALS:" TEST YOUR OFFICE and HOME

FROM ANYWHERE!
FREE version good for scanning 16 IP addresses!











Cyber Exposure Products Solutions Research Support Company Partners Resources



As part of the Nessus family, Nessus® Essentials (formerly Nessus Home) allows you to scan your environment (up to 16 IP addresses per scanner) with the same high-speed, in-depth assessments and agentless scanning convenience that Nessus subscribers enjoy.

Please note that Nessus Essentials does not allow you to perform compliance checks or content audits, Live Results or use the Nessus virtual appliance. If you require these additional features, please purchase a Nessus Professional subscription.

Using Nessus Essentials for education? Register for Nessus Essentials through the Tenable for Education program to get started.

First Name *	Last Name *	
	1	
Email *		
mail *		

Free Trial

Cyber Exposure Products Solutions Research Support Company Partners Resources

Free Trial

Buy Now











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) tenable











nessus

FREE DOWNLOAD Scan 16 IPs

- √ High speed, in-depth assessments
- √ Free training and guidance
- √ Support via Tenable Community

Ideal for: Educators, students and individuals starting their careers in Cyber Security. Learn more about using Essentials in the classroom with the Tenable for Education program.



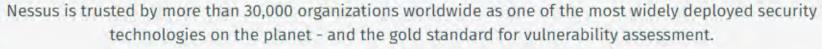
THE NESSUS FAMILY

SUBSCRIPTION

Scan Unlimited IPs

- √ Unlimited assessments
- √ Use anywhere, annual subscription
- √ Configuration assessment
- √ Live Results
- √ Configurable Reports
- √ Community Support
- √ Advanced Support available with subscription

Ideal for: Consultants, Pen Testers and Security Practitioners





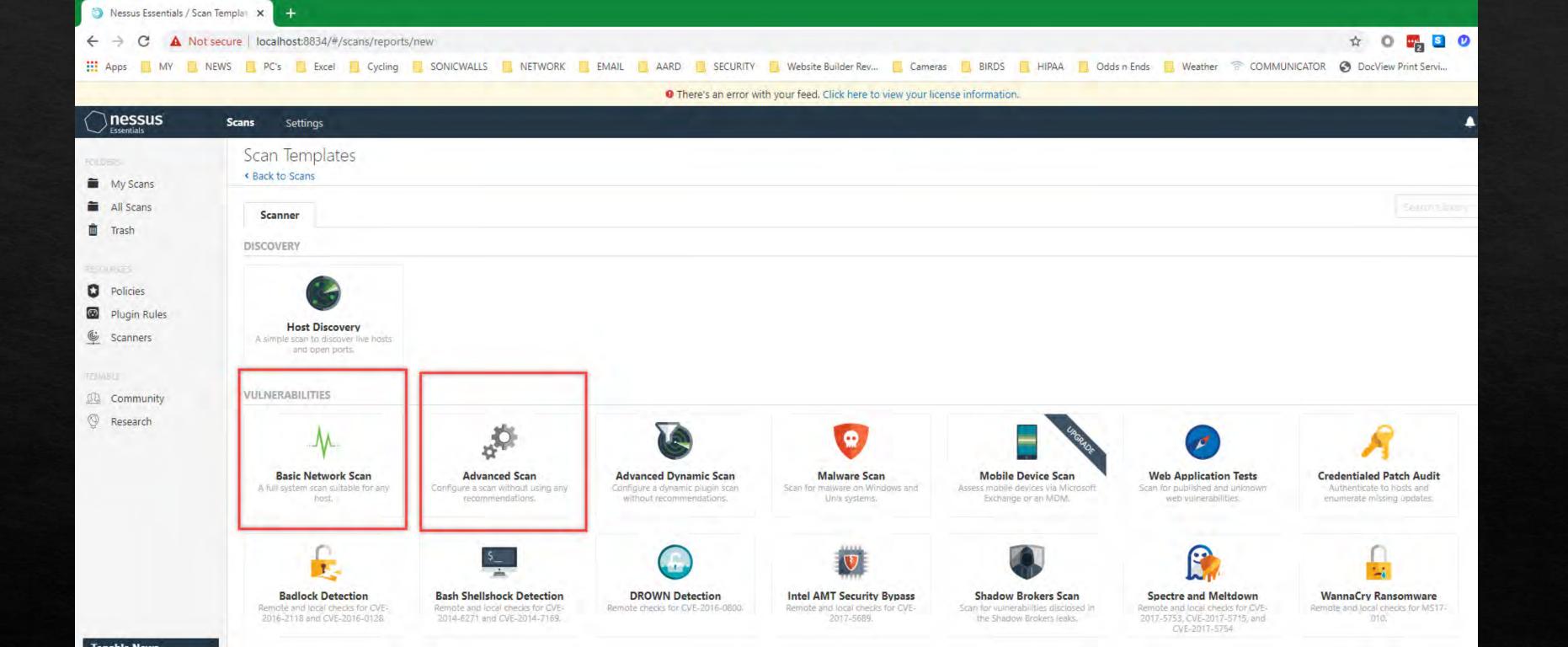
SUBSCRIPTION

Deploy Unlimited Scanners

- √ Unlimited Nessus Scanners
- √ Managed in the Cloud
- √ Includes Predictive Prioritization
- √ Advanced Dashboards and Reports
- √ Role-Based Access Control
- √ Advanced Support
- √ Enterprise Scalability
- √ Priced per asset, annual subscription

