Dear Families:

If any of you had told me on March 1st that by the end of the month we would be distance learning at Alter High School, I would never have believed you. Yet, as unbelievable as it is, here we are. We are sheltering in place, social distancing, and remote learning in an absolutely unprecedented situation. Yet, we are also caring and connecting in ways that we could never have imagined possible.

In the midst of this world wide health crisis, I am so proud of the way our school and our community has responded. Our students never cease to amaze me. In spite of having their whole world turned upside down in one afternoon, they remain positive, hardworking and grounded in their faith. They inspire me! Our faculty and staff have worked tirelessly since the mandated school closure to continue to bring our students the excellence in education they deserve. Our parents, alumni, and community members have been supportive in their prayers, their flexibility, and in their proactive communication with us and for us.

Though none of us want to be in this situation, we are certainly surviving and thriving through it! Running a business and a school from home is no joke – especially when we all have to juggle business calls (more than we could have ever imagined), checking in with how school is going for our students, and, wait, now they want lunch, too? Finally, at the end of a very long day (where did the time go?), you get to sit down and put your feet up. Dinner? You can’t possibly be hungry again, we just had lunch! I know you understand!!

Personally, I have been trying my best to be mindful in my personal and professional interactions. I am working hard to be a little kinder, offer grace more generously, and reach out to others in ways I may not have normally. With my own family, it is easy to see the blessing within the burden – suddenly, we are finding time for dinner together even though my husband and I are working extra long hours to keep up. We have even been able to watch a movie or play a board game as a family – these things were unheard of 2 weeks ago! I keep telling myself to cherish these times together because, before we know it, we will be back to our normal busy lives and our time to connect with one another will, once again, be fleeting and limited.

I pray that you are all able to see the blessings that are emerging from this burden, and that you are able to take some time to enjoy your family, hug them tightly, and remember why God brought you all together to begin with. May you remain healthy and strong throughout this crisis and beyond.

With a grateful heart,
Lourdes Lambert
Principal
ALTER HIGH SCHOOL

Online Schedule During Mandated School Closure

DAY A ONLINE – MONDAYS & WEDNESDAYS
Teachers available – 8:30 a.m.
First period – 9:00 – 9:45 a.m.
Second Period – 10:30 a.m. – 11:15 a.m.
Third Period – 12 noon – 12:45 p.m.
Fourth Period – 1:30 – 2:15 p.m.
Teachers available until 3 p.m.

DAY B ONLINE – TUESDAYS & THURSDAYS
Teachers available – 8:30 a.m.
Fifth period – 9:00 – 9:45 a.m.
Sixth Period – 10:30 a.m. – 11:15 a.m.
Seventh Period – 12 noon – 12:45 p.m.
Eighth Period – 1:30 – 2:15 p.m.
Teachers available until 3 p.m.

FRIDAYS
Day to email questions to teachers, work independently on projects, etc.
Planning day for teachers.

ATTENTION SENIORS

MANY NEW SCHOLARSHIPS FOR COLLEGE HAVE BEEN ADDED FOR GRADUATING SENIORS!
CLICK HERE TO APPLY

CLASS OF 2020

Please take a moment to complete the athletics Hall of Excellence and senior athletic award survey for 2020. Even if you didn’t participate in athletics during your time at Alter, we need your response. Follow the link: https://www.surveymonkey.com/r/Y9LCV2X

Your Leadership Moment – Opportunity for You and our Catholic Schools to Shine!
Alter continues to lead the way! Mrs. Lambert and Mrs. Shearer were chosen to lead panel discussions for Partners in Mission in a few webinars. Always Alter proud!

ATHLETICS

UNTIL FURTHER NOTICE, ALL GAMES, PRACTICES, WEIGHT LIFTING, AND MEETINGS ARE CANCELLED.

EXPECTATIONS OF YOU WITH THE NEW SCHEDULE:
1. Be ready to start each morning (Monday - Thursday) by 9 a.m.
2. Use the time allotted for each class on that class specifically and on those days specifically.
3. If a teacher sends you a Zoom invitation, this is not optional you must be present or you will be counted absent.
4. Stay apprised of due dates and turn assignments in on time.
5. Communicate with us early and often if there are issues - we want to help, but can't help if we don't know.
6. You may have to do a little work or a test on Moodle or Turnitin after 3 p.m. - we will try to minimize this, but it will happen occasionally.
7. Remember, we are still responsible for providing you with the best educational opportunities possible so you can end the year strong, and move forward as planned.
PARENTS AND ALUMNI

WE ARE IN THIS TOGETHER, SO LET’S HELP ONE ANOTHER!

One thing you can say about our community is that we support one another – especially in times of crisis. During this time, our students are very busy learning in a new environment via many methods, but we are staying in touch via virtual learning face-to-face with our new Zoom technology.

HOW CAN YOU HELP??

We would love for YOU to be a part of our students’ well-being and education. Would you be willing to virtually offer guidance/tutoring to a student in need? Would you like to offer your skills to our community virtually to help with mental wellness (e.g. meditation, mindfulness) or physical well-being (online workouts, yoga)? Are you musical? If so, is there a skills/talent you could share in our new virtual world? Is there a Christian teaching/story you can share with us to help us get through this difficult time or that will offer us hope? Do you have an interesting business/career? We’d sure love to have you remote into our new Zoom Learning Tool to be a part of one of our classes one day. The possibilities are endless, and we’d love for you to be a part of our new learning environment. If you are interested, please email advancement@alterhs.org.

HOW CAN WE HELP YOU?

We have begun posting various things on our Alter High School and AHS Alumni FaceBook and Instagram pages to support the businesses and people who support us. We’d like to support you in any way possible, so if you have a business/restaurant we can all support – especially during this strained time - please add to our posts with your offerings (menu, specials, links), etc. or email us (advancement@alterhs.org). We appreciate you and will support you in any way possible.

