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Provost Jones announces UNH's plans for spring semester

By Katie Hoppler
NEWS EDITOR

The University of New Hampshire (UNH) plans to continue providing a hybrid college experience to students this upcoming Spring.

Provost Wayne Jones sent out a letter in an email regarding spring semester planning this past Monday, Oct. 26. In the letter, Provost Jones provided the official semester calendar, details about common exam time, course delivery modalities, engagement, and flexible work arrangements.

"The final calendar includes delaying the start of spring semester classes by one week, and replacing spring break with two Fridays, one in March, and one in April," said Provost Jones in his letter. Classes will begin on Feb. 1, and there will be no classes on Friday, Mar. 19, and Friday, April 16. Like many universities, UNH is canceling spring break to prevent students from contracting and potentially spreading the coronavirus (COVID-19) when they return from vacation.

Course delivery assignments are currently underway with the deans and departments of different colleges within the university. The provost wants to have class modalities submitted by the first week of November to avoid last-minute class structure changes, because, "last-minute changes in modalities result the lowest student satisfaction." Provost



Photo courtesy of the University of New Hampshire

Jones hopes students will know the modality of their classes long before they come to campus so they can plan accordingly. The university is considering creating cross-listed courses with an in-person and remote option to predict the in-person to remote ratio more accurately.

UNH plans to increase student engagement this upcoming spring. "We've also learned students are feeling less en-

gaged with each other in both academic and co-curricular environments. We are working creatively to enhance engagement for students outside of the classroom," said Provost Jones. The university plans to gather best practices for class engagements and develop processes for supporting face-to-face student club activities to help more students in and outside of the classroom when they return to campus.

The university hopes to provide more in-person programs in the spring semester. Provost Jones said, "In the spring, we want to maintain the percentage of face-to-face courses at least and increase in-person activities when safely possible." Faculty and staff who received temporary medical ADA accommodations will receive the same arrangements in the spring. Faculty and staff who are at risk because of age

or an at-risk family member are directed to work with their dean or department chair regarding accommodations and course modalities.

Provost Jones ended the letter by thanking the university and said that the university "will continue to take strong action to maintain our vigilance in the battle against COVID."

UNH community shares final thoughts before Nov. 3 election

By Isabelle Curtis
STAFF WRITER

Celene Johns-Thomas is tired.

Johns-Thomas was politically active before she was even eligible to vote. In high school, she was a campaign volunteer for Bernie Sanders, and then Hillary Clinton after she won the Democratic nomination during the 2016 election. She spent the primary season last year encouraging voters to participate in state and local elections. However, Johns-Thomas—who is currently taking a gap year from the University of New Hampshire (UNH)—can no longer

find the time or the energy for the political process.

"It's sort of upsetting that this has to be my first [presidential] election. If my first presidential election had been in 2016, I could have deluded myself into being excited about Clinton, because back then I had supported Bernie, and then once Bernie went out, I was just Hillary all the way," said Johns-Thomas. "I'm not going to be happy or proud to vote for Biden, but if I could have voted in 2016, I would have at least happily voted for someone."

Johns-Thomas is one of millions of Americans who have found themselves "settling" for Biden due to their concerns

over another Trump presidency. Sophomore communication sciences and disorders major Madi Gould, who is also "settling" for Biden, expressed how she wished she could base her voting decisions more on policy like she had done in her local elections.

"Before I voted I did a little bit of research, and I tried to align my values with the values of other candidates. It felt kind of weird because when you're voting in presidential elections, you're kind of voting based off the person and not their values," said Gould. "But not as much comes out about local candidates. So, it was nice to be able to actually vote based

off of policies and values and ideas, rather than their personality."

Gould also feels like the media has failed to adequately inform voters about the candidates as the focus is more on fighting between the presidential candidates than their actual policies. UNH Political Science Professor Dante Scala also criticized the media for becoming more about "show business" than actual reporting.

"When I was watching CNN [on Thursday] the minute after the [presidential] debate was over, I had a sense that the CNN people were just disappointed that it wasn't a disaster, it wasn't a complete meltdown,

and that it was actually pretty normal," said Scala. "Because I think the cable news, in particular, they kind of feed off of crisis and dysfunction and drama."

However, Scala believes the real problem with the media's coverage of the election is the lack of focus on areas where the president actually has control. Scala explained that most domestic policy is controlled by the U.S. Congress and, although discussing each candidate's stances on policy is important, that foreign policy is more relevant to the

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48/32
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42/23
Cloudy

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47/31
Sunny

Nov. 1

56/34
Rain

Nov. 2

42/23
Partly Cloudy

Nov. 3

40/27
Partly Sunny

Nov. 4

52/35
Partly Cloudy

Weather according to weather.com

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CORRECTIONS-----

IF YOU BELIEVE THAT WE HAVE MADE AN ERROR, OR IF YOU HAVE ANY QUESTIONS ABOUT THE NEW HAMPSHIRE'S JOURNALISTIC STANDARDS AND PRACTICES, YOU MAY CONTACT EXECUTIVE EDITOR JOSH MORRILL.

Election

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presidency. He suggests that the current debate style be changed to a simulation. One possible simulation could be putting the candidates into a nuclear crisis with North Korea and see how they react in real time to a developing crisis. Scala believes this would be a better gauge on how candidates would actually perform as president.

Another issue that has plagued this election cycle has been worries over what effect the increased use of absentee ballots due to the coronavirus (COVID-19) pandemic will have on the election results. So far, 87 million absentee ballots have been requested or sent to voters in all 50 states and the District of Columbia, according to the New York Times. New Hampshire has so far received over 200,000 requests for

absentee ballots.

Scala believes that it should take days, rather than weeks, for the election results to be finalized. But there are still worries over how the election dragging out will affect the mood of the country due to heavy political polarization.

Scala hopes that there will be positives to come from COVID-19 being tied up with the election season. He pointed to how absentee voting could

convince more casual voters to participate in elections and the increased focus on voting rights may persuade Congress to standardize voting laws across the country.

“How easy it is to vote shouldn’t depend on where you live in this country,” said Scala.

Nevertheless, with less than two weeks before the election, UNH community members all expressed a desire for things to return to a state of normality.

“For people who are majorly affected by stuff like this, or at least for me, I know that stuff sucks. I know stuff is bad. I campaigned so hard back in 2016 and I watched firsthand as all my efforts went to nothing,” said Johns-Thomas. “[Waiting for election results] is not going to be something that’s going to make me panic or stress, but I’m just tired. I don’t want to worry about it anymore.”

Gunman detained after firing shots while at Lee Market Basket plaza

By Sarah Levine
CONTRIBUTING
WRITER

The Lee Police Department responded to reports of gunshots fired at the Lee Marketplace plaza on Saturday, Oct. 17, according to a press release. Lee PD were dispatched to the area at 11:45 a.m. where they found a lone male with a handgun standing by a parked vehicle.

The suspect was later identified as 27-year-old Gordon Falt, believed to be from the Bar Harbor, Maine area. Police established a perimeter and instructed all the stores to initiate lockdown when Falt refused to comply with verbal commands. Eleven outside agencies were called to assist at the scene, including the Durham Police Department. There were no further gunshots after the initial report and no injuries resulted from the incident.

Eyewitness Nathan Fredette said that the police were excellent in setting up a perimeter and approaching Falt with caution. Fredette was outside for the duration of the lockdown, watching from his spot near the Postal Center.

“Our main goal from the start was to make sure everyone was safe,” said Lieutenant Donald Laliberte from the Lee PD.

Customer Tim Sourdif was shopping for the week ahead at Market Basket, when the store manager reported on the intercom that there was an active shooter situation outside and they would need to lock down. The manager calmly told everyone there was no need to panic.

Employee Grace Morrisette was just about to finish her shift when she heard the news.

“It was terrifying, even more since it was the first time something like that has happened to me.”

Sourdif said the message was rather nonchalant, “almost like announcing a sale on eggs ... It took a few seconds I think for all of us to let the message sink in. There was an active shooter outside.”

“I couldn’t comprehend the message,” said Laurie Grant who was exercising at Planet Fitness during the lockdown. She reported that the music had been too loud for people to hear the gunshots. Grant witnessed the gunman holding the handgun to his head. “I will never get that image out of my head,” she said.

From outside, Fredette tried to warn others without putting himself in harm’s way. Morrisette worried that the gunman would try to enter Market Basket. She was nervous because she didn’t know any details.

“I tried to keep my calm as best as I could,” Morrisette said.

Sourdif kept shopping, while some of the other customers migrated to the back of the store.

Morrisette saw everyone on their phones. Some were sharing with customers who didn’t have phones so they could contact loved ones. Morrisette texted her family and friends that she was okay, warning them not to come near the area. Sourdif realized that his neighbor’s daughter was working as a cashier. “She was a little nervous and her phone was dead, so I let her use mine to call her parents,” he said. “I decided to stay with her through this.” From the front of the store, Sourdif could see the heavy police presence outside. He observed police from every

level of law enforcement. A SWAT team behind a Bearcat vehicle were trying to locate the shooter in the parking lot. Morrisette’s bosses locked the doors and closed the blinds on the windows. She stayed in the back room with her coworkers, checking social media to find dozens of updates on the situation.

She saw rumors that Falt fired seven shots into the air from his pickup truck before exiting the vehicle. When police arrived, Falt allegedly started placing items from inside his truck onto the vehicle’s bed. He refused to surrender to police for over two hours.

“I had confidence in the law enforcement,” said Morrisette. “But I didn’t know what the man was trying to do, and what his intentions were.”

