

Friday's update.

Day 5 of required instruction. Yay! We've made it to Friday. Our first week of required online instruction is complete—the good news is that there are only four more instructional days until Spring Break. Teachers, students and parents—you need a break. It has been a busy, stressful week for everyone, so let's use the weekend to unwind and relax—forget about school! It's important to keep everyone healthy and well-rested!

Day 14 for CN—1831 breakfast and 1831 lunch meals served today—numbers continue to grow. I hope all our dedicated workers and volunteers get lots of much-needed rest this weekend. You are real troopers.

As I know you've heard by now, Ashe County got its first confirmed case of COVID-19 today. Healthcare professionals forecast that the peak of the coronavirus will be in late April. Let's all make good decisions—stay home, wash your hands often and clean common surfaces frequently. Only go out when there is a real need and practice social distancing by staying at least six feet from others. Wash your hands immediately when you return home. Remember—prevention is the best cure for this virus.

Okay—are you ready for the answer to yesterday's riddle? (repeat riddle—I am an odd number. Take away a letter and I become even. What number am I?) Seven!! If you got the right answer, I'm very proud of you. Good job.

Today's riddle for Monday. Which month of the year has 28 days?

Now . . . Let's learn some delightful facts about Penguins. They are speedy swimmers, adorable waddlers, dress in their tuxedos every day and are big movie stars. I bet lots of you have seen the March of the Penguins, Happy Feet and the Madagascar movies—I watched each of these with my grandchildren—we had lots of fun watching these adorable creatures. Penguins love tobogganing—they lay on their stomachs and propel themselves with their feet. Not only is it a faster way to get around but its lots of fun!! I'll be back with more fun facts about these flightless birds on Monday.

Take care and make good safety decisions this weekend. Lay back, daydream and take it easy. You are all in my prayers.