

# Abundance Notes

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Greetings ;

In the course of a busy day, you may use a debit card at the grocery store, charge tickets to a ball game, rent a car, mail your corporate tax returns, change service providers for your cell phone, or apply for a credit card. Chances are you don't give these everyday transactions a second thought. But an identity thief does. I don't want you to miss this month's article from the Federal Trade Commission (FTC) about identity theft, and what you can do to protect yourself.

## Fighting Back Against Identity Theft

Identity theft is a serious crime. People whose identities have been stolen can spend months or years - and thousands of dollars - cleaning up the mess the thieves have made of a good name and credit record. In the meantime, victims of identity theft may lose job opportunities, be refused loans for education, housing, or cars, and even get arrested for crimes they didn't commit. Humiliation, anger, and frustration are among the feelings victims experience as they navigate the process of rescuing their identity. Despite your best efforts to manage the flow of your personal information or to keep it to yourself, skilled identity thieves may use a variety of methods to gain access to your data.

They get information from businesses or other institutions by:

- stealing records or information while they're on the job
- bribing an employee who has access to these records
- hacking these records
- conning information out of employees

And, this is just a small sample of how thieves can get your personal information.

In next month's newsletter, I'll show you how identity thieves are using your personal information.

In Abundance,

Sue Thompson  
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