A smaller section of the Lee Police escorted a woman in her 90’s from her spot in the parking lot into the Market Basket during the situation. Sourdif said that people clapped and cheered when she came inside.

“Very cool,” said Sourdif. “She sat down and asked for a root beer.”

Morrisette and other employees remained calm while distributing food and drinks to customers. They gave coloring books to children and brought shopping carts into their back rooms to keep customer’s items refrigerated. Management kept customers updated and ensured that employees were accounted for.

“Market Basket management did wonderfully,” said Sourdif. “From getting the old woman her root beer to getting chairs for folks.”

About an hour had passed when everyone was instructed to go to the back of the store. “At this point I got a little nervous but heck, it is what it

is,” said Sourdif. He joked with others “about how much 2020 sucks.”

Sourdif noted the irony that he could see social distancing signs meant to keep six feet between customers, while they were “all jammed up at the back of the store.” Many customers opened their groceries and began eating, Sourdif called it “funny in a stressful environment.”

Morrisette’s manager continued to give updates on the intercom about what was happening, keeping in contact with the police.

The Lee PD press release reported that the Falt was taken into custody at approximately 1:40 pm. The store lockdown was finally lifted around 2:15 pm.

“Police came in and said we could leave,” said Sourdif, noting that it was followed by cheers and clapping.

Morrisette quickly returned customers’ shopping carts and left. Several officers and police vehicles were scattered around the parking lot. Her car was outside the liquor store, where she could see a police officer rummaging through Falt’s truck.

Morrisette saw Falt’s green, flat-brimmed hat on the ground, just 10 feet from her car. She wondered if there were more suspects on the loose. “I was still freaked out, even more than I was before.”

Sourdif’s vehicle was parked directly opposite from Falt’s pickup truck. He could see shell casings on the ground and guns in the driver’s seat. “That freaked me out some ... I suppose this could have turned out very differently.”

“Of course, the outcome was as good as it could be,” said Sourdif. On his way to leave, Sourdif saw an ATF agent and

thanked him. “It was amazing to see how many departments mobilized.”

“[The police] absolutely kept everyone safe,” said Grant. “I am so grateful that no one got hurt, including the shooter.”

“We are all very thankful that no one was injured from this incident,” said Lieutenant Laliberte.

Lt. Laliberte said the situation was unusual, but the Lee PD regularly attends Active-Shooter training, “and in this case, our training paid off.” The adrenaline finally left Sourdif’s body an hour after he got home. “I was wrecked [from] operating at a heightened level under great stress for over two hours. I felt like I had been doing hard labor all day.”

“You can’t predict these things,” said Fredette, noting that he couldn’t let fear prevent him from his daily needs. He returned to Market Basket to finish his shopping after Falt was taken into custody.

Falt was transported to Wentworth Douglass Hospital as a precautionary measure, according to the press release. He was charged with multiple counts of reckless conduct (felony), receiving stolen property (felony and misdemeanor), and felon in possession of a dangerous weapon. He currently remains held without bail.

Sourdif returned to the Lee Marketplace last Saturday, a week after the incident. “The thought did cross my mind and it came up when I went through the cashier,” Sourdif said. “They were there last week as well. Something we have in common now.”

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Meet the U.S. Representative candidates

Profile by Content Editor Hannah Donahue



Chris Pappas

Rep. Chris Pappas, incumbent Democrat of New Hampshire's first Congressional District is up for re-election against Republican candidate Matt Mowers.

According to Pappas' campaign website, his platform focuses on confronting the coronavirus (COVID-19) pandemic, improving affordable health care and standing up for reproductive rights. Pappas has worked to protect students' right to vote and raise

the federal minimum wage. He is also pushing for equity and accountability in the criminal justice system and protecting the environment.

Pappas, who was born and raised in Manchester, N.H., has been adamant about the importance of youth voters, stating in an email interview with The New Hampshire, "I'm running for re-election to do all I can to ensure New Hampshire weathers these crises and thrives in the future, and I know that we can't accomplish that without the help of young people."

In his time as a state representative, Pappas felt the most rewarding and valuable work

that he has done was "representing the people of the First District [which] is all about helping people, especially during tough times." This includes cosponsoring the Equality Act, passing legislation for free COVID-19 testing and treatment, and helping constituents access unemployment benefits.

As for the biggest local issue that Pappas wanted to address, he said, "The COVID-19 pandemic has thrown us into both a public health crisis and an economic crisis, and shown us the importance of ensuring that everyone has access to affordable health care, and that we're helping

young people who want to stay in New Hampshire by investing in affordable housing and working to bring down the cost of college."

With the COVID-19 pandemic affecting the country, many campaigns have had to shift gears and find the safest way to get the word out about voting. For the Pappas campaign, they have adjusted by hosting Zoom "house parties" and peer-to-peer texting voters.

Pappas encouraged youth voters to make sure their voice is heard and that "real change will only happen if we all work as hard as we can to make sure folks get out to vote."

Courtesy of Chris Pappas



Matt Mowers

Matt Mowers is the Republican candidate running for election to the U.S. House of Representatives for New Hampshire's first congressional district. He previously worked as a field coordinator and battle-ground state director on President Trump's transition team before becoming a senior White House adviser in the State Department, according to Mowers' website.

Mowers' main concern is protecting the "New Hampshire advantage" for future generations. He believes that "politicians in Washington are pushing tax increases that would make life more difficult for working families, business owners, and young people who want to be able to afford to live in the state." Mowers is also opposed to implementing any new income or sales taxes in the state.

While Mowers was at the State Department, he oversaw the United States global HIV/AIDS program, PEPFAR,

which provides live saving treatment for those infected with the disease. He was able to work with Congress to complete a bipartisan reauthorization bill for the program.

His reason for running for Congress is to bring a new generation of leadership to Washington. Mowers believes that too many current politicians have been in office for too long, and he wants to "cut through the noise and get Washington working again," all while pledging to keep taxes low and deliver relief for small businesses and working

families. Mowers hopes that his campaign promises will drive UNH students to vote for him.

The Mowers campaign put their in-person events on hold for several months due to the pandemic but are back on the trail now. The campaign has also focused on young voter outreach, establishing a Students for Mowers coalition which includes student interns and volunteers running campaign events.

Courtesy of Matt Mowers



Zachary Dumont

Zachary Dumont is the Libertarian candidate running for the U.S. House of Representatives for New Hampshire's first congressional district. Dumont earned his bachelor's degree from the University of New Hampshire (UNH) in 2017 and has served as a Town Councilor on the Budget Committee in Newmarket, N.H. for the past three years.

Dumont considers housing and the cost of

living to be the most pressing local issues for N.H.'s first congressional district and hopes to address these if he gets into office.

"A tight housing market leads to an uptick in the local cost of living, an uptick in [that] causes increasing housing prices, and so on," Dumont said. "I'd hope to leverage the influence of the federal government to reduce inflation and better invest in local programs with federal tax dollars."

His campaign, like many others, had to adapt and began using social media and video interviews and virtual events as ways to keep active with

potential voters.

"I think we've done an admirable job in reaching voters and answering the tough questions we'd expect in a non-pandemic campaign," he said. Dumont says he is running because, as a young American, he "often feels left out and forgotten" by the federal government, and he wants to make a change to the current political system which he feels "does not make any true progress" and only leaves problems for the next generation.

Some of Dumont's accomplishments include: "improving N.H.'s green spaces, national forest, state parks, and related

[areas]." From his junior year in high school through his junior year at UNH, Dumont "spent many weeks rehabilitating and serving environmental causes."

"Every year we allow [to] pass without a real solution to problems like these further places us at a disadvantage. It's my hope that if supported by the UNH student body and elected to represent [NH's first congressional district], the student body could trust in me that when debating hot button and difficult questions, they know I have their viewpoints in mind," said Dumont about youth voters.

Courtesy of Zachary Dumont

Got an opinion?
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Meet the U.S. Senate candidates



Courtesy of Jeanne Shaheen



Courtesy of WMUR

Profile by News Editor Julia Stinneford

Jeanne Shaheen

Jeanne Shaheen is running for reelection to the U.S. Senate representing New Hampshire. She has been a Democrat in the Senate since 2009 and is now seeking her third term.

Before Shaheen's Senate career, she served as Governor of New Hampshire for three two-year terms, from 1996-2002, and before that served two terms in the New Hampshire State Senate.

Shaheen said that the issues

facing the country are "unimagined challenges" and that "the stakes have never been higher" than right now.

The biggest issue that Shaheen is hoping to address in another term in the Senate is climate change, especially because of its effects on New Hampshire. Shaheen said that "we need to act now," and said a priority should be "investing in clean energy technologies" to create jobs in New Hampshire.

Shaheen said that her

proudest professional accomplishment has been "protecting women's reproductive rights" throughout her years of public service. She cited repealing an abortion felony law as governor and writing the Sexual Assault Survivors' Bill of Rights in the Senate, among others. Shaheen said, "Republicans are determined to strip away women's reproductive rights, and I will fight them every step of the way."

Additionally, Shaheen's platform includes protecting af-

fordable health care access for New Hampshire residents and relieving student loan debt.

The COVID-19 pandemic has disrupted Shaheen's campaign, and "forced us to rethink how we engage with voters." However, Shaheen said, "What hasn't changed is the importance of hearing directly from people," especially those who she said were most affected by the pandemic.

"That's who I'm fighting for in the Senate," Shaheen said, "and combatting this pan-

dem has been my top priority throughout this campaign."

