



Self-Reliance Institute Newsletter

February 2014 Volume 2, Issue 2

Security and Your Mobile Device

There are several action items I perform at the start of each year. I repeat many of them several times a year, but I find that the New Year is always a good time to reexamine my privacy and security protocols to be sure I'm up to date.

Today, let's focus on the security of our mobile devices or, as some call them, smartphones.

Like many members of the Self-Reliance Institute, I find that I use my mobile device more and more to conduct personal communications and professional business. Whether it's texting with friends during a big sporting event or answering an important business email, my mobile device allows me to stay connected.

But, of course, hackers and identity thieves know that Americans are using mobile devices in ways that are rapidly replacing the use of PCs and laptops for sensitive communications and transactions. So the bad guys are getting more creative and industrious when it comes to attacking mobile devices.

[Continued page 4](#)

IN THIS ISSUE

- Stolen Passwords P 1, 3, 6
- Mobile Device Security P 1, 4
- Traffic Stops P 1, 5
- DUI Testing P 2, 6

Concealed Carry Laws and Stolen Passwords

Happy New Year! I hope you had a fantastic New Year and I hope you're as optimistic as I am about 2014.

I love the New Year because it's a great time to think about the year ahead and set goals. Notice I said goals, not resolutions.

While linguistically there may not be much difference between a goal and a resolution, setting goals always seems more upbeat and empowering to me than resolutions.

When I hear folks discuss their list of resolutions, they almost always include not doing certain behaviors — like eating or drinking too much.

I prefer to set positive goals with realistic benchmarks for the upcoming year.

My top goal for 2014 is to provide members of the Self-Reliance Institute with even more empowering information than last year!

One way I'm already working to accomplish that goal is by creating brand new, informative products. I'll be sharing details about those new products with you in the very near future.

Another way I'll accomplish my goal of providing you with even more knowledge is by packing more information into each weekly Self-

[Continued page 3](#)

Concealed Carry and Traffic Stops

Currently, I'm working on a publication for the Self-Reliance Institute that will address the different types of interactions that citizens have with police officers.

As more Americans obtain a license to carry a concealed handgun, one of the more frequent interactions between citizens and police officers is a traffic stop where the citizen is lawfully carrying a concealed handgun.

Often, legally armed citizens are unsure whether they should advise the officer that approaches their car during a traffic stop that they are

armed. Further, if they decide to advise the officer they are armed, they are unsure of the best way to do so.

Let me first address the question of whether you should advise the police that you are armed during a traffic stop or, for that matter, any other routine police interaction.

In my opinion, the answer is yes.

During any traffic stop or other routine interaction with a police officer, you should advise the officer(s) that you have a concealed carry license and that you are currently armed.

However, how you advise the officer is important. [Continued page 5](#)

DUI Tests and Saliva Swabs

You've gone out to a nice restaurant for a celebratory dinner with friends. As she seats your party, the first question the hostess asks is whether you'd like something to drink while you look over the menu. You order a glass of wine or, perhaps, a beer from the new microbrewery you heard was excellent.

During dinner, you have a second glass with your meal. And, because it's a special occasion, you order an after-dinner drink to accompany the decadent dessert you and your spouse are sharing on this special evening.

After saying good-bye to your friends, you start the drive home feeling relaxed and content. It's been a good night and you're looking forward to the rest of the weekend.

And then you see the flashing red lights in your rearview mirror. As you pull over, you're annoyed but not worried. You know you were obeying the speed limit and you know you weren't doing anything illegal.

The police officer approaches your window and asks for your license, registration and insurance card. You notice the officer is leaning in very close to you and his flashlight is very close to your head.

And then the officer asks the inevitable question. "Have you been drinking?"

What you say and do next may impact your liberty in profound ways for months or years to come. So, what should you say and do?

In a recent [video](#) at Reason.tv, producer [Tracy Oppenheimer](#) spoke with criminal defense attorney [Mark Gallagher](#) about the constitutional rights you have when it comes to DUI traffic stops and the relatively new use of saliva swabs by police officers looking for people driving under the influence of marijuana or illegal drugs.

The [video](#) runs just seven minutes and I believe it is worth watching. It's contained within the article, ["How to Dodge a DUI Test and the Legality of New Saliva Swabs."](#) The video can also be found on [YouTube](#).