As our Alter community continues to band together, we will come out of this crisis stronger than before.

GO KNIGHTS!
MOTIVATION MONDAY
This past week, we launched not only our online classes, but a theme for each day! Everyone needs a kick start on Monday!

MONDAY MOTIVATION

HAVE I NOT COMMANDED YOU?
Be Strong and Courageous
Do Not Be Afraid.

Do Not Be Discouraged.
For the Lord Your God Will Be With You
Wherever you go.

Joshua 1:9

“For the spirit God gave us does not make us timid, but gives up power, love and self-discipline.”
Timothy 1:7

Self-care tip this week: Take a walk outside without your phone and enjoy the quiet calmness of nature!

Assess your mental health this week: answer the following questions about your week
1. How am I feeling today?
2. What will I engage in this week to bring me joy?
3. What do I have negative feelings about?
4. How can I help myself/who will I get help from?

Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye doubleminded.
James 4:8

Blessed are the pure in heart, for they will see God.
Matthew 5:8

If you look for me wholeheartedly you will find me.

Come near to God and he will come near to you.

James 4:8

The Knight Times
TAKE-OUT TUESDAY
PROUDLY SUPPORTING THESE ALTER RESTAURANTS
Add your restaurant on our facebook page in the comments!

MAMA DISALVOS

16" Pizza's for you to bake at home
Pepperoni $14
Pepperoni, mushrooms, onion $11
Supreme $34
Peppe, sausage, mushrooms, onions, green peppers, onions, bar peppers, hot peppers
Ingredients: 12 inch round, uncooked, frozen. Call for pizza size and weight.
937-299-9831

Call for Curbside pickup (937) 299-5831
Pick up our 16" special, with Topping of your choice! Pick up our new 8" pizza for four to go.
Open: Monday through Friday 12-9
Call for Curbside special 807-80. We'll pack it up and deliver.
Add a bottle of Mammas house wine to go $17.
Cabernet, Merlot, Pinot Noir, Chardonnay

DINNER FOR FOUR
1 ingredient $14
3 ingredient $17
Supreme $34

SINGLE DINNER
1 ingredient $14
2 ingredient $17
Supreme $24

Oregon Express is open for carry out orders Monday-Thursdays 11:30 AM to 10:00 PM, Friday 11:30 AM to 11:00 PM and Saturday 4:00 PM to 10:00 PM. Call (937) 223-9205 to order.

CARRY OUT LOCATIONS
Elsa's East Restaurant & Cantina | Linden Ave., Dayton, Ohio
Elsa's Kettering Sports Grill | E. Stroop, Dayton, Ohio
Elsa's On The Border | Wilmington Ave., Dayton, Ohio
Elsa's South Restaurant & Cantina | Far Hills Ave., Dayton, Ohio
Elsa's Corner Cantina | Wilmington Pike, Dayton, OH

ROMER'S BAR AND GRILL
('93 Greg Romer) is open 11am to 10pm daily with a full carry out menu.
937-848-7676
4439 W. Franklin St., Bellbrook, Oh
www.romersbar.com
So thankful for a community of givers!!

KRAMERS
Open from 4-8pm daily
We offer carryout for food and beer. Our full menu can be found at www.kramersdayton.com.
Our address is 1018 Irving Ave. 937-294-9141.

We'll be focusing on build-your-own pastas and other old school Italian dishes.
Online ordering will be open from 4pm to 9pm.
roostitalian.com

The Knight Times
WELLNESS WEDNESDAY
This past week, we launched not only our online classes, but a theme for each day!

YOGA FOR TEENS
This practice is designed for teens but beneficial for all ages. Practice self love and taking care of yourself! It gets easier with practice.

FROM COACH HART:
During these current times that are full of uncertainty and doubt, I thought I would share with you twice each week a video series about the incredible power of believing in yourself, despite the challenges and trials that life may present. Hosted by Kevin Atlas, and starring personalities from around the country who have overcome personal challenges to accomplish the extraordinary. Hoping that you find it to be uplifting and powerful!

EPISODE 1 – KEVIN ATLAS CHALLENGE – STEP UP, IF NOT YOU, WHO?
Kevin Atlas tells us that if you believe in yourself, the world will fall in line. His story encourages us to be a part of something bigger than ourselves. That is how we change the world: one gesture, one effort at a time, together. Imagine a school or even a community where everyone is devoted to doing their best and supporting each other. Speak up or lend a hand, and see where it takes us together.

Click on the link below to view his video: https://youtu.be/EUuF8nkV-HA

EPISODE 2 – MARK HENRY CHALLENGE – ASPIRE TO EXCELLENCE.
With a very difficult home life, Mark Henry used weightlifting as an escape. He says he learned to replace whining and complaining with hard work. Just showing up is half the battle. Then it is up to us to decide how hard we are going to work. As long as you show up, why not remember Mark Henry’s passion and give it your very best? He believes it is his responsibility to teach others to aspire to excellence at all costs. https://youtu.be/h3D6PMyb0kS
MIAMISBURG, Ohio (WDTN) – A local uniform manufacturer is working on making 15 thousand masks to donate to health care workers in the Miami Valley during the coronavirus pandemic.

Fred J. Miller Inc. makes marching band and colorguard uniforms. They are using the elastic typically used to make these uniforms to replace old and dry-rotted elastic bands on PPE masks. Then, they will be shipped to nursing homes and hospitals with the help of an anonymous Dayton agency.

The ‘stay at home’ order slowed their production, but a company spokesperson says they will continue working from home.

“We sent a couple home with the people who were working here. We sent them home with sewing machines so that they can keep working on them. It’s been a cool thing to see just a small family-owned company here in Miamisburg that can make a difference like this,” said Ross Werner.

4000 masks have already been made in the last few weeks.

