

HACKERS BRIEF

from CyberWyoming

WARREN BUFFETT IS PRETTY COOL

While Warren Buffett is a well-known philanthropist, a Laramie citizen reported a scam email saying “Warren Buffett picked you for a \$1,500,000 donation. For more details reply.” The email is from a Singapore (.sg) email address and we all know Mr. Buffett is from Omaha.

LOWE’S IMPERSONATION EMAIL

If you receive an email with the subject line of “Get your FREE PowerDrillStation” impersonating Lowes but from a universe.com email address, a Sheridan citizen wants you to know it is fake. Don’t click on the link.

IMF PAYMENT TOTALLY FAKE

A Laramie citizen reported an email from Dr. Robert Carter who claims to be the Coordinator for the IMF’s and World Bank’s International Settlement Unit urging you to call a number to access funds owed to you. Don’t call the number! The subject line is “RESPOND QUICKLY” and no government agency will send you a request through a Gmail address.

WISH IT WAS THE FINAL NOTICE

A Sheridan citizen continues to get spam emails from a universe.com email address and the latest one’s subject line is “Final Notice [name redacted] Check no” with a link to a new URL website to m.umusic.com instead of the previous Christmas card company link in the UK. The email claims to be from McAfee, a popular antivirus software, but oddly the scammer uses the registered trademark sign between each letter in McAfee so it looks like this M@c@A@f@e@ in the senders address. While the Sheridan citizen wishes this truly was the final notice from this scammer, we certainly appreciate her diligence in letting us know about this scam. Thank you!

FIRST ADVICE FROM THE ACTUAL FBI

If you don’t know the number, let it go to voice mail. Scam call centers won’t leave a message. If you do answer the call, how do you tell if it is real? An official FBI special agent will never provide a badge number or telephone number over an unsolicited call as the only means to verify their identity. Instead, a real agent will direct you to the FBI’s official website so that you can locate your local field office’s telephone number and make a call yourself. Read more here: <https://bestlifeonline.com/fbi-scam-call-warning-news/> Reported by a Laramie citizen.

ROBOTEXT ALERT FROM SCAMBUSTERS.ORG

Americans now get around 12 billion robotexts per month. Watch for the signs of a scam on text: phone numbers you don’t recognize, vague information, questions that come from someone you don’t know, and misspellings. Never reply STOP as a response, just delete and file a complaint with the FCC by forwarding the text to SPAM (7726). <https://consumercomplaints.fcc.gov/hc/en-us>

WATCH FOR ABORTION PILL SCAMS

First, medical information site WebMD warns of fake clinics and online pharmacies offering abortion medications that may be expired, counterfeit, or even non-existent. Online searches for this type of pill have more than doubled in recent weeks. Often, the illegal sites offer products without prescription -- a clear signal that it’s not legit. Read the WebMD report here: <https://tinyurl.com/Scambusters-WebMD>. Other crooks have jumped on the bandwagon by claiming they can supply pills that reverse an abortion. While there are experimental procedures for reversal, the American College of Obstetricians and Gynecologists (ACOG) says reversal is not supported by science. See <https://tinyurl.com/Scambusters-ACOG>. Others may disagree, but either way, anyone offering this medication online without a prescription is breaking the law. *Brought to you by scambusters.org.*

THREAT TO HEALTH WORKERS

People working in the health care industry have been getting calls saying they were a no-show after being subpoenaed to be an expert witness in a trial. They’re told to pay a fine, payable by gift cards. The legal system doesn’t work that way, so just hang up. *Brought to you by scambusters.org.*

RECORD-BREAKING

Levels of fraud and related scams reported to the Identity Theft Resource Center (ITRC) reached a record level during 2021 says a new report on ID theft trends. For example, social media account hijacking was up more than 1,000% on the previous year. Download the full report here: <https://tinyurl.com/Scambusters-ITRC-trends>. Note: You have to fill in a form first, requiring personal details including your name and email address. *Brought to you by scambusters.org.*

DOOR DASH DILEMMA

Food delivery service DoorDash says one of its third-party vendors was compromised in a clever phishing attack, resulting in some customer information being exposed, including some names, phone numbers, and partial card information. Customers are advised to change their account passwords. *Brought to you by scambusters.org.*

THE MOST COMMON SCAMS TARGETING SENIORS

According to the FBI’s Internet Crimes Complaint Center and Scambusters.org, the most common scam that targets seniors are romance scams. The other scams that round out the top 6 are tech support, timeshare sales/resales, imposter scams/identity theft, lottery winnings/inheritances, and investment fraud. Protect your family. Make scams a topic at the dinner table and discuss the common ones out there.