I've worked alongside attorneys my entire career and Gallagher strikes me as reasonable and well-informed. While he is speaking mostly in the context of California law, where he practices, the advice and general recommendations he provides apply in most states.

Here are several important points Gallagher makes during the interview he conducted with [Reason](#):

Concerning new saliva swab tests for marijuana or other drugs:

"Toxicologists, the experts who study the effects of alcohol and drugs on our body, will tell us that marijuana in particular is a very difficult drug for them to determine whether or not someone is under the influence or can safely operate a motor vehicle. Even if they have a full lab of blood information, it's difficult to tell how long it's been since the user has smoked. It's difficult to tell how it's affecting their ability to drive."

Concerning whether you should refuse tests of any kind prior to arrest: *"Absolutely decline the test.*



*Right now, under California law, if you are stopped at a checkpoint or any type of DUI situation, **you are not required to give any test before arrest.** You can refuse this swab. You can refuse a breathalyzer. You can refuse to participate in field sobriety tests. You can refuse to answer questions. Now, law enforcement doesn't like this advice, but we do still have a constitution. And under the 4th, 5th and 6th Amendments, you have a right to remain silent, you have a right to a lawyer, and you have a right against unreasonable search and seizure. So you have to be careful about, when you're in this environment, to not feel coerced. You have to be conscious of where you are and remember your rights." [Emphasis added]*

Can they take your license away if you invoke your rights? *"Yes. **You can be punished if you do not give a breath, blood, or urine sample post-arrest.** So, if you are stopped and arrested under suspicion of DUI, alcohol or drugs, once the arrest takes place you have to choose one of those tests. And if you don't, you will face automatic penalties, you'll lose your driver's license." [Emphasis added]*

What about if you're under the age of 21? *"If you're under 21 and you refuse the breathalyzer pre-arrest, you will face the penalties at the DMV (loss of driver's license). You won't have any problems in*

continued page 6

Concealed Carry Laws and Stolen Passwords

Continued from page 1

Reliance Institute Advisory.

So to start off the year, I want to address two issues in this week's Self-Reliance Institute Advisory.

The first is good news about the relationship between concealed carry laws and crime. The second is a free service you can use to see if the email address or user name you use to access various websites has been stolen. If so, it's quite possible your password for those sites has been compromised.

Let's start with concealed carry handguns and crime.

Yesterday, I tripped across a very brief report at TruthRevolt.org headlined, "[Quinnipiac Study: Concealed Carry Results in Fewer Murders](#)," with a subtitle that reads, "[The results suggest that restrictive concealed weapons laws may cause an increase in gun-related murders at the state level](#)."

Yes, most of us read that headline and say, "Tell me something I don't already know!"

After all, those of us who follow concealed carry issues know that the spike in gun-related violence that the gun control zealots predicted would happen, as states made it easier to get concealed carry permits, never happened. In fact, as we know, crime dropped.

But what we know and what we can prove by scientific research is an important distinction. And it's always good to have fresh ammunition (pun intended) when taking on the gun control zealots who always argue there's no proof that concealed carry handguns actually reduce violence.

Here's how "[Quinnipiac Study: Con-](#)

[cealed Carry Results in Fewer Murders](#)" begins:

"In what will certainly be gun control advocates' new least favorite study, Quinnipiac University's Mark Gius found not only that states with restrictive concealed weapons laws had higher gun-related murder rates, but that assault weapons bans had no significant impact on murder rates at the state level."

And here's the key finding from the research:

"Using data for the period 1980 to 2009 and controlling for state and year fixed effects, the results of the present study suggest that states with restrictions on the carrying of concealed weapons had higher gun-related murder rates than other states. It was also found that assault weapons bans did not significantly affect murder rates at the state level. These results suggest that restrictive concealed weapons laws may cause an increase in gun-related murders at the state level." (Underscore added for emphasis)

The study, published by [Applied Economics Letters](#), is titled "[An examination of the effects of concealed weapons laws and assault weapons bans on state-level murder rates](#)." While I always encourage folks to read any material I reference or link to, I must warn you that the report is very expensive.

Let's move on to a free web-based service you can use to determine if the email address or user name you use for one or more websites has been compromised.

I'd heard about this free service a little while ago, but I wanted to see how well it worked and whether the creator continued to improve the service. To be honest, I'd forgotten to check back until I read a good review at ZDNet.com the other day.

