

## HACKERS BRIEF

from CyberWyoming

### MCAFFEE INVOICE SCAM EMAIL

If you receive an email with the subject line of “#%PAYMENT DETAIL INVOICE:-#MC24/KA59/PZ73\$#” from Kyro Robert at a Gmail address, delete it and block the sender. This email, reported by a Sheridan citizen, is well branded with a pleasing design, but it impersonates the well-known McAfee antivirus software.

### GEEK SQUAD IMPERSONATIONS

A Sheridan citizen reported an email impersonating Geek Squad for a 3 year \$499.99 Geek Squad Personal Home Membership renewal. The email greeted this citizen as “HELLO USER” in all caps and the subject line was “@#orderAlert!!!” from Milo Robert at a Gmail address.

### SOMETIMES REAL SITES GET CREDENTIAL HACKED

A Laramie citizen reported a Google Workspace alert telling him that faith@grantwatch.com was flagged as a phishing message and recalled from recipients’ inboxes. While GrantWatch.com is a real site, it appears that Faith’s user ID and password have been compromised.

### GEEK SQUAD AND MCAFFEE IMPERSONATION SCAMS

Whenever an email starts with “We are about to lose our membership in you.” it may be a clue that it is fake. A Big Horn citizen reported an email from Jason Smith at a Gmail address with this beginning sentence saying that Geek Squad was notifying her that her McAfee Total Protection will be renewed for \$254.33. The subject line was “Thank you for your order- 4840026719”. Don’t call the number in the email, just block and delete.

### NORTON NOT NORTTON

If you receive an email from a Jonson Fum at a Gmail address, just block it. Jonson is trying to scam you for Norton VPN Security Online, but note that he misspelled the popular antivirus software as it is supposed to be Norton with one “t”. The subject line of this fake email is “thank you for your online payment. Reported by a Big Horn citizen.

### NOT NORTON

Internet security firm Norton warns about fake emails pretending to come from them and warning recipients their account is about to expire or there’s another security issue. Victims are asked to call a number where they’re supposed to provide their sign-on details. Often the messages use bad spelling and threats. If you get one of these messages, go directly to your account at www.norton.com and check there. Brought to you by scambusters.org.

### AARP FALSE CHARITIES ALERT

The AARP Fraud Watch Network wants to remind you that phone calls, emails, direct mail and door to door solicitations asking you for money for victims of natural disasters, like hurricane Ian, could be fake. Scam charities proliferate when big crises hit the news. Before you give, research the charity on www.charitywatch.org or www.charitynavigator.org

### DARK PATTERN WORRIES

The US Federal Trade Commission (FTC) has sounded an alarm about the increasing use of so-called “dark pattern” tricks used by online companies to trick consumers into buying stuff they don’t want or into giving away confidential information about themselves. Tactics include making ads look like non-advertising independent posts, making it tough to cancel subscriptions or charges, and hiding key terms and conditions or junk fees. “These traps will not be tolerated,” says Samuel Levine, the Commission’s Director of the Bureau of Consumer Protection. We covered dark patterns in issue #977: https://scambusters.org/darkpattern.html. Brought to you by scambusters.org.

### CRYPTO SCAM RETURNS

A fake ad promoting a supposed virtual currency to be launched by Amazon has reappeared online. It was first spotted in 2021, claiming investors could get in early on a deal by buying into a “pre-sale.” As of this writing, Amazon has never said it plans to launch a crypto currency, let alone have a pre-sale. Brought to you by scambusters.org.

### STARGAZING WARNING

If you’re one of the millions of people in awe of the images being returned by the new James Web Telescope (JWST), keep your eyes peeled for a phishing attempt that uses copies of JWST images embedded with malware. It comes with what seems to be a Microsoft Word attachment that contains a download link for the picture. Once downloaded, it installs malware that enables a hacker to access your computer. If you want to see genuine images, NASA has posted them on a Flickr social media photo site: https://www.flickr.com/photos/nasawebtelescope/albums 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 Microsoft Exchange Server, Cisco, Drupal, Mozilla’s Thunderbird email product, and Google’s Android operating system 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.

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 |

# What is obstructive sleep apnea and should it be treated?

**O** bstructive sleep apnea is the most common type of sleep-disordered breathing. It is caused when the upper airway temporarily closes or collapses. When this happens, the person either doesn’t breathe deep enough (hypopnea) or doesn’t breathe at all (apnea). These are brief episodes that typically happen multiple times throughout the night. During these episodes, the body is not getting appropriate oxygenation, which in turn impacts the entire body and can cause various problems for people over time.



**DIANA CHARLSON**

Because the episodes happen throughout the night, people often don’t know they have a problem. This can cause a delay in the condition getting diagnosed in a timely fashion. Many times, a person won’t get diagnosed for many years. Over time, a person will often begin experiencing symptoms secondary to the ongoing lack of appropriate oxygenation throughout the night.

