

BISHOP LUDDEN NEWSLETTER

September 2020

WELCOME BACK!

IMPORTANT PHONE NUMBERS:

- Main Office:
Ms. Scott
(315) 468-2591
- Health Office:
Ms. Jack
(315) 459-7160
- Counseling Office:
Ms. Buttner
(315) 488-0053
- Tuition Office:
Ms. Rounds
(315) 459-7175
- Enrollment Office:
Mr. Gray
(315) 459-7160
- Development Office:
Ms. Gilheney
(315) 579-0061
- Alumni Relations
Ms. Corcoran
(315) 579-0086



Whether students return in-person or remotely, school is set to begin again this month! Seventh-graders only start on Wednesday, Sept. 9, seventh- & eighth-graders come in on Thursday, Sept. 10; ninth- & tenth-graders start on Friday, Sept. 11; eleventh- and twelfth-graders start on Monday, Sept. 14. All students start the new academic year together on Tuesday, Sept. 15.

IN THIS ISSUE..

- Staff Spotlights
- Welcome, Students
- Keeping Calm During Covid-19
- Alumni News

Pgs. 2, 3
Pgs. 5, 7
Pgs. 9, 10
Pg. 12



A joyful heart is always good

- ⇒ A **cheerful** heart is good medicine, but a broken spirit saps a person's strength. (Proverbs 17:22)
- ⇒ A **joyful** heart makes a cheerful face, but with a heart-ache comes depression. (Proverbs 15:13)
- ⇒ For the despondent, every day brings trouble; for the **happy** heart, life is a continual feast. (Proverbs 15:15)

STAFF SPOTLIGHT

Welcome, Mr. Baker!

Mr. Baker is stepping in this year for Ms. Gilbert in the Counseling Department, and will be working our 7th-, 8th- and 9th-graders. He has past experience working in Syracuse schools as a school-based therapist and school social worker.

What stands out to you as the most endearing quality of Bishop Ludden?

Bishop Ludden has always been a place that cares about me as a person. As a middle schooler, I made bad decisions at Bishop Ludden. However, after a year away from Bishop Ludden, I asked to return and Ludden cared enough about me to give me another chance.

As a 1998 graduate, what are your best memories of Ludden?

My best memories were being a part of a class of students who knew each other by the time we graduated, [being] surrounded by scholars and gifted people in that class, and being able to receive my diploma from my uncle who was an alum of Bishop Ludden.

What is your favorite pastime?

My favorite pastime is football (coaching or watching it on TV).

Do you have a favorite motto or Bible scripture you try to live by?

My favorite motto is “I am better than I know!” which is inspired by one of my favorite scriptures: “While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.” 2 Corinthians 4:18

Favorite book and movie?

Favorite book: “Who Am I” by Jerry Bridges

Favorite movie: “Coming to America (starring Eddie Murphy)

What do you enjoy most about your field of work?

My field of work is all about “helping people!”

Where's one place you haven't been to that you'd like to visit?

Ann Arbor, Michigan to witness Michigan Wolverines Football game (Go Blue!)

Name one of your favorite travel or vacation memories.

My favorite travel memory is the 10-day honeymoon with



my wife Cynthia: five days in New York City and five days in Washington.

Favorite food?

My favorite food is baked macaroni & cheese (there's a difference between baked and stove top).

What is something about you that people wouldn't know?

I published my first book in 2019, “Sleeping with the Enemy: The Devil’s Lies to Today’s Families,” and I hope to publish my second book in 2021. (**You can find Mr. Baker’s book at https://books.google.com/books/about/Sleeping_with_the_Enemy.html?id=ACfOxgEACAAJ)

What's your advice to students?

Academic success is not the result of “guessing on quizzes and exams” but the result of “consistently working hard.” Your grades will determine your opportunities after you graduate from high school. Learn what it means to be a friend before you start selecting friends.

STAFF SPOTLIGHT

Welcome, Ms. Busa!



Ms. Heidi Busa is the new IB coordinator and will be teaching the required core subject, Theory of Knowledge, for the International Baccalaureate Diploma Programme. Heidi, who resides in Marcellus, has 30-plus years experience in education.