Who is Ohio Department of Health Director Dr. Amy Acton?
The inspiring story behind the leader of Ohio’s coronavirus response

Author: Jessica Miller
Published: 7:04 PM EDT March 20, 2020
Updated: 9:24 PM EDT March 20, 2020

COLUMBUS, Ohio — Ohioans have become very familiar with Dr. Amy Acton’s clear and calm directives over the last few weeks.

Her regular afternoon press conferences alongside Governor Mike DeWine and other state officials have become must-see TV during this unprecedented time.

But her path to becoming the state’s top public health official is probably not one you’d expect.

Born Amy Stearns in the Mahoning Valley, Acton’s childhood was tough. In an August, 2019 interview with The Youngstown Vindicator, Acton spoke of years of abuse, neglect, and even a period of homelessness while living with her mother after her parents divorced.

“I have so many crazy stories. ... I spent so much time being scared as a kid, but also navigating the adult world,” she said at the time.

Acton has also mentioned her difficult childhood years during her coronavirus press conference updates.

By her high school years, Acton found stability living with her father. She was a member of the National Honor Society at Youngstown’s Liberty High School and was also named homecoming queen during her senior year in 1984.

She has spoken of having an early interest in medicine - sparked by a childhood hospital visit. She went on to study pediatrics and preventative medicine at Northeastern Ohio University School of Medicine - now, a part of Youngstown State University.

She later received a masters degree in public health from The Ohio State University, where she later became a professor. That’s where she got the call from the then newly-inaugurated Governor Mike DeWine. She became his final cabinet pick in February of 2019 - the first woman to hold the position of Director of Ohio’s Public Health Department.

Acton is also a mother of six who is married to a middle school track coach. She’s won over Ohioans of all walks of life by speaking with empathy - connecting with them by sharing her own personal stories.
It's important to keep our sense of humor during this time. Here's a peek at our Funny Papers.

Where are we going Pooh?

Home Piglet. We're going home, because that's the best thing to do right now.

Started homeschooling the kids today. By 9:30 am all three were suspended for fighting. I have a day off tomorrow.

Every few days it would be smart to put your jeans on to make sure they still fit.

Pajamas and sweats will have you believe all is well.
GRAB-AND-GO MEALS FOR KIDS DURING SCHOOL CLOSURE:

A big THANK YOU to Food and Nutrition Services supervisor Stacie Pabst and her staff who have a plan in place to provide breakfast and lunch meals to children during the extended school closure.

Beginning on Monday, March 23, 2020, grab-and-go meals can be picked up daily between 11 a.m. and 12:30 p.m. at five school buildings. Meals will be available for ANY student from ANY school located in Kettering (this includes Alter students) 18-years-old and younger, as well as our Transition Services students.

To assist the Food and Nutrition Services Department in planning for the grab-and-go meals, please complete this simple form -- http://bit.ly/2UiTnLi

If you do not know your child's School ID Number, or your child does not have an ID Number, please put “Number not Known” in this field on the form.

GRAB-AND-GO MEAL DISTRIBUTION SITES:
Fairmont High School -- Door 26 (Athletic office entrance at back parking lot)
Kettering Middle School -- Cafeteria driveway at the North parking lot
Greenmont Elementary -- Corner of Briedweng and Wren Circle
John F. Kennedy Elementary -- Back lot of school/cafeteria at drop-off/pick-up line
Southdale Elementary -- Loading dock at west side of school building

NEED A NEW COMPUTER CHARGER OR STYLUS?
YOU CAN PURCHASE ONE ON AMAZON!

STYLUS:
Freshmen/Sophomores: CLICK HERE
Juniors/Seniors: CLICK HERE

COMPUTER CHARGER:
Freshmen Sophomores: CLICK HERE
Juniors/Seniors: CLICK HERE
**FIVE to THRIVE**

During times of uncertainty or high stress, we sometimes become overwhelmed with fear and anxiety. Here are five things you can do to “reboot” your brain and reset your perspective.

**ONE: SQUARE BREATHING**
Practice deep belly breaths while envisioning a square: inhale for four seconds; hold your breath for four seconds; exhale for four seconds; hold for four seconds. Continue for 10 cycles of this breathing exercise. TIP: sometimes it helps to picture a balloon inflating and deflating.

**TWO: MINDFUL AWARENESS**
Using your senses, notice: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.

**THREE: EXPRESS GRATITUDE**
Write down what you’re thankful for (seriously, write it down— it will be more impactful than just thinking it, speaking it, or even typing it). Here are some prompts to get you thinking:
• Someone helped me this week by…
• Something that used to be hard that I’ve worked to improve at is…
• The personality trait of mine that I’m most proud of is…
• The things or people I can always count on to make me laugh are…
• Something I have that I sometimes take for granted is…

**FOUR: GET OUTSIDE**
Even if just briefly, go for a walk or bike ride and enjoy the sunshine.

**FIVE: TAKE A BREAK FROM SOCIAL MEDIA**
Do things that make you forget to check your phone and unplug!

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**FAQS FOR YOU:**

1. Where are the senior graduation announcements I ordered?
The delivery date for announcements is to be rescheduled for once we return, however, if you would like them delivered to you, then you may reach out to Herff Jones directly at 513 272 5890 or via their website at www.graduateserviceinc.com.

2. When will sophomores submit their class ring orders?
There will be a new date for class ring order organized when we are able to get back to school. Rings ordered in the early summer will still be ready for delivery by early fall for the students to wear.

3. What if my child is sick and cannot attend a zoom meeting?
Please have your student email the teacher of his or her absence. We have already had students submit doctor’s notes via email to individual teachers. Teachers are mandated to take attendance for every zoom meeting, and Mrs. Groene is making phone calls to students who do not attend. Remember, that we are documenting that the educational process at Alter is moving forward so that the Ohio Department of Education has what they need in order for students to be promoted or graduate.
In Memoriam ...

Most Reverend Daniel E. Pilarczyk, Archbishop Emeritus of Cincinnati and a nationally prominent churchman, educator and author of popular books about Catholic themes, died today at 9:50 a.m. at the age of 85.

