

❖awis newsletter❖

San Diego Chapter

July/August 1994

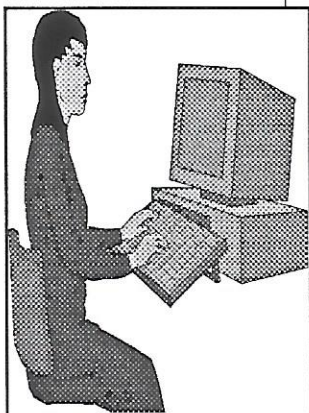
Computer Insecurity On the Internet

Recently, a nation-wide appeal went out to users of the Internet to change the way they log on to their computers after security experts announced that tens of thousands of passwords had been stolen by hackers on the Internet.

Computer experts recommend the following tips to protect your passwords:

- Change passwords as frequently as possible
- Avoid writing down a password
- Do not cooperate with anyone who orders you to use a specific password. "Crackers" (mean-spirited computer hackers) occasionally call users at random and impersonate administrators of their local computer systems. Report such incidents in person to local system administrators.
- Never include your password in electronic mail unless you are using a program that scrambles (encrypts) your messages. Electronic mail can be read by others as it travels through the network.
- Passwords should never be actual words. Crackers can run dictionary programs that try every word in the language until the password is found. Until recently, some security experts advised that selecting memorable foreign words was relatively safe, but the sophisticated cracker is now armed with dictionaries from a multitude of languages.
- Do not choose passwords that consist of nicknames, birth dates, names of spouses or children, or other information that might be known to a cracker
- The passwords that are hardest to crack consist of jumbles of letters, numbers, and punctuation marks.
- Whenever possible, use a telephone and a modem to dial into a remote computer rather than using the telnet command through the Internet. The telephone system is much more secure than the Internet.

(source: *Chronicle of Higher Education*)



A simple way to safeguard the contents of your computer is to change passwords on a regular basis

Washington Watch

Rep. Anna Eshoo (D-14, CA) recently took action to promote the inclusion of women and minorities in science. First, she requested President Clinton to consider nominating more women to the 24-person National Science Board — the governing body of the National Science Foundation — and provided him with a list of 15 potential nominees assembled with the help of National AWIS.

Second, Eshoo introduced and secured subcommittee passage of an amendment which calls on the National Oceanic and Atmospheric Administration (NOAA) to increase outreach and recruitment efforts for women and minorities in its coastal and ocean programs. Her amendment was attached to H.R. 4008, the NOAA Authorization Act.

For additional information, contact Eshoo's DC office at 202-225-8104 or her field office in Palo Alto at 415-323-2984.

Mentoring Brunches

San Diego AWIS recently concluded its first series of "Women in Science Mentoring Brunches." The goal of the program was to provide women scientists an opportunity for discussion in an intimate setting. Approximately 20 women attended each of the four brunches. According to program chair Jennifer Hughes, there certainly was never a shortage of conversation! AWIS would like to thank all the hosts, participants, and industry sponsors for making the gatherings a remarkable success. Look for information on this program next year.

Member News

Welcome to our newest members — the 1994 AWIS Science Fair winners — Michelle Shirley, Lisa Guzman, Elena Valesquez, and Vivian Fung.

Messages About Your Health

Tel-Med, a free service of the San Diego County Medical Society, provides a nationwide library of tape recorded telephone messages on a variety of health and medically-related topics. Each message has been carefully screened and approved by a panel of physicians and other health care experts to help you:

- Remain healthy by giving you preventive health information
- Recognize early signs of some illnesses
- Adjust to a serious illness

You can listen to these three- to seven-minute messages with a touch tone telephone, 24-hours-a-day, seven-days-a-week.

For a free copy of a brochure listing the tape messages available, call the Medical Society at 565-8888 or leave a message on the Tel-Med system at 560-8500.

LA Times Book Prize For Science and

The 1993 Los Angeles Times Book Prize for Science and Technology has been awarded to *Fuzzy Logic: The Discovery of a Revolutionary Computer Technology and How It Is Changing Our World* by Daniel McNeill and Paul Freiberger (Simon & Schuster). Other finalists in this category were *The Diversity of Life* by Edward O. Wilson (Belnap Press/Harvard University Press), *Genius: The Life and Science of Richard Feynman* by James Gleick (Pantheon), *Bad Science: The Short Life and Weird Times of Cold Fusion* by Gary Taubes (Random House), and *Artificial Intelligence: The Tumultuous History of the Search for Artificial Intelligence* by Daniel Crevier (Basic Books).

Enjoy Your Summer

The summertime is quiet for AWIS. But come September, we will have more events both business and social.

Career Corner

You'll be well on your way to financial security if you just avoid the seven mistakes people often make when managing their money.

- Lack of involvement. Only one family member is involved in money decisions, or worse, no one is in charge.
- No budget. If you don't have a money plan for the coming year, your spending will be constrained only by income and credit card limits.
- No cash reserves. Keep money available to fund a family emergency or an investment opportunity.
- No disability insurance. Insure major income earners to replace their income if they become disables.
- No tax planning. Structure your investments and your expenses to take maximum benefit of income tax rules.
- No diversification. Money kept in bank accounts will lose value when interest rates are less than inflation and income tax rates.
- Inadequate retirement funding. Employee thrift plans, 401(k) plans, and IRAs are your best bet for stashing cash for the future. Fund them with the maximum allowed to take full advantage of tax savings and investment growth.

(source: Women's Institute for Financial Education Newsletter)

AWIS Newsletter

The AWIS San Diego Newsletter is published bimonthly and provides AWIS members and supporters with information on chapter activities, career developments, and issues related to women in science.

Lynne Friedmann Editor
Csilla Fenczik, Ph.D. Assistant Editor

The newsletter is free to AWIS member.
Subscription rate for non-members is \$20 a year.
Send news items and suggestions to P.O. Box 1725, Solana Beach, CA 92075; phone 793-3537; fax 793-1144; e-mail lfriedmann@bestsd.sdsu.edu. Deadline for next newsletter is August 10.