UNH unveils new COVID-19 lab, tests 4,000 daily

By Anna Kate Munsey
MANAGING EDITOR

The University of New Hampshire (UNH) recently opened a “state-of-the-art” coronavirus (COVID-19) testing lab, which can process up to 4,000 samples per day.

The lab is located on the second floor of UNH’s Health and Wellness building. It is directed by two UNH professors, Rick Cote and Kelley Thomas, andformerly deputy executive director of the New Hampshire Department of Health and Human Services (DHHS), respectively.

Both testing and contact tracing are performed in conjunction with the New Hampshire Department of Health and Human Services (DHHS). All self-tests completed and dropped off by UNH students on the Durham campus are processed by the lab. In the future, the lab hopes to process samples from Keene State College, Plymouth State University, and other schools in the University of New Hampshire (UNH) system.

According to an article from the university on Sept. 8, “The lab is exclusively testing for COVID-19 and will play a key role in the university’s commitment to extensively monitor the student population and quickly identify and prevent any spread of the virus, and help provide a safe environment for students, faculty, staff and the community.”

Both testing results and contact tracing can be ready in less than 48 hours, according to the university.

UNH Innovation is involved with both the self-testing process and the lab. In order to create and provide students with UNH’s shallow nasal swab self-testing kits, the university submitted an Emergency Use Authorization application with the U.S. Food and Drug Administration (FDA).

According to the latest testing results available, UNH has 47 active cases as of Sept. 14, and 163 people are in quarantine with 35 in isolation. Fourteen people are isolating on campus, and 28 are quarantined on campus. The university had 26 positive cases out of 30,389 tests completed in the past week, resulting in a positivity rate of 0.09%.

Isolation is defined as the 14-day period after someone has tested positive. Quarantine is when someone has been exposed to a COVID-19-positive person, and can potentially develop symptoms.

In an email interview with The New Hampshire, Peter Degnan’s new role continued on page 3
Clark opens American Bistro in Durham

Clark’s American Bistro is set to open by the end of September 2020.

Celtics fall to Heat in Game 1 of ECF

Game 2 of the Eastern Conference Finals will be on Thursday, Sept. 17 at 6:30 p.m.

COVID-19 to have long term mental health effects

It was found that 30.5% of college students reported that their mental health affected their academic performance.

Food Review: The Travis Scott Meal

Staff Writer Evan Edmonds spills the tea on the McDonald’s phenomenon.

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Durham students deal with dining hall reform

By Aqeel Hisham
STAFF WRITER

Durham, NH - Dining halls at the University of New Hampshire (UNH) are well-known as the “it spots” for social gatherings, in addition to their array of food options. From making new friends at the stir-fry line to roommates going on an adventure for a late-night bite, Holloway Commons, Stillings and Philbrook provide a place for students to fuel their energy without sacrificing their social life.

Each dining hall also has different specialties, food options and even themes to cater for all UNH students.

However, the current health crisis has made it harder for the dining halls to keep up with the same service they have been providing for years. UNH has also increased their prices for meal plans and swipes. While some students understand that the dining halls have to sacrifice the quantity of food options for safety, others are not pleased with the quality of food they are receiving for the price that they paid.

Katherine Weick, an earth science major said, “The dining halls this year are definitely different, it is not what I had expected.” Nonetheless, the sophomore said that the staff are still friendly and nice to the students. When asked about the price increase for the meal plans, Weick said, “I understand that using disposables would cost a lot of money, but for the food options that they are offering and less staff members, I don’t see why they have to increase the prices.”

The one thing that she thinks they should change is putting out a few more options, if not a lot. All in all, Weick is happy with her experience by saying that they are “doing a pretty good job.”

“We are all being fed, that is a good thing,” she added.

Contrarily, Harry Piaquid, a junior economics major, thinks that the dining halls are “lacking in every department.” Piaquid is not satisfied with the dining halls at all this semester.

“I don’t mind having less options, but even the quality of the food is poorer than last semester,” he said. Piaquid believes that less is more in terms of the complexity of the food served. “They need to stop making us fancy food and just make food we actually want to eat - simple but better-quality food,” he explained.

But for first-year genetics major Dominic Carignan, the experience at the dining halls has been good so far. “I guess they started off a bit rocky, but it is getting better,” he said. Carignan believes that UNH dining halls are “doing the best they can with the current situation.” However, Carignan would like to see an increase in portions and options for desserts. “The desserts are pretty small. Even with lesser options, I would hope that it was a bigger portion,” he added.

“Not a lot of students go to using plates and utensils anymore, it is less chaotic but still a lot of work because we always need to make sure that there is food on the counter,” he explained.

When asked about the changes in routines for the staff, Houghton said there are not many differences. “We have always been required to wear gloves at all time but now we also need to wear masks. We are also only allowed to go to the dining hall through the staff entrance and lastly, we have a strict rule of putting the food on the counter and we are not allowed to hand food to student,” she said.

However, Houghton believes that the dining hall should switch to a better alternative. “For being one of the most sustainable colleges in the country, I think we should shift to using plates and utensils that are eco-friendlier, we are just using so much plastic right now,” she said.

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COVID-19 to have long-term mental health effect on students

By Isabelle Curtis
CONTRIBUTING WRITER

“This is a disaster.”
That was the overwhelming thought in first-year studio art major Jamie Landry’s head as she stared blankly at her open laptop. Her schoolwork was beginning to pile up and she still couldn’t focus on any of her online classes.
Landry is one of the thousands of college freshmen whose latter half of their senior year of high school was abruptly cut short because of the coronavirus (COVID-19) pandemic. Students and educators across the country were forced to make the shift to strictly online learning with almost no prior preparation.