"There is a clear contrast in this race," Shaheen said. "Electing Democrats is about electing people who will trust science, protect people's health care, and... create fundamental change."

Shaheen is opposed in this election by Republican Corky Messner.

Corky Messner

Bryant "Corky" Messner is the Republican nominee for New Hampshire's U.S. Senate seat, currently held by incumbent Sen. Jeanne Shaheen who is seeking reelection. Messner is a veteran, businessman and lawyer who resides in Wolfeboro, New Hampshire where he served on the Lake Wentworth Foundation's board of directors.

Messner is a lifelong conservative and proud Granite Stater, according to his cam-

campaign website. His priorities are to "Improve Free Market Healthcare," "Stand Up to Democrats' Socialist Agenda," "Make Middle Class Tax Cuts Permanent," "Maintain Strong National Security Border & Security," "Reduce Government Spending and the Debt," and proclaims himself to be "Pro-Second Amendment," and "Pro Life" according to his campaign.

If elected, Messner would work with Gov. Sununu to speed up the state's economic recovery. "That means I will

not only support targeted federal aid for those sectors hardest hit by pandemic closures, but I also recognize we need to safely re-open the state -- we need to get back to work, help businesses adapt to the 'new normal,' and help those who have lost their livelihoods and need job opportunities and retraining," in an email with The New Hampshire.

Messner's proudest accomplishments are attending West Point, serving in the military, putting himself through law school and building his busi-

ness.

"I achieved the American Dream, and I continue to help others do the same, mentoring entrepreneurs and others who want to reach their professional and personal goals. As U.S. Senator, I will work to help others achieve their own version of the American Dream," he said.

Messner believes that young people beginning their careers would benefit from a "strong economy, less government and a focus on individual freedom." He emphasized the importance

of strengthening the economy.

Due to COVID-19, Messner's campaign has been largely virtual, but they have utilized social media to reach out to young voters. "Our message has always been one of optimism and the power of the individual. As the father of three young people, I know we must provide the next generation with the promise of a bright future, of an economy that offers good jobs and good pay," he said.

Meet the N.H. Register of Deeds candidate

Profile by News Editor Julia Stinneford



Catherine Berube

Catherine Berube is running for reelection as the Register of Deeds for Strafford County. She currently holds this position and has held it for three two-year terms. It is a constitutional position, as opposed to a legislative position.

The register of deeds is the official keeper of property records for the county, whose duties include recording and preserving property records as well as collecting fees on

behalf of the county. According to Berube, over \$12 million were collected for the state of New Hampshire through the Strafford County Registry of Deeds last year.

Prior to her time as register of deeds, Berube was a practicing attorney. She and her husband, F.X. Bruton, have a law firm in Dover that focuses on real estate law. She stepped back from practicing law to "concentrate all of my efforts" on the registry of deeds.

Berube said that her legal background has "helped me

understand the issues that arise" in the Registry of Deeds. Additionally, she said that she has been "active in legislative issues" on behalf of the New Hampshire Registry of Deeds Association and has testified at hearings in matters dealing with real estate.

In addition to performing her duties as register of deeds, Berube teaches as an adjunct professor at the University of New Hampshire.

While serving as register of deeds, Berube is proud of her accomplishments of leading the

office through a transition to an updated search engine for their software, as well as educating the public on the systems of the registry of deeds.

Berube is running unopposed. She will be on both sides of the ballot as the candidate for the Democratic and Republican parties on Nov. 3, as during the primary election, as Strafford County voters provided enough votes for this on both tickets.

Courtesy of Catherine Berube

Meet the State Rep. and State Sen. candidates

Profiles by Staff Writer Ben MacKillop



Rebecca Perkins-Kwoka

Rebecca Perkins-Kwoka is the Democratic nominee for New Hampshire's 21st senate district. She has previously served on Portsmouth's city council and this is her first race for a state-level office.

Perkins-Kwoka, a Cornell law school graduate, has been a green energy lawyer for over

10 years. Her most important issue areas are affordable housing and promoting green energy in New Hampshire.

"New Hampshire is far behind the rest of New England in renewable energy," Perkins-Kwoka said. "In Concord, I will fight to bring more renewable energy to the Granite State, upgrade our grid, and build a sustainable future for all of us."

While not a key point of her

campaign, she has also highlighted that she would be the first openly LGBTQ woman elected to the New Hampshire State Senate.

"I believe that I had demonstrated leadership on some of the key issues facing our state, and in particular issues that affect young people. As a green energy lawyer and affordable housing advocate, as well as someone still paying off student loans who grew

up working in a small business, I will fight for a sustainable, greener future where everyone can afford to live here in New Hampshire," Perkins-Kwoka said.

Perkins-Kwoka is endorsed by 603 Forward and New Hampshire Youth Movement, two organizations that focus on issues that young people care about in New Hampshire.

Courtesy of Rebecca Perkins-Kwoka



Sue Polidura

Sue Polidura is the Republican nominee for New Hampshire's 21st senate district. This is Polidura's first run for elected office.

Polidura, born and raised in Puerto Rico, is a United States Air Force veteran and has lived in Portsmouth for more than 40 years serving at the Pease Air Force Base. Now retired, Polidura is looking to serve her community as state senator.

One of her proudest accom-

plishments within her community is helping to preserve the North cemetery in Portsmouth, where she gives free tours. She also worked on a project that allowed Portsmouth residents to park in the downtown city garage for only \$3 during winter storm emergencies.

Polidura's most important issue areas are supporting small businesses through the coronavirus (COVID-19) pandemic as well as maintaining low business taxes so that small businesses can thrive. This is especially important, she

says, as the winter is threatening to shut down restaurants if COVID-19 restrictions are reinstated.

She also uses her focus on small businesses as a pitch to college students.

"So, when you graduate from UNH, you want a job. And the best way to guarantee that you're going to get a job is to make a favorable environment," Polidura said. "About 90% of the jobs are created by small businesses, and they have really been put at risk because of COVID."

Polidura also highlighted the difficulties of campaigning during the pandemic and putting a new focus on social media as a way to connect to younger people.

"I think that our job is just a tool on the way of finding your calling. Because you ever happy is when you're doing what you're called to do. And by no and all saying goes, do what you love. And you'll never have to work a day in your life," Polidura said.

Courtesy of Sue Polidura

Profile by Managing Editor Anna Kate Munsey



Jim Beard

Jim Beard is the Republican nominee for New Hampshire Executive Council District 2.

He was born and raised in the state, and emphasized his "New Hampshire values" such as respecting elders, listening to teachers, working hard, saving money and helping neighbors.

Beard was a pilot and worked in aviation sales and marketing in locations such as London, Paris and the Middle East. Part of his job included reviewing contracts, which he believes would be beneficial on

the Executive Council.

Eventually, Beard moved back to Lempster, New Hampshire. "After that worldwide experience. I finally reached a point where I really just wanted to get back to the small community," he said.

Beard served as Chair of the Library Trustees in Lempster and assisted in a complete renovation of the building.

Beard is also a conservationist, and was chair of the Lempster Conservation Commission. He noted a proud accomplishment while on the commission, which was getting a significant portion of land put

into conservation - meaning it will never be developed. The commission worked with the forest society and town council on this project. "It helps in not just our area but this whole strip of land going up to the White Mountains, all the way down through into Massachusetts for clean water for clean air, and the opportunity for the wildlife to move throughout this this area conserve land. It gives them a natural habitat," he said.

If elected, Beard is interested in working on the issue of transportation - not only highways but also high-speed

internet, which he believes is related given the proliferation of online learning and online healthcare.

Given restrictions due to the coronavirus (COVID-19), Beard has not been able to meet in person with voters as much as he'd like, and has utilized Zoom meetings.

"I hope to bring my diverse background and experience to Concord in order to get things done for the people of District 2. New Hampshire is a great state, but let's work together to make it even better," he wrote on his campaign website.

Courtesy of Jim Beard

@thenewhampshire



Fact checking: the Presidential Debate

By **Josh Morrill**
EXECUTIVE EDITOR

Transparency: fact checking the last presidential debate

On Oct. 22, the presidential debate stage at Belmont University in Nashville, Tenn. was something that we haven't seen so far in the race: presidential. Both President Donald Trump and former Vice President Joe Biden were subject to muted microphones for a two-minute stretch at the beginning of each segment while the other spoke. This gave the debate more structure and more room for each nominee to present their stance on various subjects like immigration, the handling of the coronavirus (COVID-19) and climate preservation, as well as their visions for policy reform within the topics. Despite the tranquility of both candidates, there were still a variety of statements uttered within each segment that carried little truth.

COVID-19

Candidate: Joe Biden

Statement: "The expectation is we'll have another 200,000 Americans dead in the time between now and the end of the year. If we just wore these masks, the president's own advisers have told him, we could save 100,000 lives."
The Facts: These are outdated estimates. Currently there have been 230,176 American casualties due to COVID-19. In a study conducted by the University of Washington Institute for Health Metrics, they predicted that this number would spike to 410,000 by January 2021, but this was back in early September. As of the night of the debate, their estimate is approximately 316,680 American deaths, a number that still shouldn't be taken lightly. As it pertains to the president's advisors, they have never said publicly that wearing masks could save 100,000 lives. In a non-peer reviewed report from the Imperial College in London that was published back in March, scientists and members of their response team compared COVID-19 mortality projections if non-pharmaceutical measures were taken. Their projections read that if the U.S. let the virus run its course with limited health measures being implemented, then it

would result in 100,000 more deaths than if social distancing and isolation mandates were set forth. In the seven months since this was published, there have been no updates to the report and their projections haven't updated. The Centers for Disease Control and Prevention (CDC) still strongly recommends wearing masks, as it states on their website: "CDC recommends that people wear masks in public settings, like on public and mass transportation, at events and gatherings, and anywhere they will be around other people."

