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Monday Morning Update

3-23-2020

MMU: 03/23/20–03/29/20

Student Bar Association

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Fwd: MMU 3/23-3/29

1 message

Christine Holst-Haley <cholst@nd.edu>
To: law-allfacstaff-list@nd.edu

Mon, Mar 23, 2020 at 9:00 AM

Christine Holst-Haley
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----- Forwarded message -----

From: **Margaret Manning** <mmannin5@nd.edu>
Date: Mon, Mar 23, 2020 at 9:00 AM
Subject: MMU 3/23-3/29
To: <law-allstudents-list@nd.edu>



A Little Lagniappe

Hello NDLS,

Things are a little different since we last spoke. This morning we returned to school, but we didn't walk through the (left) door of Eck. We didn't grab a coffee from the

Crossings Cafe and say hello to Kim and Stacy. And we won't have the chance to recount Spring Break stories in the Commons while we look to the coming weeks and events like Father Mike and Barristers like we all planned.

I think I can speak for all, including professors, when I say this change is not fun. In fact, it downright sucks. We were all thinking it, so I just came right out and said it.

However, this morning, when we went back to school, we returned to a little bit of normalcy and routine. I am happily sitting in my pajamas drinking my coffee, attending class with Professor King. (I promise I'm paying attention, Professor!) And this morning, I'm sure you were all ecstatic to see my name and "MMU" in your inboxes again. Our definition of "school" may have changed, but we are still continuing on our lives as Notre Dame Law students!

Now, you may notice that the MMU got a major face-lift in light of our new distanced learning. Let me walk you through some of its #fresh features:

Lagniappe:

Still the same little hard to say French word and me giving you my own personal updates!

Questions, Comments, or Concerns?:

Over the last several weeks we have received a multitude of emails from Dean Cole, Dean O'Rear, and members of the student body regarding how we as students are to air our grievances, provide constructive feedback, and ask questions of the administration. I am here to clear the air once and for all--You got a problem or a question and want a response? Fill out the FAQ Form. Super duper easy. Below, there is even a button to click that takes you straight to the form!

General Announcements:

I have provided links to information and resources provided by both the law school and the University. Should any new information become available to me regarding exams, zoom lectures, campus closures, etc., it will be posted there.

Stay Connected...Spiritually!:

Sometimes prayer is the best medicine in times like these! So, I have provided links to live stream services and devotionals for y'all. Have a prayer service you want to share? Send it my way!

Lend a Helping Hand:

I'm asking you to help lend a helping hand to those truly rocked by this pandemic: the poor, the elderly, those ill, the at-risk children--the list goes on. Each week I hope you will send me links to charities and donations so we can do our part to be "a different kind of lawyer"!

Keep Calm and Carry On:

I know we're all bored. I've got some links that can help!

Catch up with NDLS:

Tell us how you're doing, show us what your at-home law school looks like, and most importantly.....SHOW US YOUR PETS!

If you have any suggestions on how to improve the Coronavirus edition of the MMU, please let me know!

In closing, I want to remind you that we have all lost something as result of this virus: our final semester at NDLS, the opportunity to make memories with friends and professors, the comfort of our normal learning environment and routine, the opportunity to walk through the law school doors or on Notre Dame campus again, our peace of mind, and maybe, for some, our faith. No one is unaffected.

So, let this be a uniting factor for us all. As we move forward in the semester, I urge you all to stay positive and be an encouraging presence for others. We are in this together and we will get through it together!

Until next time!

Stay Golden, NDLS

Marge

Questions, Comments, or Concerns?

Have questions regarding the Law School's policies and protocols for the remainder of the semester? Got any suggestions on how to better the process?

Below is a link to the FAQ Form sent to us by Dean O'Rear earlier this month.

There is an option to submit comments anonymously. However, should you wish for the Administration to respond directly to your question, you must include your name and email.

Thank you on behalf of the Administration and the Student Bar Association for any feedback you may provide to help better our system during this complicated time at the Law School!