What stands out to you as the most endearing quality of Bishop Ludden?

The small size, so we can really get to know the students.

What is your favorite pastime?

Knitting!!

Do you have a favorite motto or Bible scripture you try to live by?

Live every day to the fullest.

Favorite book and movie?

Favorite book: "Gone with the Wind" by Margaret Mitchell

Favorite movie: "Singing in the Rain"

What do you enjoy most about your field of work?

I love working with students and I love seeing students become successful!

Where's one place you haven't been to that you'd like to visit?

One place that I would like to visit and haven't is Hawaii.

Name one of your favorite travel or vacation memories.

One of my favorite vacation memories is traveling with my family to the Czech Republic to visit my daughter when she spent the semester abroad in Prague.

Favorite food?

Lobster.



What is something about you that people wouldn't know?

I make a killer apple pie.

What's your advice to students?

My advice to students is to always give your best effort. Always try to learn everything that you can because you never know what information/skills you may need in the future.!

About IB DP

Bishop Ludden Jr/Sr High School is one of two in CNY authorized as an IB School.

The prestigious International Baccalaureate Organization (IB) in October 2019 formally authorized Bishop Ludden Jr/Sr High School as an IB World School for the Diploma Programme.

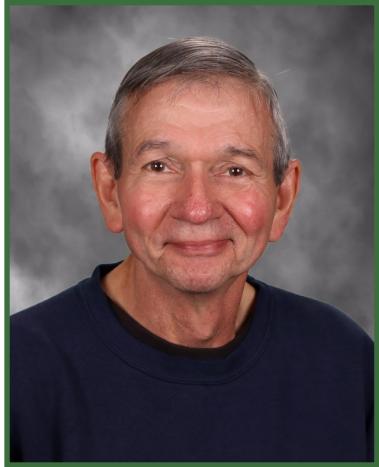
The IB Diploma Programme is a two-year rigorous undertaking designed for juniors and seniors. Its aim is to develop internationally minded people who flourish physically,

intellectually, emotionally, and ethically. This is achieved through courses that nurture curiosity, critical thinking, effective communication, and respect—all components of the IB learner profile.

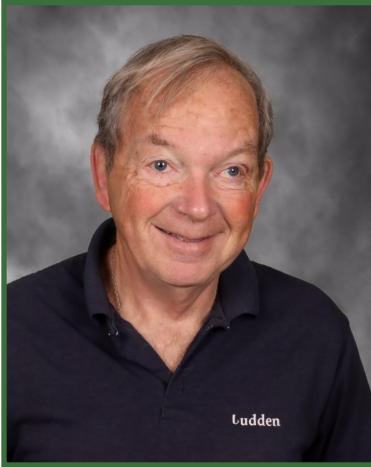
As an IB World School offering the Diploma Programme, Bishop Ludden is now a part of a global community of schools committed to developing knowledgeable, caring young people who will be ready to negotiate their futures successfully and make contributions resulting in a more harmonious and peaceful world.

STAFF NEWS

THANK YOU



Joe Aldrous



Tom Liggett

The Bishop Ludden maintenance team, **Mr. Aldrous** and **Mr. Liggett**, have been hard at work all summer preparing the school for our students and the new academic year. Rooms have been cleaned, sanitized, furniture moved, new equipment installed, lockers cleaned (even though they won't be in use!) and so much more. We thank you for your commitment and dedication—we couldn't do it without you.



P4L has also been instrumental in getting the word out about food supply, listing the items needed to keep a well-stocked supply when classes were remote and school was not in session.

Since the start of the pandemic, **Mrs. McAuliffe** has prepared food baskets weekly to families in need. Also, she has been involved in meal preparation for a food distribution site, ensuring that children have food available to them on a daily basis.



Mavourneen McAuliffe



Sister Beth Ann Dillon

Sister Beth Ann Dillon dedicated much of her time not only to planting beautiful donated begonias outside the school's front entrance, but also to watering and pruning them to keep them healthy, strong, and vibrant during an exceptionally dry summer. The flowers continue to provide a warm and inviting feel as you enter the school.

