



Hello again. I hope that everyone reading this is ending their semester and year on a positive note, especially after all the tumult and chaos that this year has thrown at us. I would like to say "Congratulations!" to all those students who are graduating after this semester, and I wish you continued success in your future endeavors, whatever they may be.

The year 2020 was certainly one where we came to expect the unexpected. As a result of the COVID-19 pandemic, in March our spring semester was suddenly thrown into a nearly unprecedented situation that consisted of a full switch to virtual learning. As of this writing, in the United States, 227,000 people have died of the virus, out of 13.4 million documented cases.

At the completion of the spring 2020 semester, we learned that the summer, and later the fall, semesters would also both be held completely online as a continuation of the policy established by the College in its attempts to protect students, faculty and staff from COVID-19. I, along with the many of you who are reading this, were thrown into a state of anxiety and uncertainty as a result of these developments. My grandmother

# Amy Coney Barrett:

## Tipping the scales of the Supreme Court

Nick Young  
The Montgazette Contributor

As the Joseph R. Biden Administration begins and the Donald J. Trump Administration comes to an end, there is one promise that President Trump unequivocally kept. Thanks to Trump nominating Amy Coney Barrett in the wake of Ruth Bader Ginsburg's death, and together with his earlier appointments of Neil Gorsuch and Brett Kavanaugh, the Supreme Court has a conservative majority.

Barrett's background is LPPDFXODWH 6KH JUDGXDWHG ¿UVW LQ KHU class at the University of Notre Dame and earned the position of Executive Editor of the Notre Dame Law Review. During her time teaching at Notre Dame, Barrett received the "Distinguished Professor of the Year" award three times, which recognizes faculty who exhibit excellence in leadership, friendship, legal knowledge, legal teaching, and professional ability. All the while, her articles were being published in the prestigious Columbia, Cornell, Virginia, Notre Dame, and Texas Law Reviews.

Her previous experience with the late Supreme Court Justice Antonin Scalia as one of his law clerks places her squarely in the originalist and conservative realm of law. In addition, while working at a private ODZ ¿UP VKH PFW# ¿5P#

Football is a beautiful but dangerous game. This was never truer than on October 11, 2020, when the Dallas Cowboys defeated the New York Giants in a thriller with a score of 37-34, thanks to some late-game heroics from backup quarterback Andy Dalton. Dalton was playing because of a gruesome ankle injury suffered by Cowboys starter Dak Prescott in the third quarter that put him on Injured Reserve, indicating that he will not play again this season.

Prescott is one of the most well-liked players in the league among his teammates and opponents, as evidenced by the outpouring of support on social media after the injury. This injury is even more unfortunate considering the struggles that Prescott has experienced recently

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Experts believe that the best course of action between 1999 and 2018, according to NIMH, it is to encourage and praise people for speaking up even more important that we as a society do our about their experience — about what it's like living with mental illness. Hopefully, this encouragement will give people who are reluctant to come forward an opportunity to do so and receive the treatment they need.

According to the National Institute of Mental Health, 46.6 million people in the United States, or RQH LQ ¿YH VXIIHU IURP D PHQWDO LOOQHVV 'HSUHVVLRRQ is one of the most common, with 7.1 percent of all U.S. adults experiencing a major depressive episode every year. Research also suggests that such an episode, or being diagnosed with clinical depression, puts people at an increased risk for suicide and substance abuse.

Additionally, thousands of other cases go unreported to families and mental health professionals, in part because of the stigma surrounding depressive disorder and mental illness in society.

