



Some food for thought, etc.

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Digital Deception: Current Trends in Cybercrime

Deception is a commonly discussed topic but it is often hard for one to **define deception** and discuss the different types of **deception** that occur. According to Caspi and Gorsky (2006), **deception** is defined as “knowingly transmitting messages to a receiver with the intent to foster a false belief or conclusion” (p. 54).

We’re living in a digital age. Therefore the deception has migrated from its traditional form into the digital one.

Please follow the link to a short video [Digital Deception](#) that goes over some of the digital deception issues we’re facing today and how to protect against them.



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Source (BroadridgeInvestor Communication Solutions, Inc.)

Recipe of the Month

Northern Italian Beef Stew

Ingredients:

- 2 tablespoons olive oil
- 2 pounds lean top round, trimmed and cut into 1-inch cubes
- 2 large sweet onions, diced
- 2 cups large chunks of celery
- 4 large carrots, peeled and cut into large rounds
- 1 pound crimini mushrooms, sliced
- 2 tablespoons minced garlic
- 2 cups dry red wine
- 4 large tomatoes, chopped
- 1 1/2 pounds red potatoes (such as Red Bliss), cut into 1-inch chunks
- 1 tablespoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1/2 teaspoon dried sage
- 1 quart beef stock
- 2 cups tomato sauce



Directions:

Heat olive oil in a large skillet over medium-high heat. Cook beef in batches in hot oil until browned completely, about 5 minutes per batch. Remove browned beef cubes to a plate lined with paper towels, keeping skillet over heat and retaining the beef drippings.

Cook and stir onion, celery, and carrots in the retained beef drippings until just softened, 2 to 3 minutes. Stir mushrooms and garlic into the onion mixture.

Pour red wine into the pan; bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Continue cooking the mixture until the wine evaporates, 7 to 10 minutes. Stir tomatoes into the mixture.

Return beef to skillet with potatoes, basil, thyme, marjoram, and sage. Pour beef stock and tomato sauce over the mixture. Bring the liquid to a simmer.

Reduce heat to low and simmer until the beef is very tender and the sauce is thick, 4 to 6 hours.

Original recipe makes 8 servings.

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