

Stay safe on public Wi-Fi networks, or risk being hacked



Senior Beat
Carol Higgins Taylor

Seriously, nothing is safe anymore. Perhaps we have all been naive or maybe the criminals are just very good at infiltrating our daily lives where we least expect it.

I was watching a TV show from about 15 years ago, and the main character had to plug her laptop into a phone jack on a wall to get an internet connection. I laughed and shook my head. Remember the dial-up days?

The invention of Wi-Fi was a gift. It's so easy and readily available for us to use in restaurants and coffee shops and so on. I see people conducting all sorts of business with public Wi-Fi. While convenient, the truth is, it's dangerous.

A new AARP Fraud Watch Network (FWN) survey reports that many people are relying on said convenience of public wireless networks to keep up-to-date on email, social media, shopping and even their finances, which can put their sensitive personal information at risk. Think hackers.

FWN has started a campaign, "Watch Your Wi-Fi," to inform people about Wi-Fi hazards and to teach them how to protect themselves.

The results of the survey were shocking, although they shouldn't be given how commonplace we often are with our personal information. The survey revealed that nearly

half of consumers log on to free public Wi-Fi at least once every few months and of these, 33-percent have shopped online using their credit card, 37-percent have conducted online banking, and more than 70-percent have accessed their email, Facebook and other social media accounts. It's hard to resist logging on, but the bottom line is that people too often put themselves at risk of identity theft by using unsecured public Wi-Fi.

"The convenience of free Wi-Fi networks remains a great asset for surfing the internet or checking the news or the latest weather forecast," said AARP Fraud Watch Network Ambassador Frank Abagnale, in a press release recently. "But consumers should never use unsecured Wi-Fi to log-in to social media, engage in credit-card transactions, or do online banking."

Cybercrime amounted to \$800 million last year, according to AARP.

The Watch Your Wi-Fi campaign lists the 4 things to never do on public Wi-Fi:

1. Don't access your email, online bank, or credit card accounts using public Wi-Fi.
2. Watch out for fake Wi-Fi at coffee shops, hotels, or other places that offer free Wi-Fi. Con artists set up networks with similar names to trick unsuspecting customers.
3. Don't let your mobile device automatically connect to nearby Wi-Fi.
4. Don't surf using an unknown public network if the website requires sensitive information, like online shopping.

One of the dangers is called the Man in the Middle Attack.

A hacker positions himself between you and your Wi-Fi connection point so basically you're sending your information to the hacker instead of your intended destination. The hacker then sends and receives data impersonating you. Every piece of information you're sending out on the Internet: important emails, credit card information and even security credentials to your business network, are all under the control of the hacker.

"The AARP Fraud Watch Network 'Watch Your Wi-Fi' campaign is giving Mainers the information they need to stay connected without sacrificing their personal security," said Jane Margesson, AARP Maine communications director.

As part of this campaign, AARP has also begun encouraging businesses who have free wireless networks available for their customers, to participate in the education effort. They developed a small tip sheet poster that businesses can print off and hang up, which is critical considering that 70-percent of the respondents to the survey said they did not recall seeing any posted warnings at public Wi-Fi locations about using the unsecured network to shop, bank, or access social media sites.

For more information, call 1-877-908-3360 to speak with trained volunteers or visit aarp.org/WatchYourWiFi. And stay off the internet in public places.

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New initiative to raise awareness about opiods among Maine's tribes

Diversion Alert, the Wabanaki Tribal Health Clinics and Husson University School of Pharmacy have launched a statewide initiative called "Wabanaki Pathway to Hope and Healing," which is funded through one of 18 Rural Opioid Overdose Reversal Grants awarded by the Health Resource and Service Administration's Rural Opioid Overdose Reversal Grant Program.

The initiative aims to raise awareness about the risks of opioid overdose, while increasing the ability of tribal communities to respond to such a situation if it does arise.

The project's goals included identifying steps involved in a community-wide naloxone program, an opiate antidote that can be used in cases of suspected drug overdose; discussing the importance of cultural competence; and listing resources available for guidance in the development of policies and protocols regarding naloxone.

Through funds provided by the grant, health care providers in tribal health clinics and staff in all three tribal police departments were trained to prescribe naloxone. Grant funds were used to purchase 150 naloxone kits that were distributed across the five health centers, to be dis-

pensed by standing order to patients at risk for opioid overdose, and protocols were established for each clinic for the distribution of naloxone.

In Aroostook County, tribal health centers are the Micmac Service Unit in Presque Isle and the Maliseet Health and Wellness Center in Littleton.

"We are sincerely thankful to the tribal health directors for joining forces with us in this important endeavor to address the issue of addiction and overdose. We have made a lot of progress along the 'Pathway to Hope and Healing' and endeavor to continue along that path together," said Sarah Martin, assistant professor of social and administrative sciences at Husson University School of Pharmacy.

According to the Maine Medical Association, there were 272 overdose deaths in Maine last year. In 2014 emergency medical services administered naloxone 829 times in Maine, a report by the State Epidemiological Outcomes Workgroup says. That number reportedly increased in 2015.

The initiative also aims to encourage others to support those in recovery and includes a website (recoveryinme.com) that provides resources for communities and families. It specifically

includes information about how to use naloxone.

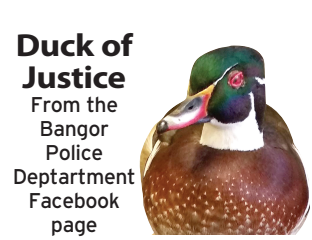
"The public service announcements that were created for Wabanaki Pathway to Hope and Healing focus on bringing a much needed message to families and communities about responding to the widespread problem of addiction in our state. That message is that we can all be part of the solution by building families and communities that support people in recovery," said Clare Desrosiers, executive director of Diversion Alert.

