

In This Issue:

- **Automated Clearing House (ACH)**
- **Business Email Compromise (BEC)**
- **Meadows Bank - Most Active Community Lender**
- **Recently Funded Loans**
- **Top-Rated Apps to Help You Sleep Better**
Feel rested and refreshed with these apps

Meadows Bank - Most Active Community Lender

Meadows Bank was recently awarded, for the second year in a row, the National Association of Development Companies (NADCO), Most Active Community Lender of the Year for the SBA 504 Loan Program.

NADCO is the national trade association of SBA Certified Development Companies (CDCs) and other lenders delivering SBA 504 loans and community advantage financing for small businesses. The primary goal of the 504 Loan Program is to encourage economic development by enabling small businesses to create or retain jobs within their communities. The U.S. Small Business Administration (SBA) was created as an independent agency of the federal government to aid, counsel, assist and protect the interests of small business concerns, to preserve free competitive enterprise and to maintain and strengthen the overall economy of our nation.

Meadows Bank is one of the top SBA lenders in the nation and is designated a PLP (Preferred Lender Program) by the SBA. While focused in the Western United States, Meadows Bank can work with small businesses and provide SBA loans nationwide.

Meadows Bank has SBA loan production offices in Las Vegas, NV; Salt Lake City, UT; Phoenix, AZ; Los Angeles, CA; Sacramento, CA; and Portland, OR and Jupiter, FL.

Top-Rated Apps to Help You Sleep Better

Feel rested and refreshed with these apps

Thanks to an endless stream of social media and entertainment, our phones, tablets and computers can tempt us to stay awake until the wee hours of the morning. However, that doesn't have to be the case. Here are five apps that can help you and your loved ones get high-quality, restful sleep.

Sleep Genius

If you want an app designed by neuroscientists and sleep experts, choose Sleep Genius. Currently the world's top sleep app, this program includes soothing soundscapes to help you fall asleep, a power napping mode and an alarm that gradually wakes you up, so you can feel refreshed instead of frazzled. Dr. Kamran Fallahpour, a Clinical Psychologist and Neuroscientist at the Brain Resource Center in New York, hails Sleep Genius as an easy-to-use, scientifically sound sleep aid with no negative side effects. You can purchase Sleep Genius on both Android and iOS.



Pzizz

This beautifully designed app gives you a selection of soothing, orchestral soundtracks that are designed to help you wind down. Each song is set to fade out after an hour, just in case you fall asleep. Pzizz also features calming neuro-linguistic programming that leads you on a guided relaxation routine. You can even choose between male and female narrators. Better yet, millions of users love Pzizz, including author J. K. Rowling and NBA star Roy Hibbert. If you're interested, you can download this app on Android and iOS.

Sleep Cycle

Instead of using soothing music or calm voices to lull you to sleep, this app is all about the biometric data of a good night's sleep. It even generates graphs that chart your sleep phases. Using your device's microphone, Sleep Cycle analyzes your breathing patterns to track your sleep cycle. When morning comes, the app will wake you up during the lightest part of your sleep cycle, allowing you to awake feeling refreshed and energized. You buy Sleep Cycle for iOS and Android devices.

Pillow

If you're looking for data on your sleeping habits, Pillow can provide the insight you're looking for. This app for your Apple Watch monitors your sleeping patterns based on your movements, heart rate, sleep apnea, snoring and sleep talking. When it's time to wake up, Pillow uses an advanced algorithm to wake you up at your lightest possible sleep stage. It can even work with the built-in Health app on your iPhone or iPad, so it can offer personalized recommendations based on factors like your blood pressure and caffeine intake. Pillow is only available on iOS devices.

Sleepasaurus

As any parent knows, sometimes kids need a little help drifting off to dreamland. Sleepasaurus is a cute, fun app that encourages your little ones to have a healthy sleep schedule. Your little one can choose between seven sleepy prehistoric pals. When it's time for bed, the app encourages a bedtime ritual — putting the dinosaur to bed. The dinosaur will stay asleep until morning, encouraging your child to do the same. In the parents-only section, you can set a wake-up time, or enable wake-up and bedtime music. Sleepasaurus is available for iOS.

These apps are a quick, easy, and affordable way to establish healthier sleep habits. If you're still having trouble falling asleep, consider consulting a healthcare professional.

Recently Funded Loans

Meadows Bank is known for our creative and flexible financing options, as well as our unmatched personalized service.

Recent Loans Funded Include:

\$3,100,000

Nevada

Owner Occupied Purchase of Office/Warehouse

\$2,286,500 • SBA 7A LOAN

Utah

Multi-Use Commercial Real Estate

\$1,101,000 • SBA 7A LOAN

Oregon

Real Estate

\$4,705,000

Nevada

Business Expansion

\$3,263,534 • SBA 504 LOAN

Arizona

Ground Up Construction Gym

\$2,000,000 • SBA 7A LOAN

California

Partner/Shareholder Buyout (50%)

\$2,225,000 • SBA 504 LOAN

Nevada

Ground Up Construction Auto Body Shop

\$1,500,000

Nevada

Restaurant Refinance

\$400,000 • SBA 7A LOAN

Utah

Startup Franchise

\$1,395,000 • SBA 504 LOAN

Arizona

Medical Real Estate

\$1,151,000

Nevada

New Franchise

Business Email Compromise (BEC)

Business Email Compromise (BEC)

At its heart, BEC relies on the oldest trick in the book, deception. The level of sophistication today in this multifaceted global fraud is unprecedented, according to law enforcement officials, and professional businesspeople continue to fall victim.

Criminal organizations carry out the scheme and employ lawyers, linguists, hackers, and social engineers, thus BEC can take a variety of forms. However, a common denominator is that the target of the attack are employees with access to company finances. They are misled to initiate wire transfers to accounts thought to belong to trusted partners; but in reality are controlled by the criminals.

