

Hello from Hanoi, an I.V. family abroad:

by Kaci Elder and Ryan Forsythe

Get On The Bike!

Drop your hat into the little blue basket, squeeze the rear tire to make sure it hasn't gone flat again, and kick up that kickstand. We're gonna take a bike ride around West Lake, Hanoi.

Coast down the short driveway and now turn left. We'll bike clockwise for a little more than 10 miles, all in all, pedaling our clunky, lovable old bike on the street, finding our own narrow wedge between the scooters, joggers, Grab cars and fancy sedans of Hanoi's largest lake.

First, you'll pedal past ABC Coffee, which was Cafe Viet back in September when we first arrived. It's an open-air cafe on a human-made jetty, with the lake on one side and a lotus pond on the other. It's where I've tried to forget about the fly that I once found at the bottom of my avocado smoothie. But now that I've gone and told you, we'll never get that image out of our heads, will we?

Let's keep pedaling.

Now we're riding past the fishermen who cast their lines all morning long,

and look! Here's the man who sells shirts and pants on the sidewalk (cheap!) and became a lifesaver when winter came and we learned that a tropical country isn't always sweaty and hot and, you know, "tropical," and the nice shirt man sold us a few flannels (cheap!).

Next we pass Turtle Lake Brewery, owned by an American who hasn't seen the U.S. in eight years, he says. Wednesday night is Trivia Night! But it's morning time, so we don't stop, but keep riding until we see the dog park, where local filmmakers once did a night shoot of a scene with an actor inside a car, and we could see everything super clearly, even though it was about midnight, because of dozens of blazing lights pointed at the front seat.

After you ride past the Chinese fortuneteller with his long beard, turn right, and see the shrimp cake restaurants! Bánh tôm hồ tây literally means "cake shrimp lake west" and it's a local specialty: unpeeled shrimp laid on top of a sweet potato dough, deep-fried, then served with a bowl of greens and dipping sauce. The shrimp is caught in West Lake --we used to hear



Kaci takes a spin down the street on her bicycle in Hanoi.

the shrimping boats loudly motoring around the lake at night-- and you eat the shrimp unpeeled, crunchy head and little waving legs and all.

This street has five or six shrimp cake restaurants, all about 10 feet wide and 20 feet deep, so pick one, hop off the bike, and grab a seat on a short plastic stool. Sit anywhere. When the server approaches, say "Hai bánh tôm," or "Two shrimp cakes." She'll

grab two of the uncooked cakes that are displayed in a huge pyramid-shaped pile of shrimp cakes, and then start deep frying your cakes in a wok. Is it questionable to order seafood that's been sitting out in the heat since 4 a.m.? Nah. Don't complain. It's gonna taste great.

Now finagle your chopsticks to grab hold of each shrimp cake and dip it into the watery sweet sauce,

which comes in a small bowl with fermented carrot slices at the bottom, and looks kinda like soup, says this author who, the first time she tried shrimp cakes, thought the dipping sauce was an appetizer and drank it.

There's a flat-screen TV on the restaurant wall and it plays what every restaurant flat-screen TV plays in Hanoi: Vietnamese music videos. Listen. Can you understand what

they're singing about? No you can't, but it's OK: ALL the songs are about unrequited love.

Enjoy your shrimp cake stop! Watch the scooters fly by a few feet from yours, practice using your chopsticks, and listen to the lovers singing on the TV screen. We'll resume our ride next week.

Building a digital defense against teleworking scams during COVID-19:

by the FBI

Welcome to the Oregon FBI's Tech Tuesday segment. This week: building a digital defense against teleworking scams.

The COVID-19 pandemic has led to a spike in businesses using teleworking to communicate and share information over the internet. Knowing this, malicious cyber actors are looking for ways to exploit telework software vulnerabilities in order to obtain sensitive information, eavesdrop on conference calls or virtual meetings, or conduct other malicious activities. If you or your employees are working remotely, consider the risks associated with doing so. Also, make sure you are applying cyber best practices to protect critical information, safeguard user privacy, and prevent eavesdropping.

Here are some of the ways cyber actors may exploit telework applications:

Software from Untrusted Sources

- Malicious cyber actors may use legitimate-looking telework

software—which may be offered for free or at a reduced price—to gain access to sensitive data or eavesdrop on conversations.

- Fraudsters may also use phishing links or malicious mobile applications that appear to come from legitimate telework software vendors.

Communication Tools

- Bad actors may target communication tools – such as voice over Internet Protocol (VoIP) phones, video conferencing equipment, and cloud-based communications systems – to overload services to take them offline or to eavesdrop on conference calls.

- Cyber actors have hijacked video-teleconferencing sessions to disrupt meetings by inserting pornographic images, hate images, or threatening language.

Remote Desktop Access

- Some telework software allows for remote desktop sharing, which makes collaboration and presentations easier. However, malicious cyber actors are known histori-

cally to have compromised remote desktop applications to gain access into other shared applications.

Supply Chain

- As organizations seek to

obtain equipment, such as laptops, to enable teleworking, some have turned to laptop rentals from foreign sources. If you aren't careful, these previously-used devices may carry

pre-installed malware.

As always, if you have been victimized by a cyber fraud, you can report it to the FBI's Internet Crime Complaint Center at www.IC3.gov.

