



UNIVERSITY OF KENTUCKY
ASSOCIATION OF EMERITI FACULTY, INC.
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UKAEF NEWSLETTER

April 2025

ABOUT THE SPEAKER

By Tom Janoski, President UKAEF



George Insko is Rubicon's Chief Information Security Officer and Vice President of Enterprise Technology. He obtained a Bachelor of Science (BS) in Natural Resources Management and Policy from the University of Kentucky in 1997. He then received a Master's degree with Honors in Intelligence from the American Military University. Insko's

professional journey began in 1991 as a United States Marine Corps Platoon Commander. George later worked as the Chief Security Officer & Domain Administrator Consultant at Central Associated Engineers, Inc., ensuring the data and physical security of the company. Before that, he served as the Deputy Chief Security Officer at Teague International LCC, responsible for data security and training for executives during travel. Overall, George Insko has extensive experience in cybersecurity, leadership consulting, education, entrepreneurship, and security administration.

George's most extensive experience comes from his work for over a decade at the University of Kentucky. From March 2018, he served as the Director of Cybersecurity, working closely with the University's senior leadership on operational cybersecurity issues. Since 2021, George Insko has been Rubicon's Vice President of Cybersecurity. George also held the position of Enterprise Security Architect, ensuring the protection of information security assets and developing architectures that promoted security throughout the enterprise. Additionally, he worked as a Leadership Consultant, using the battle of Perryville as a metaphor to teach leadership and team-building skills to IT professionals. As an educator, Insko has been an Instructor at the College Business Management Institute, teaching courses on Information Security in Higher Education and related topics. Before his career in cybersecurity and education, Insko had entrepreneurial experience as the co-founder of Quando Enterprise LCC and as the senior business development manager at Kitty 'O Sheas, where he was responsible for entertainment venues and income generation. George currently lives in Lexington with his wife and two teenagers.

"CYBERCRIME AND EFFORTS TO PREVENT IT"

By Tom Janoski

Cybercrime encompasses a wide range of criminal activities that are carried out using computers and smartphones. These crimes involve using technology to commit fraud, identity theft, data breaches, computer viruses, scams, and other malicious acts. Cybercriminals exploit vulnerabilities in computer systems and networks to gain unauthorized access,

APRIL LUNCHEON MEETING

Date: Tuesday, April 8, 2025

Place: St. Luke Church

2351 Alumni Dr. Lexington, KY 40517

(Due to construction around the Good Barn, all meetings for the 2024-2025 year will be held at St. Luke Church)

Social Time: 11:00 a.m.

Lunch: 11:30 a.m.

Program 12:00 p.m.

Speaker: George Insko

Topic: "Cybercrime and Efforts to Prevent it"

Business Meeting: 1:00 p.m.

Adjourn: 1:30 p.m.

APRIL 8 BOX LUNCHEON MENU FROM
McALLISTER'S DELI

Your choices include:

- **Black Angus Roast Beef:** Roast beef on bread, with lettuce and tomatoes with tomato and cucumber salad and a brownie.
- **Turkey Club Croissant:** Roasted turkey, bacon, sharp cheddar, Swiss, spring mix, tomato, and honey mustard on a croissant with potato salad and a chocolate chip cookie.
- **The Veggie Wrap:** Spinach, tomatoes, cucumber, red onion, roasted peppers, avocado with herb mayo on 9-grain bread with Fresh Fruit and a chocolate chip cookie.
- **Chef Salad:** Mixed greens topped with Black Forest ham, smoked turkey, applewood smoked bacon, cheddar-jack cheese, tomatoes, cucumbers, and croutons. Served with honey mustard dressing. (no cookie)

The lunch box will include drinks (lemonade, sweet tea, or unsweetened tea with ice)

***Please submit your choice by the deadline of Friday,
March 28th.***

(Reservation form is on insert page of this newsletter.)

steal sensitive information, disrupt services, and cause financial or reputational harm to individuals and organizations. The World Economic Forum's 2023 *Global Risks Report* ranked cybercrime as one of the world's top ten risks. If viewed as a nation-state, cybercrime would count as the third largest economy in the world. In 2024, cybercrime worldwide will cause over \$9 trillion in damages. The UN classified cybercrimes into five types of operations: (1) unauthorized access, (2) damage to computer data or programs, (3) sabotage to hinder the functioning of a computer system or network, (4) unauthorized interception or diversion of data within a system or network, and (5) computer espionage.

