

The NEW HAMPSHIRE

The independent student newspaper of the University of New Hampshire since 1911

TNHDIGITAL.COM

Thursday, March 4, 2021

VOL. 110, NO. 51

President Dean announces return to yellow mode

By Josh Morrill
EXECUTIVE EDITOR

On March 1, 2021, University of New Hampshire President James Dean announced in an email to students and faculty that the university would be returning to yellow mode, a distinction that would allow for full student-focused operation on campus.

“Because we continue to see a decline in the number of positive COVID cases as a result of your vigilance and commitment, the Durham campus will return to yellow mode of operation effective immediately,” Dean said.

Dean also mentioned that students or faculty members who were working remotely before the transition to orange mode on Feb. 11 can continue to do so.

Since Feb. 24, there has been an average of just under 11 positive cases per day; a number that has decreased by over 14 cases per day from the prior seven-day stretch (Feb. 17-23). The most detrimental period to the university’s yellow mode operations came from Feb. 9 to Feb. 15 when there was an average of over 57 cases per day. At one point during that span, more than 650 UNH community members were in quarantine either on or off-campus.

This transition comes just



Photo courtesy of the Union Leader

one week after Dean released an email to the UNH community stating that UNH would be returning to in-person instruction while still maintaining all other orange mode restrictions. Despite the decrease in COVID-19 cases on campus, Dean emphasized that students and faculty need to maintain vigilant behavior when performing social distancing and wearing personal protective equipment (PPE).

“Thank you for helping us to get here, but let me be clear,” Dean said. “We’re not out of the woods yet. We know that small indoor gatherings are just as likely to spread the virus as the so-called super spreader events unless public health guidelines (physical distancing, face coverings and keeping gatherings small) are followed. Limiting unnecessary travel and keeping your social circle small really do make a differ-

ence.” In a Feb. 10 video, Senior Vice Provost of Student Life Kenneth Holmes stated that one positive case had over 19 close contacts, and that there was an increasing number of close contacts per case throughout the first few weeks of the spring semester. On Feb. 24, *The New Hampshire* reported that the university is working with landlords in Durham and the

surrounding towns, hoping to get students to adhere to the public health and safety guidelines set forth by UNH and the town of Durham. This is in conjunction with UNH student life’s meetings with students in off-campus housing about these guidelines.

Before the change to orange mode, UNH was planning to open up more opportunities to students. This included the potential to acquire a ticket to attend a men’s hockey home game versus Northeastern University on Feb. 12, where they were allowing 500 students in the Whittemore Center for the contest. These opportunities will no longer be realized, at least for the foreseeable future even though the university has transitioned back to yellow mode.

“We know these are challenging times,” Dean said. “We continue to look for ways to provide access to in-person opportunities, but for now, no spectators are permitted at any athletics game, inside or out. The first home football game Friday, March 5, will be broadcast live on NBC Sports Boston and streamed online starting at 7 p.m. We know this is disappointing for many of you, but there are opportunities to engage safely; the university’s main calendar lists a variety of other choices.”

UNH students to open ghost kitchen delivery and takeout service

By Evan Edmonds
STAFF WRITER

Fry’d, a new ghost kitchen-style restaurant, will open on Friday, March 5. The ghost kitchen will open at 10 p.m., operating out of Wildcat Pizza on 3 Madbury Road.

Ghost kitchens have a brand and a name, but don’t operate in one concrete location - they work using kitchens of existing restaurants. These concepts are often set up for takeout and delivery, as is the plan with Fry’d.

This late-night cravings cure “Fry’d was put together by seven University of New Hampshire (UNH) students. Fry’d is a new take on campus comfort food with fresh new options to

offer to the UNH community, including some of everyone’s favorite classics like baskets of fries and macaroni and cheese with twists, like gluten-free and vegan options.

Chief Executive Officer Darren Gibaldo, senior finance

major, assembled his team of his close friends: Ethan Landon, senior and chief marketing officer, Christopher Sheehan, junior and chief technology officer, Keane Reagan, junior and chief accounting officer, Patrick Duggan, senior and

chief financial officer, Joseph Heimburg, junior and kitchen manager, and Nelson Davis, senior and EHS.

Landon said the group has done a great job of separating their personal and business relationships, and that they all bring a different skillset to the table. “We’ve all grown together and taught each other a lot,” he said.

On the marketing side, Landon said they’ve focused on creating a digital presence, primarily through Instagram and TikTok. They mean to push content that “is not only funny, but relatable to the average college student.”