The switch to online learning hit Landry especially hard.

“I have ADHD, so it’s really hard to focus on online classes. Just in general my self-confidence went through the floor,” said Landry. “I was like ‘I’m not getting anything done, I can’t focus on anything.’”

Landry’s feelings of frustration and inadequacy were worsened by the reminder of all the things her class had missed out on. The senior dance that was supposed to be hosted on a boat as it cruised around Lake Winnipesaukee, and the class trip to Six Flags never happened.

“It was very disappointing. I made it four years through high school and then just didn’t get to do any of the stuff the past years got to do. It was sad,” said Landry.

These increased feelings of mental distress experienced by Landry are just a small example of a nationwide increase in mental health problems. It was found that 30.5% of college students reported that their mental health negatively affected their academic performance on a least six days during the past four weeks; an 8.6% increase from the prior fall, according to a survey conducted by the Healthy Minds Network for Research on Adolescent and Young Adult Mental Health and the American College Health Association of 18,764 students across 14 campuses.

Will Luxenhop, who is Clinical Assistant Professor of Social Work at the University of New Hampshire (UNH) and maintained a private practice until two years ago, explained the effects of the pandemic on mental health. Luxenhop cited that increased feelings of anxiety and depression caused by COVID-19 can aggravate pre-existing mental illnesses which then cause additional anxiety and depression. This traps people like Landry into feedback loops of mental distress.

Luxenhop also explained the possible long-term mental health effects of the pandemic through the diathesis model. The diathesis model outlines the trajectory of how disorders manifest by examining the relationship between people’s genetics and their environment.

“You’re going to have some people for whom depression and anxiety never have exhibited but the stress of the pandemic will essentially activate what may never have shown up,” said Luxenhop.

Beyond the stress caused by academic or financial concerns, Luxenhop also pointed to how damaging prolonged periods of social isolation can be on an individual’s mental health. “Social interaction for humans is as fundamental as air,” said Luxenhop. “Our brain functioning does not do well if we are not in social interactions or feeling close to people.”

Junior marine biology major Bryson Torgoviskiy experienced the effects of social isolation first hand after UNH shut down after spring break last semester and he found himself finishing his sophomore year in his childhood home in Washington, DC. There were suddenly 432 miles separating him from campus, his friends and his new girlfriend.

Torgoviskiy occupied his summer by attending online classes, walking his dogs and occasionally participating in virtual Japanese conversation hours. His plans to visit Japan that summer had also been canceled. It would have been the third time Torgoviskiy visited the country. He had already been part of a Tohoku earthquake relief program in 2017 and a social advertising campaign for the Japanese government in 2018.

Torgoviskiy tried to keep in contact with others while he lived with his roommate again.

That was the overwhelming “This is a disaster.”

Photo courtesy of Isabelle Curtis

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Degnan takes on new roles during midst of COVID-19

By Caitlin Staffanson
STAFF WRITER

The coronavirus (COVID-19) was unforeseen but has affected people all in different ways. For Dr. Peter Degnan, medical director for Health and Wellness at the University of New Hampshire (UNH), his role completely changed.

Degnan said that seemingly overnight last spring, his role shifted as did many other employees’ roles at Health and Wellness. While their job is to protect the health and safety of students, faculty, staff and community members, a pandemic was an unforeseen event that took lots of time, care and patience to maneuver.

Degnan has served as medical director at UNH for just over four years but has been with Health and Wellness for six years. This summer, Degnan participated in many groups that discussed if or when students could return to campus and the guidelines that must remain in place for the university to open.

Degnan is the primary contact for public health matters at UNH.

“We re-thought our medical care models for our health center, expanding to include Tele-health in addition to continued in-person visits,” Degnan said. “We are committed to providing as much as possible the same scope of medical care and wellness promotion services as previous, but in an environment that is safe for our community and our staff.”

Degnan attended St. Michael’s College in Vermont and studied biology as an undergraduate. In college he began working for fire and rescue services as an EMT and this ended up pushing him towards medicine. He decided to attend Georgetown University for medical school and he later completed his family medicine residency in Denver.

Degnan worked in community health care, then several family medicine practices across the seacoast. When the opportunity came to join the Health and Wellness team, Degnan took it.

He said he has always enjoyed working with students and this opportunity seemed like the perfect fit.

Degnan’s role is split between administrative and clinical responsibilities. In addition to clinical care, he serves as the liaison for the clinical staff on the senior leadership team. He also oversees Health and Wellness’s clinical operations, clinician recruitment and staffing, and ensures adherence to their operating policies and procedures.

“Dr. Degnan is very committed to the mission of Health & Wellness and the work of the staff, and the health and well-being of our students and entire UNH community,” said Kathleen Grace-Bishop, the Director of Education and Promotion for Health and Wellness. “Dr. Degnan is a highly skilled practitioner and he is totally present to students when providing care. We are lucky to have him and thoroughly enjoy working with him.”

Health and Wellness has two other physicians, and five nurse practitioners. These seven health care workers work with patients 100% of the time while Degnan sees patients only about 60% of the time.

“Lately, I’m a part of way too many Zoom calls,” Degnan said. “No question that my favorite part is interacting with students in the course of medical care,” Degnan said. “It is an honor to bear witness to the education and whole-person development of our students over the course of their time here at UNH, and if we can have a positive impact in that process, all the better. I also love working with our staff; they are amazing.”

