

HACKERS BRIEF

from CyberWyoming

DEAR ESTEEMED CUSTOMER

A phishing scam that tries to steal your email user ID and password was reported by a Sheridan citizen. The email’s greeting is “Dear Esteemed Customer” and the email says there was a “server blunder” and 5 of your emails didn’t get sent. The email is signed by Bresnan Webmail Settings and the link doesn’t go to Bresnan. The email is from a Gmail address spoofed as “User Guide!” and the subject line is Mail Box Alert.

USPS DOESN'T TEXT

A Laramie citizen wants to remind you that USPS doesn’t text you because they were ‘unable to locate the house number of the package’s address.’ USPS just returns it to the sender.

MR. PROSPER SCAM

You can sense the irony that a scam email from a “Mr. Prosper” (all caps) was reported by a Sheridan resident. Apparently, Mr. Michael Prosper is a delivery agent from a Canadian email address (.ca) who needs \$450 to get \$5.7 million and all you have to do is send a gift card for \$200. The subject line is “good morning my friend” (all lower case).

EFT PAYMENT REJECTED

If you receive an email from a Gmail address with the subject line of “EFT Payment Rejected (WorldPay)” asking you to open an attachment and follow instructions to get your WorldPay payment, do not click on the attachment or any links. This scam was reported by a Laramie citizen.

MORE GEEK SQUAD IMPERSONATION

A Sheridan citizen reported an email with the subject line of “Order Placed!” from “teresa war” (all lower letters) at a Gmail address. The email claimed that “IT IS A GOOD DAY – YOUR ITEM HAS BEEN ARRIVED” in red capital letters and claimed that the citizen’s account had been debited for \$362. Don’t call the phone number in the email.

ONLY USE APPLE AND GOOGLE STORES FOR APP

With more people using their smart phones for every day online life, Scambusters.org wants to remind you to only use Apple and Google stores when downloading apps. This can help you avoid mobile spyware and other malicious programs.

GOVERNMENT IMPOSTERS

Scammers pretending to be from the government’s Consumer Financial Protection Bureau (CFPB) have stolen thousands of dollars by telling victims they’re entitled to receive money from settlements such as class action lawsuits. Then they demand upfront fees to collect. The CFPB doesn’t operate this way and it never requests payment for any money refunds it may provide. Brought to you by scambusters.org.

AARP CRYPTO SCAMMERS

Even if you aren’t a cryptocurrency investor, AARP of Wyoming reminds you that the FTC has received reports of more than \$1 billion in losses to crypto scams since 2021. Scammers will most often approach you through social media or dating sites. If someone asks you to a cryptocurrency ATM and gives you a QR code to open a digital wallet and deposit money, remember that this is a common scam tactic. For the full AARP article: <https://www.aarp.org/money/scams-fraud/sms-text-alerts.html>

NEW DEEPPAKE SPOTTED USINGHOLOGRAMS

Some investors were recently fooled by a hologram of a chief communications officer for a leading cybercurrency trading company. The crooks used a downloaded video of the CCO to build a hologram replica so investors thought they were actually speaking to the genuine person. Deepfake computer code is now found on the internet and deepfake services are popular in underground forums. Also, the FBI has warned that deepfake videos were being used by bogus job seekers for remote-working tech roles. For more about deepfakes, check out the Wyoming State Library’s 3 part series explaining the evolution (July 2021-Sept 2021 videos) and history here: <https://library.wyo.gov/services/special-programs/wyocan/>. Brought to you by scambusters.org.

IRS WARNING

The Internal Revenue Service (IRS) has issued an urgent warning about a sudden and massive increase in identity theft attacks via SMS text messages (smishing). The texts pretend to be from the IRS and offer help with setting up an account or news about tax credits. The scammers use a fake IRS sign-on web page to steal victims’ confidential information. The agency never asks for this type of information in emails or texts, so, if you get one, it’s 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 Cisco’s Identity Services Engine, Google’s Chrome browser, Samba, Apple (Safari, iOS, iPadOS, macOS Big Sur, macOS Monterey, macOS Ventura, tvOS, and watchOS), and VMWare Cloud Foundation 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

Hackers Brief from Cyber Wyoming brought to you by



FIRST FEDERAL
BANK & TRUST

307.674.0464 | www.efirstfederal.bank

GUEST COLUMN

Simplify holiday plans for more joy

Ready or not here come the holidays. There’s an image of holiday perfection that our culture encourages. Starting with Thanksgiving, we are inundated with images of families happily enjoying each other’s company during an idyllic holiday meal.

For family caregivers, especially those caring for someone living with dementia this is a particularly hard time. Elders’ various health problems, care needs and living situations add to the complexities of bringing everyone together for the holidays.

I’d like to share a few tips that may help you through the upcoming holidays.