“Among his brother bishops, Archbishop Pilarczyk was recognized as one of the outstanding churchmen of his time,” said his successor, the Most Reverend Dennis M. Schnurr, Archbishop of Cincinnati. “They elected him not only president of what was then the National Conference of Catholic Bishops, but also chair of every significant committee of the bishops’ conference.

“He made a difference in the lives of ordinary people,” added Bishop William Frese of the Diocese of Covington. “His accomplishments on the local level in his tenure as Archbishop of Cincinnati were equally outstanding. He unselfishly devoted his entire priesthood to this archdiocese, including 27 years as its archbishop. I have known and admired Archbishop Pilarczyk for more than 30 years. I shall miss his friendship, his graciousness, and his wise counsel.”

Archbishop Pilarczyk was born in Dayton, Ohio, on August 12, 1934. After studies at the Pontifical Urban University in Rome, he was ordained a priest on Dec. 20, 1959. His ordination as bishop in 1974 and installation as archbishop in 1982 also were on Dec. 20. His resignation as Archbishop of Cincinnati was accepted by Pope Benedict XVI on Dec. 21, 2009, the day after the 50th anniversary of his ordination to the priesthood. At the time he was the country’s longest-tenured archbishop and the longest serving active bishop. In retirement he continued to serve generously in administering the sacraments.

The archbishop’s distinguished service to the American church included terms as vice president (1986-1989) and president (1989-1992) of the National Conference of Catholic Bishops. He also chaired many committees of the conference, including those on education, liturgy, and doctrine.

“A theologian and classicist viewed by many as the U.S. hierarchy’s smartest bulb, there’s seemingly not a national post Pilarczyk hasn’t held,” commentator Rocco Palmo wrote on his Catholic blog “Whispers in the Loggia” in December 2007. “Atop the list: board-chair of the Catholic University of America, chair of ICL (International Committee on English in the Liturgy), chair of the bishops’ committees on Doctrine, Liturgy and Priorities and Plans – and and, of course, vice-president and president of the episcopal conference.” Palmo later (September 2008) wrote that he was “regarded by many of his confreres as the leading intellect among the U.S. bishops.”

Archbishop Pilarczyk wrote more than a dozen popular books and many pamphlets and articles. His best-selling book was Twelve Tough Issues: What the Church Teaches – and Why, subsequently revised as Twelve Tough Issues – And More. His most recent were When God Speaks and Live Letters. As he approached the end of his ministry as archbishop, he launched the “Grateful Believers” initiative to heighten awareness of God’s blessings and the proper response in stewardship. He wrote a score of articles for The Catholic Telegraph and invited dozens of others to share their own stories as grateful believers. In retirement, he wrote and recorded a daily 90-second homily on the Gospel reading of the day, “Sharing the Word,” which was heard on the Internet and broadcast over more than 100 radio stations. In 2011, he was honored by the Salesian Guild as Catholic Communicator of the Year.

Other major achievements of Archbishop Pilarczyk include:

• At a time when many dioceses chose or were forced to close seminaries, Archbishop Pilarczyk presided over a seminary that improved academically and physically. In addition to training future priests in its Mount St. Mary’s division, the Athenaeum of Ohio is also a training center for lay ministry. Its Lay Pastoral Ministry Program was one of the first in the country (1975).
• Archbishop Pilarczyk ordained more than 100 priests and three bishops. He conferred confirmation on more than 74,000 people.
• In a proactive response to the declining number of priests available, Archbishop Pilarczyk created the “Futures Project.” In addition to developing new strategies to increase vocations, the project also created 100 pastoral regions that will provide a structure for the archdiocese to operate the current parishes with as few as 100 pastors.
• He was a strong supporter of Catholic radio in the archdiocese, making a substantial contribution from the Archdiocese toward the purchase of Sacred Heart Catholic Radio 740 AM and frequently appearing on the air. The station began with a broadcast blessing from Archbishop Pilarczyk on Jan. 1, 2001. He also encouraged Radio Maria.
• While demographics led to the closing and merging of schools and parishes in the Archdiocese, as throughout the country, Archbishop Pilarczyk had the joy of dedicating 37 new churches or chapels and rededicating 25 in his years as archbishop. Although only 44th in size among dioceses around the country, the Archdiocese of Cincinnati has the sixth largest network of Catholic schools.

In addition to a doctorate in sacred theology from Pontifical Urban University (1961), Archbishop Pilarczyk held an M.A. in classics from Xavier University in Cincinnati (1965) and a Ph.D. in classics from the University of Cincinnati (1969). Every major college and university in Cincinnati awarded him an honorary doctorate, including Hebrew Union College / Jewish Institute of Religion (1997). The University of Cincinnati’s College of Arts and Science also named him a Distinguished Alumnus of the Year in 2001.

He had a strong interest in education. From 1963 to 1974 he was on the faculty of the former St. Gregory Seminary in Cincinnati, the last six years as Rector. While auxiliary bishop of Cincinnati from 1974 to 1982, he was Director of Educational Services for the Archdiocese.
FROM THE GUIDANCE OFFICE:
Students, we miss you! Our prayers have been with all of you as we navigate our way through the uncertainty of this fourth quarter. We realize this situation may be causing some anxiety for all of us, but we’re here to try and make things as normal as possible for everyone. Our main goal is to ensure that we provide the best communication possible to our students and families during the school closure.

Please know that you can reach either counselor during school hours via their Alter emails. Mrs. Shannon Brown (students with last names A-L) at shannon.brown@altherhs.org or Ms. Kati Fulk (students with last names M-Z) at Katharine.fulk@altherhs.org. As always, please feel free to email them with any questions or concerns.

Another way we hope to keep in contact more effectively is by utilizing the Alter Guidance Facebook page. We’re hoping this will serve as a central location for our info— you do not need to be a Facebook member to access the page. Updated information regarding college admission, testing, scholarship, and end of the year information, etc. will be posted at www.facebook.com/alterguidance as it becomes available to us. Links to videos for students will also be available on that page.