Photo courtesy of Peter Degnan

@thenewhampshire
Clark’s American Bistro to open this fall

By Evan Edmonds

STAFF WRITER

In the former location of Durham’s beloved Young’s Restaurant on Main Street, Clark’s American Bistro is finishing construction and building its menu in order to open fully by the end of September or “very early October,” said Clark. The restaurant will have a rustic American look as a celebration of both America and Durham, with a focus on the role Durham played in the creation of this country.

Clark said he wants to remind people that Durham was a thriving town long before the University of New Hampshire: “there’s so much more to this town than the university,” he said. Clark’s American Bistro will celebrate the founding fathers of Durham with vignettes on the wall telling Durham’s history. They will debut a regional American menu, similar to how Ciao Italia is regional Italian.

Clark said he has divided the country into seven regions to be represented in the menu: New England, Mid Atlantic, South, Texas, Midwest, Southwest and the West.

He said his team has researched the most classic recipes, craft beers, and wines from each of these regions to offer a menu allowing customers to experience the whole range of the country’s foods.

“If you want a European experience, go to Ciao Italia, that’ll be a little more upscale, and here it’ll be a little more casual and all-American,” Clark said. “By nature it’ll be a little more pub-ish, but we call it ‘upscale pub-food,’ as Clark said, will likely include some New England classics like chowder, lobster rolls and fried fish, barbecue ribs from Texas, a steak from the Midwest, Tex-Mex from the Southwest, and possibly a Po-Boy from Louisiana. “Here we want to show people there’s more to American food than just pizza and burgers,” Clark said.

They will also do brunch on the weekends, and potentially Thursday and Friday in the future, to meet the demands of the locals who have been sending in personal notes asking the bistro to do breakfast.

In terms of construction, Clark said the transition has been straightforward: painting the walls and the ceilings, redoing the floor, building a bar and changing the lighting from that of a breakfast place to something darker for lunch and dinner.

Clark’s American Bistro is being built completely optimized for the coronavirus (COVID-19). Clark said. Anticipating that COVID-19 will be here for a while, he said they are preparing for it at Clark’s American Bistro from day one.

Rather than plexiglass hanging down between booths and tables, each booth will have a glass window to act as adequate separation but also contribute to the restaurant’s aesthetic and character. The bar is completely separated from the dining area and there will be a separate take out stand in the front. Clark said they have considered doing take out through the back door as a different alternative. Since they will be serving American food, it will be much more conducive for takeout, Clark said.

They plan to have as many as 18 out of the 26 tables available inside, plus another 10 or so outside until it gets too cold. Clark said he is still hoping for Durham to develop a scale for residents to come into town and stay, rather than just coming and going. He said that with four or five adult restaurants, Clark’s American Bistro preparing to add to that, it will get residents to start coming downtown.

Clark said the typical audience might be a little more mixed, about 60 percent adults and 40 percent students. Similarly to Ciao Italia, Clark said the goal is to have a place that the residents of Durham feel comfortable eating in.

“It hurts me to know that when I grew up in Durham, my family would go for walks downtown,” Clark said, “and now it’s always just a go get something and leave. It used to be a social gathering place.” He said that the opening of Clark’s American Bistro and more conversation about creating more gathering places in Durham should help bring more balance to Durham: 50 percent of businesses catering to students and 50 percent of them catering to adults.

Clark is exploring some more possibilities in terms of restaurants to be opened in the future, including “Week’s Chop Shop,” a grab-and-go salad, soup and sandwich place for people who “want to eat healthy, but don’t want to still be hungry after they eat,” Clark said. Another option would be a “beer hall” idea similar to South Station in Boston with food stands around the perimeter.

Similarly to Clark’s intent for Durham as a whole, he said he wishes for Clark’s American Bistro to be a gathering place: “this will always be a place where you can sit and have a conversation,” Clark said, “That’s what I’ve promised my wife.”

Evan Edmonds/TNH Staff
Durham farmer’s market impacted by pandemic

By Shawn Latulippe
DESIGN EDITOR

The Durham Farmers Market on Mondays has been a chance for farmers to sell their food and do it in a safe way during the coronavirus (COVID-19) pandemic, as it is much easier to social distance in the parking lot outside in the Sammy’s Market. With no farmers markets in May, some farmers struggled with where to sell their food to people. On Sept. 15 farmers at the Durham Farmers Market shared their experiences with the pandemic and their food at the market.

Charlie Reid started the University of New Hampshire (UNH) Garden Club and Dairy Club 17 years ago and usually has students work with him on his farm, Stonewall Farm to earn credit for the UNH Animal Science class ANSC 600: Field Experience. Reid said last spring was the first spring he had no help on his farm and says that most farmers have struggled amid the pandemic. Reid sells his food at the Durham Farmers Market on Mondays. He said, “yeah it’s been hard, but there’s not much you can do about it.”

“The first month [week] in May they didn’t allow any farmers markets, some cities have not even allowed any at all. So it’s caused everybody to scramble and you got to look for another way to sell food,” Reid said.

“Farm stands have popped up so people have been doing it that way and then they let us in Portsmouth at the Little Harbour School and that’s been okay. There’s a lot of farmers and there’s a lot of customers that just refuse to come back to places where there’s lots of people,” said Reid.

