



# Hurrahs for heroes.

Not all superheroes wear capes.

Each day at noon, we encourage you and your loved ones to pause and celebrate the individuals on the front lines. These are our health care workers, our first responders, our delivery personnel, our grocers, our garbage truck drivers, and so many more who are doing things great and small to care for the communities we are so honored to be a part of.

Let them know they are appreciated. At noon, sing, shout, give a round of applause, ring your church bells, ring any bells you have, walk outside your homes and make some noise, bang on a pan . . . you get the idea.