

HACKERS BRIEF

from CyberWyoming

COSTCO IMPERSONATION

A Cheyenne citizen reported an email from a break-and-build.com email address spoofed as “Costco Online Sh0pper (Wholesale)” (note the zero in shopper vs an ‘o’). The subject line was also a giveaway as it had a misspelling “Confirmation Needed RjEWARD Has Arrived This Month. No. {3642148}”.

YOUR ADDRESS NOT VALIDATED BY THE WEB SERVER SCAM

If you receive an email saying “Your incoming messages are queued up and pending delivery, because your address has not been validated by the Web Server,” do not click on the Validate Now button. The email came from a mailservers.com website address. Reported by a Laramie citizen.

FAKE TEXT NOTIFICATION FOR SMART LIGHT BULBS

If you receive a group text asking you to text a number you don’t know, branded like an advertisement for Smart Light Bulbs, a Big Horn citizen wants you to know it is fake. If you call or text the area code (220) number, they know it is active and it may open you up to more scams. Just block their number. This Big Horn citizen did some research and found out that one of the worst area codes for phone scams is 220.

WATCH FOR HOME RELIEF SCAM

A Sheridan citizen reported a “2022 Home Relief Program” email whose link went to a Mexican restaurant in Baltimore. The email’s subject line was the Sheridan citizen’s name and the email was from “Klement Butt” at an outlook email address. *CyberWyoming Note: While the 2022 Home Relief Program may sound official it isn’t. The FTC has warned that there are many bad actors out there pretending to be affiliated with the government or government housing assistance programs and to be very wary. According to NBC news in the fall of 2021, there is no government sponsored mortgage relief program.*

WYOMING AARP SCAM ALERT

Be on the watch for phony contractors coming to your door after a bad storm. They may claim to have ‘extra materials’ and urge you to act right away to get a deal. Always get multiple bids, get a written contract, and don’t pay more than 1/3 of the cost up front.

RED FLAGS FOR VACATION RENTALS

If that rental is a bargain price, you can’t speak to the actual owner, the ‘owner’ wants you to go off site (outside VRBO or Air B&B) to book and pay, you’re asked to pay via Zelle or Venmo, you feel rushed to make a decision, there are no reviews of the rental (or all 5 star reviews), or the listing has bad spelling/grammar, these are ALL signs it may be a scam. *Brought to you by Scambusters.org.*

SHOOTING VICTIM FUNDRAISERS

Crooks are cashing in on the recent wave of mass shootings. They may claim to be from legitimate charities or set up fraudulent crowdfunding sites, using messaging and robocalls to solicit contributions. If you want to help, do your homework on the fundraisers first. *Brought to you by Scambusters.org.*

THREE MOST COMMON NFT (NON-FUNGIBLE TOKEN) SCAMS FROM SCAMBUSTERS.ORG:

1. The NFT Rug Pull Scam: a simple trick where scammers invite investors and collectors to buy shares in a new collection of NFTs, supposedly reaping a profit when they’re sold. Thousands of dollars, sometimes millions, pour in. Then the crooks disappear with the cash.
2. Take NFTs: The process of minting an NFT is actually quite complex and can cost about \$1,000, using specialized software. And once it is locked into a blockchain ledger -- the code for the item and its ownership -- it can’t be copied or altered. But that doesn’t stop crooks on some dubious websites from digitally forging them and offering them for sale. Unless the buyer knows what they’re doing, they generally don’t find out they’ve been conned until they try to offer theirs for sale. Not only does the investor lose out but also the artist whose work has been hijacked.
3. NFT Customer Service Phishing Scam: It’s no surprise that, with so many NFT rookies trying to play the market, scammers would set up services that are supposed to help them when they run into problems. Crooks set up replica sites of genuine NFT traders. Investors usually end up there when they miss-key the site address or click on a phony link. The scammers simply ask visitors for their sign-on details plus other security information and then clean out the victim’s NFT collection and, often, their cyber currency accounts. Only buy NFTs from well-known NFT sites like these: <https://www.fool.com/the-ascend/cryptocurrency/nft-marketplaces/> and always look for a small blue check mark next to a listing signaling that the seller’s account has been verified.

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 Google’s Chrome browser and Hypervisor 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/reports
- 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

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GUEST COLUMN

Innovation and impact: Part of the Y’s DNA

The first YMCA was conceived in industrial London in 1844 when a farmer-turned-department store worker and his friends gathered to organize a refuge for young men seeking escape from the hazards of the streets.



SANDY SARE

The Y is often known for inventing and promoting such things as group swim lessons, basketball, volleyball, racquetball, popularized exercise classes and created the oldest summer camp still in operation. There are many highlights focusing on programs, youth, families and communities.

Are you aware of the innovation and impact the Y has had throughout the last 100-plus years during times of impact and conflict around the world?

1903 — Assisted in creating an “industrial” department to work with railroad workers, miners and lumbermen and to assist immigrants. Refugee services, welcome centers and adult education classes were offered.

1914 to 1918 — During World War I more than 5,000 women served through the YMCA supporting soldiers in the U.S. and France. This group included Edith Roosevelt. These unsung women ran canteens, organized entertainment and R&R for the troops. Eight Y representatives were killed in action during this war.

1939 to 1945 — During World War II the Y, along with five other national voluntary organizations, founded the United Service Organizations for National Defense, today known as USO. Also during WWII, YMCA staff worked secretly inside U.S. internment camps that held 110,000 Japanese Americans organizing clubs and activities for children.

1956 to 1966 — The YMCA Building for Brotherhood campaign raised more than \$5.5 million to strengthen



FILE PHOTO | THE SHERIDAN PRESS

Columnist Sandy Sare travels back in time to review the impact of YMCAs around the world.

the infrastructure of many YMCA national organizations and established a Y presence in several countries around the world.