He now sells at a farm stand in Lee at Dog Rose Farm and also to some restaurants in Portsmouth and some health food stores. “But it hasn’t been near what it used to be;” said Reid. He says he’s been selling his food at the Durham Farmers Market for well over 30 years.

Another vendor at the market says his business has gotten better amid the pandemic. Alexander Nash and his wife Alyona Nash own the bread company The Olde Craft Bakery in Dover, NH. Nash, who moved to the US from Russia 11 years ago says he prides himself on making quality, European-style bread.

During the pandemic people have gotten more into baking bread and this has helped Nash’s business, but he also says that it comes down to the organic ingredients from Canada in his bread and his advertisement of the bread to consumers.

“I believe in education, this is how we have built our business. Because unless you are able to tell people the difference between your best product and something else, how will they know,” said Nash.

Donna-Lee Woods has 120 goats at her farm, Hickory Nut Farm in Lee NH. She says she’s been doing farmers markets from Boston to Concord to North Maine and Berwick this summer and says this is her first summer at the Durham Farmers Market. She has a friend that does the farmstand in Durham that told her “you’ve gotta come over and do it.” She sells firm goat milk cheeses, goat milk soaps and a goat milk fudge and goat milk caramel. Woods said in regard to the current pandemic’s effects on the markets, “the temperament, the emotional aspect is much, much higher than before. People are excited for it, they look forward to it.”

A customer at the Durham Farmers Market, named Stucky Rice, is the lead vocalist and dancer of the band Brown Rice Family said he was excited to move to New Hampshire from New York recently. He said, “I love the farmers markets but I’ve been down in New York for a minute, for quite a long time I set up shop here and it’s been good. I like it here. I like the farmers market.” Rice continued on, “food is your medicine and medicine is your food, so I think the more local the food is grown the more sustainable it is for the environment and also for the body because we’re all part of the one creation you know and also supporting local businesses is also good you know spread the wealth.”

Julie Griewank, a member of the Seacoast Growers Association, talked about the farmers market during the pandemic, she said “a lot of people feel that shopping outdoors is safer than indoors, are being much more careful about what they eat, and are cooking for fun which means the fresh, local and our certified organic ingredients are really a hit, so we’ve had a really good year in that sense. In a personal sense since there’s nothing else to do we just work all the time and that works fine for us too.”

Shawn Latulippe/TNH Staff

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Changing with the times: the college admissions process

By Chloe Camelio  
STAFF WRITER

Like many things around campus, the University of New Hampshire’s (UNH) admission process needed to adapt due to the coronavirus (COVID-19). One of the biggest changes that prospective students experienced is the operation of campus tours. Last spring, all of the campus tours were cancelled and did not resume until this August. This August, in-person tours resumed, but with much smaller groups and more frequent time slots. UNH started to offer student-led virtual tours for prospective students and the school plans to continue those at least through this fall. Prospective students and their families from outside New England are not allowed to attend in-person tours and must opt for a virtual option.

In addition, UNH Admissions started to livestream tours on Instagram as an alternate way for prospective students to see campus. Admissions plans to engage with students and families virtually during open houses, virtual tours, admission office hours, virtual fairs, and even one-on-one meetings with their admissions counselor. This gives prospective students the opportunity to see all that UNH has to offer, while being safe. “Our admissions staff is even more accessible now through chat, text, and increased opportunities to schedule individual zoom meetings. While COVID-19 has created a great deal of stress, I believe some of the changes in admissions have been for the positive for students as we have adapted quickly to respond to the needs of students and their families in their college search and application process,” said Admissions Counselor Tara Scholder.

Another change that both the university and students have had to adjust to is the cancellation of standardized tests. Many schools have had to transition to test optional for fall 2021 applicants, but UNH started to be test optional back in fall 2020.

One of the biggest changes for both the fall 2020 and 2021 admissions processes is that some high schools are switching to “pass or fail” grades. On the UNH COVID-19 admission FAQs page, it states, “UNH supports the decisions made by high school faculty and administrators regarding what grading methods they think most appropriate given the academic adjustments required by the public health challenges we are all facing. Accordingly, we are deferring to what the high school/institution believes most appropriate for grading methods in the spring semester 2020. Students should still take full course loads, do as well as they can, and take courses pass/fail based on advice from teachers and school counselors.”

The website also states that both elective and core classes can be taken as pass/fail. As for how the school will evaluate pass/fail grades, the UNH Admissions COVID-19 FAQs says, “Students must still take required courses needed for admission and/or the major they hope to study. If a student presents, in our opinion, too much ‘F’ achievement, admissions staff will consult with school counselors for additional detail and context of the student’s experience.”
Gallery: Sept. 15 Durham Farmer’s Market

Shawn Latulippe/TNH Staff
This day in TNH history

Student orgs come together for University Day

Driscoll and her fellow club members were among dozens of student organizations hoping to attract new members.

Amongst Tuesday’s sprawl of booths for student organizations, university departments, programs, Greek life and local organizations and businesses were several sports demonstrations and a colorful array of foods ranging from cotton candy to snow cones.

At several booths, students were handing out leaflets with information about their organizations and other interesting students take a ketchup or apple with them as they left.

At 5 p.m. a flash mob to “Shout!” took over the fair to promote Arts for Life. Shortly after, several students competed in a “bad dance” competition similar to those often featured during halftime at UNH sporting events.

Near the back of the fray was a dozen of kids had taken their turn inside the bounce house throughout the day and many of them remained for a second or third chance to jump around.