Reset the computer in your head. Wipe out the hard drive that holds holiday memories of the past. The perfection you remember could be a little bit skewed anyway. Your circumstances were probably very different, and now it’s time to celebrate the holidays in a new way that fits your life as it is right now. There is nothing wrong with reminiscing, but using comparisons between this year and the past holiday seasons may only set you up for disappointment.

Do something that makes you laugh. Laughter is therapeutic. Find a funny holiday movie even if it’s one you have watched before. “National



STELLA MONTANO

Lampoon’s Christmas Vacation” is one that won’t disappoint. I used to keep a little journal and would jot things down that may not have been funny at the time, but later I was able to laugh at the situation and keep it as a good memory. One day we were sitting on the patio and I was sipping on a Mike’s Lemonade. I got busy with something in the yard and before I realized it my mom (who lives with dementia) had finished the “lemonade.” She never drank alcoholic beverages in her life so I felt pretty guilty for leaving it where she could reach it. We later laughed at the situation.

Be thankful. In most cases, before we can be thankful, we must accept where we are in life. Most often there are circumstances that we would love to change and many that we never anticipated, but that is where we are. If we can accept where we are today, we can work our way toward expressing some gratitude. Maybe our gratitude is only that we are learning and growing from our hardships and setbacks. There are

studies linking feelings of gratitude with reduced stress and a healthier immune system. I’ve heard it said that grateful people are more likely to take care of their own health by adopting better habits like eating well and exercising, to name a few.

Communicate with your loved ones. Helping the entire family understand that each person’s desires are important to you but that you have a lot on your plate can help keep their expectations more realistic.

Having this conversation with your family may even inspire them to lend a hand.

Simplify your plans and enjoy what truly matters. Forgive yourself for the scant decorations, the online shopping and the skipped Christmas cards. You can send out a family letter any time of the year.

Give yourself permission to take a break. Remind yourself that your health and sanity are a gift to your loved ones. By skimping on some of the frills, they will have more quality time with you.

For more family caregiver resources see aarp.org/caregiving or call 877-333-5885.

STELLA MONTANO is a volunteer with AARP’s Sheridan Action Team and a former caregiver program manager at The Hub.



MATTHEW GASTON | THE SHERIDAN PRESS

Big Horn Historical Society

The Big Horn Historical Society’s Polly Hill, left, and Patty Gingles, right, help customers find interesting local histories during the Big Horn Women’s Club’s Bazaar and Bake Sale Saturday, Nov. 5, 2022.

Time to study up: gardening terms everyone should know

BY JESSICA DAMIANO
ASSOCIATED PRESS

When thumbing through seed catalogs or plant-care

manuals, you’re likely to encounter at least some descriptions that elude you. So here’s a cheat sheet to help navigate the offerings

– and maybe impress your gardening friends.

Aerate: Poking holes into compacted soil with a garden fork or aeration machine to facilitate the flow of oxygen to plant roots.

Amendment: Organic matter such as compost or manure added to soil to improve its fertility, drainage, water retention or structure.

Annual: A plant that completes its lifecycle in one year, regardless of climate.

Bare root: Plants, typically roses, trees and shrubs, that are dug out of the ground and sold without soil or containers.

Biennial: A plant that completes its lifecycle in two years.

Bolting: Premature flowering of crops like lettuce and beets that renders them bitter or otherwise lessens their quality.

Botanical name: The name assigned to a plant using the Latin-based terminology developed by the Swedish botanist Carolus Linnaeus in the 1700s. Using a plant’s botanical name (also referred to as its “scientific name”) eliminates the risk of confusing it with other plants.

Broadcast: Spreading seeds over a large area, either by

hand or machine, instead of planting in rows.

Cloche: A traditionally bell-shaped item placed over plants to protect them from insect or frost damage.

Cold frame: An enclosure placed around plants to create a greenhouse effect and extend the growing season.

Common name: A nickname used in certain circles or geographical regions to describe a plant. Because different plants can share a common name -- and one plant can have several -- their use can confuse gardeners.

Companion planting: Grouping specific plants together based on the benefits they provide for each other. Those benefits can include attracting pollinators, deterring pests or serving as a living trellis.

Deadheading: The practice of removing spent -- or dead -- flowers from a plant to encourage repeat blooming, prevent self-sowing or simply keep plants looking tidy.

Deciduous: Plants, trees or shrubs that lose their leaves in autumn or winter.

Direct sow: Planting seeds directly into the garden rather than starting them in containers indoors and transplanting them outdoors later.



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, NOV. 08 Chicken Enchilada Casserole Refried Beans Corn Fruit	WEDNESDAY, NOV. 09 Roast Beef Mashed Potatoes W/ Gravy Green Beans Funfetti Cookie	THURSDAY, NOV. 10 Chicken Alfredo Garlic Bread Vegetable Medley Caesar Salad Fruit
FRIDAY, NOV. 11 Fish & Chips Coleslaw Carrots Fruit	MONDAY, NOV. 14 Baked Chicken Thighs Roasted Red Potatoes Veg Medley Toffee	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