

HACKERS BRIEF

from CyberWyoming

TEXT WITH VOICE ATTACHMENT ALERT

If you receive a text with a pig and smiley face with sunglasses emojis as well as a voice recording attachment, a Laramie citizen wants you to know not to click on or download the voice recording. It is a well known scam.

EXPERIAN ALERT

A Laramie citizen received a call from the real American Express credit card services asking if the citizen had applied for a high limit credit card. The citizen had not and was surprised to get the call because the citizen had placed a credit freeze on all of her credit reporting agency accounts. The American Express service representative said that the citizen’s Experian account was not frozen. The citizen looked it up in her records and found that it should have been locked, but went to Experian’s site and it was unlocked by someone other than her on Dec 18. She relocked the account and checked her credit. CyberWyoming Note: Experian has been in the news lately. Learn from this Laramie citizen and check your security freeze on Experian to make sure it is still active.

BLUE FEDERAL CREDIT UNION ALERT

The real Blue Federal Credit Union wants you to be aware of text scams asking you to click links. Hackers are using the knowledge that Blue is transitioning to a new online and mobile banking system. Blue FCU says they will NEVER send you links via text message to update your information.

THE UNIVERSE JUST KEEPS ON GIVING

Despite CyberWyoming notifying Tut.com about the use of theuniverse@tut.com email address, the universe just keeps on giving. This time a Sheridan citizen reported an Ace Hardware impersonation and Bed Bath & Beyond impersonation with a link that directed the citizen to hotfiles.com and a Lowes Shipment impersonation (and another one just from “Lowes”) with a link that went to a partnerportal.garmin.de website address. The subject lines were “Confirmation Needed”, “2nd attempt for [redacted name]”, “3rd attempt for [redacted name]”, and “Seriously [Redacted name], We don’t normally do this...” (Ironic don’t you think?)

ATM CARD SCAM

If you receive an email from Mr. Wilson Peterson at a Gmail address saying that you need to send a gift card to retrieve your ATM card, remember this is a typical scam and just delete. Reported by a Sheridan citizen.

GIG WORKER ALERT FROM SCAMBUSTERS.ORG

Gig working is defined as temporary jobs in the service sector, usually filled by independent contractors or freelancers. They are often used as second jobs to increase income and one in six Americans say they’ve earned money from these types of jobs. In many cases, earnings are paid into a holding account at the employer’s company until the worker withdraws them or until the company transfers the money to the worker. Because these aren’t employees, they don’t have protections and are often unaware of scams. Scams are often seen in the form of phishing where the scammers pretend they’re either the employee company or the customer of the company when they approach the worker. They spoof (imitate) phone numbers or email addresses to look more legitimate and they usually say the worker’s sign-on details have been compromised to obtain the user ID and password to the holding account. Often the thieves use scare tactics saying the worker will be deactivated from the gig work if they don’t respond quickly. Scambusters.org also recommends that gig workers watch for advance payment scams (never pay upfront fees to get a job), fake checks, and fake websites advertising the need for gig work that steal personal financial information. Report fraud to the FTC at reportfraud.ftc.gov.

EPIC GAMES SETTLES WITH FTC

If you are a Fortnite player and gave the game saved your payment information (without telling you first), didn’t give you the chance to confirm purchases, made it hard to cancel the purchase, and locked you out of the game if you disputed a purchase, you aren’t alone. Epic Games just settled with the FTC and has to pay \$245 million to hose they unfairly charged or locked out of a Fortnite account. Learn more here: <https://www.ftc.gov/fortnite>.

ANYDESK TRICK

Thousands of us receive fake messages every day pretending to come from online retailers alerting us to account problems or orders we didn’t place. There’s usually a contact number which, if you call, connects you with a scammer who will try to get you to install an app called AnyDesk. This is a perfectly legitimate app enabling PCs and phones to be accessed remotely. You can guess the rest. Unless you want someone elsewhere to be able to access your devices, don’t download and install it. 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 KSMBD for Linux, Google’s Android operating system, and Brocade’s Fabric 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

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

NEAT exercise: The often forgotten way to stay healthy

Another year has passed and a lot of people are setting goals or resolutions to become healthier during the new year. Nothing excites me more than seeing people take control and have the want and desire to become healthier with a focus. Unfortunately, for most, it becomes too much and life interrupts the focus, putting them right back where they started and feeling defeated once again, but it doesn’t have to be that way.

The most practiced strategy to manage weight is by following the well-known recommendation of getting 150 minutes of moderate-intensity physical activity and a minimum of two days of muscle strengthening training while adding in eating the right amount of less processed foods. While this is a great recommendation and a goal worth achieving, it is equally important to incorporate more NEAT movement into your daily routine.



