

HACKERS BRIEF

from CyberWyoming

TRULY A PHISHING EMAIL

A Sheridan citizen reported an email that simply said “Hi [name redacted]” which was linked to a French website. The email’s subject line was “RE, [name redacted]: Last Reminder (07/21/2022)” and the email was from a tut.com email address that was impersonating the McAfee antivirus software. If you click anywhere in the text, it seems to revert to the link so be careful not to click, just delete!

WYOMING AARP ALERT GIFT CARDS

Are gift cards a favorite present or a criminal’s dream? 34% of U.S. adults have been asked to purchase a gift card to pay an alleged obligation and the average reported loss is \$200. 1 in 4 actually made the gift card purchase and of those that did purchase the gift card, 25% say that someone at the store tried to intervene. For the full gift card survey of US Consumers by AARP check out: https://www.aarp.org/content/dam/aarp/research/surveys_statistics/econ/2022/gift-card-scams-survey.doi.10.26419-2Fres.00531.001.pdf.

MILITARY CONSUMER TIPS

July is Military Consumer Month, a time to focus on scams targeting vets and active armed services personnel, especially for jobs ads and social media posts. The U.S. Federal Trade Commission (FTC) is publishing tips for military people and their families on Facebook throughout the month. Go to <https://www.facebook.com/MilitaryConsumer>. Brought to you by scambusters.org.

RELIEF PROGRAM

Watch out for bogus gas price relief scams. Scammers are exploiting confusion and desperation about potential, legit programs from federal and state governments, such as a gas tax break. Victims get a call offering membership of a phony relief program for which they have to provide bank account details. No government program would require such confidential information, so never give it to someone you don’t know, no matter who they say they are. Brought to you by scambusters.org.

IS THAT WEBSITE SAFE?

According to Scambusters, there are over 18 million dangerous websites looking to trick you. If you are asked to download something, input user credentials or for your personal information and you feel like ‘something’ may be wrong, enter the URL on a safe browsing tool like Google’s Transparency Report <https://transparencyreport.google.com/safe-browsing/search> and Virus Total <https://www.virustotal.com/gui/home/url>, but remember that even if it doesn’t find anything malicious go with your gut feeling because usually it is right.

FTC ALERT – SCAMMERS PRETEND TO BE U.S. CUSTOMS AND BORDER PROTECTION

If you receive a recorded call saying that illegal items were shipped in your name and were intercepted by U.S. Customs and Border Protection (CBP), creating a warrant for your arrest, just hang up. Don’t provide any payment information. CBP won’t call you out of the blue with promises of money or threats. Call the REAL CBP if you have questions.

WATCH FOR HIDDEN ‘JUNK’ FEES

A good example of a junk fee is the additional amounts you may have to pay when booking a hotel room. You make your booking, only to discover when you check in there’s an additional daily “resort fee” for using the hotel’s leisure facilities. So, why don’t they include it in the room rate? Simple - they want their rates to appear more competitive than they really are. According to attorney Lauren Wolfe, with KillResortFees.com the charges are a cash grab and a way to deceive customers. Other examples of junk fees include ticket surcharges, flight charges, car buying add-ons, TV, phone and internet services including unspecified fees, debt collection services and financial services including overdraft charges, foreign transaction fees, interbank transfers, minimum balance charges and more. Advice? Scrutinize the small print and challenge costs you don’t understand. You can ask for the fee to be removed. Feel free to complain to the FTC if you feel the fees are unfair. 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 Google’s Chrome browser, Oracle, VMWare Horizon and Unified Access Gateway and Apple (iOS, iPadOS, macOS Catalina, macOS Big Sur, macOS Monterey, Safari, tvOS, watchOS) 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
- 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

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

Grab the opportunity

If you’ve ever watched “The Office,” Jan hit the nail on the head with the single line, “There will always be a million reasons not to do something”.

Let’s face it, we all have some procrastination in us, even if we don’t want to, and it’s time to stop making excuses or blaming everyone or everything else for the way our lives are playing out. While not everything is in our control, the way we react to and deal with each situation is in our control.

Excuses, they’re everywhere.

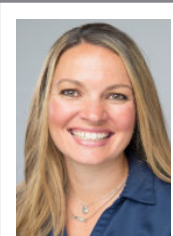
I’m too busy.

I have to run the kids from here to there.