Thank you to the overall Ludden community for your support and commitment to our school.

ENROLLMENT

Welcome, Students!

7th grade

Claudia Amato
Megan Ascioti
Micah A. Baker
Gabriella Berry
Kalib Bialy-viau
Tiz'ariah Billue
Annaliese Bower
Matthew Bradley
Nicholas Brady
Parker Brown
Nicholas Brunger
Payton Campbell
Ava Carpenter
Lillian Catalano
Aidan Colangelo
Mia DeCarlo
Nathan Duszak
Teresa Gilbertsen
D'metrique Godbolt
Jahzar Greene
Sofia Gurgol
Finnian Hoerl
Natalie Kearney
Everitt Kelley
Kyle Lasalle
Michael Lasalle
Brenna Lillis
Cailin Lillis
Frank Manzi
Gabrielle McIntosh
John McMahon
Carter Meneilly
Maria Natale
Momin Naveed
Avery Nevil
Cecilia O'Connor
Jaylianna Pascarella
Shubh Patel
Gianna Poole
Emmet Ranous
Santiago Scott
Porter Sheen
Fedel Smith
Aimie Snyder

Meghan Snyder X'zavion Streiff Jace Thoreck

8th grade

Lila Acosta
Ayen Aman
Grace Bain-King
Maxwell Boyea
Keegan Cain
Jainor Calcano
Thomas Canfield
Jackson Catalano
Thomas Cervantes
Sophia Chemotti
Chad Cook
Trey Dennis
Joseph Dunham
Elise Ellison
Rose Fallon
Erik Finton
Bailey Ganoung
Elizabeth Gaughan
Benjamin Gentile
Aidan Glennon
Aidan Grealish-Liquori
Rosemary Hanlon
Grace Hilton
Charlotte Hsiao
Gabriella Lenchert
Ysabella Martinez-Vendetti
Jack Marvin
Alexis Netti
Kimberly Nguyen
Natalie Nojaim
Grace Olivia
Adrianna Parker
Hayden Parkhurst
Meredith Pessirilo
Parker Pichoske
Jonuel Quinones
Mikhayla Reyes
Abigail Reynolds
Sophia Rivera
John ruddy

Mia Scutari Alexi Sheen Blake Sheen

Colden Sheen
Molly smith
Wi Jeong Suh
Natalie Testa
Israel Toe
Paige Townsend
Andrew Towsley
James Westers

9th grade

Delia Adams
Donnel Ayers
Brendan Bieling
Andrew Brunger
Alicka Burns
Madison Burns
Giana Ann Calangelo
Zander Craner
Michael DeLorenzo
Alejandro Donigan
Timothy Dunham
Grace Fink
Honour Fitzgerald
Gerald Fout
Jane Haggerty
Talan Hilliker
Jaiden Holloman
Jordynn Howard
Ramell Hoyle-Freelon
Luke Infanti
Lilianna Janowski
Brayden Kitterle
Michael Masterpole
Katherin McCaroon
Philip McGarvey
Leyna Nguyen
Mary Papini
Elden Proper
Sarah Prowak
Andrew Pullano
Serena Royal
Anna Schultz

Molly Sexton
Ryan Skanes
Peter Smith
Ye Ryeong Suh
Christian Tetreault
Eamonn Theiner
Kathryn Wiegand

10th grade

Joseph Adamo
Isaiah Apps
Achol Aroman
Ryan Brady
Taysir Briggs
Megan Cameron
Carrington Carter
Norah Casey
Evan Cervantes
Carson Cognetti
Samuel Colella
Camryn Collins
Jonathan Daher
Michael Donohue
Sarah Fink
Annie Gaughan
Faith Griffin
Bianca Grund
Beatrice Gurgol
Brigid Hardick
Rhyan Hergenhan
Bless Isaac
Spencer James
Catherine Keegan
Allison Kerwin
Siobhan Kivlehan
Mercede Lara
Andie Leo
Cleshaun Lively
Aidan Maher
Bailey Mowers
Therese Murry
Keiara Odume
Paul Owens
Ashley Petragnani

Continued on page 7

SCRIP PROGRAM: GIVE A GIFT CARD AND EARN MONEY TOWARD TUITION!