There may be times when specific emails will be sent directly to student groups. Checking email on a regular basis several times a day is vital for the students, particularly now. Our students are great about communicating that way with us, so we don’t anticipate any problems. However, we miss seeing their smiling faces and email certainly isn’t a replacement for that!

If you need to talk something out, please feel free to reach out and schedule a zoom conference with us! We will ensure we are in a private place in our home, so that you can feel comfortable to talk privately.

Here’s some grade specific info, for now:

FRESHMEN: What a crazy first year for you! We promise, high school is not always like this! We want to make sure you are ok. If you need to chat, reach out to us. We’ve got your back!

SOPHOMORES: This is about the time when we typically do sophomore class visits. We are going to be emailing you some information about career exploration soon. We encourage you to review that information and take the career exploration quiz we send. This is a great time to start thinking about what you want to do when you “grow up”.

JUNIORS: Our dear juniors— we can’t imagine how stressed you are with how this is changing the start of your college search. If we are unable to return to school, you will hear from us about the info we would be sharing in junior conferences. We will also be in touch about how we can chat further regarding the questions you might have.

JR PARENT COLLEGE NIGHT ... TBD
Typically, at this time of year, we would be announcing a date to host the Junior Parent College Night. Mr. Robert Durkle, Associate Vice President / Dean of Admission and Financial Aid for the University of Dayton, shares his expertise regarding the college admission process. This has always been a very valuable and informative night for our soon-to-be seniors and their parents. We are in the process of developing an online presentation/ Zoom question and answer session. The format, time and date are being coordinated. Direct contact to Junior families regarding that event will be forthcoming.

Last but not least, we have some specific instructions for our SENIORS:
You have already received an email about completing the Alter Graduation Survey on Naviance. This online survey details your final college choice and/or post-secondary plans, as well as all scholarships offered and accepted. The survey can be accessed now and will remain open until Monday, May 4th. We realize many of our seniors may be in flux through no fault of their own, so that deadline may be changing. Students can save answers and return to make modifications to the survey. However, any changes made after final submission, need to be done by emailing Mrs. Rupper at teresa.rupper@alterhs.org. This survey is a requirement for graduation and information obtained via this survey is the official record Alter uses for sending final transcripts at the end of the year to the students’ selected colleges. Please never hesitate to email any one of us with questions.

You might also be working on scholarship applications that require something from the school… be it a counselor signature, transcript, copy of a recommendation letter, or an actual hard copy of the application needing to be returned to Mrs. Rupper. Since the building is closed, we are attempting to handle any of these needs by doing the following: Email your counselor with specifically what is needed; include the contact information for the scholarship chairperson; scan any hard copies to Mrs. Rupper. We recently learned a new trick, if you have an iphone: Open the notes section and create a new note. Click the camera button and an option to scan documents will appear. Easy!

Lastly, we typically have a wall to display your college acceptances outside our office. We are so sad that we will not be able to do that this year! PLEASE - if you have a Facebook account - post the colleges you were accepted to on our wall so we can celebrate and congratulate you!

Please stay healthy and know that we look forward to being together again soon! Lots of love! Mrs. Brown, Ms. Fulk and Mrs. Rupper

MENTAL HEALTH RESOURCES
Students, please know that your counselors are available if you need to schedule a time to talk. If you are experiencing an emergency, please do not hesitate to use the following resources:

-Crisis Care (937) 224-4646
-Crisis Text Line-Text CONNECT to 741741
-National Suicide Prevention Hotline: 1-800-273-TALK
-Drug and Poison Control: 1-800-222-1222
-1-800-SUICIDE (784-2433)
-Dayton Children’s Crisis Center (for students 17 or younger):
  Monday through Friday 8:00 am - midnight
  Saturday and Sunday 2:00 pm - midnight
  Visit the ER during other times
-Miami Valley Hospital or Kettering Medical Center ER - if 18 or older

The Knight Times
Greetings from the Taylor Resource Center temporarily relocated to the Talarczyk household. I miss you all and hope to see you soon!

FOCUS WEEK UPDATE:
Senior Scholarship Drive, March 2-5, was a success with approximately 35 seniors visiting the center to research and apply for scholarships. Lindsay Rich was the lucky winner of the gift card drawing.

Freshmen Focus Week, date TBD, will center on career exploration. Freshmen may take an interest profiler through Ohio Career Information Systems to discover their strengths/interests and potential corresponding careers as well as create a resume. Remember, one lucky winner will receive a gift card!

Sophomore Focus Week, date TBD, will allow students time to update a resume, research summer college enrichment opportunities, learn about exciting volunteer possibilities, and to take a career inventory through OCIS (Ohio Career Information Systems) to help in exploring the best careers. Stop in, work, and be entered in the drawing for a gift card.

Junior Focus Week, date TBD, will offer a time for juniors to prepare for the college application process by researching colleges, compiling a list to visit, and learning how to make the most of their college visits. This will also be a great time to explore summer enrichment opportunities. Who will win the gift card this week?

UNIVERSITY CLUB:
We hope to return to school soon and meet again!

The April 4 ACT has been cancelled. All students registered for the April 4 test date will receive an email from the ACT in the next few days informing them of the postponement and instructions for free rescheduling to June 13 or a future national test date.

<table>
<thead>
<tr>
<th>ACT Test Date</th>
<th>Registration deadline</th>
<th>Late registration</th>
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<tbody>
<tr>
<td>June 13</td>
<td>May 8</td>
<td>May 9-22</td>
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<tr>
<td>July 18</td>
<td>June 19</td>
<td>June 20-26</td>
</tr>
<tr>
<td>Cost: $52 without writing; $68 with writing</td>
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<tr>
<td>Register at act.org</td>
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</tbody>
</table>

The May 2 SAT has been cancelled. Refunds for registration will be forthcoming.