FAQ Submission Form

General Announcements

University and Law School Information Pages

We have received several emails over the last week directing us to websites created by the University and Law School to keep us updated and informed as we move to distanced learning. You can find these links compiled below:

- [Facilities and Campus Services](#)
 - Check to see which buildings are open for student use around campus
- Law School [FAQ](#)
 - Here you can find general answers to the questions submitted by law students via Dean O'Rear's FAQ Submission form
- coronavirus.nd.edu
 - University Website for Coronavirus updates
- [Coronavirus Response FAQ](#)
 - University FAQ Website
- Current exam [schedule](#)

SBA Store Hours

In keeping with the Dean's message discouraging gatherings in the Law School, the SBA Store, both the physical store in the school and the online store, will be closed for the remainder of the semester. Check back next year to see what the new merchandise committee has in stock!

Health & Wellness Center

Stella Miller is here to support you. If you need to talk, develop strategies or need a point of connection please do not hesitate to contact her at stella.miller@nd.edu and she will set up a time to meet by phone. In the meantime, please see this helpful link: <https://mhanational.org/covid19>

- As of now, this is the most recent exam schedule for the law school
- <https://law.nd.edu/for-current-students/>
 - The Administration will post any new developments on the Law School's Current Student Page
- [OIT](#)
 - Link to contact tech services at the law school should you need help connecting to your classes remotely

Stay Connected...Spiritually!

During this difficult and uncertain time, let us answer Father Jenkins' call and continue "to strengthen one another by mutual support and prayer."

I have included in this section links to livestreams of different masses and prayer services for you to tune in! These are just a few I've been using and some my family members suggested.

If there's a particular service or link you'd like to share, do not hesitate to send it to mondaymorningupdate@gmail.com!

Never under estimate the power of prayer! Notre Dame, Our Mother, Pray for us! St. Thomas More, Pray for us!

[Basilica Live Stream](#)

Monday-Friday @

11:30am EST

Sunday @ 10am EST

[Daily Rosary](#)

4:00pm EST

[St. Luke's Episcopal Church in Atlanta, GA Live Stream](#)

[Daily Readings Online](#)

[First Baptist of Ruston, LA](#)

[Ann Voskamp: Bible
Study and Reflection Blog](#)

[Blessed is She: A Daily
Devotional for Women](#)

Lend a Helping Hand

As students of NDLS we are called to be "a different kind of lawyer." One of the ways we live up to this profession is by service to our communities. What better time to help than now?!

Each week, I will include a compilation of links to charities across the country submitted by YOU the students! Send me links to get our efforts rolling! We're all sitting around on our phones all day any way (sorry professors!)--we might as well make ourselves useful!

[Meals on Wheels](#) and [No Kid Hungry](#)

"As you're well aware, these social distancing policies are taxing on all of us. But this is compounded for elderly people who may find it difficult to feed themselves, and low-income children who had been relying on school to provide one if not two meals a day. There are innumerable ways we, as Americans, can come together and look out for one another over the coming months as COVID-19 continues to upend our lives. These two giving options provide a concrete and meaningful way for those interested to contribute to the effort of fighting the virus and the harm it is causing in everyday people's lives. I know it is hard for us, as law students, to do anything meaningful since we are stuck at home, apart, and buried under the work of law school, so I thought providing an avenue to contribute would be in the spirit of the whole morale-boosting effort which is the MMU."--3L, Sawyer White

Keep Calm and Carry On

As I'm sure we have all found by this point...self-isolation is BORING! Luckily, your weekly MMU is here to

- **Don't forget about your mental health!**

help! Thanks to my good pal, Mark Relation, we have hit the jackpot on links to activities you can do from home. Thank you, Mark, for keeping us all sane!

- **Read a new book.**

- **Project Gutenberg has over 60,000 books:** <https://www.gutenberg.org/>
- Kid friendly one: <https://www.researchify.co.uk/audiobooks.html>
- Access your local library's ebook and audiobook collections: <https://www.overdrive.com/apps/libby/>

- **Learn data science and how to code.**

- Python and R: <https://www.datacamp.com/>
- HTML, CSS, and JavaScript: <https://www.codecademy.com/>

- **Take a course from The Open University or learn a new language.**

- <https://www.open.edu/openlearn/>
- <https://www.duolingo.com/>
- <http://www.bbc.co.uk/languages/>
- <https://www.frenchteacher.net/free-resources/samples/>