Do you shop at Target? Walmart? Amazon? JCPenney? Marshalls? Kohls? Barnes & Noble? Do you eat at Applebees? Olive Garden? Panera Bread? Cheesecake Factory? Subway? Dunkin' Donuts? Are you planning a big home improvement project with Lowe's or Home Depot? How about making vacation plans with Airbnb? American Airlines? Hilton Hotels? Carnival Cruise Lines? Disney?

SCRIP gives you the opportunity to earn credit towards your student's tuition when you make your normal purchases from hundreds of retailers

So, how does it work?

Think of it as substitute money. When you purchase a SCRIP, you're purchasing a normal gift card to use just like cash. But with every card you purchase, you're earning money back towards the cost of tuition at Ludden. SCRIP cards can be used for groceries, clothing, gifts, gasoline, vacations and more! Extended family and friends can also order through your student, earning your family even more credit toward tuition!

How does buying a SCRIP generate revenue?

You order your SCRIP gift cards through the school and pay full face value for them. Bishop Ludden is able to buy SCRIP from hundreds of local and nationwide retailers through the Great Lakes Scrip Center at a discount. The discount, which varies from 1.5% to 25%, is returned to you as tuition credit for the following school year.

For example, if you purchase a \$50 gift card from a retailer that is offering a 10% discount, you have already saved \$5 on next year's tuition bill.

If you're planning a shopping trip to Target or a dinner at Cheesecake Factory, plan ahead and shop with SCRIP! Earn money back in the process — it really adds up. Families have earned hundreds of dollars towards their tuition bills.

How do I order SCRIP?

Download and complete an order form. There is a one time \$20 set-up fee paid annually, which covers shipping costs. Send the order to school with your student on the due date (always on a Monday) and the rest is up to our SCRIP coordinator. Your SCRIP order is returned to you or your student at school the Friday of the same week.

Drop off	Pick up
Sept. 21	Sept. 25
Oct. 19	Oct. 23
Nov. 16	Nov. 20
Dec. 7	Dec. 11
Jan. 11	Jan. 15
Feb. 8	Feb. 12
March 15	March 19
April 26	April 30
May 11	May 15

ENROLLMENT (continued from page 5)

Welcome, Students!

Dimitri Reynolds
Johnnae Rice
Isabella Rivera
Clare Ruddy
Anne Sardino
Roberto Scutari
Regina Shattell
Amarah Streiff
Benjamin Thieben
Amelia Tkacz-Jimenez
Kennedy Wicks
Savannah Williams
Shadavies Williams

11th grade

Alexander Adams
Amelia Adams
Wol Aman
Omari Anderson
Jesse Armbruster
Jarin Beauford
Heidi Biernacki
Sarah Boyea
Allison Bradley
J'Brielle Bullock
Robert Burns
Charles Colella
Mark Collins
Anderson Corriero
Ava DiRubbo
Jacob Donohue
Peter Dunham
Lukas Eckert
Reese Evans
Emily Flynn

Patrick Hammer
Kieran Hoerl
Andrew Janowski
Kaitlyn Kibling
Nazier Kinsey
Ashley Kochanek
Cullen Lillis
Timothy Long
James Mack
Michael Manzi
Joseph McGarvey
Madison Moen
Katie Nguyen
John Owens
Victoria Parsons
Isaiah Patterson
Jordan Puchalski
Rachel Sherwood
Paige Smith
Summer Smith
Maya Stubbs
Patrick Towsley

12th grade

William Anderson
Achot Aroman
Caitlin Ascioti
Jon Baker
Donovan Brooks
Matthew Brunger
Brian Buttner
Dominick Chatas
Alexia Chemotti
Anya Collins
Aidan Craner