<table>
<thead>
<tr>
<th>SAT Test Date</th>
<th>Registration deadline</th>
<th>Late registration</th>
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<tbody>
<tr>
<td>June 6</td>
<td>May 8</td>
<td>May 9-27</td>
</tr>
<tr>
<td>Cost: $49.50 without writing; $64.50 with writing</td>
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<tr>
<td>Register at collegeboard.org</td>
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Q: What if I don't know what I want to study in college?
A: Don’t panic! Most college freshmen are undecided about their majors, and college should be a time to explore interests. If you’re undecided, then participating in an exploratory program or freshman seminar will be helpful in making this important decision. Then, many students declare a major and/or apply for a program their sophomore year.

Q: Is it bad if I switch majors?
A: Absolutely not! A high percentage, some studies report almost 33%, of students in a four-year university end up changing their majors before graduation. With that said, if a student changes his major frequently, it may add more time to complete the new curriculum. So, do some research, take a career interest inventory in the Taylor Center, and listen to your gut feeling about your future career path.
Here are a few thoughts and resources I have put together as we work to keep our faith strong during this time.

Remember that what we are doing is an act of love.

Schools are closed, we are trying to keep up with all this new on-line learning. Sports and activities have been canceled, nearly everything has closed and now we have been asked not to leave the house. While these changes have drastically changed what our day-to-day life looks like, when we cooperate with them, we are responding to Jesus’s commandment to love your neighbor as yourself. It might not feel or look like what we normally envision when we hear that command, but the reality is that every person now has a social responsibility to help stop the spread of coronavirus. As Catholics, we’ve always had a social responsibility to seek the common good — this is a core tenant of Catholic Social Teaching. If we take our call to love our neighbor seriously, that means we take these recommendations seriously and do what we can to slow the spread of the virus, especially in an effort to protect those most likely to contract it and die from it. In all of this, all we are doing is loving our neighbor — it has just suddenly taken on a whole new meaning for us.

So how do we live out our faith now? We can no longer go to Mass on Sunday or gather together so what it looks like to be Church right now has really changed. But at the same time, the reality of what it means to be Church is the same. Church was never exclusively about Sunday Mass — Church is always about loving God and loving neighbor. The Church has always stepped up at times of crisis to care for the most vulnerable and most in need. That is more important right now than ever.

Our role as Church is to show Christ’s love in a number of different ways. First of all, we can pray for those who are sick and suffering and for those people who are caring for the sick and suffering. Secondly, we can serve the sick and suffering by practicing those behaviors which will limit the spread of coronavirus. Thirdly, if there is a safe way to do so, we can help people around us who are in need right now. You could call or check in on those who might be especially lonely; you could write letters to folks in nursing homes or to the imprisoned, you could offer to pick up groceries for an elderly neighbor — just to name a few.

What about keeping our own faith strong?

During this strange time, it’s important to stay rooted in our faith. With being home all the time, building up some type of routine will be helpful, and prioritizing prayer within that routine will make a big difference. Make a schedule for yourself and stick to it so that things begin to feel more routine. Include time for 1) personal prayer, 2) at least one phone call or FaceTime each day, 3) a family meal and/or prayer, and 4) physical activity (outside if you can).

Here are some other ideas and resources as well:

- The Pope has encouraged us to pray a daily rosary for an end to coronavirus. Try praying it together with your family or on Facetime with your friends.
- Pray with the Sunday Mass readings (maybe even with a virtual small group), you could use the Summit Teaching videos.
- Join in for Lectio Live — a live-streamed digital small group on Life Teen’s YouTube channel.
- Watch Mass live. The Archdiocese will be streaming Mass from the cathedral daily on their website (www.catholiccincinnati.org) and many other churches are doing the same. You could even take a virtual pilgrimage and tune in for Mass in different churches across the country or around the world.
- Make a daily act of spiritual communion. You can use this prayer:

> My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

> Come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

> I have put together as we work to keep our faith strong during this time.

Finally, let us be patient with ourselves and others during this time. Loving God and loving neighbor will look a little different than it has in the past. But just because it will look different doesn’t mean the commandment has changed. Jesus calls us to love God and love neighbor and our commitment to that call is especially crucial at this moment.

UPPER ROOM

Upper Room is now Upper Zoom. We will be meeting via Zoom each Friday morning at 9:30 for worship, fellowship and inspiration. This week’s speaker will be seminarian Jacob Lindle.

Everyone is welcome even if you have never been to Upper Room before. Here is the link to the Zoom session so you can join in: https://us04web.zoom.us/j/803452981 Meeting ID: 803 452 981

PRAY WITH THE POPE!

Pope Francis announced Sunday that he will be giving a special “Urbi et Orbi” (for the city and the world) blessing on Friday at 1:00 pm EDT. This will be a time of prayer followed by an address and blessing from the Holy Father. Those who pray with the pope during this time may receive a plenary indulgence. You can watch live at vaticannews.va. There is more information here: https://www.ncronline.org/news/vatican/francis-chronicles/pope-announces-extraordinary-urbi-et-orbi-blessing-march-27.
ENGINEERING

University of Dayton Research Institute works within areas such as computer science, materials science and several engineering types. UDRI represented themselves at the March 3rd STEM Talk with Mr. Thomas Fitzgerald, who works with attaching sensors to aircraft and putting that data into context. Originally from Ireland, Mr. Fitzgerald immigrated to the US to obtain an electrical engineering degree, followed by a Masters in Physics. He shared information about GeoInt, which is a Geospatial Intelligence program that uses sensors and satellites to make maps of the needed information, which is a very long way from pigeons donning cameras. Various types of maps were shown to the students along with applications: Uber, farming practices and military. Lastly, Mr. Fitzgerald stressed that all disciplines were needed in this field from accounting to do the numbers, art to visualize the data, mechanics to tend to the machines and all types of engineers to make the sensors, aircraft, data retrieval.

