

HACKERS BRIEF

from CyberWyoming

CHANGE HEALTH CARE SCAM

An email with an attachment claiming to be an EFT (electronic funds transfer) payment from www.exp.paymentxchange@gmail.com with the subject line of "EFT Payment Awaiting Approval." The attachment was found to have a virus by Google's email protection software. Reported by a Laramie citizen.

MCAFEE ANTIVIRUS RENEWAL SCAM

A Sheridan citizen reported an email impersonating McAfee claiming the free trial was over and the invoice was attached. The branding and invoice look very real, however, the email was from a Gmail address and the McAfee support number listed was a Utah number and the REAL McAfee company is located in California.

PAYPAL SCAM

An email was reported by a Sheridan citizen imitating PayPal saying that a person has been trying to contact you to transfer money. The email uses the PayPal brand, looks very real, but is from a Gmail address and uses day-month-year date format instead of the US's month-day-year. While there are no links on the email, don't call the phone number, which has a Hawaiian area code (808) and been linked with fake Amazon recorded calls (robocalls).

DR. AVA SMITH EMAIL SCAM

A Laramie citizen reported an email from Dr. Ava Smith whose email is tracywilliamusa@gmail.com asking you to respond. This is often a ploy to see if the email is valid and to get you to engage.

DEAR FRIEND GREETING IS A DEAD GIVEAWAY

A Laramie citizen reported an email from Mr. Abu Salam, supposedly from Vietnam, whose email is george89733@gmail.com asking you to contact his secretary, George Smith in Burkina Faso so he can send you \$450K for the "investment project" that Mr. Salam is very busy with. (You are right, nothing is adding up here!)

GIFT FOR PAYING YOUR BILL SCAM

If you receive a text saying "Your bill is paid for March. Thanks, here's a little gift for you" with a link to supposedly see the gift, do not follow the link. The Laramie citizen that reported this wants to remind you that no company gives gifts for paying bills, that's just odd. *CyberWyoming Note: The link has been reported as phishing, spam or malware by 3 security vendors.*

IF IT'S A SECRET, IT ISN'T LEGIT

A Laramie citizen reported an email from Mr. Daniel Kabore claiming to be with ADB Bank and wanting to transfer abandoned money to the citizen's bank account. Kabore claimed there was "no risk" but asked the citizen to "keep it secret" twice. The email's subject line was "Compliment of the Season" and came from a Gmail address.

GOOGLE MY BUSINESS ROBOCALL SCAM

A Laramie citizen reported a Robocall (recorded call) impersonating Google saying her company's Google My Business listing needed immediate attention. The recording encouraged you to press 1 to speak to a customer representative or call an 800 number to fix the problem.

HOW TO BLOCK UNWANTED CALLS

With scam calls costing Americans \$30 billion a year, how can we protect ourselves? 1. Look for a "block this number" feature on your cell phone. 2. Check with your cell phone carrier for advice about how to block unwanted calls. 3. Buy a spam blocking app for your cell phone from the Apple Store or Google Play Store. For landlines, check on Amazon for recommended call blocking devices that connect to your phone. They range from \$50-\$150. Brought to you via Scambusters.org.

DON'T USE THESE PASSWORDS

The top 20 most often used passwords are the first ones that scammers try to crack accounts. The cloud security firm Lookout just published an advisory list so, don't use these passwords: 123456, 123456789, Qwerty, Password, 12345, 12345678, 111111, 1234567, 123123, Qwerty123, 1q2w3e, 1234567890, DEFAULT, 0, Abc123, 654321, 123321, Qwertyuiop, Iloveyou and 666666. Brought to you via Scambusters.org.

FTC ALERT FREE TAX FILING PROGRAMS

On March 29, the FTC announced administrative action against Intuit (TurboTax) for misleading people about free tax filing with their software. So, what are truly free programs? If your 2021 adjusted gross income was \$73,000 or less, you qualify for the IRS's Free File Program: <https://apps.irs.gov/app/freeFile>. If you are a Service Member or Veteran and meet eligibility requirements, then you can use the Department of Defense's free filing program: <https://www.militaryonesource.mil/financial-legal/tax-resource-center/preparing-filing-and-refunds/military-frequently-asked-questions/>.

MS-ISAC PATCH NOW ALERT

The Multi-State Information Sharing and Analysis Center (MS-ISAC) has published a patch now (update your software) alert for Google's Chrome browser and Sophos Firewall's user portal and Webadmin products. If you use these products, make sure the software (or firmware) is updated.

Other ways to report a scam:

- Better Business Bureau Scam Tracker: www.bbb.org/scam-tracker/us/reportscam
- File a complaint with the Federal Trade Commission at ftc.gov/complaint
- Report your scam to the FBI at <https://www.ic3.gov/complaint>
- Reported unwanted calls to the Federal Trade Commission's Do Not Call Registration. Online at <https://complaints.donotcall.gov/complaint/complaintcheck.aspx> or call 1-888-382-1222, option 3

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

When you close your eyes at night

Recently I was home ill for 10 days. The first five of those days were spent with eyes closed having random thoughts and then failing while I tried to make sense of these random thoughts.

By the seventh day, I began to close my eyes and the random thoughts switched to wonderful memories of being a camp director at the Y. Many of the great experiences I had in this position obviously relate to the youth I was privileged to spend time with.

One of my favorite times relating to youth, ages 4-15, as well as counselors, ages 16-22, was their ability to honestly share their random thoughts without fear of being judged. The question I often asked was "When you close your eyes at night what do you think of?" The answers ranged from fears to joy to confusion. You could see the change in their facial expressions as they shared and truly felt they were being heard.