Jasmine Cuffee
Michael DeAngelis
Autumn DeSpirito
John Galeazza
Michael Gaughan
Timothy Jiang
Lucy Keegan
Erin Kerwin
Deirdre Kivlehan
Jordan Kochanek
Paul Kolenda
Amelia Lamendola
Michael Losi
Christian Ly-Gunn
Nate Maitland
Aine McIntyre
Mia Mignacca
Analeah Morquecho
Avery Myers
George O'Malley
Aisha Osbourne
Yisu Park
Lauren Petrie
A'jia Reese
TyJohn Rice
Axel Rivera
Ashlee Robertson
Alexandra Royal
Katherine Ruddy
Abigail Ryan
Andrew Schultz
Josephine Shattell
Francesca Todeschini



SCHOOL NEWS

Learning leadership skills



Sister Beth Ann Dillon and the Campus Ministry crew last month spent some time together at Lourdes Camp for Peer Leader Day. **RIGHT:** Students use quiet time to read literature related to their mission.



Let there be light!



Thanks to a most generous donor who wishes to remain anonymous, we now have lights for our parking lot! We at Bishop Ludden are extremely grateful for the contribution to our school. What a marvelous addition for the Ludden community!

Cafeteria

news

From Mrs. McAuliffe

Dear Parents/Guardians,

Things will be a little different for the 2020-21 school year.

Breakfast will remain the same with students coming through the line to choose what they would like.

Lunches, however, will be different. Starting the week of Sept. 21, we are requesting that parents/guardians fill out menus that will be sent home on Mondays via email, then send back the completed weekly order by noon on Thursday to mmcauliffe@syrdioce.org.

There will be no cash exchanges. All items will be filled out on a roster and families will be billed bi-weekly for all items purchased.

Sandwiches will be available for lunches the first two weeks of school. Gatorade and water will be available in the morning only. There will be no ice cream or chips available for sale.

Thank you for your cooperation and we look forward to an exciting school year.



KEEPING CALM DURING COVID-19

How To Properly Wear A Mask



ABOVE: Nurse Jack from the Bishop Ludden Health Office demonstrates how to properly wear a mask. The mask must cover both the nose and mouth. Remember also to keep your hands clean!

Laugh it off

By Tami Scott, newsletter editor

It's pretty common to look forward to the weekend after a long week of school or work, right?

Well, one Saturday last month, my 5-year-old Jonathan and I were up fairly early and looking forward to spending the morning doing our weekend routine – I have a cup of coffee, he has a glass of milk and we “clink” our drinks together. Then we spend the next hour or so on the couch engaged in our activity of choice – mine is typically passive, like watching something on television, and he plays some video games on my phone.

On this particular morning three events happened. First, one of my cats vomited – in three different rooms, thank you very much. Second, after Jonathan drank his milk, he wanted juice. Red juice. You know where this is going. All over the carpet. Third, there was a dead fly in my coffee.

I could have cried. But I didn't. By the time I discovered I sipped up and spit out a fly, I realized I had a choice. I could either find the humor and roll with it or give up for the day. I chose to laugh. And I even retold the story, which made a friend laugh, which in turn, made me smile.

I don't think anyone would debate me when I say these are difficult times. And when we're being challenged on a daily basis with stuff we've truly never dealt with before, we are prone to react. We might become agitated faster, raise our voice quicker, or just blurt out something hurtful that we don't even mean. Let's face it. We're not fun people to be around when stressed. And believe me, I don't always respond with laughter to strings of setbacks!

Fr. Dan says we can deal with our pandemic-related stress with faith, hope, love, and a sense of humor. (This can and should also apply to other stressors!) If you can, try to see the humor in each situation you encounter that tests and tries our nerves. If you can't, take a moment to breathe in deeply, exhale slowly, and pray.

This too shall pass.

HOW TO MANAGE ANXIETY

- Routine**
Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a **good routine** helps a lot.
- Rationalize**
Anxiety likes to pull out the **worst-case-scenario**. **Reassure yourself** as many times as it takes that you are okay.
- Talk**
Don't be afraid to talk about your anxiety. Find a **good support system**. Try therapy. **Break the stigma!**
- Schedule**
If something triggers your anxiety, try **scheduling** it into your week. Don't put things off indefinitely!
- Mindfulness**
Focus on the current moment. Be in the present. Learn to **self-soothe**.