DESIREE PEARCE

What is NEAT?

NEAT is an acronym that stands for Non-Exercise Activity Thermogenesis. What is that, you may ask? To break it down, Non-Exercise Activity is consid-

ered any activity that is outside of a scheduled exercise routine such as fidgeting, walking, cleaning, shoveling, gardening or anything else that will induce movement. Thermogenesis is a metabolic activity that occurs in every living organism. During this process, the body burns calories to generate energy or heat and often has a higher effect on energy expenditure than EAT (Exercise Activity Thermogenesis) does.

The importance of NEAT

NEAT is an important and additional way of maintaining a good metabolism, and good metabolism is directly related to healthy weight management and in turn reduces the chances of developing chronic diseases.

A study by the Mayo Clinic describes how “by avoiding sitting, promoting motion and engaging in simple, repetitive and creative activities, a significant amount of extra calories may be expended that can reduce weight and perhaps prevent the cardiovascular and metabolic complications associated with obesity.”

6 ways to incorporate more NEAT into your day

Walk and talk. Not only will you be increasing your NEAT, you may think clearer and feel more energized when you’re finished.

Stand instead of sit. Standing desks

are becoming popular in the workplace these days and will induce a resting heart rate that is higher than sitting does, thus increasing caloric output.

Take the stairs. This old adage still rings true. Skip the elevator and take the stairs to keep the body moving throughout the day.

Park at the far end of the store or parking lot. Whether it is close to a door but on the opposite side of the store, or farther away from the entry you will be increasing your NEAT.

Take mini-walks. Set a timer to remind yourself to take a quick walk around the office or house every hour.

Stretch while decompressing. Take time to release the tension in your body by stretching while you watch TV.

The percentage of calories per day burned through NEAT is different for everyone, but on average it’s between 15% and 30% of which is quite significant and you may come to appreciate that spontaneous physical activity is not spontaneous at all, but carefully programmed into your lifestyle with significant health benefits. Best of all, you don’t have to spend money, go somewhere special or follow a specific stringent program. You just need to focus on adding more movement throughout the day.

DESIREE PEARCE is senior director of operations at Sheridan County YMCA.



MATTHEW GASTON | THE SHERIDAN PRESS

Vice-chair

The Sheridan County Republican Party Vice-Chair Holly Jennings speaks during the Sheridan County Central Committee meeting Saturday, Jan. 14, 2023.

...on Smith
A CENTER FOR ALL GENERATIONS

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.

TUESDAY, JAN. 17
Chicken enchilada bake
Refried beans chuckwagon
Corn
Fruit

WEDNESDAY, JAN. 18
Spaghetti w/ meat sauce
Vegetable medley
Caesar salad
Fruit crisp

THURSDAY, JAN. 19
Open faced turkey sandwich
Mashed potatoes w/ gravy
Brussel sprouts
Brownies

FRIDAY, JAN. 20
Meatloaf
Stewed tomatoes
Cauliflower
Baked potato
Banana snack cake

MONDAY, JAN. 23
Shrimp scampi
Garden pasta salad
Broccoli
Roll
Fruit

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

Holidays didn’t lead to feared bump in flu cases, CDC says

NEW YORK (AP) — New U.S. government data suggests holiday gatherings didn’t spark surges in respiratory diseases.

The Centers for Disease Control and Prevention on Friday reported that visits to doctors’ offices for the flu-like illnesses fell for the sixth straight week. Reports of RSV, a common cause of cold-like symptoms that can be serious for infants and the elderly, are also down.

When flu and RSV surged in the fall, causing overloads at pediatric emergency rooms, some doctors feared that winter might bring a “triple epidemic” of flu, RSV and COVID-19. And they worried holiday gatherings might be the spark.

But it didn’t happen, apparently. “Right now, everything continues to decline,” said the CDC’s Lynnette Brammer, who leads the government agency’s tracking of flu in the United States.

RSV hospitalizations have been going down since November, and flu hospitalizations are down, too.

Of course, the situation is uneven across the country, and some places have more illnesses than others. But some doctors say patient traffic is easing.

“It has really eased up, considerably,” said Dr. Ethan Wiener, a pediatric ER doctor at the Hassenfeld Children’s Hospital at NYU Langone in New York City.

Dr. Jason Newland, a pediatric infectious diseases physician at St. Louis Children’s Hospital in Missouri, said “it has slowed down, tremendously.”

Newland said he wasn’t surprised that flu and RSV continued to trend down in recent weeks.