Ideal for: Vulnerability Management for small, medium and enterprise organizations





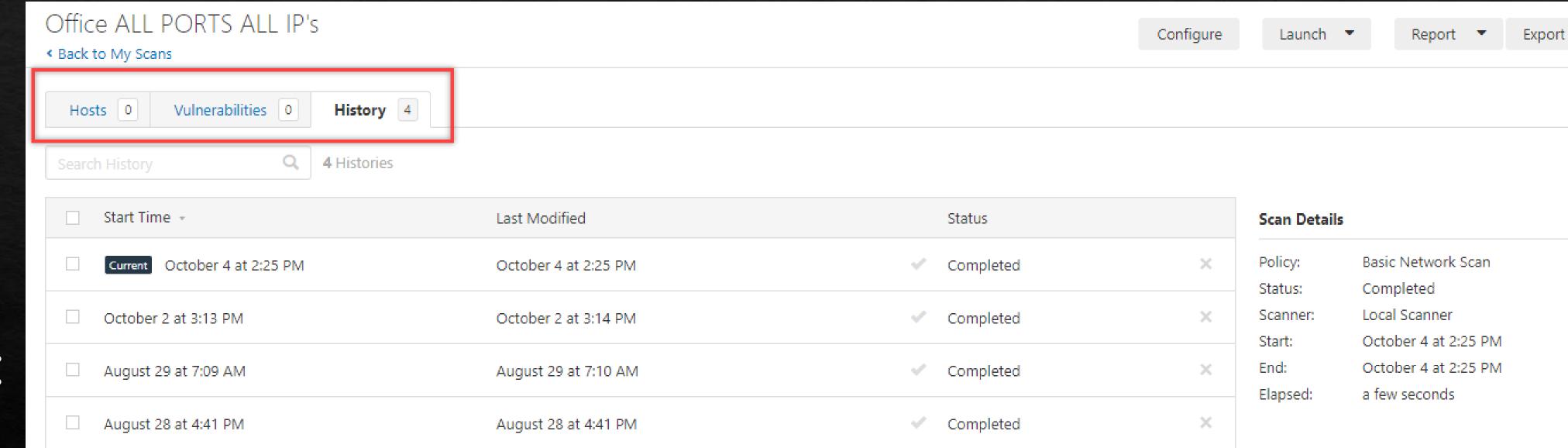
Waiting for results....

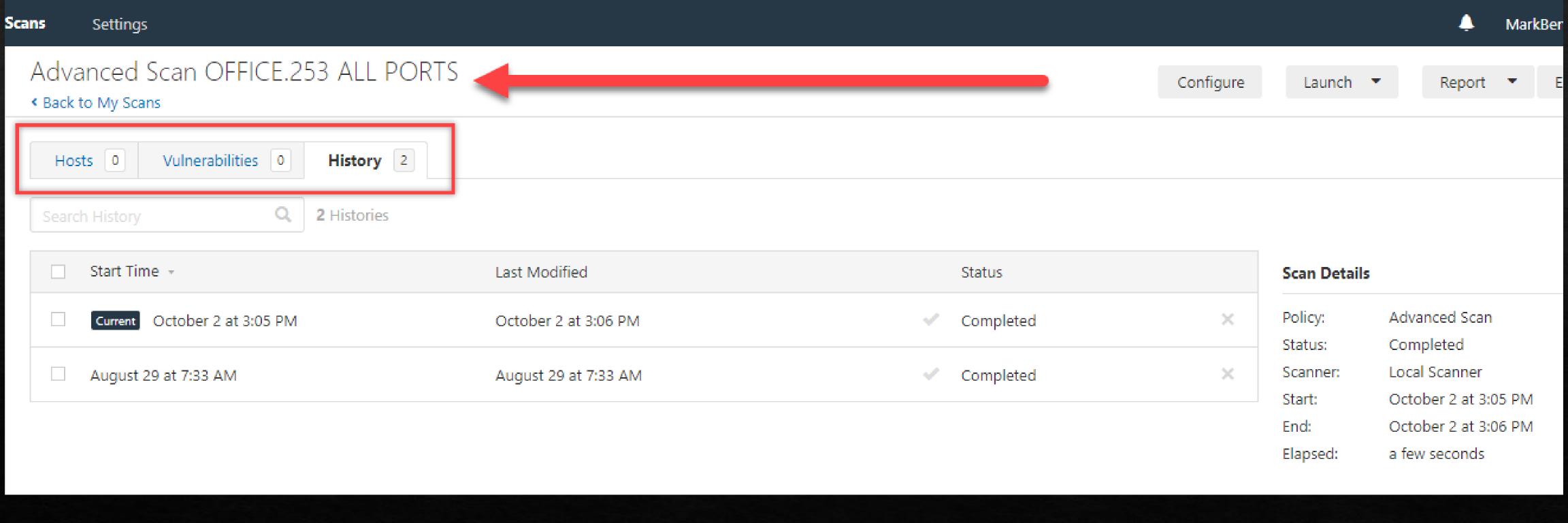


Tastes like chicken...