BlessingManifesting

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.



Exercise

Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.



Sleep

Learn and Explore



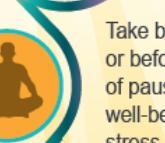
Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.

Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.



Structure and Routines

Practice Mindfulness



Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.

Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.



Talk with a Friend

For mental health resources visit EachMindMatters.org

National Suicide Prevention Lifeline: **1.800.273.8255**

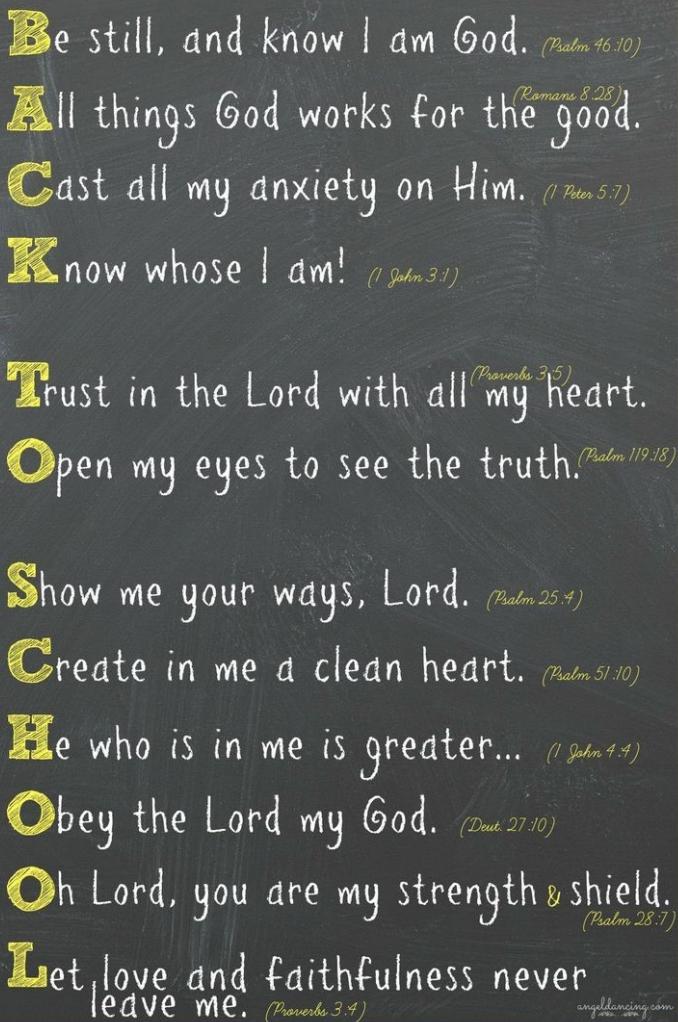
The Peer-Run Warm Line: **1.855.845.7415**
for peer-run non-emergency emotional support.

**EachMind
MATTERS**
California's Mental Health Movement



**KNOW
THE SIGNS**

Funded by counties through the Mental Health Services Act (Prop 63).



³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4



Campus Ministry

2020-21 Current Members Are Listed Below:

Seniors:

Will Anderson
Achot Aroman
Brian Buttner
Jasmine Cuffee
Aine McIntyre
Lauren Petrie
Ashlee Robertson
Francesca Todeschini

Matt Brunger Alexia Chemotti John Galeazza Amelia Lamendola Axel Rivera Kate Ruddy Ally Royal Erin Kerwin

Sophomores:

Sarah Fink
Ryan Brady

Juniors:

Ashley Kochanek
Reese Evans
Jacob Donohue
Kaitlyn Kibling
Madison Moen

Student government

2020-21 Student Government Members Are Listed Below

Moderator: Mrs. Pietropaolo

High School Student Council

President: Francesca Todeschini
Vice President: Ava DiRubbo
Secretary: Sarah Boyea
Treasurer: Matthew Brunger
Public Relations: Patrick Hammer