- **Explore nature and Space**

- Guided Mindful Self-compassion exercises: <https://self-compassion.org/category/exercises/#guided-meditations>
- Headspace (currently free for US health providers and they have expanded their general offerings): <https://www.headspace.com/>
<https://www.headspace.com/studentplan> : \$9/year for students

- **For Fitness Fanatics:**

- [Club Pilates](#): Stream a [mat pilates class on its Facebook Live](#). Check its social media account for class times.
- [Pure Barre](#): Stream free classes on [Facebook Live](#). Check its social media account for class times.
- [SLT](#): Stream free [express pilates sessions on IGTV](#). Check its Instagram for class times.
- [Barry's Bootcamp](#): Stream free classes [through Instagram Live](#), check its social media account for class times. Chief instructor [Keoni Hudoba is steaming 20 minute core classes](#) at 9 a.m. ET.
- [305 Fitness](#): Stream full classes for free on [its](#)

- <https://www.nationalgeographic.com/>
- <https://www.projectnoah.org/>
- <https://worldview.earthdata.nasa.gov/>
- **Get hooked on a Podcast:**
 - <https://tunein.com/podcasts/>
- **Take a museum tour with Google and view over 500 different galleries.**
 - Main site: <https://artsandculture.google.com/partner>
 - Georgia Aquarium has a series of webcams to view while it is closed: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- **Play games online:**
 - <http://charades-randomizer.appspot.com/>
 - <http://www.boiteajeux.net/>
- [YouTube channel](#) at 12 p.m. ET.
- [CycleBar](#): If you have a bike at home, you can [stream free cycling classes on its Facebook Live](#). Check its social media account for class times.
- [Stride](#): If you have a treadmill, [stream free classes on Facebook Live](#). Check its social media account for class times.
- [Modo Yoga](#): Stream free daily [yoga classes on Instagram Live](#). Check its social media account for class times.
- [StretchLab](#): Grab a yoga strap, exercise band, or towel and stream [free stretching classes on Facebook Live](#). Check its social media account for class times.
- [YogaSix](#): Stream [free yoga classes on Facebook Live](#). Check its social media account for class times.
- [Planet Fitness](#): Stream free “Home Work-Ins” on its [Facebook page](#) daily at 7 p.m. ET (5 p.m. PT / 6 p.m. CT).

Catch Up with NDLS

Corona Quarantine Check-in

With self-isolation as our new norm, keep in touch through the MMU! Hunkered down in South bend? Living the life at your parents' house? Send us a pic and a little blurb about where you're finishing out the rest of your Spring 2020 Semester.

Include your siblings, your pets, or even your parents--get creative!

Pet Pics!



Since we're all working from home now
it's "Bring your Pet to School Day" every day!

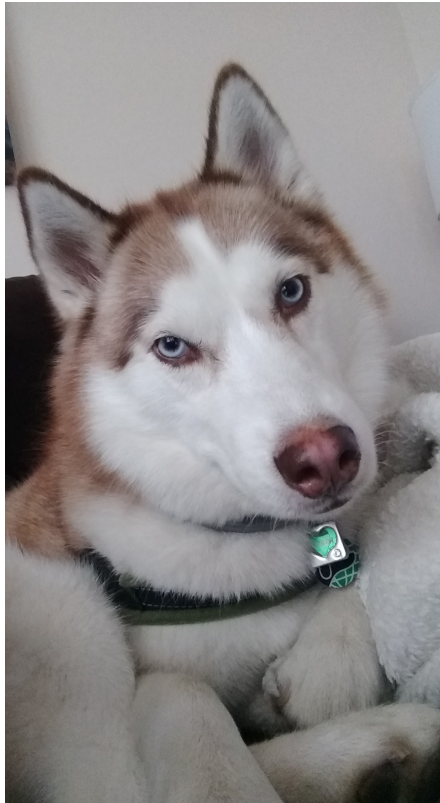
Send me pictures of your cat, dog, fish,
hamster, rabbit, chicken, lizard, etc. with the
pet's name and I'll share them with the
world!



Sméagol the cat happily supports Lexis!



Hello from Felix J. Leiter! He's a
Corgi/Dachshund mix.



This is Fenra. She's a very hyper
(can speak from experience), yet loving
Husky!

Submit content for next week's MMU!

Follow the SBA for more updates!



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ND LAW ALL

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3/23/2020

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