Verdict: Mostly False; at one point these estimates were correct, but they have been significantly altered since then.

Candidate: Donald Trump

Statement: "As you know, 2.2 million people modeled out were expected to die."
The Facts: This is in fact a real figure, but it was taken out of context by President Trump. The 2.2 million deaths were the product of an estimate from the same report that Biden referred to (Imperial College in London in partnership with the World Health Organization). The portion that covered the total number of deaths in the U.S. was laid out as if the government did nothing to stop the virus, and no citizens social distanced or mask wearing took place. Their model showed how bad the COVID-19 virus could get if our executive branch let it run its course without shutdowns or health precautions. Since then, America has acquired and produced both invasive and non-invasive ventilators, as Ford, General Motors, Dyson and others sped up ventilator production to the point where the U.S. government was able to gift some to Egypt. Also, America has developed a more extensive testing procedure with more tests and a variety of different types of tests that can be processed rapidly. Over one million tests are administered consistently on a per-day basis. In a lot of ways, the 2.2 million deaths were never a realistic estimate, but more of an informative representation of the potential severity of the virus.
Verdict: Mostly False, as it was a real figure, but not representative of true events at any point.

Candidate: Donald Trump

Statement: "The mortality rate is down 85%."

The Facts: Mortality rate tracks the percentage of people that died from a disease after being diagnosed with said disease. According to data from Johns Hopkins, the current mortality rate in the U.S. is at 2.6%. This means about 69 deaths per 100,000 people. On April 1, as the virus continued to become a prominent issue in the country, the mortality rate was just above 3.8% (1,011 deaths from 25,737 cases), so the figure is going down as Trump indicates, but at a much slower rate. The 85% number that Trump was referencing came from the amount of deaths at COVID-19's daily peak in May (2,752 deaths on May 7) to the most recent low in October (393 on Oct. 18). This is about an 86% decrease, but it doesn't take into account how many people are currently positive. This came from comparing weekly deaths in April to most recent recorded week. The week of April 18th, 17,077 people died. On Oct. 10, 2,540 people died (drop of 85%).
Verdict: False; the mortality rate is different than the number of overall deaths.

Immigration

Candidate: Donald Trump

Statement: "It was determined that [the cages] were built in 2014. That was [the Obama/Biden Administration]."
The Facts: Trump was referring to the border facilities that were built in 2015 under the Obama Administration. In an interview with NPR, former Department Homeland Security secretary Jeh Johnson said that these facilities predated Trump's time in the White House. Also, in 2019, former U.S. Immigration and Customs Enforcement (ICE) director Thomas Homan sat on a panel put on by the Center of Immigration Studies and said that the facilities were built and funded in fiscal year 2015, under Obama. The site holds four fence-enclosed pods, that fit up to 1,000 children. Trump has recently come under fire for holding 545 migrant children in these pods that have been separated from their parents at the U.S.-Mexico border. This has been the result of his "zero tolerance" immigration policy that detains immigrants trying to enter the U.S. illegally. The

only time that children are put in these pods are if they were accompanied by their parents or guardians. Trump is using these facilities for this purpose, but they were built before his time as president.

Verdict: True; the "cages" were in fact built during the Obama administration

Health care

Candidate: Joe Biden

Statement: "Not one single person lost their private insurance under Obamacare, and they won't under my plan."

The Facts: In a piece from Health Affairs, a peer-reviewed journal on health policy and affairs, they stated that in 2013 some non-group health insurance plans were canceled because they weren't compliant with the Affordable Care Act (ACA) standards. Researchers from the Urban Institute that wrote the journal entry analyzed data from a nationwide poll and stated that about 2.6 million Americans lost their private insurance plan in 2013. The ACA relied on the concept of "grandfathering" which allowed the existing private insurance policies to continue, but they had to check all the boxes that the ACA required. If they didn't, then the policy would be terminated. Those same researchers from Urban Institute said many of those people were eligible for coverage assistance, but that some had to pay significantly more for their new policy.
Verdict: False; many people lost their private insurance with the integration of the ACA.

Climate

Candidate: Donald Trump

Statement: "We have the best carbon emission numbers that we've had in 35 years under this administration."
The Facts: According to the Environmental Protection Agency, national greenhouse gas emissions have gone down by 10% since 2005. Also, despite the economy growing 25% in the time frame, power sector emissions fell by approximately 27%. According to the World Bank, in 2016 (no data from 2017-2019) carbon emissions were at their lowest point in 25 years. In this same study, it showed that greenhouse gas emissions were the lowest in 25 years in 2017 but

went up in 2018. Also, with the shutdowns caused by the COVID-19 pandemic occurring this year, our carbon emissions will most likely drop another 8% according to the U.S. Energy Information Administration.
Verdict: Mostly False; We do have very low emission numbers, some of them the best in years, but not 35 years.

Candidate: Joe Biden

Statement: "He won't give federal subsidies to solar and wind."
The Facts: Currently there are tax credits available to both wind and solar industry. They include the Production Tax Credit (PTC). The PTC is a federal subsidy that helps with renewable energy facilities. Organizations that generate power from geothermal or wind energy can collect 2.3-cents per kilowatt-hour for the first 10 years of their operation to keep them afloat. This was put in place in 2017. Also, there is the Investment Tax Credit (ITC) under Section 48 which gives commercial properties with solar systems a 26% tax credit. It can be applied to both customer-sited commercial systems and large-scale ones as well. The ITC has helped solar energy production grow 10,000% since 2006 according to the Solar Energy Industry Association (SEIA).
Verdict: False; federal subsidies to solar and wind production sources have continued under the Trump administration.

Candidate: Joe Biden

Statement: "I have never said that I oppose fracking."
The Facts: In the Democratic primary races, Biden stated that fracking should be eliminated. He did later clarify that he meant that fracking should be banned on federal land, and not everywhere. However, Biden's written plan on his website never mentions the banning of any fracking, but says that he would impose "banning of new oil and gas permitting on public lands and waters."
Verdict: False; Biden has said multiple times that he would ban fracking, but he and his campaign walked it back each occasion.

UNH student Heath Howard runs for State Rep.



Photo Courtesy of Heath Howard

By Jasmine Taudvin
CONTRIBUTING
WRITER

New Hampshire State Rep. candidate Heath Howard is running for office and attending University of New Hampshire (UNH) classes simultaneously this semester. Howard, a Democrat, is running for one of two Strafford District 3 seats in the New Hampshire House of Representatives. Other District

3 candidates include Jeff Allard (D), Kurt Wuelper (R) and Michael Harrington (R). Howard is the youngest candidate at 20 years old.

“We have a lot of retirees, old white men who are serving, and it’s not a very good representation of what New Hampshire should be,” said Howard. “I can tell you right now that the two state representatives that are running in this district don’t care about young people,

and they are not fighting for a future that’s going to be sustainable.”

According to Howard’s website, his campaign is running on three main topics: climate change, education, and health care.

“New Hampshire could be on the front line of the fight on climate change as a state that is known for its natural beauty and wildlife,” Howard wrote.

According to the website, Howard wants protections to be put in place “to keep New Hampshire at a minimum 70 [percent] forest and increase the amount of protected land.”

Howard spoke about the Birch Ridge Community Forest project to conserve land in New Durham. According to Howard, both Wuelper and Harrington have failed to attend any of the meetings, despite being invited.

“One of my opponents [is] literally working for an energy lobby,” Howard said in an interview. “He’s fought against doing basic things like starting the transition from fossil fuels over to clean, renewable energy.”

Howard said he first got into politics after a major skiing accident where he broke his back. He attended N.H. Boys State after losing sports to his injury, and later joined Maura Sullivan’s 2018 campaign for Congress. According to Howard, his injury not only pushed him toward politics, but also helped shape his views on health care.

“When [people are] having to make decisions on whether they need to purchase their

insulin, pay their rent, or buy food, that’s not [okay],” Howard said. On his website, Howard calls Wuelper and Harrington’s refusal to set price caps on insulin and EpiPens “unacceptable and appalling,” and wrote that “fighting for healthcare rights and protections is essential.”

Howard also emphasized the importance of affordable higher education and education funding. In particular, he hoped to improve funding for special education programs.

“When you remove funding from special education, you’re making it harder for the people who are most vulnerable to learn,” Howard said. “We need to specifically change how we focus on special education. We need to make sure that it’s adequately funded, because I believe that everybody is entitled to a free and good education to the same level.”

Howard said he is committed to fighting for racial justice.

“I don’t know what it’s like to be a person of color,” Howard said. “It comes down to listening to the people who are actually affected and providing change on [what] needs to be done. I do think that police reform needs to take place.”

As the phrases “fake news” and “alternative facts” become more widely used across the country, discerning the objective truth can be a daunting task. Howard said he actively works to avoid biased news.

“I read the New York Times, the Washington Post, I look at CNN, Fox, Politico, BBC,

Aljazeera... pretty much all the local papers every single day,” Howard said. “I try to get as much information as I possibly can, because if you get it from multiple sources, it’s more likely to be accurate.”

Howard said that with expensive education and the oldest working class in the nation, New Hampshire is not a viable place for young people to live. Howard also said that Wuelper and Harrington both work for special interest groups, while he does not.

