

HACKERS BRIEF

from CyberWyoming

GEEK SQUAD INVOICE SCAMS

A Sheridan citizen reported two emails impersonating Geek Squad support. The first was from a Gmail address with an attachment claiming to be an invoice. The subject line is "Thank you for your order!" Make sure you don't open the attachment, call the number, or reply. The second email was from an email address that looked like QuickBooks, which does not own Geek Squad, but the victim was supposed to reply to an Outlook email address, and the subject line was "Invoice GEEKS9=89379672 from Geek Squad."

USPS SERVICES TEXT SCAM

A text was reported by a Laramie citizen saying "(USPS services) We have problem with your shipping address. Please verify [link]". Note the incorrect spacing and grammar and remember that almost 50% of shipping notifications are fake.

SHAREPOINT SCAM

If you receive an email with the subject line of "A new document has been shared with you on 5/13/2022 12:29:28 a.m. CEC" look at the date and time closely and remember that getting emails in the middle of the night is a warning sign. Don't download the "scanned document.pdf" because it probably contains malware. Reported by a Laramie citizen.

WYOMING NONPROFIT NETWORK ALERT

Southeast Wyoming nonprofits should be aware that a Colorado company is misrepresenting services and engaging in manipulative sales techniques. They claim that they have a returned copier that could be used by nonprofits for free or with a low-cost lease, but the nonprofit ends up with a long-term and expensive copier contract. If you receive this "offer" please fill out this form (<https://www.surveymonkey.com/r/753WL2K>) for the Wyoming Nonprofit Network.

MS-ISAC ALERT FOR HP PC BIOSUPDATE

What is a BIOS? It stands for Basic Input Output System and it is the software stored on a chip in the motherboard of your computer. If you have a Hewlett Packard PC or laptop be sure to follow this link to see if your computer is affected. https://support.hp.com/us-en/document/ish_6184733-6184761-16/hpsbhf03788 If it is, you will need to install a newer driver (a piece of software that updates that chip in the motherboard.)

DID YOU USE WESTERN UNION TO PAY A SCAMMER

Between January 1, 2004, to January 19, 2017, if you used Western Union to wire money to scammers, you may be able to file a claim up until July 1, 2022. Go to westernunionremissionphase2.com to fill out your claim, which are part of a \$586 million dollar settlement. From the Federal Trade Commission.

COACHING REFUND

If you paid money for business coaching to My Online Business Education (MOBE), you may be entitled to a refund after the Federal Trade Commission (FTC) said it was returning more than \$23 million to 37,000 subscribers who were allegedly misled about the firm's program. Refunds are being issued automatically. Brought to you by Scambusters.org.

IT'S NOT ME

There's a new bout of scam calls from impostors claiming to be the Commission's boss, Noah Phillips. The caller gives a supposed "badge" number as proof of identity and claims there's a warrant out for the victim's arrest. The only way out, says the scammer, is to pay by some untraceable means like cybercurrency or gift cards. The FTC doesn't do this, and Phillips certainly doesn't call individual consumers! Hang up. Brought to you by Scambusters.org.

MS-ISAC AND CISA PATCH NOW ALERT

The Multi-State Information Sharing and Analysis Center (MS-ISAC) or the Cybersecurity & Infrastructure Security Agency (CISA) has published a patch now (update your software) alert for Adobe (Character Animator, ColdFusion, InDesign, Framemaker, and InCopy), Google's Chrome browser, Microsoft, Azure (Data Factory and Synapse Pipelines), and HP computer products. If you use these products, make sure the software (or firmware) is updated.

DATA BREACHES IN THE NEWS

Oklahoma City Indian Clinic, SuperVPN, GeckoVPN, Illuminate (product that some school districts use), Riviera Utilities (Alabama), ARcare, Illinois Gastroenterology Group, Smile Brands (dental support services vendor), Adaptive Health Integrations of Williston (North Dakota company that provides software and billing services for healthcare professionals), Newman Regional Health (Kansas), Bob's Red Mill, Lakeview Loan Servicing, Florida International University, Christie Business Holdings Company (Christie Clinic in Illinois), East Tennessee Children's Hospital, SuperCare Health (California-based respiratory care), and Snap-on.

If you have an account with one of these companies, be sure to change your password and consider placing a credit freeze on your accounts through the three credit reporting agencies: TransUnion, Experian, and Equifax.

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
- Office of the Inspector General: <https://oig.ssa.gov/>
- AARP Fraud Watch Network (any age welcome) Helpline 877-908-3360
- IRS: report email scams impersonating the IRS to phishing@irs.gov

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

Cherish friendships. They're good for your health.

Friendships, companionships and partnerships all play vital roles in our lives.

While companionship is necessary at all stages of life, it is said that it is especially important for seniors. Several studies have found friendship



STELLA MONTANO

has a positive impact on our mental and physical health as we age. Good connections can enhance our immune system and lower our risk of disease by lowering blood pressure, heart rate and cholesterol. Our metabolism changes as we age, and our bodies require fewer calories. Eating with a friend can help us overcome a loss of appetite and even motivate us to make healthier meal choices. I can honestly say that when I was caregiving for my parents and eating at least one meal a day with them, both my mom and dad had healthier doctor check-ups and enjoyed meal time much more than when they would heat up a can of soup.

Friendships make us happier. Studies have shown older adults who are socially involved with friends, family or activities throughout the week are significantly happier as they age. Spending time with good friends can lead to enhanced self-esteem, reduced stress and a sense of belonging. What a great reason to call one of your friends who may not be getting out as much as they used to.