Tech Tuesday Tips: COVID-19 & Teleworking Frauds

- Use trusted sources for teleworking software and apps.
- Set security protocols to highest level when using video or cloud-based communication tools.
- Be wary of using foreign-sourced rental laptops.
- Report fraud to tips.fbi.gov or IC3.gov



FBI – Portland Division

Today in History:

by The Associated Press

Today is Wednesday, May 13, the 134th day of 2020. There are 232 days left in the year.

Today's Highlight in History:

On May 13, 1940, in his first speech as British prime minister, Winston Churchill told Parliament, "I have nothing to offer but blood, toil, tears and sweat."

On this date:

In 1568, forces loyal to Mary, Queen of Scots were defeated by troops under her half-brother and Regent of Scotland, the Earl of Moray, in the Battle of Langside, thwarting Mary's attempt to regain power almost a year after she was forced to abdicate.

In 1607, English colonists arrived by ship at the site of what became the Jamestown settlement in Virginia (the colonists went ashore the next day).

In 1914, heavyweight boxing champion Joe Louis was born in Lafayette, Alabama.

In 1916, one of Yiddish

literature's most famous authors, Sholem Aleichem, died in New York at age 57.

In 1917, three shepherd children reported seeing a vision of the Virgin Mary near Fatima, Portugal; it was the first of six such apparitions that the children claimed to have witnessed.

In 1918, the first U.S. airmail stamp, costing 24 cents and featuring a picture of a Curtiss JN-4 biplane, was publicly issued. (On some of the stamps, the "Jenny" was printed upside-down, making them collector's items.)

In 1958, Vice President Richard Nixon and his wife, Pat, were spat upon and their limousine battered by rocks thrown by anti-U.S. demonstrators in Caracas, Venezuela.

In 1972, 118 people died after fire broke out at the Sennichi Department Store in Osaka, Japan.

In 1981, Pope John Paul II was shot and seriously wounded in St. Peter's Square by Turkish assailant Mehmet Ali Agca (MEH'-met AH'-lee

AH'-juh).

In 1985, a confrontation between Philadelphia authorities and the radical group MOVE ended as police dropped a bomb onto the group's row house, igniting a fire that killed 11 people and destroyed 61 homes.

In 1992, the Falun Gong movement had its beginnings in the northeastern Chinese city of Changchun.

In 1994, President Bill Clinton nominated federal appeals Judge Stephen G. Breyer to the U.S. Supreme Court to replace retiring Justice Harry A. Blackmun; Breyer went on to win Senate confirmation.

Ten years ago: Three Pakistani men who authorities say supplied funds to would-be Times Square bomber Faisal Shahzad (FY'-sul shah-ZAHD') were arrested in a series of raids in New England. President Barack Obama met with police officers who responded to the attempted car-bombing, greeting them at the New York Police Department's

high-tech Real Time Crime Center.

Five years ago: The House voted 338-88 to end the National Security Agency's bulk collection of Americans' phone records and replace it with a system to search the data held by telephone companies on a case-by-case basis. (The measure was passed by the Senate and signed into law by President Barack Obama.) Prosecutors and defense attorneys made their final appeals to the jury that would decide the fate of Dzhokhar Tsarnaev (joh-HAHR' tsahr-NEYE'-ehv) as jurors began deliberating whether the Boston Marathon bomber should get life in prison or the death penalty. (The jury voted unanimously for death.)

One year ago: Sending Wall Street into a slide, China announced higher tariffs on \$60 billion in U.S. goods in retaliation for President Donald Trump's latest penalties on Chinese products; the Dow industrials finished more than 600

points lower. Doris Day, the sunny blond actress and singer who starred in comedic roles opposite Rock Hudson and Cary Grant in the 1950s and 1960s, died at her California home at the age of 97. Actress Felicity Huffman pleaded guilty in the college admissions bribery scheme; she admitted paying an admissions consultant \$15,000 to have a proctor correct her older daughter's answers on the SAT. (Huffman would serve 12 days of a two-week prison sentence.)

Today's Birthdays:

Actor Buck Taylor is 82. Actor Harvey Keitel is 81. Author Charles Baxter is 73. Actress Zoe Wanamaker is 72. Actor Franklyn Ajaye is 71. Singer Stevie Wonder is 70. Former Ohio Gov. John Kasich (KAY'-sihk) is 68. Actress Leslie Winston is 64. Producer-writer Alan Ball is 63. Basketball Hall of Famer Dennis Rodman is 59. "Late Show" host Stephen Colbert (kohl-BEHR') is 56. Rock musician John Richardson

(The Gin Blossoms) is 56. Actor Tom Verica is 56. Singer Darius Rucker (Hootie and the Blowfish) is 54. Actress Susan Floyd is 52. Contemporary Christian musician Andy Williams (Casting Crowns) is 48. Actor Brian Geraghty is 45. Actress Samantha Morton is 43. Sen. Tom Cotton, R-Ark., is 43. Former NBA player Mike Bibby is 42. Rock musician Mickey Madden (Maroon 5) is 41. Actor Iwan Rheon is 35. Actress-writer-director Lena Dunham is 34. Actor Robert Pattinson is 34. Actress Candice Accola King is 33. Actor Hunter Parrish is 33. Folk-rock musician Wyllie Gelber (Dawes) is 32. NHL defenseman P.K. Subban is 32. Actress Debby Ryan is 27.

Thought for Today:

"To want to be the cleverest of all is the biggest folly." — Sholem Aleichem (1859-1916).