Another way to classify cybercrimes is by the type of crime:

1-Computer fraud is using a computer to take or alter electronic data or to gain unlawful use of a computer or system. Computer fraud most often involves the use of the Internet to rob individuals of money. Computer fraud includes hacking into computers to alter information and distributing malicious code such as worms and viruses to install malware or spyware to steal data or enable scams.

2-Cyber terrorism includes terrorist activities that use cyberspace or computers to enter private networks through viruses, worms, phishing, or other means. The most common strategies involve gaining confidential information or disrupting or turning off organizational networks. The criminals then most often sell the data. The spread of false information about an organization or a government is also included. Revealing Presidential candidate Hilary Clinton and her staff's emails sought to discredit her Presidential campaign. Wikileaks, the Panama Papers, and the Pandora Papers exposés are further examples, although many think these leaks were helpful because they exposed duplicity and corruption.

3-Cyber extortion occurs when malicious hackers attack a website, e-mail server, or computer system or threaten it. Cyber extortionists demand money in return for promising not to reveal sensitive or embarrassing information they have illegally acquired. They also sometimes claim to provide "protection." According to the FBI, more than 20 cases are reported monthly, and many go unreported.

4-Ransomware is a type of malware used in cyber extortion to freeze file access. It sometimes threatens to permanently erase data unless a ransom is paid. Ransomware is a global issue, with over 300 million attacks each year. In 2021, the average ransom demand in cases handled by Norton Security increased 144% to \$2.2 million, and the number of victims whose personal information was revealed on dark web information dumps increased 85%.

5-Cybersex trafficking is the enticement of teenagers through the internet into "promising careers." They are then transported to foreign locations for coerced prostitution or filmed in rape or other sexual acts. Victims are threatened, kidnapped, or deceived into "cybersex dens." There are about 6.3 million victims, according to a recent report by the ILO, including 1.6 million children. In 2010, the Department of Homeland Security shut down Dreamboard, which had 600 members and distributed 16,000 pedophile DVDs.

6-Cyber warfare and espionage: Nation-states have caused national security threats, including Russian hackers' attacks on infrastructure (e.g., electrical grids or internet capabilities) in Estonia, Georgia, and the Ukraine. China has also been accused of cyber espionage. Two US government agencies

have recently reported and repelled cyber-attacks. Because cyber warfare has become common among nation-states, the defense departments of many countries have created extensive cyberspace operations.

Our guest speaker, George Insko of Rubicon and formerly of UK, is here to talk to us about cybercrime, its dangers, and how to prevent it.

FROM YOUR PRESIDENT

By Tom Janoski

The April business meeting will involve the election of officers for 2025 to 2026. The Vice President is traditionally the main candidate for President. We have a candidate for the Vice-President position (see page 3) and a candidate for the benefits position, but we need a future volunteer for the treasurer's position. These positions serve beginning in fiscal year 7/1/2025.

We will also consider the substitution of a "Website/Communications chair" in place of the "Service chair" which has remained vacant for as long as I can remember. This serves as the notification in the newsletter of a change in "by-laws" that is required by the "by-laws"!

