

HACKERS BRIEF

from CyberWyoming

TEXT SURVEY ALERT

A Sheridan citizen reported a text from Research-Polls.com asking her to respond to a survey about “local issues in Oregon.” The text had a picture that said “Your Opinion Matters!” When *CyberWyoming* investigated, we found that Research-Polls.com was a new website and had a low trust rating.

ACE HARDWARE IMPERSONATION EMAIL

If you receive an email saying they are from AceHardware.com but, if you look closely, it is really from a tut.com email address, a Sheridan citizen wants you to know not to click on the link. The subject line of the email is “2nd attempt for.(name redacted)” and the link goes to a UK website address. Note that this citizen also reported two other scam emails from the same tut.com address impersonating DHL and the three credit reporting agencies.

WIX DOMAIN OWNER EMAIL SCAM

A Laramie citizen reported an email whose subject line was “Your attempt to contact a Wix domain owner” from wix-domains.com. The citizen said that they had not attempted to contact any website domain name owners and felt this email was suspect. *CyberWyoming Note: According to the Wix Help Center, legitimate Wix emails always end with wix.com, not domains.com. This appears to be a phishing website attempting to steal information.*

MAIL DELIVERY FAILED EMAIL SCAM

Sometimes you may send an email and realize that you fat fingered the email address when you receive a failed delivery message. A Laramie citizen reported an email that looked like one of these failed delivery messages, but it encouraged you to download a document. The email’s subject line was “Mail delivery failed: returning message to sender” and the email was from mailer-daemon@ispgateway.de.

ANOTHER DYING WIDOW SCAM

Even though you may be an “honest and faithful person”, a Laramie citizen wants you to know that Helen Carson asking for help to disburse her funds in the US before she dies, is a fraud. The email’s subject line is “Greetings” and it came from a Gmail address.

INSTAGRAM SCAM

If you’re an Instagram user, watch out for a follow that appears to come from a friend suggesting they have a secret site, which they urge you to visit. A series of links eventually takes you to a page where you’re supposed to use your credit card to sign up for what turns out to be recurring charges. You should never assume that a follow request comes from a person you know. Check independently with them. *Brought to you by scambusters.org.*

NO BETTER

The Better Business Bureau is not handing out checks for \$2,950, contrary to what you might think when you get one seemingly from the BBB. They’re forged and may even clear when you initially present them to your bank. The trick could be part of an advance fee scam where you’re asked to refund part or all of the money via a cash wiring service. Even if it’s just a malicious trick, if you spend any of the money, you’ll have to repay your bank when the check eventually bounces. *Brought to you by scambusters.org.*

GREEN DOT SCAMS

Brought to you by scambusters.org. Green Dot is a legitimate bank that issues prepaid debit cards, among other products, however scammers take advantage of these products to try to get you to send them advanced money fees. Be sure to check the address for the legitimate greendot.com.

New Green Dot impersonation scams:

- Fake COVID assistance program with no strings payments of \$10,000 which contains a link to a fake Green Dot webpage that asks for your personal information.
- Fake bonus program with a no strings \$1000 account bonus, which asks you for your Green Dot sign on information and personal information.
- Bogus security alerts which direct you to a fake sign-on page.

DATA BREACHES IN THE NEWS

You probably know that a lot of people are making a lot of money by mining Bitcoin cryptocurrency. But maybe you’re not sure exactly what mining is and how to do it. Scammers have caught on to this by posting YouTube videos that make the whole process look easy and offer free downloadable mining software. But it’s not what they say; it’s data-stealing malware called PennyWise. It’s clever, faking authenticity by using download password protection and a trust certificate. Your antivirus should spot it, but your best protection is not to download files from people you don’t know. *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 Apple, Cisco’s Secure Web Appliance, and Google’s Chrome browser 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/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

VICTIM SUPPORT

The AARP Fraud Watch Network and Volunteers of America (VOA) created a new, free program to provide emotional support for people impacted by a scam or fraud, called ReST. Visit www.aarp.org/fraud-support to learn more about the free program and register.

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

The effects of clutter

Here at the Y, we just completed our annual maintenance week. This is the time our members graciously allow us to hit the refresh button and handle projects that can’t easily be done while the facility is open and full of members. (Thanks members!)



SANDY SARE

For me, this week is spent cleaning closets, my office, the workstations, the front desk, etc. But wait, didn’t I just clean those closets last year? Since there are only a handful of people that access them surely, they are still properly organized... not!