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 product. If you use this product, 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.

Please report scams you may experience to phishing@cyberwyoming.org to alert your friends and neighbors.

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

Live life fully in retirement

What is retirement? How do we care for ourselves to ensure that retirement is what we want it to be?

According to my brother, Roger, retirement is a full-time job. And indeed, it is. Your outlook on life will influence how well you transition from work to retirement. Get out of your comfort zone. Fight complacency with curiosity.

Seniors are most often young at heart as the saying goes. The mind-body-spirit connection shows us we are more than just our thoughts. We are also our bodies, our emotions and our spirituality. All these things combine to give each of us identity, determine our health and make us who we are. Being healthy is not just about the absence of disease in the body, but also about flourishing in the areas of mind, body and spirit.

Retiring from work is a major life change. There are healthy ways to adjust to this new chapter and ensure that retirement is both happy and rewarding. Embrace this change and seek social connection and support. Find new purpose and meaning. This may be through learning something new. Find or renew a hobby, maybe get a pet, join a book club or try volunteering. Be active, manage stress



AMY POESCHL-WYATT

and anxiety, practice gratitude, break the worry habit and spend time in nature. Get outside and away from the screen. Limit social media. Isn’t this what we are telling the kids? Recently I read an article about the neuroscientist, Dr. Richard Restak. He has written a book entitled “The Complete Guide to Memory: The Science of Strengthening Your Mind.” He encourages us to attempt tasks such as cooking so that we must follow a recipe, play a game to encourage problem-solving or read a book so that we must try to remember the characters and follow the plot.

In his book, Restak touches on broader lifestyle changes to possibly limit or delay the risk of dementia by up to 40%. One of these lifestyle changes is to quit alcohol by age 70. It’s not good for the brain cells. He also encourages us to tackle hearing or vision problems because they make it more difficult to engage in conversation and hobbies that keep the cogs turning. Keep reading. Socialization is

the most important part of preventing dementia and maintaining memory.

Don’t forget regular visits to your dentist. With aging our teeth age as well. We are at much higher risk for root cavities. Arthritis, cancer, diabetes and other diseases are linked to poor oral health.

Have you read the new book developed by AARP? “The Whole Body Reset” by Stephen Perrine. It addresses age-related weight gain and muscle loss. He recommends a diet of adequate protein, fiber and good fats as well as limiting sugar and refined carbs to maintain muscle mass.

According to a 2011 study published in the “Japanese Journal of Human Sciences of Health-Social Services,” for those 65 and older, skipping breakfast may increase the risk of dementia by four times. Don’t skip breakfast. Feed your brain.

Create an environment that sustains you. Sometimes what your brain needs most is a spiritual boost. Activities that you enjoy can decrease depression, reduce anxiety and stress and improve your overall mood. Be kind to yourself.

AMY POESCHL-WYATT, BSN, RN, is a volunteer with AARP Sheridan.



ASHLEIGH SNOOZY | THE SHERIDAN PRESS

Quick chat

Kris Korfanta chats with a fellow marcher following the Advocacy and Resource Center’s March Against Family Violence Saturday, Oct. 8, 2022.

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, OCT. 11 Open-Faced Turkey Sandwich Mashed Pots W/ Gravy Peas Spice Cake	WEDNESDAY, OCT. 12 Honey Dijon Pork Chop Rice Pilaf Roasted Brussels Sprouts Apple Crisp	THURSDAY, OCT. 13 Shrimp Stir-Fry Brown Rice Asian Blend Vegetables Spring Roll 5-Spice Cookie
FRIDAY, OCT. 14 Spaghetti & Meat Sauce Vegetable Medley Garlic Bread Fruit	MONDAY, OCT. 17 Baked Chicken Thighs Cheesy Broccoli Rice Carrots Pudding	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

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Sheridan’s Downtown Main Street Stakeholder Public Meeting

WYDOT has completed the Final Plans for the **2023 Downtown Sheridan Main Street Resurfacing and Utility Upgrade Project.**

This projects will run from 1st Street to Burkitt/Coffeeen Avenue and will require partial/rolling closures of Main Street to complete. This will be a two year project beginning early spring 2023 and will run through June 2024. Street closures will be no more than three blocks at time. Join us for more information and to view proposed maps of street closure plans.

Wednesday, October 12th
5:00 PM to 6:00 PM
306 North Main Street
(ERA/Carroll Realty 2nd Floor Conference Room)

For more information Contact:
Laura Dalles, WYDOT Public Relations - 307-674-2356
Jake Whisonant, WYDOT Resident Engineer - 307-674-2326