Their business plan was constructed to operate safely in the midst of the coronavirus (COVID-19) pandemic,

with ordering available online and by phone for contactless pickup and delivery. Gibaldo said they turned the pandemic into a positive, seeing their niche business plan as a path to success.

Gibaldo noted that Durham’s late night food scene is very “pizza heavy” and in general lacks inclusive options for those with dietary restrictions. He is gluten-free, and said he would often feel left without options late-night with his friends.

With Fry’d, they want to present and market as an inclusive location where everyone is welcome, comfortable, and free to enjoy the food, according to



Photo courtesy of Foster’s Daily Democrat

Ghost Kitchen
continued on page 3

RAs request hazard pay

4

Survey Center approval ratings

6

Farinas Feature

8

Op-ed: You aren’t your grades

10

UNH Football season preview

16



The NEW HAMPSHIRE

est. 1911

INDEX*

Nick Fitzgerald reflects on his time as SBP



5

After a year as UNH's student body president, Fitzgerald hopes that his work creates a foundation for the future.

UNH winter sports "players of the year"



15

Jayden Martinez, Amanda Torres, Jackson Pierson and Emily Rickwood highlight the Wildcats' winter seasons.

UNH senior starts AI health app

After countless hours of development, UNH senior Ryan Lefebvre launched LogSmarter™, an artificial intelligence nutrition coaching app.

7

Tom Alsip's UNH directional debut

Tom Alsip, the new assistant professor for the University of New Hampshire Theatre Department directs his first production in Durham.

9

What's the Weather?

March 4

35/16
Sunny

March 5

27/14
Mostly Cloudy

March 6

31/12
Sunny

March 7

32/11
Sunny

March 8

43/27
Mostly Sunny

March 9

52/31
Partly Cloudy

March 10

53/38
Partly Cloudy

Weather according to weather.com

CONNECT

Executive Editor

Josh Morrill | TNH.editor@unh.edu

Managing Editor

Anna Kate Munsey | TNH.me@unh.edu

Content Editor

Hannah Donahue | TNH.news@unh.edu

THE NEW HAMPSHIRE
132 Memorial Union Building
Durham, NH 03824
603-862-1323

FOLLOW US ON TWITTER AND INSTAGRAM
[@THENEWHAMPSHIRE](https://twitter.com/THENEWHAMPSHIRE)

FIND US ON FACEBOOK
[@THENEWHAMPSHIRE](https://www.facebook.com/THENEWHAMPSHIRE)

The next issue of TNH will be published on

Thursday, March 25, 2021

But you can find new content daily at

TNHdigital.com

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.

Ghost Kitchen
continued from page 1

Landon. Being a part of their own target audience of college students, he said the team understood Durham's late-night scene and what sort of options it is lacking.

Their menu has additional gluten-free, dairy-free, and vegan-friendly options that students will enjoy. These include favorites like fried cauliflower for example, available hot or sweet. For the mac and cheese dishes, patrons can substitute brown rice and quinoa pasta as well.

Fry'd features plenty of comfort food classics buffalo chicken mac and cheese - The Crazy Ex - or The Godfather, a grilled cheese with BBQ pork. They also offer fries, mozzarella sticks, fried Oreos and churros. All the options are catered to a college student's budget, with nothing on the

menu exceeding \$10 (unless someone wants to try all the toppings on one meal).

The Fry'd team will be running the business logistically and doing the work in the kitchen as well. A few of the guys have prior kitchen experience, and Gibaldo said it's been a lot of fun helping each other learn, even doing pretend trial runs with mock kitchen setups in their apartment to get the timing and communication down.

One of their greatest obstacles, he said, was getting people to take them seriously. Despite how some businesses might not trust a group of college kids, he said they've put a lot of time and research into it. "Most places wanted nothing to do with us," Gibaldo said, but it proves to be a motivator for them, and makes them even more excited to see their idea to launch this week.

The Fry'd team is excited for the launch, and Gibaldo

said there will be free swag given away on night one. On Friday night at 10 p.m., hungry

UNH students can call in at 978-308-9232 or order online to satisfy those late night crav-

ings: "for your next craving, think Fry'd."



Photo courtesy of the Ethan Landon

N.H. House bill aims to eliminate same-day voter registration



Photo courtesy of Foster's Daily Democrat

By Anna Kate Munsey
MANAGING EDITOR

A New Hampshire House of Representatives bill would completely revamp current New Hampshire election laws, and place new limitations on who, how, and when people can vote in the state.