So, while painting, cleaning and organizing, my mind began to wander and wonder about the hows and whys of clutter. I grew up helping mom clean the house. I keep a fairly clean and organized house myself. Well, unless you were to happen upon *that* hall closet or *that* spare bedroom side table or, heavens above, *that* storage room. Yes — there I said it — “*that* storage room.” When I enter “*that* storage room,” I feel like I should send out a message that if I don’t return in 30 days someone should come looking.

With that said, let’s dive into the effect of clutter. According to leading experts in clutter — there’s a job for all you non-clutter people — visual clutter negatively affects our ability to concentrate and increases the processing power your brain has to do. An example would be if you put a single paper clip on a clean table. Your brain says, “Ah, a paper clip.” Now, imagine trying to find a single paper clip on a desk filled with papers, books, snacks, computers and the stray Lego set. Your brain has a much harder time finding the thing you want because it must sort through everything else. It was just pointed out to me by a fellow



COURTESY PHOTO | ADOBE STOCK

Columnist Sandy Sare shares the benefit of decluttering and cleaning.

staff member that if a cluttered desk indicates a cluttered mind, what does an empty desk indicate?

I researched clutter and found several tips on how to battle it.

Tip 1: Clear off all flat surfaces — and keep them clean.

Well, my question is where exactly do I put things that are currently claiming residence on those flat surfaces?

Tip 2: Pick a decluttering strategy that best suits your lifestyle.

I get it. I *do* get it in context it’s just not in my reality. My focus usually wanders after a strong spell of 15 minutes of decluttering.

Tip 3: Make the most of underutilized storage spaces.

What underutilized storage space? That’s likely full of clutter as well.

Tip 4: Don’t wait for spring cleaning season.

Wait, isn’t that what spring cleaning is for? If we don’t have to declutter during spring cleaning do we rename spring cleaning “do everything but decluttering” cleaning.

Tip 5: Designate a place for the clutter to go.

Again, there is no place — it’s cluttered already.

Tip 6: Donate your extra items.

I actually like that tip. Just be aware that there may not be value in donating a broken or unusable item.

Tip 7: Set a timer.

Refer to Tip 2 and my inability to stay focused. But, this may really give me a sense of accomplishment if I set it for 14 minutes as I know that 15th minute will begin to challenge my focus.

So, in conclusion, why keep the clutter? Often it’s just such a huge job to get rid of things physically and mentally that in the short term it feels easier to just keep things the same. I guess I’ll find out in a year when we once again schedule our maintenance closing. And, if you don’t see me for a length of time, remember I may need rescued from “*that* storage room.”

SANDY SARE is membership director at Sheridan County YMCA.

Why is money so confusing?

BY LIZ WESTON
NERDWALLET

Managing money is an essential life skill, yet most U.S. adults would fail a financial literacy test. Consider the results of a survey meant to measure financial literacy, called the TIAA Institute-GFLEC Personal Finance Index. On average, U.S. adults correctly answered only 50% of its financial literacy questions in 2022.

In other words: If you find money confusing, you’re far from alone. But the reasons you’re baffled may have

more to do with how our brains work than how money does. Understanding some of the common barriers, along with strategies to cope, could help you finally get a handle on your finances.

MONEY IS A NEW LANGUAGE

You wouldn’t expect to carry on a fluent conversation in Madrid or Mexico City if you only knew a few words of Spanish. Similarly, personal finance is loaded with terms, jargon and concepts that take a while to learn.

“Entering the world of money is like entering a whole new culture and learning a new language,” says Ed Coombs, a certified financial planner and couples therapist in Charlotte, North Carolina.

You shouldn’t feel stupid for not understanding everything instantly, and no one should make you feel that way. However, learning can be more difficult if we encounter judgmental, condescending or dogmatic people — which unfortunately describes many people who are fluent in personal finance lingo.

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.

<p>TUESDAY, AUG. 30</p> <p>Sloppy Joes Roasted Potato Wedges Green Beans Fruit Crisp</p>	<p>WEDNESDAY, AUG. 31</p> <p>Rotisserie Chicken Baked Potato Veg Medley Chocolate Cake</p>	<p>THURSDAY, SEPT. 01</p> <p>Spaghetti and Meatballs Garlic Bread Veg Medley Fruit</p>
<p>FRIDAY, SEPT. 02</p> <p>Pot Roast Potatoes and Vegetables Roll Apple Pie Bar</p>	<p>MONDAY, SEPT. 05</p> <p>Hot Ham and Swiss Sandwich Potato Salad Corn Fruit</p>	<p>Renew your registration now! Updates are subject to change.</p>

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The Hub on Smith, a Center for All Generations.

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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

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