

**HALLOWEEN ISN'T JUST FOR KIDS! THE FRIGHTENINGLY FUN HOLIDAY IS A FAVORITE FOR ADULTS, TOO, THOUGH MANY DON'T KNOW THE ORIGINS OF MANY HALLOWEEN TRADITIONS...**

Source: [www.parade.com/1066846/jessicasager/halloween-trivia/](http://www.parade.com/1066846/jessicasager/halloween-trivia/)

- Why are black cats associated with Halloween (and bad luck)? *The Puritans associated black cats with witchcraft, leading to the onyx-colored felines' association with Halloween.*
- What was candy corn originally called? *Chicken Feed*
- What medieval English tradition inspired trick-or-treating? *On All Souls Day, the poor would go "souling," knocking on doors offering prayers for residents' deceased loved ones in exchange for food.*
- When is Halloween thought to have originated? *4,000 B.C.*
- What Celtic tradition led to modern-day trick-or-treating? *For the celebration of Samhain, people would put treats or food out to pacify evil spirits.*
- When was Halloween first celebrated in the United States? *Around the 1840's when there was a flood of Irish immigrants fleeing from the potato famine.*
- How many calories are in an average trick-or-treater's Halloween stash? *About 11,000!*

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Issue:

Halloween Traditions

Flu Shot Reminder

Added Sugar is Not So  
Sweet

Financial Travel Tips



*Check out the article in this issue that might make  
you think twice before diving into that  
left-over Halloween candy...*



MEMBER FDIC



*IT'S A GOOD  
TIME TO  
GET YOUR  
FLU VACCINE*

THE CDC  
RECOMMENDS  
THAT ADULTS &  
CHILDREN OLDER THAN  
6 MONTHS OLD  
GET A FLU VACCINE BY  
THE END OF OCTOBER.

While the US remains focused on the COVID-19 pandemic, we need to also be aware of flu season as we approach winter. Influenza (flu) viruses typically spread in fall and winter, with activity peaking between December and February. Getting vaccinated now can lower your chances of getting the flu.

Flu is a serious disease, caused by influenza viruses, that can lead to hospitalization and even death. Every flu season is different, and the substantial health impacts can vary widely from season to season, with some flu seasons worse than others. Your best defense is vaccination, which provides protection from flu and its potential complications.

### **COVID-19 AND FLU**

It's likely that flu viruses and the virus that causes COVID-19 will circulate together this fall and winter. The flu vaccine does not prevent COVID-19. The FDA has approved one vaccine for the prevention of COVID-19 and has issued emergency use authorizations for three vaccines to prevent COVID-19.

Meanwhile, the flu vaccines are approved by the FDA for the prevention of influenza disease and to protect against four different virus strains of influenza. Getting vaccinated to prevent this disease can help keep you out of the doctor's office for a sick visit and preserve health care resources for patients with other diseases and medical conditions, including COVID-19.

### **WHO'S MOST AT RISK OF GETTING THE FLU**

Typically, children and older people are most at risk of getting sick with influenza. You can also reduce the spread of the flu and its effects by taking practical measures such as washing your hands, covering coughs and sneezes, and staying home when you are sick.

[www.fda.gov/consumers/consumer-updates/its-good-time-get-your-flu-vaccine?](https://www.fda.gov/consumers/consumer-updates/its-good-time-get-your-flu-vaccine?)

VACCINATION  
PREVENTED MORE  
THAN 7 MILLION  
FLU ILLNESSES,  
105,000  
HOSPITALIZATIONS,  
AND 6,300 FLU-RELATED  
DEATHS, ACCORDING  
TO THE CDC.

*GET YOUR  
FLU  
VACCINATION  
TODAY!*



# ADDED SUGAR IS NOT SO SWEET



**Natural Sugars** are found in fruits, vegetables, milk and grains. Other sugars – the kind added to foods, drinks and condiments during processing – may increase heart disease risk. A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar. Added sugars also sneak into seemingly “better for you” beverages, such as sport drinks, fruit drinks and flavored milks.

**Added Sugar Sources:** Sugar-sweetened beverages are the biggest source of added sugars in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.

**The American Heart Association Recommends:** Limit added sugars to no more than 100 calories a day (6 teaspoons) for most women and no more than 150 calories a day (9 teaspoons) for most men.

FIND IT:

## READ FOOD LABELS.

Syrup, molasses, cane juice and fruit juice concentrate mean added sugar, and so do most ingredients ending with the letters “ose” (like fructose and dextrose).

REPLACE IT:



Enjoy fruit for dessert most days and limit traditional desserts to special occasions.

Cut back on the amount of added sugars you eat and drink.

Buy 100% juice with no added sugars.

Enhance foods with spices. Try cinnamon, nutmeg, mint or ginger.

Add fresh or dried fruit to cereal and oatmeal.

Drink plain or sparkling water, unsweetened tea or sugar-free beverages.

# FINANCIAL TRAVEL TIPS



*Planning an extended trip in the near future?  
Review our tips before you hit the road.*

## CONTACT YOUR BANKER

Let your banker know about your trip and a travel declaration can be added to your debit card. We want to make sure your card isn't flagged for fraud because you're in an unfamiliar place.

## ADD BANK ALERTS

By choosing to be notified of every transaction over a specific dollar amount, you'll know instantly if irregular activity occurs. Sign up for mobile alerts before your trip and be notified every time a purchase is made, via text.

## LIGHTEN YOUR LOAD

You probably won't need all the cards, coupons or memberships that you usually carry. Bring only a few necessary cards, just in case something is lost. Only take the cash you'll need for the day and leave the rest in your hotel safe.

## WATCH OUT FOR PICKPOCKETS

Don't leave your bags on the floor or hanging off the back of your chair at a restaurant. Take extra precautions when traveling on public transit. The perfect locations for thieves are crowded places.

## REVIEW YOUR PURCHASES

When you return from your trip, review your debit and credit card purchases.

\*Message and data rates may apply to mobile services.