“One of them is the president of the anti-abortion league in New Hampshire, and the other is an analyst for the New England Ratepayers Association, which is the biggest energy lobbying firm in the entirety of New England,” Howard said. “I can tell you right now that I’m going to be more honest than they are; I’m going to be fighting for our future.”

Kurt Wuelper is the Vice President of New Hampshire Right to Life and Michael Harrington is on the advisory board of the New England Ratepayers Association, according to the organizations’ respective websites.

Heath Howard has been endorsed by the New Hampshire Youth Movement (NHYM), the New Hampshire Sierra Club, the American Federation of Teachers, and the New Hampshire AFL-CIO.

Voting Guide for UNH Students

Where/when do I go to vote?

7 a.m. to 7 p.m. on Tuesday, November 3
Oyster River High School - 55 Coe Dr., Durham N.H.

Who is eligible to vote?

Both residents and UNH students with proof of domicile in Durham can vote in the town on Election Day or by completing and dropping off an absentee ballot.

Can I register to vote on Election Day?

Yes, in ORHS’s multi-purpose room. If possible, try to register with the Town Clerk or via absentee ballot beforehand to minimize long lines and crowds.

Who am I voting for?

You’ll have multiple options in each race - making your pick for president, governor, U.S. Representative, U.S. Senator, State Representatives, State Senators, Executive Councilor, County Sheriff and many other local positions.

New Mass. income tax law impacts N.H. residents



Photo courtesy of Jimmy Emerson, DMV/Flick Creative Commons

By Ben Domaingue
STAFF WRITER

Massive budget shortfalls forced Massachusetts to alter its income tax rules, impacting thousands of New Hampshire residents working for Massachusetts-based companies.

Due to the coronavirus (COVID-19) pandemic, states are experiencing massive budget shortfalls, with Massachusetts facing a 29% reduction in tax revenue according to NPR. As a result, Massachusetts is seeking more ways to increase its revenue and decrease its deficit.

Under normal circumstances, only income earned in Massachusetts would be taxed. For example, if a New Hampshire resident worked 50 days with 25 in Massachusetts and 25 in New Hampshire, only half of their income would be taxed.

Traditionally, income is taxed based on where the employee works. Because of COVID-19, many employees have been forced to telecommute. States like Massachusetts have had to get creative with how they collect taxes from out-of-state workers.

Because of an emergency order passed on March 10, employees working from home for a Massachusetts company are subject to the 5% income tax, regardless of where they work.

The legality of the order remains in question. Gov. Chris

Sununu of New Hampshire recently tweeted that the State of New Hampshire will be presenting a case to the U.S. Supreme Court on the matter. Members of both parties within the New Hampshire House of Representatives have expressed discontent with the order, challenging its legality.

Rep. Timothy Horrigan (D-Durham), was disappointed with the order, concerned with the impact it would have on his constituents.

"I certainly want them [my constituents] to have more money. I couldn't get on board [with the initial outrage] as the tone was accusatory. A lot of Republicans in New Hampshire like to say taxation is theft, which it isn't," said Horrigan.

Even so, Horrigan believes Massachusetts is not entirely to blame for the situation.

"Massachusetts is going to do what's right for Massachusetts. They've been hit hard by the pandemic. The whole budget has a huge hole blown in it like ours," he said.

Horrigan believes there remains no clear solution where both sides can compromise without a broad-based income tax.

"I don't think we're going to pass a broad-based income tax. I don't think any party is going to stomach for a broad-based income tax," said Horrigan.

Even with the legal battle

between both states, approximately 492 people from Durham and Madbury commute to Massachusetts for work in some capacity according to Horrigan.

Matt Fisher, a current resident of Madbury, is an employee of Emerson College in Boston. He was forced to telecommute due to COVID-19 and purchased a house in Madbury.

Though the lack of income tax was not a factor in his move to New Hampshire, he believed it to be a benefit.

"It wasn't the reason we moved to N.H. Of course, I was frustrated. A couple thousand a year, it wasn't enough to be bummed out about. But the lawsuit got me optimistic," said Fisher.

Even with the current rule, Fisher hopes that the rule will only be temporary.

"It's kind of annoying, but it won't change our mindset. What would be frustrating is, when will they change it back," said Fisher.

With how New Hampshire collects its taxes, Fisher feels he is disproportionately impacted by the taxes of both states.

"Because there is no New Hampshire income tax or sales tax, you make up for that with the high property tax. I lose that benefit," said Fisher.

Another resident of New Hampshire, Eric Turcotte,

expressed his frustration with the rule change to The New Hampshire. Turcotte currently works for Salesforce, a company based out of Burlington, Massachusetts.

"I'm being screwed. The last year or two I worked at home two days a week and could count them as not working in Massachusetts and not have them taxed in Massachusetts," said Turcotte.

During a normal tax season, Turcotte only pays a fraction of his taxable income to Massachusetts.

"When I did my taxes, instead of paying \$10,000, I ended up paying only half or two-thirds of it. With this rule, I can't deduct this. It's costing me \$5000 out of pocket," said Turcotte.

Because of the financial burden of the new tax rule, Turcotte's company has "relocated" him to another state, where no such tax rule exists.

"I am no longer based in Burlington, I am based out of San Francisco as a remote employee in New Hampshire," said Turcotte.

Though his company can change where he is based, companies have begun to become creative with the new influx of remote workers. With companies forgoing renting office space, many have begun to distribute cost-of-living differentials based on where a remote employee is based.

Turcotte is one such employee who is impacted by this.

"There is a cost of living differential. Because Burlington is Boston Metro, they have a higher pay rate. By going full-time in New Hampshire, by corporate, I get a 10% pay cut," said Turcotte.

For many employees, remote work has become a new reality. Many are forced to choose between higher taxes or pay cuts based on their physical location. Over 80,000 employees crossed into Massachusetts to work every single day, or 15% of all commuters, according to Gov. Chris Sununu.

Whether or not the case will be heard by the Supreme Court remains to be seen. Only about 100 to 150 cases are heard by Supreme Court per year, and even if the Court hears the case, it must find wrongdoing.

The Department of Labor contacted The New Hampshire to provide additional clarity, stating that the department can recuperate lost wages should the Supreme Court find wrongdoing.

The Department of Labor urges individuals to err on the side of caution when filing their taxes until a decision is made.

The Office of Charlie Baker, the Office of Chris Sununu and the Massachusetts Department of Revenue have not responded for comment.

Feltes hosts town hall for students



Photo Courtesy of Dan Feltes

Candidate for N.H. Gov. Dan Feltes discusses issues like climate change, reproductive rights, debt forgiveness and common sense gun laws.

By Evan Edmonds STAFF WRITER

Dan Feltes, a former legal aid attorney, said this is “the most consequential election in United States history,” and told students “it’s on us” to make change. He encouraged students to vote, to get their friends to vote, and their friends, and so on.

Feltes gave his input on issues brought up by students, ranging from reproductive freedom in New Hampshire to education reform, gun violence prevention and clean energy. He also emphasized areas in which he believes his Republican opponent, Gov. Chris Sununu, has made errors, particularly in his use of vetoes.

Feltes said it is important to be able to listen to and work with one another, regardless of political affiliation, by using the art of compromise. He said it wouldn’t be “my way or

the highway,” if he were to be elected.

“The problem here,” Feltes said, “in New Hampshire, is not a problem of people working together, as I said in the debate Monday night, it’s not a Republican problem or a Democrat problem, it’s a Chris Sununu problem.”

Feltes cited Sununu’s record 79 vetoes - 65 of which were bipartisan bills, he said - while in office as governor, corroborated by New Hampshire Public Radio’s “NH Veto Tracker,” updated as recently as Sept. 19, 2020.

On reproductive freedom, Feltes said if he was elected he will sign the bill he worked on, the Reproductive Healthcare Parity Act that “requires insurance companies to cover reproductive healthcare in a reasonable way.” He said he is pro-choice, similar to Sununu, and that “New Hampshire deserves a pro-choice Governor.” Feltes also said he’s

going to nominate a pro-choice woman to the New Hampshire Supreme Court. He said that it is going to be “on the states to stand up for choice and reproductive healthcare” if Roe v. Wade is overturned in the near future.

Feltes mentioned five “common sense initiatives” including legislation intended to contribute to gun violence prevention in New Hampshire, all of which he said were vetoed by Sununu. Feltes listed universal background checks, gun-free school zones, extreme risk protection orders, a law that protects senior citizens being harassed or exploited, and a “common sense” waiting period that Feltes said helps reduce suicides (New Hampshire has the third-highest growing rate in the country and the highest growing rate of teen suicide, according to Feltes).

Feltes also touched on climate change: “It’s time to accept our responsibility to com-

bat the climate crisis right here in New Hampshire,” Feltes said. To do so, he said his goal is to become fossil fuel free by 2030, citing his clean energy plan “Green Jobs, Green Future,” on his campaign website. The plan involves a few key components including dealing with clean energy in “three sectors,” electricity, transportation, and thermal heating. One method he mentioned was one put into work in Maine by Democratic Gov. Janet Mills, using heat pumps to safely transition peoples’ homes from natural gas or heat.

Answering a question about incentivizing young people to stay in the state, Feltes said the state needs to do targeted student debt relief for individuals who graduate community college or four-year universities. In addition, he said paid family medical leave insurance should be implemented like states around New Hampshire for young people trying to start a

family and more: “And it’s not just about having a new kid, it’s about caretaking for a loved one, it’s about getting treatment for opioid addiction, it’s about COVID,” he said.