“Oh my goodness, there’s everything here!” super senior Sean Matthews said of the event’s scope.

The day’s activities offered something for everyone, whether it was a foreign language club, juggling practice, a rock wall, food trucks, games or a chance to test your football-throwing skills, information about local organizations seeking to make a difference, and countless others.

University Day boasted a wealth of informational booths and entertaining activities to encourage students to get involved on campus.

“The dining halls closed for the afternoon and Main Street was blocked off for the pedestrian takeover, which gave everyone a chance to wander around the fair and see the sights while mingling with fellow students.”

“Le club français adoret la journée universitaire,” sophomore Molly Driscoll, a member of the French Club, said, expressing her club’s love for University Day.

Some of the kids came straight from the bounce man, who was stationed just down the sidewalk handing out balloons to children and college students alike. One little girl carried a balloon puff with her to the bounce house while a UNH student walking in the opposite direction wore a green vampire balloon.

“My balloons are guaranteed to pop!” tweeted the balloon man as he twisted balloons into what would eventually be a mermaid.

“If they don’t pop in two weeks, bring them back, and I’ll pop them for you.”

Next door, the face-painting booth boasted its own crowd of eager children and students hoping to get a fun design on their cheek.

Further down the sidewalk, a DJ booth blasted a popular Spice Girls song across T-Hall lawn, and on the other side of the fair, Sinking stood out amongst the dozens of dogs who had accompanied their owners to University Day, hugging and high-fiving students as they passed to check out what was happening around the famous beach.

Only one complaint seemed to be pervasive amongst the students in attendance at the fair. As junior Kenedi Grabbert put it, the food could have been improved for students with restrictive diets.

“I hate that my only option as a vegetarian is a salad wrap,” Grabbert said. “Other than that, University Day is awesome. It always is.”
In his first novel, accomplished attorney Bryan Stevenson shocked the world with a nonfiction story addressing racism, our criminal justice system, innocence, and humanity at its ugliest and most vulnerable. Just Mercy has since been made into a major motion picture, starring Michael B. Jordan and Jamie Foxx.

Stevenson, a Harvard Law graduate, moved to Alabama to pursue a humble career focused on exonerating prisoners who had been wrongly convicted with an emphasis on those on death row. The story’s main focus is the case of Walter McMillian, who was wrongly convicted of a murder and spent six years on death row. It wasn’t until 1993 that the Alabama Court of Appeals ruled McMillian’s case had been mishandled, including witness coercion and exculpatory evidence suppression. The rest of Walter’s life was spent educating people, sharing his story, and speaking at conferences and with the media. He dealt with a significant amount of mental health issues, and experienced early-onset dementia due to the trauma he had experienced. He passed away on Sept. 11, 2013. Walter’s story lives on, and the issues it presented are just as important to this day.

It sounds cliché, but this book will make you smile, frown, laugh, and cry. You’ll feel frustrated and angry, optimistic and hopeful. Ultimately, the story of Walter McMillian and others will unequivocally convince you that we need to change and reform, that we cannot let fellow human beings suffer the way Walter and so many others unfairly do.

Throughout the novel, Stevenson also highlighted the stories of many others who had been wrongly convicted or sentenced, including chapters focusing on juvenile offenders, mothers, and those battling addiction. He tells the stories of Trina Garnett, Antonio Nuñez, and Ian Manuel, all of whom are sentenced to life in prison for non-homicidal crimes they were convicted of when they were thirteen and fourteen years old. We learn about a man named “Dr. Ed Seger” who fabricated his credentials as a mental health expert and psychiatrist and worked for eight years in a hospital, doing competency evaluations on people accused of crimes. Eventually, his fraudulence was discovered, but it was absolutely too little too late for so many of those he had uneducatedly diagnosed, or ruled that they had no mental illness whatsoever.

Stevenson weaves personal experiences and anecdotes with statistics on race, crime, and incarceration with the stories of those wrongly accused, each with a different fate. He describes his own disheartening experiences with racism and discrimination, but his focus is his work. The tone and writing style of the story was incredibly effective - Stevenson is clearly brilliant, but his writing is readable and fast-paced - it doesn’t make you feel dumb or slow, it makes you feel educated and understanding, and of course, inspired.

In some ways, Just Mercy reminded me of a favorite classic of mine, To Kill a Mockingbird. The ideas of race, injustice, and defending those who cannot defend themselves were some of the bigger similarities.

It’s unfortunate, however, that so many in our country are still facing these same injustices from nearly 100 years ago. Support for both Stevenson and the Equal Justice Initiative (EJI), which he co-founded, grew dramatically over the years as the cases they took on gained more and more national attention. Today, the EJI has over 150 employees. As much as his clients were affected by Stevenson’s kindness and drive to help them, he was affected by them and their stories as well. “Walter made me understand why we have to reform a system of criminal justice that continues to treat people better if they are rich and guilty than if they are poor and innocent. A system that denies the poor the legal help they need, that makes wealth and status more important than culpability, must be changed. Walter’s case taught me that fear and anger are a threat to justice; they can infect a community, a state, or a nation and make us blind, irrational, and dangerous.”

I often say “everyone has to read x book” but with Just Mercy, I really mean it. This book explores and exposes the fundamental flaws of our past. It expresses in undeniable terms the urgency of confronting racism and the deepest flaws in our criminal justice system. Every once and a while one of those truly eye-opening books comes into my life, and always evokes strong emotions. Just Mercy evoked feelings of frustration and sadness, but also motivation. Stevenson has proved that justice can be achieved, even for those in the most seemingly hopeless situations. Those of us born into privilege must fight for those who have not been given the same opportunities. We must stand up for the poor, the marginalized, the ill, and the helpless. And, perhaps even more important, we must encourage our friends, family, and peers to do the same. This is the only way true change can occur.