12th grade

President: Aine McIntyre
Vice President: Deirdre Kivlehan

11th grade

President: Anderson Corriero
Vice President: Joseph McGarvey

10th grade

President: Tess Murry
Vice President: Ben Thieben
Secretary: Faith Griffin
Treasurer: Roberto Scutari

9th grade

President: Alejandro Donigan
Vice President: Delia Adams

Treasurer: Philip McGarvey

8th grade

President: Max Boyea
Vice President: James Westers
Secretary: Mia Scutari
Treasurer: Elizabeth Gaughan

7th grade

Mrs. Pietropaolo will distribute application to 7th-graders at the start of school; elections will be held on or around Sept. 25.

ALUMNI NEWSLETTER

Meet Michael Crissan, Class of '77

College Education:
A.A.S Radio-TV Broadcasting

Current Occupation:
Musician

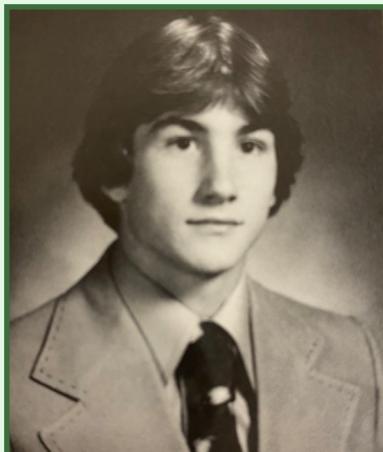
Professional Achievements:
Recorded four albums of original songs. Made a living making music.

What is the best advice you could give current Ludden students?

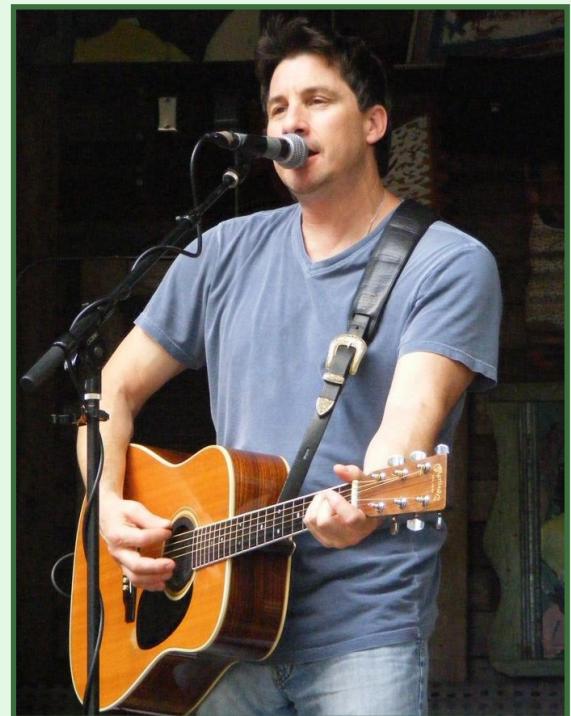
There is no reward in this world for settling for something you don't want.

Why are you proud of your Bishop Ludden heritage?

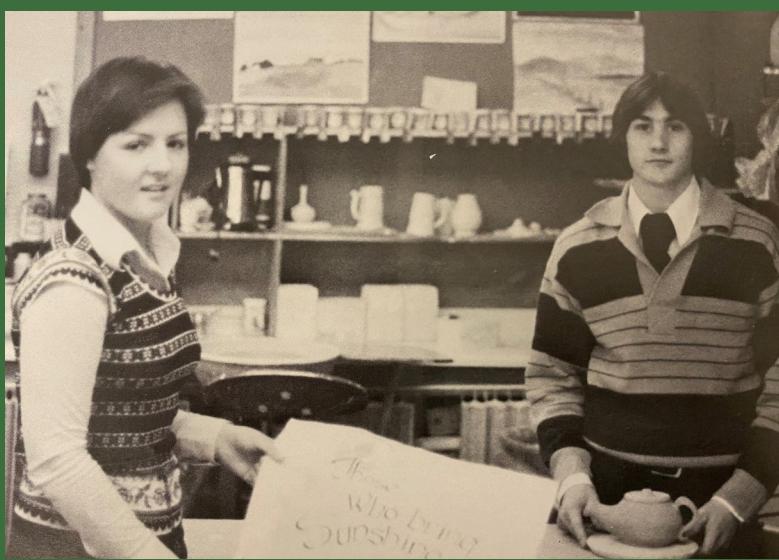
It was a very good school to grow up in with friends during that era in time.