Paid family medical leave insurance would be one of the first pieces of vetoed legislation Feltes would bring back first if elected: “it’s critical, particularly in a pandemic,” he said. It’s something the state has to go forward on, he said, to ensure someone doesn’t have to choose between their work and their family.

Feltes finished the meeting by mentioning the top thing he wants voters to know about him: “Dan comes from a working class family, looked out for ordinary folks as a legal aid lawyer, and in the state senate did the same thing,” he said.

Election Day will take place at Durham’s Oyster River High School on 55 Coe Drive.

@thenewhampshire



Young people experience 'ecoanxiety'

By **Evan Ringle**
CONTRIBUTING
WRITER

For many young voters, voting isn't simply a decision between higher or lower taxes, whether roads should be paved, or if a toll booth should be removed. Often, young people see their vote as a choice between life or death; whether the environment is saved or killed.

"If we destroy the planet to the point that it is uninhabitable, we'll all be dead, so it won't matter if we're treating each other equally. If we all live in peace and harmony with each other but we kill the planet, we're still screwed," said Via D'Agostino, a second-year grad student at the University of New Hampshire (UNH). D'Agostino placed her vote for Joe Biden in her home state of Maine two weeks ago, confident that Biden would do more for the environment than President Trump.

But even if the youth-pre-

ferred presidential candidate former Vice President Biden wins the November election, it most likely won't cure the feeling of serious worry and concern for the planet that so many young people have been forced to internalize.

The term for this phenomenon is called "ecoanxiety," which the American Psychological Association (APA) defines as the "chronic fear of environmental doom." And as the United States has continued to engage in practices which are harmful to the environment, more people are experiencing this specific type of anxiety, specifically young people.

"I think about it when I'm driving my car, to work or to school, or when I take a bus or a train," said D'Agostino. "Could I walk? And then when I take out the trash, could I compost this? Could I recycle this? ...I think about it when I'm taking a shower, [the fact] that I'm using too much water, and I'm using too much energy to heat the water, and all those kinds of things.

So, it's on my mind all the time."

For Charly Seyler, a senior at UNH majoring in Occupational Therapy, climate anxiety can manifest even when she's researching how she can be more helpful to the environment.

"I'm currently trying to make myself as zero-waste as possible. And when I was doing that research, there were times where I had to take a break because the articles about what our world could look like in 20 or 30 years, while we are still very much alive, or in a hundred years, when our kids are here - it stressed me out too much and I had to walk away and come back."

Seyler isn't the only one who gets concerned about what the future might look like because of climate change. Jess Moran, a junior majoring in health management and policy, cites it as one of the biggest ways her anxiety over climate change manifests.

"I do think actually a lot about like, 'Oh, in 20 years, how much hotter is it going to be all throughout the year?' [I think about] how

much hotter this summer's going to be, what type of weather are we going to have. Are we gonna start getting all types of things like hurricanes or tornadoes... but I think about it a lot and I do worry a lot about even like 15 years down the road if things are going to be much worse."

The APA asserts that anxiety from climate change often manifests in individuals once they're able to see direct effects of climate change on the news or in their communities. Many of these events that occur because of climate change are so out of the hands of everyday individuals that it makes people feel an overwhelming loss of control.

A 2017 report by the APA, "Mental Health and Our Changing Climate" offers solutions to individuals who suffer with acute ecoanxiety: "Young people identified access to nature and family, friends, and supportive networks (from school and community) as critical factors in supporting resilience, while global climate change was described as a vulner-

ability."

The two strategies the report suggests as the best ways to help individuals with ecoanxiety is for those affected to foster feelings of resilience, and optimism. The report states that individuals who can do this have a better chance of overcoming anguish over the environment.

Even though the burden of climate change is too much for one person to solve themselves, Seyler has found ways to do what she can to help while still avoiding the facets of research that trigger her anxiety.

"I have to start with things I can actually do," Seyler said. "If I just look up what it will look like in 50 years if we do nothing, it causes me way more anxiety than reading something that's like '10 Ways You Can Help the Environment Right Now.' That makes me feel like I'm doing something even if it's not enough."

Health & Wellness hosts Body Positivity Week

By **Chloe Camelio**
STAFF WRITER

Body Positivity Week took place virtually at the University of New Hampshire (UNH) Oct. 19 through Oct. 22. The events during body positivity week normally include documentary screenings, body positive workshops and activity tables, but due to the coronavirus (COVID-19), all activities were moved online.

Laila Hammam, Health & Wellness nutrition educator and counselor, explained that the events this year looked very different than they did in the past. "Every year we have different events and activities during this week around campus to promote body positivity. This year things are looking a little different due to COVID, but we started the week off with offering a body positive meditation via Zoom, on

Tuesday there was a workshop on partnering with your body to feel stress relief, on Wednesday we did an Instagram Live on eating disorders and body image, and on Thursday we had planned a presentation about the media and how it is affecting our body image."

Although there were hopes that with everything online there would be a larger turnout, Hammam says that wasn't the case. "We were hoping that having everything online we would be able to reach more students. Normally when we have the events on campus, we are often located in central locations on campus and get some good traffic from students passing by."

This is Hammam's fifth year of organizing Body Positivity Week. She said it is an important week for her and students because "it is a time that we get to dedicate an entire week to re-

mind everyone that all bodies are good bodies and to promote body positivity and healthy body image on campus. It's also important to be able to challenge how society views the body, addressing unrealistic body standards, promoting acceptance of all bodies, and helping people build confidence and acceptance of their bodies."

Although Body Positivity Week is over, starting the week of Oct. 26 is the Peer Body Project. The Peer Body Project is a body acceptance program designed for college-aged women to resist cultural pressures to conform to "ideal" appearance standards of female beauty and reduce the pursuit of unrealistic bodies.

The Peer Body Project will take place over Zoom every Thursday starting Oct. 29 until Nov. 19 from 7 p.m. to 8 p.m. The workshops will be in groups of five to eight undergraduate students who identify as a woman,

and are led by trained UNH peer educators. The goal of the workshops is to gain powerful skills to build a healthier body image.

Health & Wellness asks for those who are going to attend to plan on going to all four workshops, as the discussions build on previous groups.

Hammam explained that moving the Peer Body Project won't look much different virtually. "This will be the first group that we will be doing virtually, but there are not many changes that needed to be made to move it online. It may feel a little different at first to be participating in a group on zoom than it would if it were in person, but the same discussions and activities will be done during the sessions. We hope that participants will still get a lot out of the group, despite it not being in person and that they will still be able to make some of those personal connections with

other participants."

Students attending the Peer Body Project can expect to engage in discussions about today's culture of an unhealthy fixation with unattainable appearance ideals, which can lead to dieting, eating concerns, and body image dissatisfaction. Hammam explained what these discussions will look like: "Group participants will discuss different topics related to the appearance ideal such as the costs associated with pursuing it, and ways to challenge the appearance ideal. There are several activities during the four weekly sessions that participants will complete and reflect on discussions that take place during their sessions, to help them gain powerful skills to build a healthier body image."

For more information about the Peer Body Project contact laila.hammam@unh.edu.

*Want to be a part
of the magic?*

Come to our contributors'
meetings!

Mondays at 6:30 p.m. on Zoom



*voting is
easier than...*

**FINDING
A MASK
TO MATCH
YOUR
HALLOWEEN
COSTUME.**

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QR Code to
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VoteInNH.org/unh

Paid for by the New Hampshire Democratic Party. Ray Buckley, Chair.

Importance of sleep for college students

WHY SLEEP?

COLLEGE STUDENTS NEED 7+ HOURS SLEEP/NIGHT.

Many students are getting much less.

SLEEP IS A TOP CONCERN THAT UNH STUDENTS SAY NEGATIVELY IMPACTS ACADEMIC SUCCESS.

Sleep helps your body and mind rest and repair and is essential to obtaining the energy necessary to do well in class and cope with stress.

SLEEP YOUR WAY TO GOOD GRADES

SCIENCE SAYS:
Students who sleep well the night before an exam perform better.

SLEEP AND HEALTH

Want to be healthy? Get a good night's sleep.

- Poor sleep has been linked to chronic health conditions, including diabetes, cardiovascular disease and hypertension, anxiety and depression.
- Lack of adequate sleep over time has been associated with a shortened lifespan.

Sleeping well helps boost the immune system to combat colds and flu

MEMORY AND CONCENTRATION

Want to get good grades? Get a good night's sleep.

- Sleep helps your brain process information and boosts memory. Not getting enough sleep makes it difficult to remember information you may have just learned in class today or earlier this semester.
- Concentration is needed to perform well (in and out of the classroom). Lack of sleep makes it difficult for your brain to focus.

Students who took a 20-minute power nap before an exam performed better than students who relied on caffeine

JUDGMENT

Want to make good choices? Get a good night's sleep.

- Just one sleepless night can impair performance as much as a blood-alcohol level of 0.10 percent, beyond the legal limit to drive.
- Like alcohol, sleep deprivation also affects judgment, making it harder to assess how impaired you are when you're tired.

