

HACKERS BRIEF

from CyberWyoming

FAKE DONATION SCAM REPORTED BY WYOMING NONPROFIT

If you receive an email with the subject line "Donation from State Farm," a Wyoming nonprofit wants you to check it out closely and call State Farm to make sure it is legit. The original email was from a Gmail address from "Lewis from the Department of State Farm Insurance." The email stated that State Farm wanted to give the nonprofit \$3000. The correspondence continued and eventually Lewis sent a fake check to the nonprofit. However, when the check was received, it was for \$6000 instead of \$3000 and a 'mistake' was made. Now Lewis wants the nonprofit to pay \$3000 to a Zelle account because "mail delivery doesn't always run here." *CyberWyoming note: Watch for those Gmail addresses because State Farm wouldn't ever send a donation from a Gmail address.*

BLOCKCHAIN, PAYPAL, INTUIT, COINBASE, QUICKBOOKS IMPERSONATION SCAM

Yes, these fraudsters threw lots of brand names and jargon at this scam! A Sheridan citizen reported a very well written and well branded PayPal invoice that mentions blockchain, Coinbase, Intuit and Quickbooks to try to gain legitimacy. The subject line was "Invoice 8593478873 from Paypal" (note the small p in PayPal) from a spoofed Quickbooks email address.

EBAY CUSTOMER CARE TEAM IMPERSONATION

A Florida citizen reported a fake shipping notice from clockburnsident.com, spoofed as "Hi", and the subject line of "Your order is ready". The email supposedly came from ebay.com, but you have to look closely for the branding. The many links in the email send you to a UK we address.

WHO KNEW AOL WAS STILL AROUND?

A Florida citizen reported an email from info@merstiong.in.net spoofed as AOL Support or AOL Mail stating that all of his AOL contacts were about to be permanently deleted. The buttons "Delete & Block" or "Cancel" linked to a UK web address. Do not click on the links.

DAY TRADING EARNINGS WASN'T THE PAYDAY WARRIOR TRADING PROMISED

According to the FTC, Warrior Trading scammed people out of thousands of dollars. Once people went to a free webinar Warrior Trading convinced people to go to more trainings, for prices ranging from hundreds to thousands of dollars. Warrior Trading recently agreed to pay 3 million dollars in refunds to their customers and promised to stop their false advertising.

NOT AMAZON

A timely warning about using a customer service phone number from a web search. A shopper using Amazon's pickup locker service made a call after running into a problem when he tried to collect his purchases. The number he got on the web search belonged to a scammer. The phony rep told the customer to download a couple of apps onto his phone supposedly to help him access his locker. Instead, the crook accessed a cash app on the victim's phone and drained his account. *Brought to you by Scambusters.org.*

LOWER CREDIT CARD RATE SCAM

If you get a call from someone encouraging you to apply for a lower credit card rate and then asking you for your existing credit card number to transfer the balance, be wary. Scambusters.org has reported this as a scam to steal your credit card and identity.

MOST RX DISCOUNT CARDS ARE FREE

If you receive an offer to purchase a prescription discount card to reduce your pharmacy costs, note that most prescription cards are free. Be very wary if the offer charges you an annual or monthly fee because your savings may not outweigh the costs. *Brought to you by Scambusters.org.*

PROFILE PICS

Are you tempted to use one of those mobile apps that enabled you to change your profile pic, for example, by transforming it into a drawing or work of art? Beware. According to security software firm ESET, some profile data harvested in a top-rated app could end up in Russia. Read the small print in the app listing to find out how your personal data will be used. *Brought to you by Scambusters.org.*

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/scamtracker/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
- Call the Wyoming Senior Medicare Patrol (SMP) for assistance with potential Medicare fraud, abuse, or errors at 800 856-4398

GUEST COLUMN

LONG SPOONS

As I get older, my soap box seems to grow taller. And, boy oh boy, do I step up on that box when I hear the phrase, "You do you."

This is a very popular phrase/mantra among my youngest associates, and it is generally flippantly stated in an almost singsong response. As soon as it is uttered, my nerves are immediately abraded. Given, it could be interpreted as people just needing to be accountable for themselves and their own happiness. Yet when I hear it in the context of conversations, it is more often applied to mean, "we are all just lone wolves and you only need to be responsible for yourself and to what makes you happy."

At best, it seems short-sighted. At worst, it feels like a slogan for a terrible culture where self-serving goals and ambitions are encouraged and rewarded. Truly a motto for limiting your scope of caring.

The Center for Vital Community once brought a speaker to Sheridan who identified grocery carts in parking lots as a measurement for the health of a community. If grocery carts are left scattered throughout the parking lot, it means people in that community don't care enough to put away their cart, or furthermore, put away an additional cart so that it doesn't accidentally roll into a parked car or take up parking spots.

The "you do you" mantra would tell you to only put away the cart if it serves your best interest. But isn't



COURTESY PHOTO | ADOBE STOCK

Columnist Elisabeth Cassiday shares the long-told Long Spoons allegory about serving others above self.

it in all of our best interest to take the extra step to help someone else? Our lives are so tangled up with one another that certainly if you considered your best interest one level deeper, you would see how tied it is to the health of your family, friends and community. So I am left wondering, how do we teach our youth to look one level deeper at their best interest?