New Hampshire House Bill 86 (HB86-FN) seeks to eliminate same-day voter registration and exact provisions of the National Voter Registration Act. Secondly, it would change New Hampshire's primaries from semi-closed to closed, meaning voters must be registered with the party whose ballot they want to vote for prior to election day. The last measure is the one that will have the greatest impact on University of New Hampshire (UNH) students: in order to vote in the state of New Hampshire, students must prove they receive in-state tuition. This measure would effectively ban out-of-

state students from choosing to vote in New Hampshire.

In the 2020 election, UNH students had the option to vote in New Hampshire or in their home state. Given pandemic-related restrictions, both in-state and out-of-state students were provided several options to vote in Durham this year - via absentee ballot, same-day registration, or pre-election day registration.

According to the Town of Durham's unofficial results from the 2020 election, there were 1,322 same-day voter registrations, the lowest in many years. However, there were a record-high number of absentee ballots cast - 3,734. While many students would generally register to vote the day of the election, UNH hosted several early voting events this year in light of the pandemic, which could help to explain these unusual numbers.

New Hampshire, often referred to as a purple state, did not consistently vote for one

party over the other in the 2020 general election. Democratic Sen. Jeanne Shaheen and Reps. Chris Pappas and Annie Kuster were each easily reelected, but so was incumbent Republican Gov. Chris Sununu. President Biden took the state by an over 6% margin. However, the N.H. House, Senate, and Executive Council flipped from blue to red.

New Hampshire has long been known as a swing state. Independent voters are the largest voting bloc in the state, making up around 42% of the electorate. This law would force these voters to choose a side before primary election day.

Reps. Norm Silber (R-Gilford) and Max Abramson (R-Seabrook) co-sponsored the bill.

"I'm actually a proponent of students voting, but don't have a way to make other states send absentee ballots to our out-of-state college students," said Rep. Abramson in an email

with The New Hampshire.

"Contrary to what the Democrats/media have claimed, there has been evidence and probable cause of voter fraud in every election," he continued.

Rep. Silber said he sponsored the bill because of his background and interest in election integrity. He said the goal and purpose of the bill is to have a secure and integrous election system, where every "valid vote" counts.

"I've seen the problems with voter fraud, and I thought that the New Hampshire voter registration laws and election laws were among the strangest that I've ever seen, with same-day registration and things of that sort. So I thought that they deserved a good clean-up," he said.

Silber discussed the federal "motor voter" act, formally known as the National Voter Registration Act (NVRA) of 1993, which aimed to make voting easier and more accessible nationwide. One section of this act states that if a state offers same-day registration at polling places, they are exempt from its requirements. HB86 would eliminate these provisions, causing New Hampshire to fall under the act's regulations.

Silber said he has lived in a state under the NVRA, and saw no problems with the policy.

"My view is that New Hampshire elections, which deal with New Hampshire matters and issues should be determined by people who are in fact true permanent residents of New Hampshire - whether you're talking about college students or transient construction workers or whoever - they need to vote absentee, where they are from," Silber said. He

said requesting an absentee ballot is very easy to do, and that is what he did in college.

People have spoken out against eliminating same-day voter registration and other measures proposed by the bill. Kathy Sullivan, the former chairwoman of the N.H. Democratic Party, wrote a letter criticizing HB86 and other bills in the Union Leader. "Republican legislators are proposing several changes to New Hampshire's election laws. These do nothing positive for the voters, and will jeopardize the First In The Nation presidential primary," she wrote.

"There are other bills with similar proposals and new restrictions on voting. One requires anyone voting by absentee ballot to include a copy of a photo identification with the returned ballot, a burden for disabled, elderly or low-income voters. There are the usual efforts to deprive college students of their constitutional right to vote. Another would increase the amount of money that can be given to political committees, increasing the influence of special interests and the wealthy over elections and legislation," she continued.

HB86 was retained in committee on Feb. 18, meaning it will be worked on in committee through the summer. State judges have previously struck down measures seeking to change voting laws in the state. For example, Senate Bill SB3 was dismissed in 2020 by a superior court judge on the grounds that it was unconstitutional and discriminatory.

The Secretary of State's office did respond to request for comment.

@thenewhampshire



TNHDigital.com

Petition circulates for RA hazard pay



Photo Courtesy of the University of New Hampshire.