GENETICS

On February 12th, after several reschedulings, Monica Johnson was able to talk to our students about her work with the hyperbaric chamber at Sycamore Hospital, which has 12 patient seats that can help patients with their wound recovery over an eight week time frame. She described the situations that would warrant hyperbaric chamber therapy, such as diabetics, CO poisoning, collagen development and angiogenesis. Saturating the body tissue with oxygen is done by increasing the pressure; Henry’s Gas Law and Boyle’s Gas Law were used to explain why the pressure would have an effect on the gas volume in the blood and body cells. Pretty cool combination of physics and medicine!

MONTGOMERY COUNTY SCIENCE FAIR

Alter had 23 students compete at the Montgomery County Science Fair, and 6 students received perfect scores: Ben Burkhardt, Tommy Switala, Joey Gulas, Arpita Gulati, Maddie Jecker and Alex Smith!

Three students received awards: Cassie Eckert (she had two), Maddie Maffett and Ryan Geiger! A highlight was that Cassie Eckert was invited to the International Science and Engineering Fair (ISEF) as an alternate!! She has the choice of spending 5 days in Anaheim, CA surrounded by students from nearly every state and 70+ countries in a very large science fair in May.

Of the 23 students, 19 received Superiors and four received high Excellents! Congrats to all!
Be sure to check us out on Instagram!
The Popps prepare 100 lunches for St. Vincent

We are ZOOMING

Theatre on ZOOM

Zoom: So this is what our new geometry classes look like now!
It is with deep regret that I am sending this message to all of you.

At 11:00 AM yesterday, Executive Director Jerry Snodgrass informed all remaining winter sport tournament participants that the tournaments will be cancelled. During the call and in the follow-up emails, Jerry expressed how the OHSAA is unspeakably disappointed for the student-athletes, coaches, schools, and communities who have worked so hard to earn the opportunity to participate at such a high level.

This is not what these student-athletes deserve and not the outcome that anyone in the OHSAA community wanted. It is just a sad reality of this uncertain world that we are currently living in. The great deal of ‘unknowns’ along with the logistical challenges made the option of rescheduling impossible.

While this is a sad day for our boys’ basketball team, Matt See, the Alter community, and the OHSAA community as a whole, we continue to be Alter Proud of all the accomplishments of our students — on and off the field of competition!

Please stay safe and stay healthy -
Chris Hart
Athletic Director

ALTER BASKETBALL

The Alter Knights are DISTRICT CHAMPIONS! They defeated the team from Wyoming (previously #1 and undefeated) 77-66.

Before the mandated school closures, Alter was set to face Columbus Beechcroft in the Regional Final at UD Arena.

Even if the season may be over, we are Alter proud of these gentlemen!

POP TO STATE

Congratulations to Allie Popp for finishing an amazing 17th out of 214 bowlers from all locations in the State Tournament at Wayne Webb’s Columbus Bowl. What a great season for Allie and the entire Alter Bowling Family.

ALTER HOCKEY PLAYERS HONORED

Congratulations to the Alter Hockey players who have been recognized by the Southwest Ohio High School Hockey League (SWOHSHL) for their accomplishments this year.
They are:
Senior: Jack Augustine - 1st Team All-League
Senior: Sigurd Peterson - 2nd Team All-League
Sophomore: Will Augustine - 2nd Team All-League
Sophomore: Spencer Morgan - 2nd Team All League

The players will showcase their talents in an all star game on Saturday, March 7 at 6:15 pm at Goggin Ice Arena in Oxford.
MUSIC NEWS
Todd Tucker
Director of Bands

We are rescheduling the two remaining new parent and new member meetings. These will now be an online Zoom meeting format. Once we have these dates and times established we will push out invites via Facebook, Instagram and email.

Thanks so much, and we look forward to the incredible performances of the 2020 Alter Marching Knights. #joineamalter #golittlebandgo #snowlittlebandsnow

Stay home, stay healthy and wash your hands!
ONCE ON THIS ISLAND- 2020

Sunday, March 15th was truly a night I will never forget. On Sunday, the cast and crew of ONCE ON THIS ISLAND at Alter High School performed for possibly the first and last time with a small group of parents cheering them on.

To the general public that might laugh at how disappointed the students and the production team are to not be able to perform the show as intended... They say it is JUST a show... To those I say how wrong you are. It is never about “the show” - it is always about the people - theatre is about connecting us as humans in a time when we are too often reminded of everything that divides us. To these kids theatre is their escape, their home, it is what allows them to feel another sense of family, to feel safe and a true sense of belonging.

I could not ask for a more professional and dedicated group of kids. They impress me daily, but last weekend I saw another side of courage, love and faith. They are truly special.

Life is why, pain is why, love is why, grief is why, hope is why, faith is why, YOU are why we tell the story. THEY are why I do what I do!

Megan Sears
(Director/Choreographer- ONCE ON THIS ISLAND – 2020)

TICKET INFORMATION:

Thank you for your support of ONCE ON THIS ISLAND. Due to the mandated school closures, we want to inform you that we are postponing ONCE ON THIS ISLAND. We are busily working out details and will be in touch as soon as we know more specifics, but for now, please know that we will match you with the closest corresponding performance time for the new dates. For instance, if your current tickets are for the first Saturday, we will move you to the same seats, first Saturday of the new run dates. If, at that time, you cannot attend due to a conflict, we ask that you email our team and we will work with you to find an alternate date that fits your schedule. Our hope is that every ticket holder still has the chance to see this amazing show.