In, "[How to be notified that your password has been stolen](#)," the web-based service I previously stumbled across, HaveIBeenPwned.com, gets a good review noting the current updates and more updates to come.

"The main improvement that needed to be added to the site, as its creator Troy Hunt himself acknowledged, was a notification service to allow users to enter an email address and be notified in the future if their address appeared in any databases added to the service. Troy has now added the notification service."

"haveibeenpwned.com allows you to check whether an email address is in one of several publicly-released databases of breached email addresses, with a total of 154 million email addresses. Troy says the site has been wildly popular and that, by far, the number one request for a notification service."

I've tried the service, HaveIBeenPwned.com, and it works well. I tested an old email address that I know was compromised a while back and the site correctly identified it as a compromised email address.

Remember: If your email address or user name (often one and the same at many websites) shows up on a list from a website data breach, there's a very high probability that the pass

Continued page 7

Security and Your Mobile Device

Continued from Page 1

For that reason, it's important that we take steps to be sure the security of our mobile devices is as good as it can be.

This week, [Network World](#) had a slideshow, "[7 Security Mistakes People Make with Their Mobile Device](#)," containing a good, concise list of "smartphone security slipups" we should all consider when it comes to our mobile devices.

If you like, you can follow the [link for the complete slideshow](#). But, quoting from Network World, I'd like to highlight four of the most common mistakes I believe folks make with their mobile devices. Mistakes that can make it far more likely that you will be the victim of identity theft or cyber-espionage.



Failure to lock down your device – "While it may not be the most effective form of security – in fact, it's arguably the weakest – it's still a first line of defense.

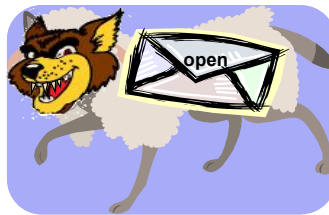
Whether it's locking your phone with more advanced technology like the iPhone 5S's fingerprint scanner or using a more simplistic method like a PIN or password lock, locking your device locally can be the differentiating factor that keeps your lost phone protected long enough to track it down or wipe it remotely."

Not having the most up to date (and therefore the most secure) versions of your apps – "Apps

UPDATE

are often released with vulnerabilities, and sometimes those security flaws even manage to persist throughout multiple updates and iterations of the software. By the time developers finally get to patch the vulnerabilities in their apps – like

the recent issues with the LinkedIn Intro app for iOS that allowed attackers to easily spoof profile information -- users could be multiple versions behind if they aren't diligent about keeping up. Keeping your software up to date by downloading updates as soon as possible after they are released can prevent users from posing a security risk to their companies simply by using



their apps."

Opening questionable content – "There are a number of ways users can access shady content via their mobile device. Messaging poses a particular threat in the form of SMS. Spam texts containing links to sites that pose threats are not unheard of, for example, and users should avoid opening links from sources they don't recognize.

"Equally risky is downloading apps from third-party app stores. Apple and Google may not be flawless in their approach to weeding out questionable apps from the App Store and Google Play, respectively, but at least there is some sort of screening process. When you download software from untrusted sources that are not, for example, Google or Apple approved, there's no telling what kind of malicious software you may end up with."

Using public or unsecure



Wi-Fi – "When it comes to using Wi-Fi instead of your phone's data connection, stick to what you know is secure, like networks with WPA2 encryption. Open, unprotected networks are entirely too risky, especially for users that are carrying sensitive company data on their devices. Aside from making it all too easy for others to access your mobile device's information by sharing the same network, public Wi-Fi can even allow attackers to hijack your device through your apps. A vulnerability was recently discovered in some iOS apps, for example, that allowed attackers to intercept the traffic between the app and a public Wi-Fi server and instead send their own data to the victim's phone, including malicious links or fake news."



I can tell you from first-hand experience and observation, if you follow all four of the above suggestions, you will dramatically decrease the odds of your mobile device being hacked and the important information it contains being stolen by an identity thief or cybercriminal.

Of course, for really sensitive communications and transactions, you may want to wait until you know you're on a properly secured PC. After all, it's always better to be safe than sorry!

Be safe and secure,

Rob Douglas



Concealed Carry and Traffic Stops

Continued from Page 1

The other day, TheFederalistPapers.org website posted an article that contains a good video on interacting with a police officer during a traffic stop when you are carrying a concealed handgun.