Loneliness and Volunteering:

The *Atlantic Monthly* recently had an article by Derek Thompson entitled *The Anti-Social Century* (February issue). He argues that "Americans are now spending more time alone than ever, it's changing our personalities, our politics, and even our relationships to reality." He even goes so far as to say that "self-imposed solitude might just be the most important social fact of the 21st century in America." Many of us may think that these results are from the COVID-19 crisis, but the trends started well before 2000. Volunteering began to go down way before COVID-19, but the pandemic clearly increased loneliness and decimated volunteering for churches and secular voluntary associations. People do not seem to want to be bothered by interacting with others. The New York Times reported that the typical dinner party, whereby couples or singles invite their friends for dinner, is a dying institution. People are not so much going to restaurants together as they are ordering food by door-dash and other delivery services so that the "homebound" can eat alone. Thompson shows that 75% of teenagers used to go out with their friends in the 1960s and 1970s, but by 2020, that has decreased to 58%. Who would think that teenagers would want to stay home with their parents? Time spent at home for adults doubled from 2007 to 2008, and during COVID-19 increased by a factor of five. By 2022, the increase since the low point in 2008 was still quadrupled. Many argue that staying at home has increased polarization. The familiar theory that the overlapping cleavages of interacting with others (you interact with people with opposite political views when you encounter them in other settings (e.g. go to work, PTA meetings, kid's sporting or theatrical events, neighborhood activities, voluntary association meetings, church, etc.) results in moderating your more extreme views to get along.

In 2001, political scientist Robert Putnam wrote *Bowling Alone* about how Americans are no longer participating in group activities. Membership in voluntary organizations had declined precipitously. He said this resulted in a massive decrease in social capital (the ability of people to work together and to generate social support through their

networks. The results were (updating a bit for social media):

- ♦ Lower confidence in local government, local leaders, and the local news media, which is now disappearing (i.e., the Herald-Leader is now reduced and mailed)
- ♦ Lower political efficacy and confidence in one's own influence.
- ♦ Lower frequency of registering to vote (somewhat reversed in the last election), but more interest and knowledge about politics and more participation in protest marches and social reform groups.
- ♦ Higher political advocacy but lower expectation that it will bring about a desirable result.
- ♦ Less expectation that others will cooperate to solve dilemmas of collective action (e.g., voluntary conservation to ease a water or energy shortage).
- ♦ Less likelihood of working on a community project.
- ♦ Less likelihood of giving to charity or volunteering.
- ♦ Fewer close friends and confidants.
- ♦ Less happiness and lower perceived quality of life.
- ♦ More time is spent watching cable television, Netflix, and the many other providers, and social media.

Putnam was interviewed on PBS just after our last luncheon and made the case that loneliness and non-participation was not even worse. However, in his 2020 book with Shaylyn Romeny – *The Upswing: How America Came Together a Century Ago and How We Can Do It Again* (NY: Simon and Schuster) – he lays out a path for change. Yet he told Amna Nawaz that there was nothing inevitable about the return of volunteering, sociability, and cross-pressures alleviating polarization. People would have to want to do it. Nonetheless, we sit in front of our TVs, smart phones, and computers mesmerized by passively received content. I'm reminded of the Riddler (aka Edward Nygma) played by Jim Carey in the *Batman Returns* movie and his glowing green box pacifying a whole population of Gotham City.

So, what's the point. Well, UKAEF is a voluntary association that could use greater participation in its leadership including a new treasurer in the next few years. Each year we elect new officers. And all of us could persuade our lonely, retired emeriti and professional faculty friends to join our organization. Now isn't this a sophisticated way to ask for more volunteers within our organization.

NOMINEE FOR VICE-PRESIDENT - VOTING TO OCCUR ON 4/8/2025

Our vice-president serves a one-year term 7/1/2025-6/30/2026 and then advances to President and serves an additional year, 7/1/2026-6/30/2027

Our current Nominee is **Richard (Dick) Clayton, PhD** Professor Emeritus, The Good Samaritan Foundation Chair in Health Education and Health Promotion. Dick communicated the following:

"I would like to be considered as a candidate for the Vice President – Programs for UKAEF to promote and facilitate continued lifelong learning for myself and faculty colleagues. I joined the faculty in Sociology in 1970, moved to Medicine in 2000 to help prepare for the establishment of the new College of Public Health in 2004. I was a department chair and Associate Dean for Research and retired in 2013. Currently, I am on the Board of Directors and Executive Committee for D.A.R.E. American/International, a school-based, evidence-based curriculum - driven prevention program delivered by specially trained law enforcement officers in the US and 29 other countries."