Thank you for your patience and your continued support.
The Castle Players
TENTATIVE CALENDAR FOR THE 2020 – 2021 SCHOOL YEAR

AUGUST 2020
17th – Teacher Retreat
18th – Teacher Work day
19th – Freshman First Day
20th – First Day All students
26th – Meet the Teacher Night

SEPTEMBER 2020
7th – Labor Day – No School

OCTOBER 2020
9th – End of First Quarter
14th – ACRE and PSAT testing
22nd – Parent Conferences – No School - Students
23rd – No School

NOVEMBER 2020
25th – 27th – Thanksgiving Break – No School

DECEMBER 2020
10th – Exams 1 and 2 – Noon Dismissal
11th – Exams 3 and 4 – Noon Dismissal
14th – Exams 5 and 6 – Noon Dismissal
15th – Exams 7 and 8 – Noon Dismissal
16th – Exam Make Up Day and Teacher Work Day
17th – Jan 3rd – Christmas Break – No School

JANUARY 2021
4th – First Day of Second Semester
18th – Martin Luther King Day – No School

FEBRUARY 2021
12th – 15th – Presidents Day Weekend – No School

MARCH 2021
11th – End of 3rd Quarter
12th – 15th – No School

APRIL 2021
2nd – Good Friday – No School
3rd-11th – Easter Break – No School

MAY 2021
22nd – Senior Graduation - AM
24th – Exams 8 and 7 – Noon Dismissal
25th – Exams 6 and 5 – Noon Dismissal
26th - Exams 4 and 3 – Noon Dismissal
27th – Exams 2 and 1 – Noon Dismissal

2020 SUMMER CAMPS AT ALTER

We are remain hopeful to launch our summer camps, but we realize that timing may be a concern. Due to this uncertainty, we will accept registration online for camps WITHOUT payment. We will accept payment on the first day of camp if it launches.

REGISTRATION WILL OPEN NEXT WEEK - SO STAY TUNED!
The Alter Music Association

ANNUAL MULCH SALE

Delivery Dates: **April 24-26 & May 1-3**
All Natural Supreme Dark Hardwood Mulch in 2 cu. ft. bags

**Prices:**
- 1-25 bags—$4.50/bag
- 26-39 bags—$4.30/bag
- 40+ bags—$4.10/bag

Order by **April 13th** for **FREE DELIVERY** on orders within a 15 mile radius of Alter
- Delivery Charge of $10.00 per order on all other orders

Order at **www.alterma.org** or by calling **937-401-0011**

MULCH SPREADING SERVICE IS AVAILABLE
By the Alter Lacrosse team
Contact Bernie at holtgreive@gmail.com
Or text or call 937-430-6677

NEW THIS YEAR!
GOLDEN TICKET RAFFLE

- **Grand Prize** - Napa Grandeur Trip with Hot Air Balloon Ride
- **2nd Prize** - Wrigley Field Roof Top Experience
- **3rd Prize** - Winner’s Choice of Elk Creek Winery Getaway OR Cincinnati Bengals Game and Overnight

**Winners will receive voucher good for 1 year from drawing.**
**Drawing to be held MAY 9, 2020**
(Prize may be exchanged for an equal valued trip)

**Tickets $100.00 each**
**Only 500 to be sold!**
**Purchase your ticket at www.alterma.org**
The Mark Andrew Kreusch Memorial Fund was founded by his family to honor Mark's life and spirit. Mark was four years old when his life suddenly ended in a boating accident on August 11, 2007. Mark loved his family, his friends, and embraced life by enjoying all that he did. His zest for life shined through his smile and giggle. Mark's parents vowed to keep his spirit alive by enriching the lives of other children. His family and friends will miss him dearly. Their dream is to continue his legacy. Through various projects the fund will "Leave a MARK on a child's life".

5th ANNUAL MAK SCHOLARSHIP

This fifth annual scholarship will be granted to one deserving high school senior at each of the following schools: Centerville, Alter, and Bellbrook. The one-time $1000 scholarship can be used towards the college or university of your choice.

Please list the following academics at the top of your submission:
- GPA
- Class Rank (If available from High School)

Please list the service that you have done underneath your academics section:
- Limited to during high school
- Was the service a one-time event? On-going?

Every student comes from a different background of life. The MAK Memorial Fund and the student ambassadors strive for volunteering to the local community. Please share with us your responses to the following questions. (250 words maximum per question)
1. How did you make a difference through your service organizations/actions?
2. How does service impact you?
3. What would this scholarship mean to you?

Return completed applications to Guidance Office by April 8, 2020 for consideration.

If you have any questions, please contact the student ambassador below:
Lindsey Rocco  lrocco64@gmail.com

Check out the MAK foundation online and on Facebook!
ARCHBISHOP ALTER
BATTERY HOCKEY CAMP

Camp will be lead by The Battery coaches and a guest appearance by Columbus Blue Jacket alternate captain and former NHL All Star Cam Atkinson. Instruction will be in conjunction with Archbishop Alter High School Varsity Hockey.

JUNE 23-26
South Metro Sports
10561 Success Ln, Dayton, OH 45458

COST: $450
Early registration is encouraged as this camp is likely to sell out. Camp is capped at 200 participants total, around 65 per age group.

REGISTER ONLINE:
batteryhockey.com/camps-and-clinics-glofox

3 AGE GROUPS:
Each group will have 3 hours of on ice instruction broken down into 2 x 1.5 hour sessions each day and 1 hour of off ice instruction each day for a total of 12 hours on ice and 4 hours off ice during the camp.

MITE/SQUIRTS (10 & UNDER)
10am to 11:30am, and 3:30 to 5pm on ice, 12 noon to 1pm off ice, lunch 1-2pm

PEEWEE/BANTAM (14 & UNDER)
11:30am to 1pm and 5pm-6:30p on ice, lunch 1 to 2pm, off ice 2pm-3pm

HIGH SCHOOL
2-3:30pm and 6:30pm to 8pm on ice, lunch 1 to 2pm, off ice 4pm to 5pm

Lunch is from 1 to 2pm each day. Players may bring a lunch or there will be food available for purchase at the rink.

FOR INFORMATION OR QUESTIONS:
Info@batteryhockey.com
614-504-5278

The Knight Times