With the suicide rate rising by 35 percent

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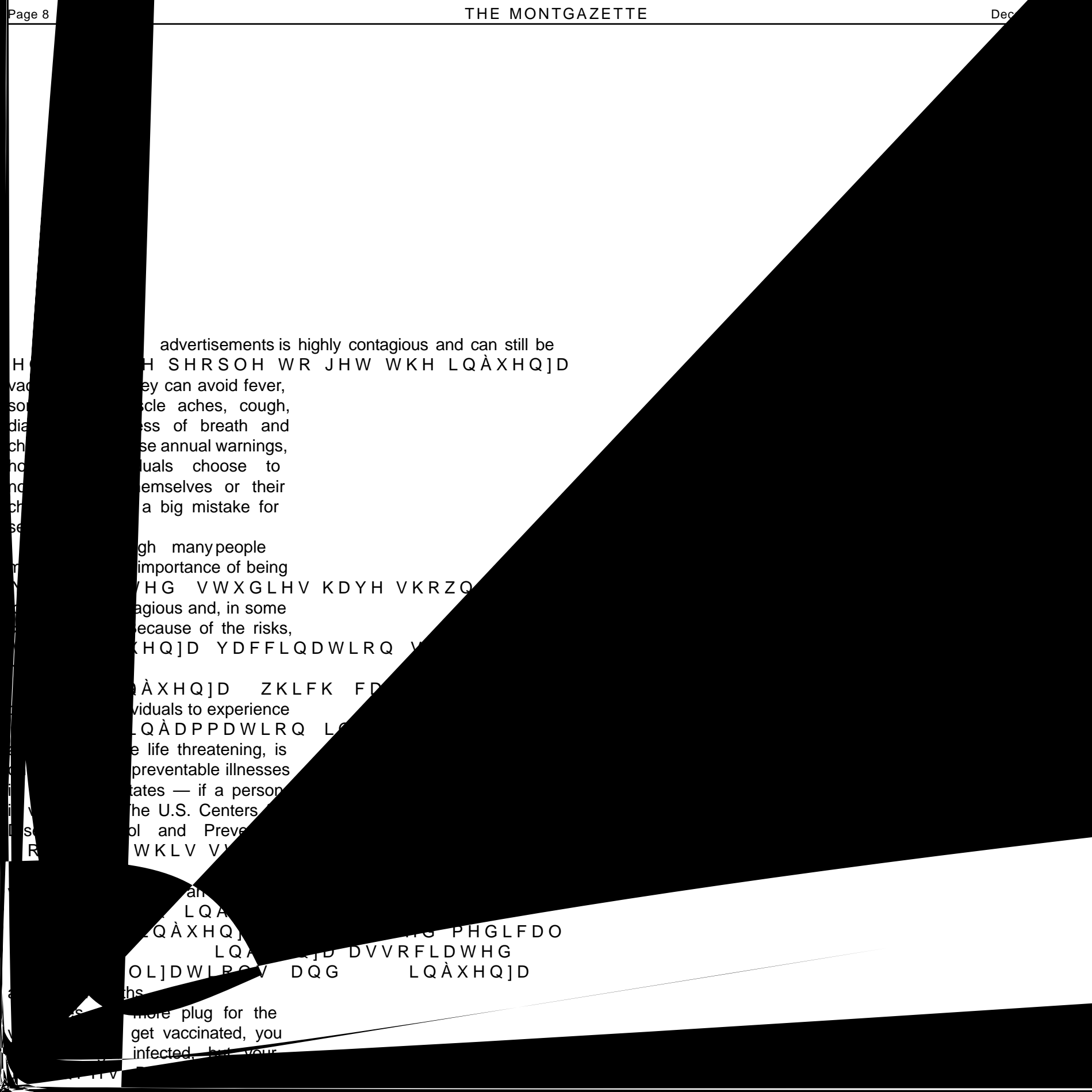
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Many families have gotten away from doing dinner together, but these gatherings are more important than ever. The traditional family dinner needs to make a comeback to help people deal with our changing world and declining economy. It is about the tradition that is being established. In some families, multiple generations come together, offering a prime time for the younger generations to learn from the older generation. Youngsters can learn core values from their elders. They can also learn about history through the elders' jokes, stories, hopes, and personalities.

