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Member FDIC

# FRIENDLY POST



A special note from Friendly the Eagle

October 2022



## DIY EMOJI ROCKS!

Make someone's day by hiding funny emoji rocks around your neighborhood! You can just add an emoji face or add a fun, uplifting saying as well.

It's super easy, here is everything you need:

- Rocks
- Paint or Markers
- Waterproof Sealer

Directions:

1. Find rocks (just make sure you have permission to take them first).
2. Rinse your rocks and dry them thoroughly.
3. Use your paint or markers to draw your emoji face.
4. Add a fun saying on the back (optional).
5. Let your artwork dry and then spray a little waterproof sealer over the entire thing.
6. Once the sealer is dry, go out and hide your rocks around the neighborhood!



<https://childhood101.com/rock-painting-ideas-for-kids-emoji-rocks/>

## PROTECTING YOURSELF WHEN YOU'RE ONLINE

October is Cybersecurity Awareness Month!

### What is cybersecurity?

Cybersecurity just means doing everything you can to keep your personal information and your devices (like your phone, tablet and computer) safe from criminals when you're online playing games, downloading music, watching videos, checking email or working on the computer.

What personal information should you keep safe? Avoid sharing your name, address, telephone number, birthday, passwords, and the name of your school when you're online. With this information, criminals can pretend to be you and open fake bank accounts, fake loans they don't pay back or even try to steal money.

That might sound scary, but there are a lot of things you can do to stay safe when you're online. Go to the next page to learn what you should watch out for.

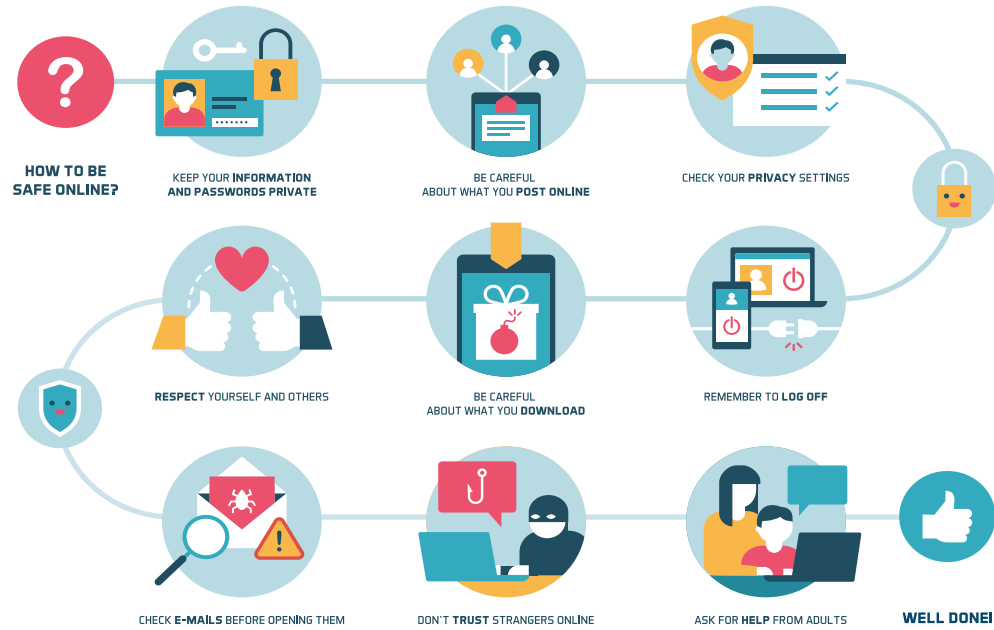


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## FUN THINGS YOU CAN DO THIS FALL

- Go apple picking
- Make caramel apples
- Carve or paint pumpkins
- Roast pumpkin seeds (see the recipe on page 3)
- Go on a hayride
- Wind your way through a corn maze
- Get crafty and make Halloween decorations
- Plan a group Halloween costume with friends
- Visit a haunted house (if you dare!)
- Go for a hike or bike ride in a local park
- Take pictures of the leaves changing colors
- Help make a dish for Thanksgiving
- Make a centerpiece to put on your Thanksgiving table



### Key things to remember:

- Lock down the privacy settings on your games and social media networks. They help control access to your information. One of the easiest ways for criminals to learn about you is by watching you online.
- Once you post something it stays online. Think twice about posting something you could be embarrassed about later, or that could hurt someone else. If you wouldn't want your parents to see it, don't post it.
- Don't chat with people online or accept friend requests if you don't know who they are. It's fun to chat and accept new friends, but unless you know them personally, it could be a criminal trying to snoop on you.
- Don't open or click on links in an email if you don't know the person or website who sent it to you. Even if the email has a good coupon or a link to a video or game, be careful and ask your parents if it's safe first.
- Logoff when you're done. This can stop someone from getting into your account without needing your password.
- Use strong passwords that are 12+ characters long, contain a mix of upper and lower case letters, as well as symbols.

## PIZZA ROASTED PUMPKIN SEEDS

After carving your pumpkin, keep the pumpkin seeds for a fun and healthy snack!

- 1/2 cup clean and towel-dried pumpkin seeds
- 1 teaspoon olive oil or avocado oil
- Pizza seasonings: 1 tablespoon grated parmesan cheese, 1/2 teaspoon basil, 1/2 teaspoon oregano, 1/4 teaspoon sea salt, 1/8 teaspoon garlic powder

Directions:

1. Preheat oven to 300°F. Line a baking sheet with parchment paper, and set aside.
2. Clean the seeds - after removing them from the pumpkin, pick out large chunks, fill a medium-size bowl with warm water, add the seeds and swirl around to dislodge any pumpkin "gunk." Let rest for five minutes, then remove the seeds onto a kitchen towel and pat dry.
3. In a small bowl, mix together your seasonings.\*
4. Toss the seeds with the oil, then add the seasonings and toss until each seed is well-coated.
5. Spread on the baking sheet in one layer. If you need to move to a second baking sheet, do so.
6. Roast for 20-30 minutes, stirring every 10 minutes, or until they are golden brown.
7. Let the seeds cool completely (they will crisp up as they cool).

\*For more seasoning ideas, go to <https://wholefully.com/roasted-pumpkin-seeds-six-ways/>



## JOKER'S CORNER

**1. WHY WAS THE SKELETON AFRAID DURING A THUNDERSTORM?**

**2. WHERE DO GHOSTS GO DURING THE HOLIDAYS?**

**3. HOW DO YOU KNOW VAMPIRES LOVE BASEBALL?**

**4. WHAT DO YOU CALL TWO WITCHES SHARING AN APARTMENT?**

**5. WHY DIDN'T THE ZOMBIE GO TO SCHOOL?**

1. It didn't have any guts; 2. The Boohamas; 3. They turn into bats every night; 4. Broomates; 5. It felt rotten.