Suggestions for creating and remembering a strong password

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In this day and age when hackers and information thieves are plentiful it is very important to use strong passwords. Here is one method of creating strong passwords for your frequently visited sites. Select a keyword that you will remember, that contains both letters and numbers, for example an address of a location you used to live, or your favorite athlete's name and number. This example uses an address, '87 High Ridge Road'. Converting this to a password results in '87higHridgE'. Note the unorthodox use of upper case letters in an easy to remember location. Now add a special character: '#87higHridgE'.

Tip: For additional protection, make your password unique for each web site. For example, add the first three characters of the web site after the special character, again using unorthodox upper case letter locations: '#yaH87higHridgE' for Yahoo, or '#goO87higHridgE' for Google.