Michael Crissan, then ...



... and now

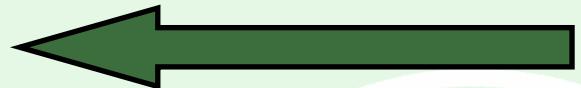


What is your favorite Ludden memory?

In art class watching Ann Gildea draw with pencil real life portraits and pictures ... Amazing!

Voted by Class as Most Artistic:

Ann Gildea & Michael Crissan



Alumni Spotlights are now on our website under the Alumni tab! We will be featuring a few alumni every month and would love for you to learn more about them!

#TBT



Check this out! John Hayes, Alison Grey Estes, Dan Gilheney and Lou Frio enjoying home-room back in the early 80's!

Planning a reunion?
Bishop Ludden would love to help!
For more information,
visit <https://www.bishopludden.org/alumni/reunion-events/>.



Class Representatives Needed!

CONTACT COURTNEE CORCORAN IF YOU ARE INTERESTED
CCORCORAN@SYRDIOCSE.ORG

We are so grateful to have your support for the work that is being done at Bishop Ludden! The Development Office is seeking class representatives and updated information to help keep our alumni connected and up to date on the great things happening at Bishop Ludden.



A Rave Review!

Thank you to all of our participants, sponsors and volunteers of the 2020 golf tournament.

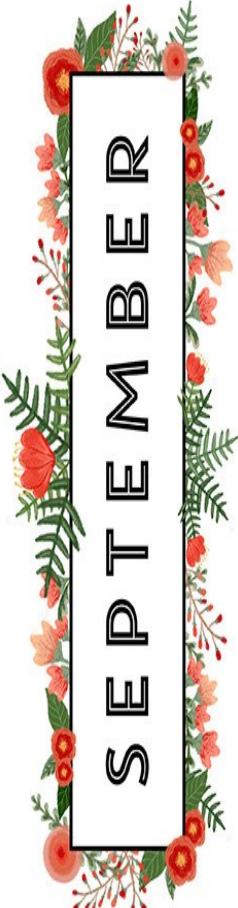
More than 100 golfers participated in the tournament and we couldn't have asked for a better day! The weather was perfect, everyone enjoyed great food and the warm camaraderie.

The tournament is a great way to get alumni back together again every year (social distanced, of course!). The tournament also raises money to provide students financial aid and scholarships. Thank you again and we hope to see you next year!

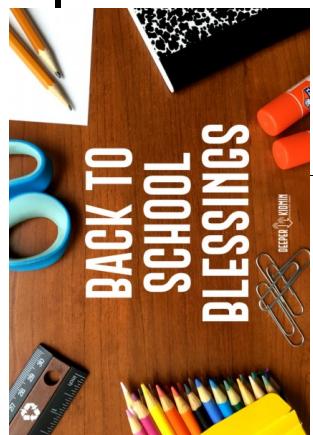


ABOVE: Jim Roy, Class of '77, concentrates on the golf course at the annual tournament.

BACK TO SCHOOL

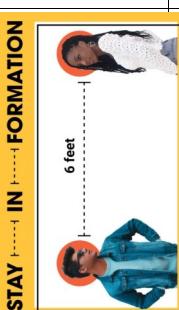


SEPTEMBER



BACK TO
SCHOOL
BLESSINGS

	Tue	Wed	Thu	Fri	Sat
1		2	3	4	5
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
28		29		30	



STAY IN FORMATION

6 feet

6 FEET OF SEPARATION

Social distancing during a pandemic saves lives.

KEEP YOUR DISTANCE!



#KeepYourDistance
#FattenTheCurve
#CoronavirusBaltimore.gov