As John Lewis wrote in his posthumous op-ed, “When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate and prejudice and war. So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of ever-lasting love be your guide.”
IT’S LIT! In truth, the new McDonald’s and rapper Travis Scott collab meal is of usual standard to be expected from McDonald’s - but with the name of an international hip-hop superstar onto some classic fast food, it can’t hurt to try it - so I did.

Straight up! The meal isn’t revolutionary or new to the McDonald’s menu. It’s quite literally a Quarter Pounder with cheese, but “Travis style,” adding bacon and shredded lettuce. In addition, the side of tangy barbecue sauce did in fact come with the fries. Lastly, a classic McDonald’s sprite to wash it all down for $6.79 - a dollar more than the typical Quarter Pounder with cheese meal.

The burger did somewhat benefit from Scott’s minor upgrades: the bacon added some nice crunch and flavor while the shredded lettuce was kind of just there - not super necessary. I doubt that Travis Scott was the first to dip fries in barbecue sauce, but for what it’s worth it was a pretty decent combo. The burger even benefitted from a little dip in the barbecue. For the bonus bacon and barbecue, I’d say the extra dollar is worth it, if that’s what you want.

There’s more to be desired here depending on personal expectations. For those expecting a whole new meal or different burger, you’ll be disappointed. For those looking for McDonald’s, you’ll be pleasantly surprised when they slide some crispy bacon onto your burger and sneak a bonus barbecue sauce into your bag! Most of all this meal made me wonder: “why doesn’t a regular quarter pounder have bacon?” And honestly it probably should - but at least now if you want to add it to your Quarter Pounder you can feel like an international hip-hop star.

The Travis Scott meal isn’t anything but marketing - but it’s pretty good marketing at that. Who doesn’t want to try the favorite McDonald’s meal of their favorite rap artist? Overall the experience depends on expectation, and I’d warn eager fast food or Travis Scott fans to keep theirs at a five or six out of ten. If a new McDonald’s meal isn’t enough, apparently there is also new McDonald’s and Travis Scott merch coming soon, according to his website. If you’re stopping by McDonald’s and you’re still interested in adding bacon to your burger, just tell them Cactus Jack sent you. Or order a number four and ask to add bacon. Up to you.
Editorial: Ed Markey’s win brings an end to the Kennedy’s reign

By Ashlyn Giroux
CONTRIBUTING WRITER

As the 2020 presidential election draws closer, the country is at a standoff looking at the given options: Joe Biden, a moderate Democrat who we became familiar with while he served as Obama’s vice president for eight years; or Donald Trump, a notably right-wing conservative who has caused a visible divide in the country’s political system over the past four years. Progressive Democrats like Sen. Bernie Sanders and Rep. Alexandria Ocasio-Cortez have also brought attention back to the left and Rep. Alexandria Ocasio-Cortez have also brought the rise of progressive Democrats. President John F. Kennedy’s have churned out. Kennedy’s have churned out.

Kennedy’s have churned out. Kennedy, who served as Obama’s vice president for eight years; or Donald Trump, a notably right-wing conservative who has caused a visible divide in the country’s political system over the past four years. Progressive Democrats like Sen. Bernie Sanders and Rep. Alexandria Ocasio-Cortez have also brought attention back to the left and Rep. Alexandria Ocasio-Cortez have also brought the rise of progressive Democrats. President John F. Kennedy’s have churned out. Kennedy, who served as Obama’s vice president for eight years; or Donald Trump, a notably right-wing conservative who has caused a visible divide in the country’s political system over the past four years. Progressive Democrats like Sen. Bernie Sanders and Rep. Alexandria Ocasio-Cortez have also brought attention back to the left and Rep. Alexandria Ocasio-Cortez have also brought the rise of progressive Democrats. President John F. Kennedy’s have churned out. It’s difficult to “Ask not what your country can do for you,” but what you can do for your country.” He used it as a campaign slogan, signaling the progressive shift within the Democratic Party. While Markey’s win is a huge success for progressive democrats and leftists alike, there is still much work to be done within the Democratic party and the political system in its entirety. Whether the issue is LGBTQ+ rights, gun violence, or racial justice, the system has to be turned around and the only way we can make that happen is by voting to politicians like Markey who will push for legislation on social justice issues and protections for minorities and the environment alike. Markey is one of the first progressives to be elected in this cycle who will ensure this happens—we let’s keep more coming.

Do You Like Animals?

Join the Zoological Society!
Become a part of the conversation about current events and other interesting topics involving animals

Get to know other students who share the same interests as you

Hear from speakers who work in animal related fields

Field trip at the end of the semester

All UNH students welcome!

Do not need to have an animal related major to join!

Follow us @zoosounh on Instagram for updates on meeting location and times

Check out our website for daily content

TNHdigital.com

Thumbs up

- Thumbs up to Ports-
mouth for passing a
mask mandate

- Thumbs up to the
Celtics winning game 7 over the Raptors.

- Thumbs up to pro-
fessors doing their 
best during this dif-
ficult time.

Thumbs down

- Thumbs down to all the N.H. towns that haven’t yet

- Thumbs down to the
Celtics losing game 1 to the Heat after being up 14 points in the fourth quarter.

