MONDAY, OCTOBER 31, 2022 THE SHERIDAN PRESS www.thesheridanpress.com

HACKERS BRIEF

from CyberWyoming

AUDIO VOICE NOTE SCAM

A Laramie company reported a scam from a German (de) country code with a subject line of "Audio Voice Note Received on Thu, October 20, 2022" with an attachment that looks to be an audio voice message. Don't open the message.

MCAFEE IMPERSONATION SCAM

A Sheridan citizen reported a scam from a tut.com email address spoofed as "||McAfee.Security||" with the subject line of "Be watchful: Your device has been infected with (54) Viruses." Don't click on the link!

INVOICE PAID SCAM IMPERSONATING GEEK SQUAD If you receive an email with an invoice from Geek Squad, claiming you have purchased "Geek Squad 360 Antivirus for Computer and Macbooks" for "\$349.99" don't open the attachment. The subject line is "Purchase Confirmation 12-21-14" and the email is from a Gmail address spoofed as "Invoice_56846". Reported by a Sheridan citizen.

POWELL CITIZEN OFFERS ADVICE

Anytime someone registers a new domain name for a website they will receive in their mailbox one or two different letters stating they have to renew their website or they will lose it. It comes with some crazy dollar amounts and it is 100% a scam they look extremely official. Also, anything received by a snailmail to renew a website domain is a scam.

TRUTH, TRUST, AND HONEST' REQUESTED FROM SCAMMER If you receive an email with the subject line of "HELLO FROM FATIMA KAMARA" with a .jp country code email address asking you to reply to a yahoo.com email address, just delete it. Even though Fatima says she wants someone that she can confide in and help her accessing her late father's funds, her faulty grammar is a dead giveaway. "But what I need from you is Truth, Trust, And Honest." Reported by a Laramie

WHAT IS A SOCIAL MEDIA ACCOUNT TAKEOVER?

"My account has been hacked. Please ignore a friend request." It may be of little comfort but if you've ever sent or received a message like that on, say Facebook or Instagram, you're actually among millions of users hit every year by social media account hackers. It's one of the fastest growing and most alarming Internet crimes, with security experts estimating that somewhere between 20 and 40 percent of all social network accounts have been compromised at some point. In the first three months of this year alone, the number of hacked accounts reported to the Internet Theft Resource Center (ITRC) easily beat the figure for the whole of 2021, which was itself a sharp increase on the prior year. Brought to you by scambusters.org.

HOW TO AVOID SOCIAL MEDIA TAKEOVER

Important actions you can take to protect yourself from a social media account takeover include the following. Brought to you

•If you receive a friend request from someone you're already linked to, it's almost certainly a hacking scam, so don't click on the "accept" button. And let your friend know.

•If the request comes from someone you know but who you're not following, again don't click to accept. Contact the person independently and check that they did send the request. And be extra cautious about accepting friend requests from people you don't know - they're nearly always scams.

•Always use a strong and unique password for each social media account and use a second pass code or other type of multi-factor authentication (MFA) such as those sent via text messages. Learn more about two-factor authentication from our earlier issue: https://scambusters.org/passwordsecurity2.html.

And never share your password or code with anyone. •If you learn of a data breach affecting your social media ac-

count, change your password immediately.

•Don't download third party apps promoted on your social media account. They can be used to hack your account.

WHAT TO DO IF YOUR SOCIAL MEDIA ACCOUNT HAS BEEN You want to regain control of your account as soon as possible.

If the hacker hasn't changed your password and you still have access to the account, change it yourself immediately. And implement MFA (multi-factor authentication – where you get a text to verify it is really you.) If you're locked out, you need to contact the network provider, ex Facebook. Different sites have different ways of dealing with it. Search on the phrase "My ---- account has been hacked" (insert the media network name in place of the dashes) and look for results that are actually from the network company. It's also important to let your friends know, via email or a message service, to put them on the alert. Which brings us back to where we started: "My account has been hacked. Please ignore a friend request." 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 Aruba EdgeConnect Enterprise Orchestrator, Oracle, and Mozilla (Firefox and Firefox ESR) 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/com-
- plaint • 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
- IRS: report email scams impersonating the IRS to phishing@
- 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/fraudsupport to learn more about the free program and register.

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

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

It certainly feels like fall

2004 by Mary Kraft, who frequently wrote a column under the title "Silver Threads." Kraft died recently and her son, Ken Kraft, found the column on her computer and shared it with The Sheridan Press

t certainly is feeling like fall. I love the chilly nights and the mixture of cool and warm days. Fall has always been my favorite time of the year.

When I was growing up, by now



KRAFT

most of the garden produce had been canned, and the grain was thrashed and in the granary and the stubble had turned a pure gold. Nothing could have been prettier. Sometimes the fields would be (almost) covered with pheasants out there picking what grain had shaken out during the harvesting. Last

time I wrote I mentioned shocking grain and somebody saw that before it was put in the Press and they changed it to "shucking grain." I had to laugh as I knew whoever had done that certainly hadn't grown up on a farm

or they would know you can't shuck grain. Corn, yes, but not grain.

After the grain had been mowed and raked into windrows, dad would come with the binder and it would pick up grain until it got a certain amount. then it would tie it in bundles with binder twine, and then those bundles would come out and land in a row and then it was the kids' job to pick them up and stand them together with the heads of grain up. How many, I'm not sure, eight or 10 maybe.