Some indications of OSA include snoring, witnessed apneic events during sleep, waking with headaches in the morning, feeling tired throughout the day, waking up gasping during the night, poor quality of sleep, not feeling rested upon waking, decreased vigilance, high blood pressure, anxiety and depression.

Some risk factors for OSA include older age (prevalence increases from youth through the sixth to seventh decade), obesity, enlarged neck circumference, having a narrowed airway, family history and using alcohol or other sedatives.

OSA is diagnosed with a sleep study. This is an overnight test that monitors breathing. In times past, a person needed to go to a formal sleep lab/office to have the sleep study performed. However, newer technology allows for some people to get a sleep study at home, in the comfort of their own bed. Although the home sleep study is not as comprehensive as the formal sleep lab study, it is still a valid test for many individuals.

The gold standard treatment for sleep apnea is a CPAP (continuous positive airway pressure) machine. Basically, this machine delivers air pressure through a mask, keeping the upper airway open throughout the night and thus preventing hypopnea or apnea. There are other treatment options available, as well.

Long term, if OSA is not treated, it can lead to many complications. Sometimes a person is diagnosed with OSA after they have been treated for high blood pressure and despite treatment, their blood pressure remains high, which then prompts evaluation



COURTESY PHOTO |

Some indications of obstructive sleep apnea include snoring, columnist Dr. Diana Charlson said.

## Sleep apnea by the numbers\*

- More than 18 million adults Americans have sleep apnea.
- One in four older people has some degree of sleep apnea.
- 4 out of 5 cases go undiagnosed.
- It occurs in about half of people with heart failure or atrial fibrillation and one-third of people with hypertension and coronary artery disease.

### OSA has also been linked to a host of serious cardiovascular problems, including:

- Coronary artery disease, a narrowing of the blood vessels to supply oxygen to your heart
- Heart attack — people with untreated OSA are twice as likely to have a heart attack
- Stroke
- Sudden cardiac death
- High blood pressure, a major risk factor for heart disease and other medical problems
- Abnormal heart rhythms, especially atrial fibrillation; people with OSA are four times more likely to have a-fib than those without OSA.

**Editor’s note:** Information from CardioSmart from the American College of Cardiology.

into OSA. Other long-term complications include heart arrhythmias such as atrial fibrillation, stroke and heart failure. It is also linked to insulin resistance, which is a concern for the development of type 2 diabetes. A person with OSA may have more complications with certain medications and major surgeries due to their breathing difficulties and being more prone to breathing problems. Cognition can also be impacted by difficulties with

inattention, memory, depression and anxiety.

Because the presentation of OSA is slow and symptoms may develop over time, it is often not diagnosed for many years. But again, over time, the complications from untreated OSA steadily increase. As we age, we are more prone to complications and often OSA is identified in older individuals. It is important to treat OSA in order to prevent complications and improve overall quality of life for both you and anyone who must sleep in the same room as you (as often a person with OSA keeps other people awake at night.)

If you have questions or concerns about the possibility of having OSA, please discuss this further with your health care provider.

**Diana Charlson, FNP-BC,** is a family nurse practitioner at Sheridan Memorial Hospital’s Primary Care.

## SMH hosting drive-thru sleep apnea screening

SHERIDAN — Sheridan Memorial Hospital is hosting a free drive-by sleep apnea screening Oct. 18 from 9-11 a.m. Come to the employee parking lot north of the cafeteria and look for the tent.

No need to get out of your vehicle — health care professionals will come to your car to help you complete a questionnaire to take to your provider on your next visit. They will also provide information on heart-healthy habits and lifestyle changes.

Sheridan Memorial Hospital is located at 1401 W. Fifth St.

**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.**

<b>TUESDAY, OCT. 18</b> Glazed Ham Cheesy Potatoes Broccoli Roll Zucchini Cake	<b>WEDNESDAY, OCT. 19</b> Roast Turkey Mashed Potatoes w/ Gravy Corn Fruit	<b>THURSDAY, OCT. 20</b> Meatloaf Stewed Tomatoes Baked Potatoes Green Beans Snickerdoodle
<b>FRIDAY, OCT. 21</b> Chicken Alfredo Garlic Bread Green Beans Toffee Blondie	<b>MONDAY, OCT. 24</b> Chili & Cinnamon Roll Vegetable Medley Ambrosia	<b>Renew your registration now! Updates are subject to change.</b>

**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

## HONORING OUR VETERANS

SUBMIT YOUR PHOTOS

The Sheridan Press will publish photos of all active duty military and military veterans from Sheridan County.

**Please submit all photos by Thursday, Oct. 27, 2022.**  
EMAIL: PRODUCTION@THESHERIDANPRESS.COM

Include name, rank, branch of service, job title, where stationed (if active duty) and hometown.

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