- Thumbs down to Zoom University.

Thursday, September 17, 2020
Opinion 13
Over the past few months, the sports world has seen student athletes like Ohio State University quarterback Justin Fields and Clemson University quarterback Trevor Lawrence speak out on behalf of college football players all around the country. Their message has been simple: They want to compete in 2020.

On Sept. 16, the Big Ten Conference announced its intentions to let its football athletes do just that.

They join the Southeastern, Big 12, Atlantic Coast, American Athletic, Conference USA and Sunbelt conferences, as the only FBS conferences to play this season.

This decision is great for the athletes. They get to play the game they love for another season, and for some it’s their last. Much of the pushback that schools have had to deal with has been from the premise that they are robbing their athletes of the opportunity to go to the next level (National Football League).

Yes, in many cases, without a football season these athletes could potentially lose out on millions of dollars. But that’s the vast minority. Most of the student athletes that would apply have been heavily scouted and monitored by NFL teams for years. If anything, another year of football could risk their dreams by sustaining injuries or playing poorly. This isn’t coming from a member of the “sports are meaningless” crowd either. As a young man, emotional stability would fluctuate based on whether my Patriots or North Carolina Tarheels would win any given weekend. It’s not an exaggeration to say that I’m one of the most passionate sports fans you would ever meet, but there is something more important at stake right now.

In a statement from the Big 10, they said that their Return to Competition Task Force gave the go-ahead to return to the field. Through further examination, you can find that this four-person “task force” executive committee is made up of, wait for it... ONE medical professional and three athletic directors.

I find it suspicious that this task force came to this conclusion just weeks after seeing that Ohio State University, one of its most prominent schools, had 882 COVID-19 cases, and that number is still on the rise. However, that number doesn’t even come close to rivaling the University of Iowa, which has over 1,800 positive COVID-19 cases.

The reason why football is back is very simple. Money. Many universities across the country have gotten consistent thrust in their backside from politicians and because of the economic effect that football has on various sources will get funding for universities and put less stress on local and state governments to fund them.

The NCAA has a huge hand in the matter as well due to the fact that they are losing hundreds of millions of dollars even with select conferences choosing to play.

These athletes will now be traveling across multiple states and bringing possible COVID-19 cases back to their university. It doesn’t matter how many task forces or resources you have, the risk is too high.

If you think this decision was made with the student athletes best interest in mind, then you are sadly mistaken.

Josh Morrill
Executive Editor
By Shaun Petipas  
**SPORTS EDITOR**

The Boston Celtics and the Miami Heat kicked off the Eastern Conference Finals on Tuesday night, and if game one was any indication of how this series is going to be played, this one may go the distance.

The Miami Heat were able to sneak out of game one with the win after forcing the game to overtime and getting some key plays by Jimmy Butler and Bam Adebayo. Butler and Adebayo were the heart of this team defensively and that wasn’t disputed after Adebayo saved the Pats down Dolphins in Newton’s debut

By Brackett Lyons  
**SPORTS WRITER**

Foxborough MA. – The New England Patriots faced off against the Miami Dolphins in their home opener today, Sunday, Sept. 13. The Patriots played their first game without Tom Brady on the roster since 1999. Now lead by Cam Newton, the Patriots battled a stubborn Miami team to a 21-11 win.

The first quarter was scoreless between the two sides for the first time in 15 years. The Patriots went with a run-heavy offense to start along with Newton executing his first pass as a Patriot to tight end Ryan Izzo for 25 yards.

New England had an early edge when Damien Byrd muffled the Dolphins’ first punt of the game. J.C. Jackson was able to recover the ball, but Byrd was benched on punts with Julian Edelman handling the duties for the rest of the game.

The Pats offense got in a rhythm moving into the second quarter. Running back Rex Burkhead had the bulk of the carries and Newton got going with a seven-yard first down run on third-and-5. Newton then completed a six-yard pass to Edelman marking Edelman’s 600th career reception. Newton then ran in a four-yard touchdown following a run by James White.

On Miami’s next drive, quarterback Ryan Fitzpatrick had his pass intercepted by Stephon Gilmore. Wide receiver Preston Williams slipped, and the reigning Defensive Player of the Year was there for the pick.

The Pats were unable to gain many yards and were knocked out of field goal range when Newton slipped and was sacked on third-and-6 for a loss of six. The Dolphins responded with a drive that set up a 46-yard field goal making it a 7-3 ball game.

After a three-and-out by the Patriots, Miami drove down the field to the Pats’ 47-yard line. On first-and-10, Fitzpatrick had his throw intercepted by Adrian Phillips, Phillips was watching Fitzpatrick’s eyes in the middle of the field and undercut his pass. The Patriots would once again fail to turn an interception into points when Nick Folk missed a 45-yard field goal attempt at the end of the half.

The Patriots scored to start the second half. Newton led a methodical drive down the field and capped it with an impressive 11-yard touchdown run. Newton beat the Miami contain and took a hit at the pylons to get into the end zone.

With 1:03 remaining in the third quarter it looked like New England was headed for another touchdown with several strong plays on the ground and through the air. On a pass to N’Keal Harry, the ball was stripped and went through the end zone resulting in a touchback.

Miami fought down the field with several big plays including a fourth-down conversion from a 23-yard pass interference called on Gilmore and another pass interference call in the end zone this time. Terrence Brooks, Miami punched in the touchdown on third-and-goal from the one and the two-point conversion was successful thanks to a scramble by Fitzpatrick. The Patriots now led 14-11.