Then the thrashing crew came with their teams and hayracks.

One man would walk alongside and pitch the bundles onto the havrack and another man would stay on the rack and pile them neatly so when they got a load they would go to the thrashing machine and toss in one bundle at a time. The straw would come out one spout and the grain would come out another into a grain

There were always several men that brought their havracks and several would bring grain wagons. As soon as one was filled, that man would head to the granary and there would be a man there to help shovel it in a high door. As fast as they empty it, they would head back to get another load.

At noon they would stop and come

to the house where my mother and my sister and I had a huge dinner ready for them. That was the only time we ever had ice, but the day before Dad would go to town and buy a large block of ice and put it in the root cellar and it would be wrapped in gunny sacks, several old quilts that was used just for that purpose and then we could have ice tea for those hardworking men. What a treat that was! Wow! I started out just to explain the difference between shocking and shucking and got completely carried away with

Probably told you way more than you ever wanted to know. I guess no matter how old I get or how many changes I see in our way of living, I will always have wonderful memories of growing up during the Depression.

Even though times were hard and no one had any luxuries, it was still a good way of living, and we were taught to live by the golden rule and to be honest and truthful, and even if you did have to earn a living by getting dirty — not to be ashamed of it.

I guess I've let my mind wander back long enough, so had best bring this to an end.

MARY KRAFT, deceased, was a former columnist for The Sheridan Press under the column series "Silver Threads."

In Mexico, Day of the Dead is actually a celebration of life

MEXICO CITY (AP) — During the Day of the Dead celebrations that take place in late October and early November in Mexico, the living remember and honor their dearly departed, but with celebration — not sor-

Marigolds decorate the streets as music blares from speakers. Adults and children alike dress as skeletons and take photos, capturing the annual joy-filled festivities. It is believed that during the Day of the Dead — or Dia de Muertos — they are able to commune with their deceased loved ones.

No one knows when the first observance took place, but it is rooted in agriculture-related beliefs from Mexico's pre-Hispanic era, said Andrés Medina, a researcher at the Anthropological Research Institute of the National Autonomous University of Mexico. Catholic traditions were incorporated into the celebration after the Spanish conquest in 1521.

"In that mythology, the corn is buried when it's planted and leads an underground life for a period to later reappear as a plant," Medina said. The grain of corn is seen as a seed, comparable to a bone, which is seen



During the Day of the Dead celebrations that take place in late October and early November in Mexico, the living remember and honor their dearly departed, but with celebration — not sorrow.

as the origin of life.

DINING ROOM HOURS:

Today, skeletons are central to Day of the Dead celebrations, symbolizing a return of the bones to the living world. Like seeds planted under soil, the dead disappear temporarily only to return each year like the annual harvest.

vance as well. Families place photographs of their ancestors on their home altars, which include decorations cut out of paper and candles. They also are adorned with offerings of items once beloved by those now gone. It could include cigars, a bottle of mezcal or a plate of mole, tortillas and chocolates.

Traditional altars can be adorned in a pattern representative of a Mesoamerican view that the world had levels, Medina said. But not everyone follows — or knows — this method.

"To the extent that Indigenous languages have been lost, the meaning (of the altar) has been lost as well, so people do it intuitively," he said. "Where the Indigenous languages have been maintained, the tradition is still alive."

The way Mexicans celebrate the Day of the Dead continues to evolve.

Typically, it is an intimate family tradition observed with home altars and visits to local cemeteries to decorate graves with flowers and sugar skulls. They bring their deceased loved ones' favorite food and hire musicians to perform their favorite songs.

"Nowadays there's an influence of American Halloween in the celebration," Medina said. "These elements carry a new meaning in the context

Altars are core to the obser- of the original meaning of the festival, which is to celebrate the dead. To celebrate

> life." In 2016, the government started a popular annual parade in Mexico City that concludes in a main square featuring altars built by artisans from across the country. The roughly threehour-long affair features one of the holiday's most iconic characters, Catrinas. The female skeleton is dressed in elegant clothes inspired by the engravings of José Guadalupe Posada, a Mexican artist who drew satirical cartoons at the beginning of the 20th centu-

On Friday afternoon in the capital city, Paola Valencia, 30, walked through the main square looking at some of the altars and explained her appreciation for the holiday: "I love this tradition because it reminds me that they (the dead) are still among us."

Originally from the Mexican state of Oaxaca, she said the residents of her hometown, Santa Cruz Xoxocotlán, take a lot of time to build large altars each year. They are a source of pride for the whole community.

"Sometimes I feel like crying. Our altars show who we are. We are very traditional and we love to feel that they (the dead) will be with us at least once a year," she said.

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, NOV. 01	WEDNESDAY, NOV. 02	THURSDAY, NOV. 03
Beef Stew	Mediterranean Chicken W/	Macaroni & Cheese &
Biscuit	Roasted Red Pepper Sauce	Ham Bake
Garden Salad	Risotto	Green Beans
Chocolate Chip Cookie	Roasted Root Veg	Cucumber Salad
	Fruit	Brownies

FRIDAY, NOV. 04 Open Faced Turkey Sandwich Mashed Potatoes W/ Gravy Green Beans Molasses Cookie

MONDAY, NOV. 07 Pork Chops Cheesy Broccoli Rice Cauliflower

Banana Cake

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 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