Sleeping well the first night after learning a new skill is important for improving memory and performance



SLEEP & THE BODY

< 7 Hours Sleep/Night

- Difficulty with decision making, forgetfulness, focus
- Irregular moods, difficulty communicating, increased stress reactivity
- Increase in ghrelin (hunger hormone) and cravings for carbs, fats, sugars, salts
- Weakened immune system, inflammation, overall slowed body functioning, heart stress
- Slowed reaction time, lethargy, decreased physical activity, and movement

LACK OF SLEEP

SUFFICIENT SLEEP

> 7+ Hours Sleep/Night

- Competent problem-solving, strong memory recall, focused alertness
- Sense of contentment, quality communication, ability to cope with stress
- Normalize hunger cues, food choices a re more likely to be nutritious
- Strong immune system, normal and efficient body functioning, heart health
- Quick reaction time, sustained energy, inclined to be physically active

SLEEP CYCLE

is the progression through the various stages of sleep. The first sleep cycle takes about 90 minutes. After that, they average between 100 to 120 minutes. Typically, you will go through four to five sleep cycles a night. You need to experience all four stages of sleep to wake up feeling rested.

DEEP SLEEP

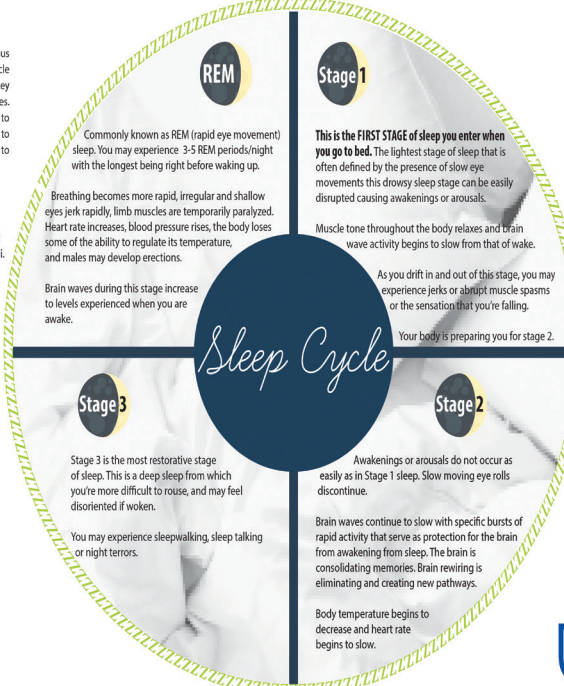
occurs in stage 3, the sleep stage least likely to be affected by external stimuli. In this stage, hormones are released that restores your body and muscles from the stresses of the day, the immune system restores itself and the brain refreshes itself for new learning the following day.

7+ HOURS

of sleep a night, Monday - Sunday, is the sleep recommended for young adults.

DREAMS

occur in the REM stage of sleep. Muscle paralysis also occurs in this stage and can be a protective means to keep one from acting out your dreams.



TAKE NAPS

to feel more alert and rested during the day. A 20 minute nap will get you through stages 1 and 2. Avoid napping within 5 hours of bedtime so that your nap doesn't interfere with your night sleep.

SUPER NAPS

are 90 minutes and will help get you through an entire sleep cycle. A super nap will help with cognitive functioning and memory. Avoid taking naps if you are consistently having a difficult time sleeping at night.

WAKE GROGGY

usually occurs if you are woken before completing the REM stages of sleep. You can experience heightened sensations of sleepiness that can last several minutes or hours.



Photo Courtesy of University of New Hampshire Health & Wellness
The University of New Hampshire's guidelines for how much sleep college students need and the negative impacts of insufficient sleep.

By Caitlin Staffanson
STAFF WRITER

"Your bed should only be used for sleep, sex, and relaxation; not for homework or late-night studying," said Shannon Seiferth. "Give your space a once-over and consider ways you can create your very own sleep sanctuary."

Seiferth is a Wellness Educator and Counselor for Health & Wellness at the University of New Hampshire (UNH). She is one of two Educators and Counselors on the Living Well Services team. Seiferth is the person someone can go to if they want specific coaching for sleep. This Health & Wellness department works from a

holistic perspective, so sleep is likely to be discussed by most educators and counselors no matter their specialty.

Seiferth realized many sleep appointment discussions were similar for students. She decided to begin hosting sleep workshops on Fridays from 11 a.m. to noon for students to connect, discuss and learn about sleep together. If students want to further these conversations, they can then schedule a one-on-one appointment. The workshops are meant to give a broad description of sleep and the problems that may occur. It is not required that students attend the sleep workshops prior to an appointment with Seiferth, but it is an opportu-

nity to discuss and learn about sleep before scheduling an appointment.

Sleep plays a significant role in all aspects of wellness, so even when students do not schedule an appointment related to sleep, the topic will likely come up with their educator/counselor to get a better understanding of how to help the individual. When students seek out sleep coaching, Seiferth said most are looking for strategies to improve their current pattern of sleep. A lot of students are feeling tired during the day and either are not getting quality sleep at night, or they have trouble falling asleep.

"Often we are focusing

on creating the right sleep environment, creating a nightly routine, managing daily activities that impact our nightly sleep, and implementing strategies to relax the mind and body to wind down for sleep," said Seiferth. "We often discuss the importance of consistency. We review the sleep cycle and the systems at work such as sleep drive, and we talk a lot about naps. I work with students to create a plan that they feel connected with and confident to implement."

When sleep is impacted in a negative way, there is a ripple effect of potentially harmful things that can happen within the body. For example, the body's immune system is stron-

ger when quality sleep occurs helping fight off colds, or flu, which poor sleeping habits have been linked to chronic conditions. Lack of sleep can also cause a handful of problems for students within their day to day life. Lack of sleep is linked to low energy and high stress levels. Sleep is also critical for memory, concentration and focus.

Sleep workshops are available to the UNH community. Individuals who would like to attend need to register online by 9 p.m. on Thursdays. All sleep workshops are taking place over Zoom this semester to limit contact due to COVID-19.

Spilling the tea since 1911



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From the *Editor's Desk...*

As the Nov. 3 presidential election inches closer, it's imperative that we know what the fallout will be from either candidate's induction into or continuance of power.

Depending on the result of the election, immigration, climate and COVID-19 policies, along with others, have a possibility of changing drastically.

Something that should be on the radar of college students is the handling of higher education in the U.S and the funds that either candidate would allocate towards it.

The current state of higher education in America is a bleak one. Recent decades have shown universities and colleges getting neglected by state governments as well as a decline in enrollment. 2020 hasn't alleviated any of their stress as it has featured a pandemic requiring schools to provide refunds while losing money simultaneously.

UNH isn't an anomaly in that respect. In 2019, New Hampshire's flagship university had its lowest enrollment since 2008. Also, they currently receive the least amount of state funding of any higher education institution in the state while having the most students and highest tuition.

Both candidates have a chance to sway this reality in either direction, whether they provide more federal support to universities and colleges or not.

Everything that President Donald Trump symbolizes to his supporters, an all-powerful figure that speaks his mind and isn't afraid to create chaos to enforce

law and order and originalistic ideals as he sees fit, is seen as an antithesis to what universities encourage every day.

From the first day in higher education, you are taught to be inclusive, innovative and to push the boundaries of society on the way to making it a better version of itself.

This variance in philosophy has created a partisan stranglehold on the university system.

The conservative-leaning portion of America feel as though schools are polluting the minds of the younger generation while liberals and progressives feel as though they serve an integral purpose in modern society, like they have for the majority of their existence.

Higher education has been used as a pawn of importance to sway younger voters to vote for former Vice President Joe Biden, which is warranted if you feel as though universities are wrongfully fiscally neglected.

To address this educational quarrel, Biden proposes a tuition-free community college system, tuition-free four-year college (for families earning less than \$125,000 per year), a doubling of Pell Grants, and more subsidies for HBCUs and Hispanic-serving schools.

This will be accomplished by increasing tax rates on the higher tax brackets in America.

Trump's plan consists of deep cuts to the funding of the Department of Education, along with reform to the federal financial student-aid payment system where less loans are given out.

He would implement an income-based repayment plan where in a single-income household, a graduate would have to allocate 12.5% of their income each month to their student loans. The lessening of loan acceptance would surely continue to deplete the higher education system.

Neither of these plans are the answer. Throwing more money at universities will not solve the problem, but totally neglecting them will have adverse affects as well.

If you give more federal money out to universities, you have to trust people in power to put that money in the right place, which is a hit or miss premise. On the flip side, if you give more money but regulate where it goes, then it limits the creativity and productivity of those same schools. Giving little federal funding (compared to past numbers) puts the state governments in a very tough budgetary situation as well.

There is no perfect solution to this conundrum, but it should start with a system that accounts for sufficient loan acceptance, but doesn't cripple the taxpayers of America to provide a surplus of direct funding to institutions. Federal funding that targets programs of demand in America or that need assistance rather than all-encompassing funding would be a sufficient place to start.

Josh Morrill
Executive Editor

The New Hampshire is the University of New Hampshire's only student-run newspaper. It has been the voice of UNH students since 1911. TNH is published every Thursday. TNH advertising can be contacted at tnh.advertising@unh.edu or by phone at (603) 862-1323.

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Questions unanswered about Bruins defense

By Shaun Petipas
SPORTS EDITOR

With the NHL draft in the rearview and 31 franchises in the midst of the free agency period, there are still a couple of monumental decisions to be made: what will 43-year-old Zdeno Chara do, and how will the Bruins replace him in the first defensive pairing?

After letting Torey Krug walk and re-signing Matt Grzelcyk, the Bruins defense has some big holes to fill, especially if their captain doesn't return. In the beginning of October, Chara's agent said his client is "looking at all options."

The Bruins remain the front-runners to re-sign Chara, but other teams have continued to contact him about next season. Chara has spent 14 seasons with the Bruins, winning a Stanley Cup in 2011, and has been a cornerstone piece to the franchise since he signed in 2006. Chara saw a dip in production last season, only registering 14 points in 68 games but still averaging top pairing minutes with 21:01 of

time on ice.