The New England offense responded with a 23-yard end-around run by Edelman with another 15 yards tacked on thanks to a late hit. Newton led the Pats into the red zone and converted a fourth-and-inches with a quarterback sneak. The drive finished off with a one-yard TD rush from Sony Michel that gave the Patriots a 21-11 lead with 5:26 remaining in the game.

Newton ran the ball 15 times in his Patriots debut. Head coach Bill Belichick wasn’t concerned about the volume of rushes from his new quarterback, explaining that those numbers depend on the defense more than Newton.

“I think those numbers are, with all due respect, I think they’re a little bit skewed,” noted Belichick. “If they play it a certain way, they could put the ball in whoever’s hands they wanted to if they really want to declare who’s going to get the ball.”

New England held onto their lead thanks to an end zone pick by J.C. Jackson with 1:36 to go. The win marks Cam Newton’s first with the Patriots and Belichick’s 238th. The Patriots hope to build on this win when they play the Seattle Seahawks next Sunday night on Sept. 20.
UNH’s Sutherlin named to preseason AE first team

By Cameron Beall
SPORTS EDITOR

In his first season as a Wildcat, senior guard Sean Sutherlin wasted no time getting to work. He finished the season averaging 12.8 points per game, 9.3 rebounds and 2.6 assists. His 9.3 boards were good for second best in the conference, and 7.6 defensive rebounds per game got him as high as 14th best in the nation.

Sutherlin was named as a co-MVP for the team along with junior forward Nick Guadarrama a season ago. He was also given the team’s rebounding award, as well as being named to the America East All-Conference Third Team with Guadarrama.

After just one season of Division I basketball Sutherlin has found his name in the headlines once again. The Wildcat was named to the preseason America East All-Conference First Team and was polled as one of the conference’s top-five players ahead of the 2020-2021 season.

What makes the story so unlikely for the 6-foot-5 guard is how he ended up here. The Minnesota native didn’t have any interest from any colleges at all, explained Sutherlin. “When I started my senior year, I started to get a little bit of interest from Division III schools, and at the end of the year a couple junior colleges started contacting me.”

He explained that he had three different offers from Junior Colleges, but that Sheridan was the only one to give him a full scholarship. After a visit to the school, Sean said how much he loved the campus and the culture, making his decision to land there easy.

Matt Hammer, Sutherlin’s head coach at Sheridan, recalled how much he liked the guard’s physical capabilities coming out of high school, and his potential to get even bigger and stronger.

“One of my former college teammates used to be a head coach at Sheridan, and I brought his name up told me, if you can get the kid, you have to get him,” explained Hammer. “He recruited him hard, he was at the top of our list.”

After his senior year at Sheridan minutes were hard to come by. The guard explained how there were two older and very talented players ahead of him on the depth chart. He came off the bench for much of his first season.

Hammer spoke to the work ethic of his former player after watching him fight for minutes his first season and eventually starting every game the next year.

“The thing that we loved about him was that he had the same demeanor in day and day out. It didn’t matter if it was game night or if it was a 6:00 a.m. practice, he brought it every day and that’s what we loved about him.”

Sutherlin mentioned that he viewed the older teammates as motivation, noting that one former teammate had about 30 offers from Division I schools after their two seasons at Junior College. Things didn’t come as easy for him, however.

“There wasn’t much interest at all. I had a couple Division II offers after my sophomore year, and at the last minute New Hampshire came in and offered me a scholarship,” explained Sutherlin. “Once they offered me a scholarship, I knew that I wanted to play at the highest level possible.”

UNH head coach Bill Herrion recalled what went into the process of recruiting Sutherlin. “We wanted to try and get an older, more experienced and physically mature player,” noted Herrion after having such a young team the season before.

Herrion explained that they don’t normally dip into the talent at Junior College, but they felt that was the route they needed to go instead of relying on a first-year collegiate player. His son, Ryan Herrion, who is on his staff made a recruiting visit to Sheridan College and really liked what he saw from the point guard.

The season before Sutherlin arrived at UNH the team had only won five games. In his first season they finished with a regular season record of 15-14, adding 10 wins to their previous total. Herrion said on multiple occasions a season ago that the difference was that his guys needed to learn how to have a winning mentality.

In his final season at Sheridan his team featured a 31-4 record and made it all the way to the Junior College National Tournament. Herrion explained how Sean’s previous success and winning mentality helped the team a lot in his first season.

“I think that when you get players that come from winning programs and are used to winning like Sean, they have a positive impact on your program,” said Herrion. “He’s not the most talkative kid, he’s quiet, but his game will speak for itself.”

Hammer co-signed on fact that Sutherlin is a player who lets his game do the talking.

“He wasn’t our most vocal leader,” said Hammer. “He was a guy that led by example every day. By the end of his sophomore year he did become more vocal, but he was a guy that when he did have something to say everybody listened.”

Herrion further explained the impact and potential that Sutherlin will bring in his senior season after being in the program for a year and being more comfortable.

“I think he’s going to explode this year. I think he has a chance to be the best player in the league.”

From only a few Division III and Junior College offers out of high school, to only one Division I offer before his junior year, Sutherlin isn’t going to let the accolades get to his head. The point guard is simply trying to justify the attention that he is finally receiving.

“It’s a blessing obviously, but I can’t let it get to my head. I just have to stay humble and prove that they did make the right decision,” said Sutherlin.