

HACKERS BRIEF

from CyberWyoming

A VIRUS FILLED ATTACHMENT

If you receive an email from "Accounts" using a servtronics.com email address saying "Please find enclosed attached credit note for your records," do not download the attachment. It contains a virus. While servtronics may be a legitimate website, they definitely have an email compromised. Reported by a Laramie citizen.

SCAMBUSTERS VOICE CLONING ALERT

High-tech scammers have started using voice cloning to make their imposter calls sound more realistic than ever. They're using the technology to imitate the voices of friends and relatives for distress calls like those used for grandparent scams or fake kidnap messages. Security experts have feared this development for some time and now there's evidence crooks are using stolen voice clips from online videos and even telemarketing calls to mimic people supposedly caught up in some sort of emergency. Before, the crooks would only use very short statements when posing as someone else to avoid victims recognizing that the voice wasn't genuine. Now, they're able to string together longer statements. In the not-too-distant future, they'll be able to use the technology to answer questions from suspicious call recipients. Scambusters Tips if you get a distressed call:

- Use another phone to call the individual or someone who should know where they are, to check on their location and safety.
- Have a secret family password that you can ask the supposed victim for, to check it's really them.
- Ask other questions. At this stage, voice cloning is not advanced enough to respond immediately and there's usually a time lag before the reply comes.

WEIRD TEXT MESSAGES

Are you receiving texts that come from someone who seems to know you but you don't know them, asking a question like "What time are we meeting?" Or they may refer to an incident, like an undelivered package, with a link to click. Your first instinct might be to reply or click. Don't. In the first case, spammers are harvesting names and numbers of people who respond to messages. In the second, they're phishing for personal account info. *Brought to you by scambusters.org.*

FTC GROCERY COST ALERT

With the cost of groceries, housing, and many other things rising, you might be looking for ways to cut costs. Remember that scams may target this desire. If the offer is too good to be true, it is probably fake and remember that the government won't contact you out of the blue about grants or programs.

DON'T PAY

Fake invoices from genuine PayPal accounts are surging. Crooks open a free PayPal account and then fire off the invoices, knowing they stand a good chance of evading security software. If you don't recognize the supposed order or don't have a relationship with the sender, don't pay. If you do owe them money, double check with their known contact information - but don't click on links or use phone numbers provided in the invoice. *Brought to you by scambusters.org.*

FTC ALERT - WATCH FOR BACK TO SCHOOL SHOPPING SCAMS

Many people like the convenience of online school shopping, but what happens if something goes wrong with your order or the website turns out to be a scam? Before you drop items in your shopping cart, remember this advice: check refund and return policies, use a credit card for online purchases, save your receipts/confirmation emails, remember that if the shipper hasn't shipped within the promised timeframe you can cancel your order for a full refund, and when on the website watch for pre-checked boxes that may get you to agree to something that puts you more at risk.

COVID TESTING

Con artists are targeting Medicare recipients by offering free COVID tests, which enable them to fraudulently bill Medicare for their services as well as stealing confidential information. In fact, you can already get free on-site tests at participating pharmacies. *Brought to you by scambusters.org.*

WATCH FOR HIJACKED FACEBOOK ACCOUNTS

Hackers have been spotted posting on Facebook groups with topics from gardening to finding a good home for a recently deceased son's PS5 are often scams. Watch for red flags like poor grammar, odd capitalization, and misspellings. You can research the post by copying part of a sentence and searching for it throughout all of Facebook and if it comes up in many odd Facebook groups, then it indicates it is a scam. *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 (Safari, macOS Monterey, macOS Big Sur, iOS, and iPadOS), Adobe (Experience Manager, Bridge, InDesign, Photoshop, InCopy, Animate, and Illustrator), and Microsoft 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.

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GUEST COLUMN

BUILDING BELONGING

The concept of belonging has been heavy on my mind lately. When I read the news it is a pendulum swing between heart warming human interest stories and the endless drudgery of things going wrong in the world.

In the "going wrong in the world" category, I am especially shook by one frequent pattern of awful news; the lone shooter. There are a vast and growing number of stories that have similar plot lines in which a young male in mere moments terrorizes a group of humans in a shopping center, theater, church or school. The shooter is generally alone. Solo. Isolated. Angry. Disconnected. Not in any way part of the group they are seeking to destroy.

In essence, what these shooters have in common is that they do not belong.

The more I think about it, belonging, or lack thereof, seems to be at the root of every shooter's profile. I can't think of a story where the active shooter was a 4-H kid who participated in rifle sports or babysat neighbor kids on the weekend. Nor have I read of a cross-country runner or church volunteer becoming an active shooter.