I recently stumbled across a famous allegory known as the Long Spoons. Somehow I made it many years without ever hearing this powerfully simple example of why it is truly in our best interest to care for another.

The abbreviated version of the story is that both heaven and hell have plenty of food and very long spoons (imagine spoon bowls attached to broom length handles). In heaven, people eat plenty because they feed the person across the table with the long spoon. Yet in hell, they are all starving as

they fail to independently feed themselves with the unwieldy long spoon.

There are myriad versions of this story across the world in which the food is different and one version in which people's arms will not bend and the cutlery is normal sized. Different forms of the story are present in the teachings of many major religions including Jewish, Hindu, Buddhist and Christian. Different details, and yet the story's theme is constant; cooperation with others is the difference between heaven and hell. So simple and so powerful.

I plan to tell this story to my own daughters and any other kids who unwittingly cross my path. Because, when we stop thinking about others and serving others, we set ourselves up to starve literally and figuratively.

ELISABETH CASSIDAY is executive director of the Sheridan County YMCA.

Let It Grow: Inwood creates community garden

INWOOD, W. Va. (AP) — Inwood neighbors Amanda Duncan and Chelle Wilson started a plant swap a month ago, with a goal to connect the community through plants.

Located in Inwood, Let It Grow, Inwood has become popular on social media, and the neighbors said there are even regulars that come frequently.

Duncan said in the beginning they only had one table to start with and very few plants. The two laughed and smiled when asked how much the plant swap has grown in the last month.

"We have got a lot of responses. We have only been doing this for a little over a month now. We have a lot of followers on our

Facebook page now, and everybody loves this. They are very excited," Duncan said. "Everyone gets excited to see what new inventory is out here every single day, because it changes every single day, multiple times a day."

With a desire to bring the community together, Wilson and Duncan took their passion for plants and turned it into a creative way to spread kindness.

"We've been neighbors for two years now, but we didn't get to see each other or talk, because that is when COVID started. Whenever we started talking, we noticed we both liked plants, and we got into that. It made me happy, and I wanted to spread the joy with people

and get them into plants," Wilson said. "It has been wonderful."

The two explained that if someone wants to take a plant, cash donations are also welcome in order for the team to buy soil or replenish plants, if needed.

"We are thankful for the community. Amanda and I both stay home so it has given us more of a purpose," Wilson said. According to the Let It Grow, Inwood Facebook page, the plant swap is accepting pots, soil, nearly gone plants, healthy plants and plants with or without roots, pots and soil. Updates are posted daily on the page, and that is where the two can be contacted.

"Just message us if we need to care for something

you've dropped off," the description explains.

"If you bring one plant, take one plant, and if you bring five plants, take five plants — that kind of thing to make it fair," Wilson said. "People can come by and bring a plant, and they can swap. Or if they have soil, extra pots or planters, they can still swap with whatever we have out here."

The two stressed they would greatly appreciate no one parking in the drive-ways at their homes but rather, pull along the gravel section near the road, which is large enough for the width of vehicles.

The neighbors have enjoyed the journey so far and hope to expand in the future.

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, JUNE 7	WEDNESDAY, JUNE 8	THURSDAY, JUNE 9
Pot roast Potatoes and vegetables Roll Krispie bars	Paella Garden salad French bread Vegetable medley Fruit	BBQ pork ribs Coleslaw Potato wedges Vegetable medley Blondie
FRIDAY, JUNE 10 Turkey noodle bake Roll Green beans Yellow cake with frosting	SATURDAY, JUNE 11 Philly cheesesteak Sweet potato wedges Cauliflower Fruit	SUNDAY, JUNE 12 Sweet & sour chicken Rice pilaf Vegetable medley Mini egg roll Ranger cookie
MONDAY, JUNE 13 Roast pork loin Baked sweet potatoes Broccoli Roll Fruit	<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

AARP's billion-dollar bounty

FRED SCHULTE
KAISER HEALTH NEWS

In September, AARP, the giant organization for older Americans, agreed to promote a burgeoning chain of medical clinics called Oak Street Health, which has opened more than 100 primary care outlets in nearly two dozen states. The deal gave Oak Street exclusive rights to use the trusted AARP brand in its marketing — for which the company pays AARP an undisclosed fee.

AARP doesn't detail how this business relationship works or how companies are vetted to determine they are worthy of the group's coveted seal of approval. But its financial reports to the IRS show that AARP collects a total of about \$1 billion annually in these fees — mostly from health care-related businesses, which are eager to sell their

wares to the group's nearly 38 million dues-paying members. And a paid AARP partnership comes with a lot: AARP promotes its partners in mailings and on its website, and the partners can use the familiar AARP logo for advertisements in magazines, online, or on television. AARP calls the payments "royalties."

AARP's 2020 financial statement, the latest available, reports just over \$1 billion in royalties. That's more than three times what it collected in member dues, just over \$300 million, according to the report. Of the royalties, \$752 million were from unnamed "health products and services."

But controversy has long dogged these sorts of alliances, which have multiplied over the years, and the latest is no exception. Are the chosen partners actually a good choice for AARP's members.

Hackers Brief from Cyber Wyoming brought to you by



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