Those techniques include online ploys such as spear-phishing, social engineering, identity theft, e-mail spoofing, and the use of malware. The perpetrators are so practiced at their craft that the deception is often difficult to uncover until it is too late.

According to a 2017 article on the FBI's Internet Crime Complaint Center (IC3) website, "the BEC scam continues to grow, evolve, and target businesses of all sizes. Since January 2015, there has been a 1,300 percent increase in identified exposed losses, now totaling over \$3 billion."

Although the perpetrators of BEC—also known as CEO impersonation—use a variety of tactics to fool their victims, a common scheme involves the criminal group gaining access to a company's network through a spear-phishing attack and the use of malware. They may spend weeks or months studying the organization's vendors, billing systems, and the CEO's style of e-mail communication and travel plans.

When the time is right, often when the CEO is away, the fraudsters send a bogus e-mail from the CEO to a targeted employee in the finance office a request for an immediate wire transfer to a trusted vendor. The targeted employee believes he is sending money to a familiar account, as he has done before. However, the account numbers are slightly different, and the transfer ends up in a different account controlled by the criminal group. Often, the fraud goes undiscovered until it is too late, thus making it very difficult to recover the money.

How To Protect Yourself

The best way to avoid being exploited is to verify the authenticity of requests to send money by walking into the CEO's office or speaking to him or her directly on the phone," said FBI Special Agent Martin Licciardo. "Don't rely on e-mail alone."

Additional measures to safeguard against BEC are:

- Install Intrusion Detection System rules to flag e-mails with addresses similar to the company
- Create a rule to flag e-mails where the "**Reply**" address is different from the "**From**" field
- Color code emails differently for internal and external messages
- Verify changes to payment details through a dual verification process
- Confirm requests for transfers by using phone verification to an already known phone number
- Carefully scrutinize email requests for transfer to determine if they are out of the ordinary

October is National Cybersecurity Awareness Month

The 16th annual National Cybersecurity Awareness Month (NCSAM) is in full swing! Held every October, NCSAM has been a collaborative effort between government and industry to raise awareness about not only the importance of cybersecurity, but also ensure that everyone has access to the appropriate resources they need to be safer and more secure online.

The overarching message for this year – **Own IT. Secure IT. Protect IT.** – has been designed to encourage personal accountability and proactive behavior in digital privacy, and to promote security best practices, consumer device privacy, e-commerce security, as well as various cybersecurity focused careers. Below are some of the highlighted calls to action and their key messages:

Own IT.

We live in a world in which we are constantly connected, so cybersecurity cannot be limited to the home or office. When you're traveling, it is always important to practice safe online behavior and take proactive steps to secure your smart devices. With every social media account you sign up for, every picture you post, and status you update, you are sharing information about yourself with the world.

- **Double your login protection.** Enable multi-factor authentication (MFA) to ensure that the only person who has access to your account is you.
- **Update your privacy settings:** Set the privacy and security settings to your comfort level for information sharing. Keep tabs on your apps and disable geotagging (which allows anyone to see where you are).
- **Connect only with people you trust:** While some social networks might seem safer, always keep your connections to people you know and trust.

Secure IT.

Have you noticed how often security breaches, stolen data, and even identity theft, are front-page headlines nowadays? Cybercriminals attempt to lure users to click on a link or open an attachment that may infect their computers. These emails might also request personal information such as bank account numbers, passwords, or Social Security numbers. When users respond with the information or click on a link, these attackers now possess access to their personal accounts.

- **Avoid using common words in your password:** Substitute letters with numbers and punctuation marks or symbols. For example, @ can replace the letter "A"/
- **Be up to date:** Keep your software updated to the latest version available. Turn on automatic updates so you don't have to think about it!
- **Think before you act:** Be wary of communications which implore you to act fast. Many phishing emails create urgency, instilling fear that your account or information is in jeopardy.

Protect IT.

Today's technology allows us to connect around the world through banking, shopping, streaming, and more. This added convenience undoubtedly comes with an increased risk of identity theft and scams. More and more home devices (such as thermostats, door locks, etc.) are now connected. While this may save us time and money, it poses new security risks.

- **Secure your Wi-Fi network:** Your home's wireless router is the primary entrance for cybercriminals to access all of your connected devices, and you can better secure your Wi-Fi network and devices by changing the factory-set default password and username for each one.
- **Know what to look for:**

- **Identity Theft** – bills for products or services you did not purchase, suspicious charges on your credit cards, or any changes to your accounts that you did not authorize.
- **Imposter Scams** – an imposter may contact you saying they are from a trusted organization informing you that your SSN has been suspended, or your account has been locked, while asking for your sensitive information or payment to fix the issue.
- **Debt Collection Scams** – scammers may attempt to collect on a fraudulent debt. Debt collector scammers typically request payment by wire transfers, credit cards, or gift cards.

By following the principle of Own It. Secure It. Protect It., you will be in a better position to detect BEC.

Visit these sites to learn more:

<https://niccs.us-cert.gov/national-cybersecurity-awareness-month-2019>

<https://staysafeonline.org/ncsam/about-ncsam/>

<https://www.ic3.gov>

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Automated Clearing House (ACH)

Our ACH service allows you to efficiently handle payments for payroll, distribution and tax payments, as well as electronically originate collections and other debits for rent payments, monthly HOA fees, etc. It reduces your payment processing time and decreases your risk of fraud by eliminating paper checks.

ACH origination is also a cost effective service which will significantly reduce fees for transactions you may currently submit via wire transfer. Contact your Relationship Manager or Account Officer today to discuss the various ways that ACH can benefit you and your company.