With a possible Jan. 1 restart time for the NHL, the left side of the Bruins defense could look significantly different.

To start, Grzelcyk is looking to take over the point position on one of the strongest powerplays in the league with Patrice Bergeron, David Pastrnak, Brad Marchand and David Krejci. The Charlestown native will be the first in line to replace Krug on the power-play unit and most likely will get the opportunity in game. It will be a tough task to fill in for the ever-elusive Krug, but Grzelcyk holds some of the same qualities and could fit seamlessly.

As for 5-on-5 play, we could see old Boston University teammates pair up on the first line. Charlie McAvoy has established himself to be an effective defenseman on the first pairing and looks to be the defenseman of the future for the black and gold. Grzelcyk has a chance to reunite with old BU teammate McAvoy on the first pairing even if Chara resigns. Fans have seen this pair together on the ice before as they have spent a total of 456



PHOTO COURTESY OF MICHAEL DWYER

Boston Bruins Captain Zdeno Chara skates against the New Jersey Devils in Boston

minutes on ice together over the past three seasons in 5-on-5 situations.

If he is unable to perform up to first defensive pairing levels, the Bruins could try him with Brandon Carlo who skated with Torey Krug the past two seasons. Carlo has transformed into a shutdown defenseman and Grzelcyk has the potential

to be the offensive production in the possible pairing.

As for the left side behind Grzelcyk there are even more questions. Big-bodied Kevan Miller is coming back after having multiple knee injuries in 2019 and if this is the version of Miller that Bruins fans saw in 2018, he should be a great addition. He signed a one-year

deal worth up to \$1 million and if he has anything left in the tank the Bruins will definitely need it.

Other guys who could make a showing in the defense this year are John Moore, Connor Clifton, Jeremy Lauzon, Jakub Zboril and Urho Vaakanainen.

Newton benched in 33-6 loss against 49ers

By Brackett Lyons
SPORTS WRITER

FOXBOROUGH, MA – The New England Patriots were handed one of the worst losses in the Bill Belichick era by the San Francisco 49ers on Sunday. The Patriots' third straight loss was an outright disaster with the Niners cruising to a 33-6 victory. It's hard to find anything the Patriots did well in this game. The defense was sieve-like, the offense was downright awful, and the coaching left much to be desired.

This loss was truly historic. The last time the Patriots had a three-game losing streak came 297 games ago in 2002 – the longest streak in NFL history. The margin of defeat marks another historic milestone. This 23-point loss is the largest home defeat Belichick has ever endured as Patriots head coach.

"We all need to do a better job. That's obvious," Belichick grunted postgame.

It was obvious from the opening drive the 49ers were the better team. Former Patriots quarterback Jimmy Garoppolo lead his team 75 yards down the field. A three-yard rushing

touchdown from Jeffrey Wilson was the first opening-drive touchdown New England has allowed since 2016.

A Devin McCourty interception on an errant throw from Garoppolo gave his side a spark. Nick Folk kicked a field goal to make it 7-3. This was the last time the game felt this close.

San Francisco tore the Patriots defense to shreds with 16 second-quarter points. The Niners utilized an outside run game that was highly effective. The New England defense looked slow and small, often getting gashed for long run plays. By the end of four quarters, the 49ers had amassed 197 yards and four touchdowns on the ground.

Cam Newton had his worst day as a Patriot, throwing three interceptions and only managing nine completions for 98 yards. With the game out of hand, Newton was benched and Jarrett Stidham's number was called. The second-year quarterback went 6-for-10 and threw an interception of his own.

Belichick delegated some of the blame to his coaching staff after the poor performances



PHOTO COURTESY OF STEVEN SENNE

Quartermbacks Cam Newton (left) and Jarrett Stidham (right) sit on the bench on Sunday

from his quarterbacks.

"We just need to coach it better. We need to execute it better," he explained.

There is a massive difference in the Patriots' passing game from before Newton missed the week four game at Kansas City game due to

COVID-19. The issue on Sunday seemed to once again be Newton overlooking wide open receivers, holding on to the ball and then either forcing a pass or throwing it away. Time will tell if the Patriots coaching staff can help the one-time MVP regain his early-season

form. Time is a luxury the 2-4 Patriots don't have. The Patriots will travel to Buffalo on Sunday to face the 5-2 Bills. If New England does not emerge with a win, any chance of winning the division could be lost.

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Thursday, October 29, 2020

The New Hampshire

CAA announces UNH football spring schedule

By Cameron Beall
SPORTS EDITOR

Just a few weeks after the Colonial Athletic Association (CAA) announced the plans for a six-game spring schedule, a Tuesday morning press release answered all the questions that were left unanswered in the initial announcement. The conference released the schedules for 11 schools which are set to kick off on Saturday, March 6; Towson is the only school not participating in the season.

The conference will be split into a seven-team Northern Di-

vision and a four-team Southern Division. Among those in the North are New Hampshire, UAlbany, Delaware, Maine, Rhode Island, Stony Brook and Villanova. The South will consist of James Madison, Elon, William & Mary and Richmond.

The North Division will face each school once with three home and three away games, while the South Division will meet each school twice, with both teams getting a home game in the season series.

UNH will begin their season welcoming UAlbany and will

play host to Delaware and Stony Brook throughout the spring. The Wildcats will make the trip to Villanova, Rhode Island and Maine.

In the Tuesday morning press release, CAA Commissioner Joe D'Antonio emphasized the conference's desire to keep all coaches and players safe while moving forward with this model.

"Our unique divisional format was developed with the goal of enhancing safety and reducing the risks associated with travel during this difficult period of time, while still providing a fair and competitive

model to determine a champion," explained D'Antonio. "Today's announcement hopefully provides an additional level of excitement for student-athletes and coaches who have worked hard and made numerous sacrifices over the past eight months. As always, health and safety remain at the forefront of all return-to-play decisions that we as a conference continue to make."

The season is set to begin on March 6 and conclude on April 17. The slate features a bye week for each team within that seven-week stretch. The built-

in bye week also allows for a bit of flexibility if a school runs into any COVID-19 related issues.

Beginning on Jan. 23, schools will also be able to schedule "non-conference" games which won't count towards a team's final record. These games are only allowed to be scheduled with fellow conference members, however.

16 teams will be included in the NCAA Football Championship with a champion being crowned in Frisco, Texas in mid-May.



UAlbany

March 6



Delaware

March 20



@Villanova

March 27



@Rhode Island

April 3



Stony Brook

April 10



@Maine

April 17

Dodgers, Rays prove to be model for Red Sox future

By Cameron Beall
SPORTS EDITOR

The Boston Red Sox finished with the fourth worst record in baseball in the abbreviated 2020 season. The team was well short of a playoff spot but the World Series matchup between the Los Angeles Dodgers and the Tampa Bay Rays exposed the biggest flaw that stands between the Red Sox and another run at a championship – good, young pitching. The series also highlighted a glimmer of hope for Red Sox Nation moving forward.

The Dodgers closed out the 2020 World Series defeating the Rays in game six by a final of 3-1 to win their first title since 1988. Los Angeles showcased their offensive

skill and the Rays featured the young talent of their lineup, but pitching was the clear key for both teams in this series.

Despite the Red Sox's ability to put runs on the board in 2020 – ranking in the top half of the league in runs, home runs and RBI while finishing second in hits and doubles – the void in the pitching staff became even more evident throughout this year's World Series.

The Dodgers were led this season by the young arms of Walker Buehler, Dustin May, Julio Urias, Tony Gonsolin and Brusdar Graterol – not to mention the veteran presence of Clayton Kershaw. These six pitchers combined for a 2.80 ERA in the regular season with a 0.960 WHIP.

The Rays top-six arms in-

cluded Blake Snell, Tyler Glasnow, Charlie Morton, Ryan Yarbrough, Nick Anderson and Diego Castillo. This group featured a combined 2.97 ERA and 1.077 WHIP this season.

Pitching has become the key to winning in October and it was on clear display this season. The Red Sox currently find themselves miles apart from these two rosters in terms of elite pitching talent. The most consistent pitchers on the roster this season were Martin Perez who posted a 4.50 ERA and Phillips Valdez who led the team in ERA at 3.26.

Developing young pitchers has been the Achilles heel of the Red Sox organization for a long time. The two most notable pitchers that the team has drafted and developed include Jon Lester who was drafted

in 2002, and Clay Buchholz who was drafted in 2005. The success of both the Dodgers and the Rays in this department bodes well for the Red Sox moving forward, however.

Dodgers President of Baseball Operations Andrew Friedman is an offshoot of the Rays organization, who develops young pitchers as well as anybody in baseball. Some of the pitchers to come up through Tampa include James Shields, David Price, Jeremy Hellickson, Chris Archer, Snell and now Glasnow who they identified and acquired from the Pittsburgh Pirates.

Friedman has taken what the Rays did so well and brought it out west. Since joining the Dodgers in 2014, the team has drafted or brought in May, Buehler, Urias and

Graterol. The reason this track record weighs so heavily on the Red Sox is that their current Chief Baseball Officer Chaim Bloom also hails from the Rays organization.

If the team has any hope of returning to the postseason any time soon, they need to hope that Bloom can work the same magic that Friedman has in Los Angeles and the Rays have for so long. It doesn't matter how much offensive talent and team has if they don't have the pitching to back it up. Bloom was left in a tough spot in his first offseason in Boston as he was tasked with trading Mookie Betts, but it will be interesting to see how he handles himself ahead of 2021 after having a year of experience under his belt.