Family dinners allow everyone to take a break from their busy everyday life and enjoy time with one another. According to the Family Dinner Project, gathering around the dinner table allows for stronger bonds to develop among family members and for memories to be made for the younger generation so they can pass these stories and traditions to their children. Children can develop larger vocabularies, which could help them do better in school. They are also more likely to have better cardiovascular health; lower obesity rates; and lower rates of depression, anxiety, and eating disorders, as well as fewer behavioral problems in school.

Even though it can be hard to coordinate everyone's busy schedules, it is something that "can be" done and "needs to be" done. One day we are not going to have certain family members with us anymore. No matter how hard the struggle of coordinating a day, time is something that we will never get back, and so we need to act on our time together today. Family dinners are not so much about the food itself but are about being able to physically spend an afternoon with loved ones. The atmosphere should be laid back and casual, especially since for most people Sundays fall right before a new work week. These family dinners should not have the feel of a Saturday night dinner party but more of a relaxing afternoon or evening.

The family dinner tradition began in England as a large meal that was eaten after church. But as time passed, the tradition changed with each generation. No matter what food was served, or what day of the week family dinner was eaten, families were sharing a meal together. However, this practice has been lost for a variety of reasons, such as social media and the Internet making it possible for people to work from anywhere. Another simple idea is for families to get together for football on Sundays! This is a very laid-back afternoon that a family can share together, and the meal can be either something simple like pizza or take-out, or just appetizers. So, no matter what type of meal is being served, it should be more about spending time together is more than just the meal itself.

The importance of sharing a meal together is more than just the meal itself. It should be more about spending time





The tumultuous end to three different sports seasons has brought only two cities championships. According to sportstrac.com, the three most important hitters for the Dodgers had a combined adjusted salary of \$17,074,074 for the 2020 season. The Rays, on the other hand, spent a total of \$23,621,315 for their entire 28-man roster. Twenty percent of the Rays' total payroll went to starting pitcher Charlie Morton alone, with the expensive hitter being Kevin Kiermaier, who earned \$3,870,370. The total salary for every hitter on the roster was \$11,549,851; this means that the Rays' entire lineup was being paid close to 2/3 of three of the Dodgers' players.

Not only was this a competition to bring a second championship to their respective cities, but it was also a face-off that would prove small-market teams can compete with large-market teams, and beat them. This analysis does not even consider the payrolls of other Dodgers stars, like Clayton Kershaw, David Price, Justin Turner, Max Muncy, A. J. Pollock and Shelby Jansen. All these players make \$7.5 million, but he is now a free agent. Currently, the Rays have one player make \$15 million, Charlie Morton, but he is now a free agent. Currently, the Rays have a grand total of two players with salaries of \$10 million or more. This discrepancy also belies the differences in team philosophy. The Dodgers win the World Series MVP award for hitting .400 batting average in the Series, together with the fundamentals and a creative lineup. ke wareaon

Cody Bellinger, Mookie Betts, and Corey Seager were all productive hitters for the Dodgers, driving in a total of 11 RBIs, amounting to more than a 1/3 of the total runs the Dodgers scored. Seager won the World Series MVP award for hitting .400 batting average in the Series, together with the fundamentals and a creative lineup. ke wareaon

To contrast, the Rays only had one hot bat — in rookie sensation Randy Arozarena. He had a historic postseason campaign with 10 home runs, 29 total hits and 64 total bases, yet his fellow teammates' poor hitting was too much for him to overcome alone. The Rays' best hitter in the regular season, Brandon Lowe, struggled for most of the postseason. Austin Meadows and Mike Zunino, two key power hitters, hit below .200, and Zunino had one hit the entire Series. It does not take a baseball junkie to know that those are pitiful stats.

Another thing is painfully obvious: The Dodgers' top hitters are stars, whereas the Rays' top hitters are role players on other teams. The salaries of each demonstrate this tremendous disparity.

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