Here's MY office results:





Google "What is my IP"
to find your WAN (internet) IP address
do this both at home and office
Those are 2 (of the 16) IP's I scan

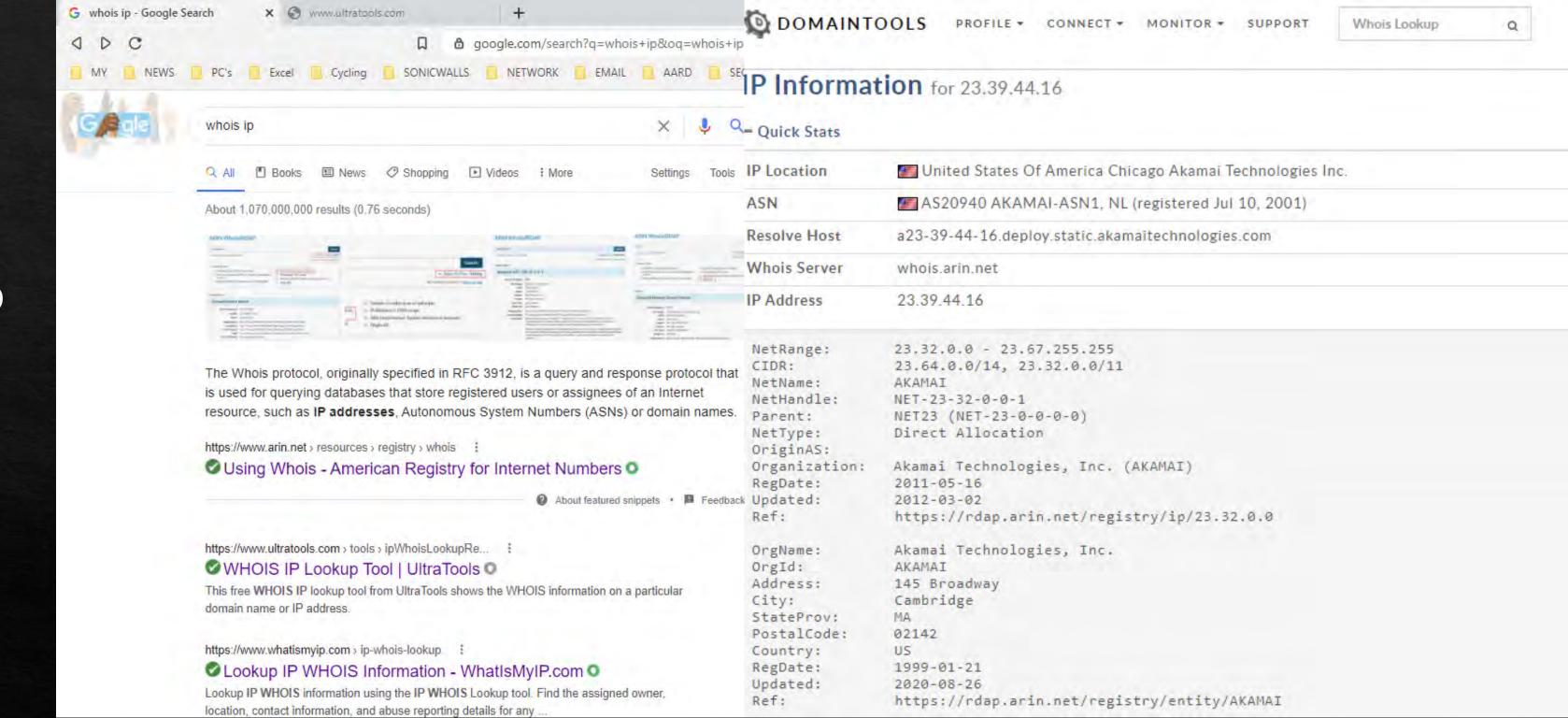
Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.16, 80, X1 Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.16, 80, X1 Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.16, 80, X1 23.39.44.16, 80, X1 Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.16, 80, X1 Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.16, 80, X1 Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.19, 80, X1 Gateway Anti-Virus Alert: (Cloud Id: 53078257) Agent.FL (Trojan) blocked. 23.39.44.16, 80, X1

Meanwhile: TODAY! who is scanning my networks??!!!

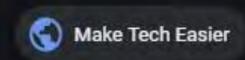
https://www.ultratools.co
m/tools/ipWhoisLookup

I also use this webpage to check who is scanning my networks!

Google "whois ip"









21 Important Penetration Tools in Kali Linux - Make Tech Easier

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Kalilinux

I have laptops sporting this, also runs in Virtualbox, etc

And that's it!

Sincere thanks for getting this far...

questions can be emailed to mark@benavides.org