5 Steps to Lockdown Your Webmail Account
By John Hawes on Oct. 14, 2014
General Website: https://nakedsecurity.sophos.com/
Recommended by Bob Stromberg & Kathy Handy

Actual article resides here, and suggests ways to help secure a G-Mail or Yahoo account (10/2014):
https://nakedsecurity.sophos.com/2014/10/14/5-steps-to-lock-down-your-webmail-account/

Main Points: 1) Strong, secure Password  2) Two-factor authentication  3) Secure the devices you use to access Webmail 4) Check all settings and alerts periodically – every month or so, or every couple of months  5) Encrypt highly sensitive material or do not send extremely sensitive items through e-mail.

Sophos suggests, in their video, to follow these four steps for passwords:

1. Make your passwords hard to guess
2. Go as long and as complex as you can
3. Consider using a Password Manager program such as OnePass
4. One account, one password

About two-factor authentication from securenvoy.com:
https://www.securenvoy.com/two-factor-authentication/what-is-2fa.shtm

How My Mom Got Hacked
http://www.nytimes.com/2015/01/04/opinion/sunday/how-my-mom-got-hacked.html?emc=eta1&_r=0

Ransomware discussion

Whether to set a password for user accounts on computers
Some advice from volunteer, Bob Stromberg:

It’s true that someone with physical access to the computer can "crack" user account password with modest technical preparation. BUT I actually do set passwords on all my computers, on all accounts.

Here’s the logic: If you would latch the screen door to prevent casual snoops from entering your porch or kitchen, do the same for your computer by using a password for each user account.

It demonstrates your "intention" to lock the computer. It puts a barrier in front of casual snoops. It chooses the more secure option, which is good practice. And it helps us to exercise our brains by inventing and memorizing a password.

In general -- most places online that require a password now rate your password as you enter it. Ratings such as WEAK, STRONG, VERY STRONG are often displayed as you type your password. You should use required elements such as a mix of upper and lower case, and numbers and characters. Also, avoid using actual words, especially words related to you and your life.

Password security tips to help you foil hackers from the Associated Press, included on CBS News
Website on 3/17/2017

Recent 2018 Vulnerabilities (Meltdown and Spectre) and a way to combat them:
From howtogeek website 1/9/2018
and visit https://www.wired.com/story/meltdown-spectre-bug-collision-intel-chip-flaw-discovery/