I try to join a group of caregiver friends who meet for breakfast once a week. It is totally joyful to sit back and watch and listen to these mostly ladies chat up a storm. For some of these people, it is difficult for them to get away from their caregiver lives, but the outing is inspiring for them.

There is a virtual AARP line dancing group that meets once a week, and these people join in from all over the country. One spunky, energetic and



COURTESY PHOTO | STELLA MONTANO

Stella Montana, second from left, stands with a group of lady friends during a recent gathering May 5, 2022.

very coordinated lady leads the group. People are in their own homes but can virtually see others, and it's amazing to see the friendships that have grown out of the virtual dance class. Join the free AARP Virtual Fitness Line Dancing at wyomingaarp.org.

Friendships are reciprocal. Not only do you profit from a friendship in terms of health and wellness, but people who receive your affection and attention benefit as well. Everyone comes out ahead.

Building close relationships necessitate spending time together. Make a concerted effort to get together, in person or even spending quality time over the phone if one of you is unable to travel. This was a long winter for many people who didn't feel safe driving or walking on ice and snow. I ran into a friend this week who told me she had felt very lonely because the winter months seemed longer than usual and she wasn't able to connect with her group of friends like she is

used to.

It may seem obvious but kindness and a listening ear may go a long way. The following is a beautiful poem by Helen Steiner Rice:

The Gift of Friendship

Friendship is a priceless gift that cannot be bought or sold,

But its value is far greater than a mountain made of gold.

For gold is cold and lifeless, it can neither see nor hear,

And in the time of trouble it is powerless to cheer.

It has no ears to listen, no heart to understand,

It cannot bring you comfort or reach out a helping hand.

So when you ask God for a gift, be thankful He sends not diamonds, pearls or riches but the love of real true friends.

STELLA MONTANO is a volunteer with AARP's Sheridan Action Team and a former caregiver program manager at The Hub.

Roses from Colorado's WWII internment camp may bloom again

DENVER (AP) — It was during an archaeological dig that the rosebush was discovered.

Bonnie Clark, an archaeologist with the University of Denver, and her team were on-site at Camp Amache when they found the bramble crawling across the remnants of a barracks doorway in 2012. It had survived a dark time in American history and the unforgiving extremes of Colorado's southeastern plains.

During World War II, the U.S. government sent some 10,000 Americans of

Japanese descent to the camp near the Kansas border, which is formally known as The Granada Relocation Center. The land recently became a national historic site.

Clark, who leads the DU Amache Research Project and Field School, believes people who were imprisoned at the camp planted the roses.

"It's hard to know which family planted them," Bonnie Clark said. "But most of the people who lived in the block where we found them at Amache were from

Los Angeles."

There is no chance they were growing there before the camp was built, she said, because the land is bone-dry and was mostly uninhabited at the time.

Since that first dig, Clark has visited the bush whenever she goes to Camp Amache, "especially when we've had rain," she said.

"Because I thought, 'well, maybe.' I mean, they are hardy. They are living. But I have never seen them bloom."

But soon that may change.

Clark, eager to see the roses flourish and to share the experience with survivors and their descendants, eventually reached out to Denver Botanic Gardens. That is how horticulturist Mike Bone got involved.

Last fall, Bone and his team traveled to Camp Amache to examine the rosebush and take cuttings. They kept the clippings moist and transported them in a cooler to a special propagation greenhouse at the botanic gardens in Denver.

The plants are thriving and may blossom by mid-summer, Bone said. What color they may be is unknown, but he has a theory: the rosebush is "this brambly, wild type, so it could be soft pink with some white," he said. It will likely be fragrant, he added.

Examples will be planted in the Botanic Gardens' Steppe Collection. Some samples will make their way back to Camp Amache. Others have already gone to survivors, including 82-year-old Carlene Tanagoshi Tinker.

Tinker was 3 years old

when she arrived at Camp Amache with her mother and father. The family was incarcerated there for about three years.

She now lives in her native California, but returns to Granada, Colorado to take part in Clark's archaeological field school, where she helps make discoveries about her own past and the country's. While she does not remember the roses, she was honored when she was gifted two of the clippings by a film crew that is producing a documentary about the roses for the botanic gardens.

"I said, 'God, what am I gonna plant them in?' Every day I would go out and see if they were growing," she said. "I knew, first of all, their historic importance and secondly, what a responsibility I had and — God, what if they died?"

The roses haven't yet bloomed for her, but she calls them "precious" just the same.

"I knew that they were representative of people who had been (at Camp Amache), who had brought them and had propagated them. Gosh, they were showing survivorship just like we were."

The thought of the roses blooming again moves Clark, the archaeologist, to tears.

"I love this idea of plants as living witnesses to the past. They're witness roses," she said. "They were there. They have been there and they remain to this day to tell that story of someone's hope, of someone's skill, of someone's determination."

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, MAY 24	WEDNESDAY, MAY 25	THURSDAY, MAY 26
Meatloaf Stewed tomatoes Baked potato Broccoli Strawberry cake	Pork roast Baked sweet potato Green beans Chocolate chip cookie	Sausage gravy and biscuits Scrambled eggs Roast zucchini Sugar cookie
FRIDAY, MAY 27	SATURDAY, MAY 28	SUNDAY, MAY 29
Fish and chips Coleslaw Carrots Tartar sauce Lemon bars	Pot roast, potatoes and vegetables Garden salad Roll Chocolate surprise cake	Chicken pot pie Biscuit Vegetable medley Fruit
<p>MONDAY, MAY 30 Cheeseburger deluxe Potato chips Fruit</p> <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