The article, "[Dos and Don'ts When Stopped by Police and Carrying a Firearm.](#)" contains a video hosted by



YouTube, "[Tips When Stopped by Police and Carrying a Firearm.](#)" The video features Lethal Force Institute's Massad Ayoob and Guns & Ammo Host Tom Gresham.

As the article's author notes, the video contains "blanket advice" and you should always know the laws and regulations concerning concealed carry for the state you reside or any state that you may be traveling through with a gun.

But, the video is good and I think it is worth watching if you have a concealed carry license.

I also think it's worth watching if you don't have a concealed carry license as it will show you that those who do have licenses – a larger and larger number every year – can do so in a responsible fashion.

As you watch the video, make note of Ayoob's advice on not blurting out the word "gun." I can't stress enough

how important that is for both your safety and the comfort level of the officer with who you are interacting. And, after all, a comfortable officer is far less likely to write a ticket.

Now I realize that there are some folks who take the position that they are not obligated (or legally required in many states) to inform the officer that they have a concealed carry license and that they are armed.

I understand and respect that position.

But when I prepare these advisories for the Self-Reliance Institute, I always do so with the goal of providing you with the best information to keep you and your family safe and secure. For that reason, I believe the wisest course of action when you are lawfully armed and involved in a traffic stop is to advise the officer of that information. By so doing, you're far less likely to find yourself involved with an officer who panics or overreacts if he discovers you're armed.

But whatever you decide is the

best course of action, it's important that you think about how you will handle this situation before it arises. That way you won't be nervous and you will have a plan for how to proceed when approached by the police.

What are your thoughts?

Should lawfully armed citizens advise police officers that they are in possession of a concealed handgun during a traffic stop or other police interaction? Does your state have specific laws about notifying police officers when you are carrying a weapon? Have you been involved in a traffic stop while armed? How did you handle the situation?

I'd love to hear your thoughts on this topic and the video I've provided. As always, you can write me at Rob@SelfRely.com

Be safe and secure,

Rob Douglas





Concealed Carry Laws and Stolen Password cont page 3

word you used for that site or account has also been stolen. Therefore, you need to change the password anywhere you've used it.

As with every other product or service I suggest, if you try HavelBeenPwned.com, let me know what you think or any questions you might have.

Also, I'd love to hear your thoughts on the concealed carry study I discussed above. Do you believe concealed carry handguns reduce crime?

You can email me at Rob@SelfRely.com. I respond to every email I receive.

Be safe and secure in 2014,

Rob Douglas



DUI Tests and Saliva Swabs

Continued from Page 2

court, but you will have those problems at the DMV."

While I believe Gallagher's advice is good, I also recognize it's one thing for a defense attorney to give his opinion on what your rights are and another for you to navigate the difficult choice of invoking those rights at 10:30 pm on the side of a road with a police officer shining a flashlight in your eyes during a traffic stop.

As Gallagher makes clear, if you refuse post-arrest tests you will lose your driver's license. And, I'll add, if you refuse roadside tests pre-arrest, you are increasing the chances that you will be arrested. At times, this may be a Hobson's choice.

That's why I recommend that all members of the Self-Reliance Institute think about how they will handle questions or demands for sobriety tests from a police officer during a traffic stop or checkpoint before the situation arises. I also recommend speaking with a com-

petent attorney in your state who specializes in DUI cases about how to handle this type of police interaction.

But let me also say this. The best advice I can give you is the most obvious. Don't drink alcohol – or use any substance that impacts your motor skills – before driving a motor vehicle.

Now I'd like to hear from you. Have you been pulled over and asked to perform a field sobriety test? How did you handle the interaction with the police officer? Have you spoken with an attorney about these types of situations? What advice did you receive?

I'd love to hear about your experience and, as always, I'll protect your anonymity.

You can email me your story at Rob@SelfRely.com

Be safe and secure,

Rob Douglas



Self-Reliance Institute Newsletter

Privacy:

HERE'S THE BOTTOM LINE: WE WILL NOT EVER GIVE, SELL, OR RENT YOUR INFORMATION TO ANYONE – EVER.

Questions or comments?

Please email me at Chris@SelfRely.com

or call me at my Freedom Writer's Publishing office at 970-367-7624.



<http://www.SelfRely.com>