



Be aware: new phishing attempt looks very similar to official Virginia Tech pages

A new phishing scam has recently been identified that is aggressively targeting the Virginia Tech community. It comes in the form of emails that seem to be from university accounts with names like payroll, support1, or Virginia Tech and often end with “@vt.edu.”

In most cases, the subject of the email will begin with something to imply that the message is official or urgent, such as Payroll schedule message, NOTICE!, or NOTIFICATION. In the contents of the email, there is typically only one line of text and a link that directs to a page that is a close replica of the VT Login page. This link is often disguised to appear as if it is a valid Virginia Tech URL. If you hover over the link, however, you will see that the actual URL is not a valid “vt.edu” address.

This cyberattack is actively evolving, so not all the scams may look exactly like the image presented here. Always be vigilant and mindful of the pages you allow to access your information. Never accept Duo 2-factor authentication requests that you do not expect, and note that Duo 2-factor prompts will never come via email. Never click on any links in an email that appear suspicious.

If you find that you have unknowingly used the phishing Login page, please change your VT Username passphrase as soon as you can. In addition, you should report the incident to 4Help, they will work with the IT Security Office to track any potential compromise of your accounts. If you receive an email that seems to be a variation of this phishing scam, please forward that email, including the email headers, abuse@vt.edu and itso@vt.edu.

For more guidance on gathering email headers, visit bit.ly/2OW8E1J.

Fidelity offers the Reality of Health Care in Retirement webinar

Part of the financial educational workshop series, Fidelity Investments will host a webinar at noon on Wednesday, April 10 to prepare employees for health care during retirement. Participants will learn more about health care, the cost, and ways to prepare while planning for retirement.

The webinar is open to all Virginia Tech employees. To register, visit Fidelity’s website at bit.ly/2G5tlyv.

Fidelity offers workshop series to educate employees on strategies and tips to help manage their financial future.

For questions, contact the HR service center at hrrservicecenter@vt.edu or 540-231-9331.

Learn more about retirement with RealizeRetirement Time Machine escape room

Virginia Retirement System (VRS) will be on campus with its RealizeRetirement Time Machine on Monday, April 29, from 10 a.m. to 3 p.m., in the McComas parking lot.

Employees will have the opportunity to learn about retirement planning through an escape room scenario in which they will hear the story of Department of Transportation worker Will Savemore. They will work in teams to solve puzzles that will allow them to “visit the future” and learn about compounding.

Employees will have the opportunity to learn additional retirement information by playing a trivia game for prizes, visiting an augmented reality tech table, and speaking with local IMCA-RC DCP retirement specialists who will be on site to answer questions and set up future consultations.

For more information or to watch the RealizeRetirement Time Machine video, visit the website at realizeretirementtimemachine.org. Registration is not required. Please come out any time during their visit to experience the escape room and enjoy the other events.

If unable to attend, VRS will have its time machine at New River Valley Community Services (corner of University and Prices Fork Road) on Tuesday, April 30, 10 a.m.-1 p.m.

For questions, contact the HR service center at hrrservicecenter@vt.edu or 540-231-9331.

Financial services professional to speak about retirement planning

Retirement requires planning. Knowing how to properly plan and prepare for retirement can save you money, time and stress. You'll learn what common costly mistakes you can avoid while planning that will paint a clear picture of your financial future.

Join financial services professional Crystal Knuttgen with The Connor Group, and learn how to plan for retirement in a way that won't break the bank.

This event is free, but seating is limited. Register online at bit.ly/2UpkMy5 or email Martha Franklin at mpfrankl@vt.edu. Must register by April 22 to reserve your spot.

Spring Family Weekend takes place April 12-14

Spring Family Weekend takes place April 12-14 on the Virginia Tech Blacksburg campus. Students and their families can reconnect while taking part in the many activities planned for the weekend, including:

- Virginia Tech Music Day, Friday, April 12 from 10 a.m. to 8 p.m. at various locations across campus.
- Moss Arts Center Exhibition: SOVA Faculty Triennial, Friday, April 12 from 10 a.m. to 7:30 p.m. at the Moss Arts Center.
- GobblerNights: Blast from the Past, Friday, April 12 from 9 p.m. to 1 a.m. in Squires Student Center
- 3.2-Mile Run in Remembrance, Saturday, April 13 at 9 a.m. on the Drillfield
- Spring Family Weekend Tailgate - sponsored by Student Affairs, Saturday, April 13 from 12:30 to 3 p.m. on Dietrick Lawn [tickets required]
- Virginia Tech Spring Football Game, Saturday, April 13 at 4 p.m., Lane Stadium, Worsham Field

For a full schedule of events, visit the Spring Family Weekend web page at bit.ly/2GbSL11.

Join Hokie Wellness for a springtime cooking class

Learn how to liven up your weeknight meal routine with new and healthy recipes at the Healthy Weeknight Meals cooking class on Friday, April 26, from 12-1:30 p.m. The class will be held in Wallace Hall, room 405.

Participants will gain hands-on experience preparing easy and nutritious meals while learning new cooking techniques and skills in a fun, social environment. The cost for the class is \$10 and includes a meal and a recipe booklet.

Registration is required and space is limited to the first 12 who register. Register at bit.ly/2P04YM8. Registrants will be billed for the class unless Hokie Wellness receives cancellation notice three days (April 23) prior to the class.

For more information, contact Hokie Wellness at hokiewellness@vt.edu or by calling 540-231-8878.

Hokie Wellness to host half-day Koru mindfulness retreat

Employees and students are invited to a half-day Koru mindfulness and meditation retreat Friday, May 3, from 8:30 a.m.-12:30 p.m. in the Peggy Hahn Garden Pavilion.

The day will include practice with meditation, yoga, and mind/body skills for relaxation and wellness. The retreat is open to both novices and those with more experience. It is an opportunity to reconnect at a time of year that is often hectic, and to apply skills that can enhance the immune system, concentration, energy, and the ability to enjoy daily life.

Registration at bit.ly/2WUOBDt; please bring a yoga mat to the retreat. For more information, contact Hokie Wellness at hokiewellness@vt.edu or by calling 540-231-8878.

3.2 Mile Run in Remembrance registration and information

The 3.2-Mile Run in Remembrance will be held at 9 a.m. Saturday, April 13.

At the 3.2-Mile Run in Remembrance, the Virginia Tech community reflects on the vibrant lives of the 32 students and faculty who were tragically taken from us on April 16, 2007. This community run/walk throughout the campus of VT strives to bring fellow Hokies together, to feel the support of the community, and to celebrate the lives of our friends and family members.

Registration is still open and can be done by visiting run.recsports.vt.edu Please note: you CANNOT go back and edit your registration. Please make sure your registration is correct (a confirmation box will pop to ensure your number of registrations and shirts). Please also be sure to complete your payment if you purchase shirts.

For more information about the Run in Remembrance visit bit.ly/2EyT7A1.