So, by the eighth day, I retrieved my journals and began to travel down memory lane, reading some of the random thoughts shared with me. Here are a few of my journal entries:

Sam, age 7: "I like to feel the sunshine. But DON'T look at the sun."

Rachel, age 6: "You really can wish upon a star. Even you, Sandy, as a big person."

Reece, age 10: "I like to be a good friend."

Aubrey, age 8: "Always keep secrets



SANDY SARE

unless it will hurt someone. That's hard to do sometimes."

Erin, age 16: "Will I pass my driver's license? Will I have to parallel park? Should I practice parallel parking?"

Cynthia, age 10: "When there is a police car behind our car, my dad always gets nervous."

Joe, age 6: "Why doesn't everyone like peanut butter and jelly sandwiches? They are the best. Well, unless you use strawberry jam. I don't like strawberry jam."

Ryan, age 8: "I think I can love three girls at the same time. Do you think the three girls are ok with that?"

Riley, age 18: "If you ask someone for help, you always get a positive response."

Susan, age 12: "I'm unhappy when I'm not kind to others."

Daniel, age 9: "Girls don't usually like spiders thrown on them. I need to remember that. But, I'd really like a girl that liked spiders."

Sara, age 13: "I really like to see my mom and dad holding hands."

Jacob, age 10: "I like and don't like being responsible. It's hard sometimes and I sometimes have to do it over. That's ok though."

Savannah, age 18: "It's important to

keep your promises. If you don't think you can keep it, then don't make it a promise."

Reed, age 19: "High school is a really small part of my life. I wish I hadn't worried so much about stuff during high school. It's all ok."

Michael, age 11: "I got in trouble today. I wish I hadn't gotten in trouble today. It's easier to stay out of trouble."

McKenzie, age 6: "I like having bedtime stories. But I really like having my mom and dad change their voices while reading me a bedtime story."

Robert, age 7: "I believe in Santa but sometimes Santa runs out of wrapping paper and has to borrow some from mom and dad. I know cause my presents from Santa are wrapped in the same paper as my presents from mom and dad. Santa has a lot of presents to wrap so it's ok."

I relish my time spent with these young people and the healthy bond that we fostered with each other. When you are open and honest with people, it encourages them to do the same — no matter their age. It isn't enough to just talk. It is equally important to listen and really hear what they are willing to share.

So my question to you is, "When you close your eyes tonight, what will you think of?"

SANDY SARE is membership director of the Sheridan County YMCA.



MATTHEW GASTON | THE SHERIDAN PRESS

Need an out?

Aaron Odom, as Reggie, calls his best friend Casey in an attempt to give her an excuse to get out of a blind date she is on during the dress rehearsal for "First Date," Tuesday, April 5, 2022. Performances run Thursday through Saturday starting at 7:30 p.m. and Sunday at 2 p.m. at the WYO Performing Arts and Education Center's Black Box Theater. Tickets can be purchased online at wyotheater.com, by phone or at the box

DINING ROOM HOURS:
Monday-Friday • 8:00 a.m.-4:00 p.m.

BREAKFAST
7:00-9:00 a.m.

LUNCH
11:30 a.m.-1:00 p.m.

Entrée choice or soup/salad. Entrée only offered for home delivered meals.

TUESDAY, APRIL 12	WEDNESDAY, APRIL 13	THURSDAY, APRIL 14
Chicken enchiladas Refried beans Corn and peppers Tres Leches cake	Pork roast and gravy Mashed potatoes Broccoli Fruit	Beef and barley soup Roll Garden salad Mandarin oranges
FRIDAY, APRIL 15 Teriyaki salmon Rice pilaf Asian blend vegetables Frosted yellow cake GOOD FRIDAY	SATURDAY, APRIL 16 Baked chicken thighs Roasted potatoes Green beans Mint brownies	SUNDAY, APRIL 17 Glazed ham Scalloped potatoes Green beans Fruit EASTER SUNDAY
MONDAY, APRIL 18 Open faced turkey sandwich Mashed potatoes Peas Banana bars	<p>Renew your registration now! Updates are subject to change.</p> <p>Find us on the internet at www.thehubsheridan.org or on Facebook: The Hub on Smith, a Center for All Generations.</p>	

Front desk: 307-672-2240
Home delivered meals: 307-672-6079
Loan closet: 307-672-1769
Support center: 307-675-4954

Housing: 307-675-4957
Fun and wellness: 307-675-4952
Help at Home services: 307-675-1978
Day Break adult care services: 307-674-496

Small home fixes can have a big impact on safety

BY LIZ WESTON
NERDWALLET

Home hazards can have costly consequences, like fires, flooding, injuries and death. But preventing accidents or disasters or minimizing the damage when they happen isn't as expensive as you might think. Small fixes that typically cost \$200 or less can have a big impact on home safety.

Reduce your fire risks by adding mesh over vents to deflect embers and clearing vegetation close to your house. Lessen fall dangers by securing objects. Decrease water damage by installing sensors. And avoid getting food poisoning from eating spoiled foods by placing thermometers in your refrigerator and freezer to detect the correct temperature.

If it ain't broke, maybe you should fix it anyway.

That's the message consumer advocates and insurance experts want you to hear about your home's hidden dangers.

Too often, they say, people put off relatively inexpensive repairs or improvements that could prevent significant damage, injuries or even death. While you can't eliminate every potential hazard, some small moves can have a huge impact on home safety.