UPDATE ON WEBSITE DEVELOPMENT

By Sheila Woods MD

At the November, 2024 Luncheon/Membership meeting, we unanimously voted to increase dues from \$25 to \$35/year starting on July 1, 2025 in order to develop a new website. We are in the process of discussions with 3 local companies for a new website that includes all the historical information on our current website but that allows us to post upcoming announcements such as for luncheons and speakers. In addition, we would be able to pay dues and select luncheon meal options and pay for those as well. The Executive Committee is hopeful this website will be functional beginning in fall of 2025.

IN MEMORIAM

- ♦ Brauch Fugate - Mathematics
- ♦ Hartnut H. Muchuehe - Nephrology
- ♦ Diana Rast - Geology/OLLI
- ♦ John Stemple - Director of Patterson School of Diplomacy

- ♦ Jack Allen Wilson - Spouse of Angene Wilson in Curriculum & Instruction
- ♦ A. Byron Young - Neurosurgery

"Good teaching is forever and the teacher is immortal." –Jesse Stuart



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2024-2025 EXECUTIVE COMMITTEE

OFFICERS

President: Tom Janoski
Vice-President: Ron Hustedde
Treasurer: Claudia Heath
Recording Secretary: Michael Reed
Executive Secretary: Janet Cabaniss
Past President: Sue Fosson

COMMITTEE CHAIRS

Benefits: Michael Tearney
Fellowship: Lee Edgerton
Membership: Susan Effgen
Programs: Ron Hustedde
Newsletter: Sheila Woods
Administrative Consultant: Casie Clements

**UK ASSOCIATION OF EMERITI FACULTY
MEMBERSHIP APPLICATION, 2024-2025***

(Dues for 2024-2025 should be paid in September 2024)

**IF NO CHANGES FROM 23-24 PLEASE FEEL FREE TO SIMPLY WRITE "NO CHANGES" ON THIS FORM
WHEN SUBMITTING YOUR DUES.**

NAME _____ SPOUSE'S NAME _____

Dept./Col. _____

Address _____

Zip+4 _____ Tel. _____

E-mail address (please include, if you have one) _____

2024-25 Dues are* \$25 (includes spouse or partner) **CHECK ONE:** New member _____ Renewal _____

If you would like to receive future newsletters via e-mail only, please check here: _____

MY CONTRIBUTION TO THE FELLOWSHIP FUND*\$ _____

(CHECK ONE) in memory of _____ in honor of _____ Name: _____

**Make check for membership dues and /or fellowship donation payable to UK Association of Emeriti Faculty (UKAEF).
Mail form and check(s) to: UKAEF, c/o Casie Clements, 4812 Trillium Pl., Lexington, KY 40514-1410
(A few folks have already paid their 24/25 dues this spring/summer.)*

**PLEASE BE SURE TO CHECK YOUR MAILING LABEL, ON THIS NEWSLETTER, TO SEE IF YOU HAVE
PREVIOUSLY PAID YOUR 24/25 DUES)**

**UK ASSOCIATION OF EMERITI FACULTY
BOX LUNCHEON RESERVATION for TUESDAY, APRIL 8, 2025**

I plan to attend the luncheon. Enclosed is \$ _____ for # _____ reservation(s) at \$15.00 each.

NAME _____ GUEST'S NAME _____

Box Lunch Choice(s): _____ **Angus Roast Beef** _____ **Turkey Club**

_____ **Veggie Wrap** _____ **Chef Salad**

Is transportation to St. Luke's Church a problem for you? _____ Yes _____ No

Only If "Yes" for needs transportation, what is your address: _____

Phone Number: _____ Email address: _____

**Make check for luncheon reservation payable to UK Association of Emeriti Faculty (UKAEF).
Mail form and check to: UKAEF, c/o Casie Clements, 4812 Trillium Pl., Lexington, KY 40514-1410*

Note: Deadline for making reservations or to cancel reservations is Friday, March 28, 2025.
If close to deadline: Call 859-229-5118 or e-mail: casie.ukaef@gmail.com so we can make certain to get your
name and luncheon choice added to the list in time to meet the caterer's deadline.