The initiative includes an infographic with instructions about how to use naloxone; a rack card; an instructional video about how to use naloxone; and television and radio PSAs.

Diversion Alert also offers tools for medical professionals which provide access to drug arrest data so they can identify and respond to patients at risk for overdose, in need of treatment, or engaged in illegal prescription drug distribution.

The three other Wabanaki tribal health clinics are the Passamaquoddy Health Center at Indian Township, Penobscot Nation Health Department on Indian Island, and the Pleasant Point Health Center.

From the Bangor Police: Not quite a Broadway musical



Duck of Justice
From the Bangor Police Department Facebook page

If "Got Warrants?" was a musical, it would not have been written by Rodgers and Hammerstein. It would have been written on the back of a napkin by a couple of guys that went by the pen names of Roger and Hammered-Steve. Roger would be the sober one. Naturally.

Roger and Hammered-Steve would have scribed the feature and soundtrack while sitting in a light blue 1978 Chrysler Cordoba, parked at a strip mall. They would bum money for cigarettes and sing loudly to the cassette version of the soundtrack to the movie, Heavy Metal. The tape would have broken about halfway through Cheap Trick's "Reach Out" and they would have finished writing the missive while listening to smooth jazz pumped in through the Audiodvox FM-converter. You have to learn to adapt if you are going to produce a musical of this caliber.

Sammy Hagar's "Heavy Metal" can be hummed ever so lightly as you read this week's homage to those that are naughty. If you do not know the song, hum whatever you want.

We don't use names and while there are many reasons, the most prevalent is that we actually do not want to embarrass people. We just want you to know that somewhere between petty crimes and serious felonies is a place called "Got Warrants?" It can be a magical place.

Put on your Muck Boots and wander around behind the men and women of the Bangor Police Department. Grab some gloves. This job can get a little sticky.

We support the arts, but there is a time and place for everything. A man near Bolling Drive called to report that someone had drawn, what appeared to be male genitalia, on his back door. This is not an appropriate use of a Sharpie. The man told Officer Perez that he believed that neighborhood teens might have done it.

Perez agreed with his assessment as we do not get many complaints of members of the Daughters of the American Revolution pulling these types of stunts.

With no identifiable suspects, there is not much that

we can do. Unlike the television show NCIS, we do not have a computer data base giving us access to other art-based crime. We also knew there was no way we were going to six people to agree to come in for a line-up.

Officer Perez advised the man to leave the outside light on in order to curtail the ability of the artists to practice their Caligula-based calligraphy. A downside to this plan is that the added light might allow the artist to render more detail to their subject matter in future drawings and nobody wants that. We remain concerned but have not seen an up-tick in this type of potty humor.

A man that was sleeping in the flower bed of the Main Street McDonald's restaurant apparently felt that he needed more than a loaded cheeseburger.

Officer Duncan Bowie and Officer Nick Huggins went to check on him and just prior to waking him up, noticed the handgun sticking out of his waistband.

We are used to dealing with armed individuals but Officer Bowie still wished he had been wearing his rubber WWRD (What Would Ronald Do?) bracelet.

Recalling the way his mother sang to him as an infant in Scotland, Bowie used calming tones to bring the man out of his hops-induced slumber. Bowie advised the man that he would like to secure the gun for a few moments until he was clear headed enough to chat about his choice in sleeping arrangements and sleeping accoutrements. A Fit-Bit or CPAP machine would not be shocking. The pistol was a surprise.

When the alarm goes off on this thing, everybody gets up. We hope.

Additionally, we all like perennials but they do not provide much lumbar support when coupled with loose loam and well blended peat moss. Throw in a few cigarette butts and some previously chewed Hubba Bubba and you have found a mattress to die for or in this case...on, if the gun went off unintentionally.

The man came around and told the officers that he only had couple of beers and was heading home. The Officers gave him a ride and returned his firearm, unloaded, when he exited their impromptu Uber debut. There was no charge for the service.

A young man, who took his parents car without permission, went directly to the Walmart to make the

purchase of propane. The store personnel refused to sell him the propane and this was extremely upsetting to him. He asked to speak to a manager about the dilemma and he made it clear that he was not satisfied with the service or the results.

He left the store and drove from Brewer to Bangor and ended up at a Circle K convenience store. It was an extremely hot day and was parched from the drive. He desired a large fountain drink. He tried to purchase said drink with a Shell Reward's card which was not designed for purchases. It should be noted that the Shell Rewards cards are only to be used for discounts and other special offers. He had no cash.

Bangor officers located the gentleman and he told various stories of how he obtained the keys to the family car after someone in the house took away his bicycle. We can understand his frustration as we were all once only 8 years old.

At first, he said that his parents let him have the keys. He was questioned further and he changed the story. We kind of figured he was not being 100% honest about his road trip. We are quick like that.

The car was secured and his parents were notified of his location and he was turned over to them a short time later. We suspect the keys will now be placed in a more secure location or at least on top of the refrigerator.

I know, I know... you don't want our journey to end. You all need to put down the coffee and prepare for the day ahead. With more humidity in the forecast, my suggestion is to use a little more Gold Bond in the areas where humidity makes itself at home. You should determine these locations on your own. If you feel the need to inquire about a specific spot, just spray it.

Do this at home and not at the office.

As always the men and women of the Bangor Police Department urge everyone to keep their hands to themselves, leave other people's things alone and be kind to one another.

We will be here.

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