I have to go to work.

It might make me uncomfortable.

I’m too tired.



DESIREE PEARCE

life happens and things pop up out of nowhere, and we must adjust. It makes achieving the things that need done more difficult, but not impossible. If it were impossible, we wouldn’t

I’m too old.

I’m not in good enough shape.

We’ve heard them.

We’ve used them.

But is it the circumstance holding us back or is it our mindset?

I’d wager it’s our mindset. Sure, some circumstances truly are exceptionally difficult and out of our control, but

hear stories about people that go through extreme hardships doing miraculous things. And no, I don’t believe they just “get lucky.” They put the work in, they are tenacious, they set aside all excuses they could use and they aren’t afraid of failing until they succeed.

Now is a perfect time to stop validating excuses. Stop self-sabotaging and keeping life as predictable as possible by holding back. Where would you be if you just went for it?

Complete the tasks. Set a new goal. Grab the opportunity and go for it. What is there to lose?

DESIREE PEARCE is senior director of operations for the Sheridan County YMCA.



CARSYN THOMPSON | THE SHERIDAN PRESS

We have a winner

Drew Washburn holds up his card to get his prize at The Hub on Smith Friday, July 21, 2022.

After Biden COVID recovery, admin launches new booster push

WASHINGTON (AP) — President Joe Biden’s administration is launching a renewed push for COVID-19 booster shots for those eligible, pointing to the enhanced protections they offer against severe illness as the highly transmissible BA.5 variant spreads across the country.

The initiatives include

direct outreach to high-risk groups, especially seniors, encouraging them to get “up to date” on their vaccinations, with phone calls, emails and new public service announcements.

All Americans age 5 and over should get a booster five months after their initial primary series, according to the Centers

for Disease Control and Prevention. It also says those age 50 and over — or those who are immunocompromised — should get a second booster four months after their first. According to CDC, tens of millions of eligible Americans haven’t received their first booster, and of those over 50 who got their first booster, only about 30% have received their second.

CDC has released a “booster calculator” to help people determine when to get a booster shot. Biden, who received his second booster shot in March, tested positive for the virus last week and recovered after experiencing mild symptoms for five days.

“Given the rise of the Omicron BA.5 variant, it is essential that Americans stay up to date on their COVID-19 vaccinations — with booster shots — to achieve the highest level of protection possible,” the White House said. COVID-19 is killing about 366 people in the U.S. each day, the vast majority of whom are not up-to-date on their vaccinations. The administration says those deaths are largely preventable.

In May, according to the CDC, prior to the dominance of the BA.5 variant in the U.S., people over 50 with only a single booster shot were four times more likely to die of COVID-19 than those with two or more

booster doses.

“Currently, many Americans are under-vaccinated, meaning they are not up to date on their COVID-19 vaccines,” CDC Director Dr. Rochelle Walensky said earlier this month. “Staying up to date on your COVID-19 vaccines provides the best protection against severe outcomes.”

As part of the new booster push, the White House says pharmacies in the federal pharmacy program will step up outreach to those eligible for another booster dose. It says Walgreens will make more than 600,000 phone calls, and Rite Aid will send nearly 9 million emails to people encouraging them to get shots. The Centers for Medicare & Medicaid Services will also reach out to 600 nursing homes that have reported booster uptake rates under 80% to offer additional federal support, including on-site clinics and sending medical providers and infectious disease experts to educate people about the benefits of the shots. CMS will also email booster reminders to the 16 million people who receive their Medicare emails and added a booster reminder message to its 1-800-MEDICARE call-in line. The U.S. Department of Health and Human Services will also continue to run PSAs encouraging boosters during commercial breaks on shows.

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



thehub
...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, AUG. 2 Chicken fajitas Spanish rice Mexicorn Banana nut muffin</p>	<p>WEDNESDAY, AUG. 3 Oven baked chicken Macaroni salad Broccoli Fruit</p>	<p>THURSDAY, AUG. 4 Pork roast Mashed potatoes & gravy Peas & carrots Chocolate chip cookie</p>
<p>FRIDAY, AUG. 5 Lemon herb chicken breast Creamy risotto Roasted cauliflower Ranger cookie</p>	<p>MONDAY, AUG. 8 Sausage gravy and biscuits Scrambled eggs Roasted zucchini Blueberry muffins</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
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