



PO BOX 648 WAUKESHA WI 53187 Member FDIC

PUMPKIN FRENCH TOAST STICKS

Ingredients:

- 1 loaf french bread or brioche cut into 1" thick slices, then into thirds
- 4 large eggs
- 2/3 cups milk
- 1/2 cup pumpkin puree

- 1 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1/4 cup sugar
- 1 1/2 tsp cinnamon

Directions:

- 1. Set a large non-stick skillet over medium heat and melt a small amount of butter.
- 2. In a small rectangular baking dish, whisk together the eggs, milk, pumpkin puree, vanilla, cinnamon and pumpkin pie spice.
- 3. Dip the bread into the mixture, flip sides and then place on the hot skillet. Cook until each side is golden brown, about 2 minutes on each side.
- 4. Meanwhile, in a small rectangular baking dish, combine the sugar and cinnamon, set aside.
- 5. Remove the fully cooked french toast sticks from the skillet and immediately roll in the cinnamon sugar mixture. Serve hot with maple syrup.

FRIENDLY POST



HOW TO: PROTECT YOUR SECRET IDENTITY!

Alright, super sleuths! October is Cybersecurity Awareness Month... are you ready to dive into our top-secret identity protection tactics? Here's how to keep your personal info safe like a pro spy!

TIP #1: THINK BEFORE YOU CLICK—THE SPY'S CODE!

Imagine you're a secret agent with a super-sensitive mission. If you get an email or message that seems fishy or too good to be true, don't click on anything or give away any personal info. It could be a trap set by sneaky villains! Always double-check with your trusty gadgets (or a trusted adult) before taking action.

TIP #2: KEEP YOUR PERSONAL INFO UNDER LOCK AND KEY!

Your personal details, like your full name, address, or other private info, are like the secret code to your spy gear. Keep them safe and don't share them with anyone you don't know. Think of it like having a top-secret mission—only the most trusted agents (and websites) get the code!

TIP #3: CALL IN THE EXPERTS—YOUR SIDEKICK TEAM!

Even the best spies need a sidekick! If you're ever unsure about a tricky email or an odd request, ask a trusted adult for help. They're like your superhero sidekick, ready to swoop in and keep your secrets safe. Together, you'll tackle any digital danger that comes your way!



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HELP! I **ACCIDENTALY CLICKED A LINK... NOW** WHAT DO I DO?

- 1. Stay calm
- 2. Turn off Wi-Fi or switch to airplane mode
- 3. If a webpage opens, close it immediately
- 4. Tell a trusted adult
- 5. Run an antivirus scan
- 6. Use a different device to update your passwords, especially for important accounts
- 7. Monitor your bank account and contact the bank immediately if you see anything weird
- 8. Report the email as phishing to your email provider

HOW CAN YOU TELL IF A MESSAGE IS SUSPICIOUS?

It can be difficult, but there are a few clues you can look for in sketchy emails, texts or phone calls.

- **Odd Senders:** If you don't recognize the sender or their email looks strange, be cautious.
- **Spelling and Grammar Mistakes:** Professional companies usually proofread their messages. If you see errors, it could be a scam!
- **Urgent Language:** If a message pressures you to act quickly or threatens consequences, that's a major red flag. Real messages won't rush you.
- **Unusual Requests:** Be suspicious if they ask for personal info like passwords, social security numbers, or bank details.
- Strange Links: Hover over links (without clicking!) to see where they lead. If it doesn't match the official website, don't click!
- Too Good to Be True Offers: If it sounds amazing (like winning a contest you didn't enter), it probably is!
- **Inconsistent Branding:** Look for mismatched logos or colors compared to official communications from that company.

Stay alert! Unless you asked for information or know the sender, never click or respond until you confirm it's the real deal. Your mission is to keep your info safe.

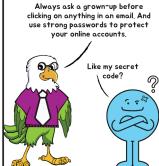
FRIENDLY'S CYBER-SAVVY ADVICE

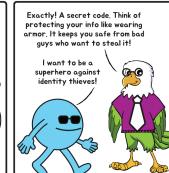












IDENTITY THEFT BUSTER WORD SEARCH!

Are you ready to become an Identity Theft Buster? Test your detective skills by finding each hidden word below, either horizontally, vertically or diagonally.

PASSWORD

The secret code used to protect accounts.

Secure

Making sure something is safe from harm or danger.

SHRED

Cutting something into pieces to keep information safe.

PROTECT

Keeping something safe from harm or danger.

GUARD

Protecting something carefully.

SAFE

A secure place to keep your valuables.

Р	L	Е	Н	0	Р	L	Α	S	С
K	А	S	С	G	U	А	R	D	0
D	F	S	0	К	S	G	W	R	S
Α	U	L	S	В	D	Е	R	Н	А
J	N	Е	Т	W	С	V	Е	D	F
F	Ν	D	Е	S	0	G	Ν	G	Е
0	Т	С	Е	Т	0	R	Р	R	U
С	L	F	S	Н	R	Е	D	Н	Т
U	М	Н	Z	А	В	Е	В	В	А
S	Е	С	U	R	Е	С	Н	Е	S





PROTECTING YOUR IDENTITY ON SOCIAL MEDIA

Being suspicious of messages is a good habit to get into, but you should protect yourself on social media as well. Here are five tips to keep in mind:

- 1. Check Your Privacy **Settings:** Control who can see your posts and personal info.
- 2. Enable Two-Factor **Authentication:**
 - Add extra security to protect your account from getting hacked.
- 3. Use a Nickname: Instead of your name, use a nickname for added security.
- 4. Be Cautious with **Friend Requests:**
- It's best to keep your friend list limited to people you trust.
- 5. Think Before You Post:
 - Avoid posting sensitive info, like your full name, address, phone number, or anything financial. And be mindful of sharing photos or updates that reveal your location or daily habits, as they can make you a target for identity theft