The YMCA responded to several crises in the 2000s. These included the attacks on the World Trade Center and Pentagon, the Pacific Rim Tsunami, Hurricane Katrina, the earthquake in Haiti and the COVID-19 pandemic.

Now YMCAs, across the U.S. and world, are expressing solidarity and concern for the young people, families and communities who are directly impacted by the crisis currently unfolding in Ukraine. Our priority is addressing the humanitarian needs of all people affected by the war.

YMCAs in Ukraine were established in 1902. After being banned from 1917 to 1991 when Ukraine was part of the Soviet Union, the YMCA was reorganized and restarted in 1993. There are 25 local YMCAs (17 were still active as of March 31st).

Ukrainian YMCAs, with strong support and coordination of European

organizations, including but not limited to Spain, Sweden, Germany and France, are providing emergency services to the local community and the thousands of internally displaced people. This includes food, shelter and overall support for youth, families and the elderly.

YMCAs around the world are mobilizing to raise funds. This includes not only the Sheridan County YMCA but the entire Sheridan community.

Today, the Y still honors its original roots, established in 1844, in creating safe, enriching spaces for communities across the globe. Through the YMCAs fundraising and rebuilding efforts, we are able to rekindle hope in affected communities, particularly among young people. If you’d like more information on how you can contribute to the Ukrainian crisis check out our website www.sheridanymca.org, or contact the Y.

SANDY SARE is membership director of the Sheridan County YMCA.

Many say they won’t rely on virtual options after COVID

WASHINGTON (AP) — Many Americans don’t expect to rely on the digital services that became commonplace during the pandemic after COVID-19 subsides, according to a new poll, even as many think it’s a good thing if those options remain available in the future. Close to half or more of U.S. adults say they are not likely to attend virtual activities, receive virtual health care, have groceries delivered or use curbside pickup after the coronavirus pandemic is over, according to a poll from

The Associated Press-NORC Center for Public Affairs Research. Less than 3 in 10 say they’re very likely to use any of those options at least some of the time.

Still, close to half also say it would be a good thing if virtual options for health care, for community events and for activities like fitness classes or religious services continue after the pandemic.

“Rather than this either-or, I think we’re more likely to be facing a hybrid future,” said Donna Hoffman, director of the

Center for the Connected Consumer at the George Washington School of Business. “People have found convenience in some of these virtual options that just makes sense, and they don’t necessarily have anything to do with like keeping you safe or the pandemic even though they came of age during the pandemic.”

Digital daily routines became the default in 2020 as the nation reacted to the rapidly spreading virus, which prompted lockdowns, closed schools and shuttered businesses. Some substitutions, like online shopping and video conference calling, already existed. Others were reimagined or popularized during the pandemic.

Either way, Hoffman said, there was “rapid” deployment and adoption of virtual services. It was a question of “how are we going to make this work?” she said.

Cornelius Hairston said his family took precautions throughout the pandemic because his wife is a first responder in the health care field.

“We tried to stay in as much as we could and only come out for essentials,” said Hairston, 40, who recently moved to Roanoke, Virginia.

Hairston joked that his twin 4-year-old boys are “COVID babies” who didn’t even go to a grocery store for much of their young lives. The family used delivery services almost exclusively to avoid venturing out to crowded stores. But going forward, he only expects to use them “from time to time.”

For Angie Lowe, the con-

venience of telemedicine and time saved was reason enough to do it again even though she and her husband returned to doing things in public more than a year ago.

Lowe had her first telemedicine appointment early in the pandemic when feeling “lonely” and “stuck at home” kept her from sleeping well. She was able to talk with the doctor without having to take extra time off of work to drive to and wait in a medical center.

“It was my first telemedicine appointment, but it won’t be my last,” said Lowe, 48, of Sterling, Illinois. “If I can do it, I’m going to do it.”

For many, though, drawbacks outweigh the benefits of relying on digital services in the future. Adults age 50 or older are especially likely to say they are not planning to use the virtual options asked about on the poll going forward, even though many were introduced during the pandemic to protect the at-risk population.

Despite feeling antsy about COVID-19 and infection rates in Phoenix, Tony DiGiovane, 71, said he found curbside pickup at grocery stores and restaurants to be more hassle than they’re worth.

“By the time I picked up the stuff, I needed more stuff,” he said of his grocery orders, and “something’s always missing or wrong” on takeout orders.

Karen Stewart, 63, recognizes the benefits of video calls, but she’s also found them to be limiting. That’s the case in her job organizing after school programming for kids.

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

the hub
...on Smith
A CENTER FOR ALL GENERATIONS

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.

<p>TUESDAY, JULY 5</p> <p>Fish ‘n’ chips w/tartar sauce Green beans Yellow cake</p>	<p>WEDNESDAY, JULY 6</p> <p>Potroast Potatoes and vegetables Roll Garden salad Fruit</p>	<p>THURSDAY, JULY 7</p> <p>Macaroni and ham bake Peas and carrots Sour cream cucumbers Zucchini cake</p>
<p>FRIDAY, JULY 8</p> <p>Beef tacos Refried beans Corn and peppers Lettuce and tomato Tres leches cake</p>	<p>MONDAY, JULY 11</p> <p>Pork roast Mashed potatoes & gravy Broccoli Fruit</p>	<p>Renew your registration now! Updates are subject to change.</p>

Find us on the internet at www.thehubsheridan.org or on Facebook: The Hub on Smith, a Center for All Generations.

Front desk: 307-672-2240	Housing: 307-675-4957
Home delivered meals: 307-672-6079	Fun and wellness: 307-675-4952
Loan closet: 307-672-1769	Help at Home services: 307-675-1978
Support center: 307-675-4954	Day Break adult care services: 307-674-496