So, if a lack of belonging is at the heart of the profile, how do we alter it? How do we foster a sense of belonging



ELISABETH CASSIDAY

everyone has a place of belonging at the Y.

However, providing access to the Y facility and programs is just the beginning. Belonging takes more work. It is youth programs that require team effort, accountability and celebration. It is adult exercise classes that intentionally form small communities of participants that check on each other, encourage and help each other out.

Building belonging is not a passive activity. It is active, intentional and founded on personal connection. There is not a set script for building belonging but there are certainly common ingredients including: making the invitation over and over again, following up, caring, accepting, includ-

ing and engaging. I often will ask the same youth to join an activity two to three times before they agree to give it a try. And, even when they decline the invitation, they generally have a smile that comes from the warmth of being asked. Included.

I'm not saying the Y is a cure-all for the increase of active shooters, but it is certainly one of many places in Sheridan actively working to foster small communities and get youth plugged in. Yet organizations are too broad a vessel for change — many, many individuals like you and me taking a personal interest in a youth is at the core of building a community of belonging.

My optimistic heart keeps imagining if a potential shooter had a series of peers, mentors, neighbors and mere acquaintances who checked in on him, invited him continuously to social gatherings, scheduled a physical activity or a game night or a hunting trip. If he was part of a community that noticed alarming changes, cared deep enough to not ignore the signs, pressed him to know he is part of a community and not apart from a community. I think it's worth the extra effort.

LIZ CASSIDAY is executive director of the Sheridan County YMCA.



Building belonging is not a passive activity, columnist Liz Cassidy writes. It is active, intentional and founded on personal connection.

COURTESY PHOTO | ADOBE STOCK

How to cultivate a happier retirement

BY LIZ WESTON
NERDWALLET

Researchers have identified several factors besides money that contribute to a happier retirement, including good health, strong relationships and a sense of purpose.

But setbacks are inevi-

table, in life and in retirement. Not everyone enjoys good health — and no one enjoys it forever. Loved ones die or move away. The pursuits you thought would give your life meaning may not, or may not be possible: Think of all the activities and plans canceled because of the pandemic.

Yet many retirees continue to be happy despite difficulties, and research indicates that their psychological attitudes help determine how well they cope with change.

"Mindset is key, and it's one of those things that's within our control," says executive and retirement coach Joe Casey, author of "Win the Retirement Game: How to Outsmart the 9 Forces Trying to Steal Your Joy."

CULTIVATE OPTIMISM

A 2014 study by two Kansas State University researchers found that people who are more optimistic tend to be more satisfied in retirement. Study participants' levels of optimism were measured by their agreement with statements including "In uncertain times, I usually expect the best" and "Overall I expect more good things to happen to me than bad."

Positive emotions such as optimism help people to be more resilient and to think more creatively, while pessimism can make it harder to take productive action or cope with difficult situations, says the study's lead researcher Sarah Asebedo, now a professor at Texas Tech University's School of Financial Planning.

But don't despair, pessimists: You can learn to be more optimistic.

"I do think certain people might have a disposition toward optimism or pessimism, but that doesn't mean you can't change your outlook and change your way of viewing a situation," says Asebedo, who also edits the Journal of Financial Therapy.

Asebedo recommends psychologist Martin E.P. Seligman's book, "Learned Optimism: How to Change Your Mind and Your Life," which explains cognitive behavioral techniques to combat pessimism. If you need further or ongoing help, consider talking with a therapist about developing a more optimistic outlook. "It's not the Pollyannaish view," Casey explains. "It's really more the 'OK, let's look for the good.'"

CULTIVATE A POSITIVE VIEW OF AGING

While positive thinking in general can help you cope with life, positive thinking about aging may actually extend your life. A 2002 study led by Yale University professor Becca R. Levy found that people who had more positive views of aging lived a median of 7.5 years longer than those with more negative attitudes. The gap persisted even after the researchers took into account other factors that affect longevity, such as age, gender, socioeconomic status, health and loneliness.

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, SEPT. 27 Spaghetti And Meatballs Garlic Bread Veg Medley Fruit	WEDNESDAY, SEPT. 28 Sausage Gravy & Biscuit Scrambled Eggs Roasted Zucchini Melon	THURSDAY, SEPT. 29 Green Chili Chicken Bake Roasted Potatoes Corn Ranger Cookies
FRIDAY, SEPT. 30 Lasagna Caesar Salad Veg Medley Garlic Bread Fruit	MONDAY, OCT. 03 Turkey Noodle Soup Biscuit Green Beans Chocolate Chip Cookie	Renew your registration now! Updates are subject to change.

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