By Ben Domaingue
STAFF WRITER

University of New Hampshire (UNH) Resident Assistants (RAs) are requesting hazard pay from the university through a petition that has circulated among the student body.

The petition, which has amassed nearly 480 signatures at the time of writing, notes concerns of the increased workload for RAs when UNH transitioned to its orange mode of operation.

“In orange mode, we are expected even more than before to be constantly enforcing the university’s COVID-19 policies, which have drastically increased from yellow mode,” according to the petition.

In orange mode, on-campus students could not enter any other residence halls or on-campus apartments besides their own. Off-campus students are also barred from entering any on-campus residence hall or apartment.

RAs say they have faced additional workload, as now they must enforce room capacity, visitor policies, as well as navigate their social programming with COVID-19 restrictions in

mind.

Multiple RAs have come forward to express their concerns, all of which requested to remain anonymous out of fear of retaliation from UNH.

“This job was originally advertised to be about 20 hours a week. This obviously depends on the building and size of staff. However, this year, it feels we can’t catch a break,” said one RA. “There’s barely any work-life balance, or any separation between that. We’re constantly dealing with COVID scares within the halls.”

Another RA noted that their job description has changed throughout COVID-19, without receiving extra compensation or benefits.

“Our job description has changed, and there’s a lot more to worry about,” said the RA. “It feels like we’re getting compensated less for twice the amount of work.”

Comparing the RA job description in previous years with the COVID-19 supplement illustrates a dramatic increase in responsibility for RAs.

Under normal circumstances, RAs are responsible for developing community within their respective dorms, while maintaining an extensive knowledge on UNH’s

resources. However, under COVID-19, the job description has increased by approximately a page. RAs are now tasked with knowing and implementing “all COVID-19 health and safety policies and procedures,” laid out in their job description.

In addition, RAs are expected to enforce protocol for addressing COVID-19 concerns. RAs are expected to police large gatherings, potentially putting themselves at risk from contracting COVID-19 by breaking up these groups.

Despite all of this, RAs are paid the same rate as they would during a normal year: a single room and a core meal plan.

In order to thank RAs for their hard work, the Department of Residential Life sent RAs a letter and a sticker over the January term. Though well-intended, RAs believed this move to be demeaning.

“Over break, we received a letter and a sticker. It felt very patronizing,” one RA noted.

During a meeting with Residential Life, RAs also noted a lack of transparency from Residential Life. Last week, the Town of Exeter, one of New Hampshire’s 13 mass vaccination sites, reached out to Chief Paul Dean regarding 200

unused vaccines that were set to expire the following day.

Director of Residential Life Ruth Abelmann noted that she has been an advocate of RA’s receiving the vaccine.

“As soon as I knew about the vaccine, I started advocating for RAs to get the vaccine,” said Abelmann.

Assistant Director Darnelle Bosquet-Fleurival justified the vaccine distribution, believing Dining and Housekeeping staff are at a greater risk.

“Even though we may not feel that Dining staff and Housekeeping staff are at the level of risk, through the data the state and country has provided, those are people who are impacted at a larger rate as well,” said Bosquet-Fleurival. “Let’s not do a one-up one-down situation.”

Another RA, fired back at Bosquet-Fleurival, “I don’t think we’re trying to say we necessarily deserve it more or less than other people. It’s more so the point that we deserve it,” said the RA. “If the university can’t be open and equitable to all of its employees, does it deserve to be open?”

RAs have claimed information rarely disseminates, from vaccines to the transition to

orange mode in February.

“Even when we were going into orange mode, no one would give us any information at all. All they would tell us is there’s something big going on. We didn’t know if we were being sent home or something else,” said one RA.

Even with RA concerns in mind, Adelmann was unable to promise hazard pay to staff.

“I certainly can’t promise hazard pay,” said Adelmann. “Our department is in such a hole financially, it’s a really high number, \$14.6 million and we’ve gone through almost all of our reserves to cover that.”

Though discussions for hazard pay are still ongoing, RAs are asking residents to continue to be diligent in following COVID-19 protocols.

“I’d ask the student body to please be kinder to the RAs. We’re not cops, we’re not out to get you, we’re just humans trying to keep you and ourselves safe in this community,” said one RA.

RAs who were not named in the recorded meeting sent to The New Hampshire have had their names omitted in fear of retribution from UNH.

@thenewhampshire



Fitzgerald reflects on year as Senate elections begin



Aqeel Hisham/TNH Staff.

By Aqeel Hisham STAFF WRITER

The Student Senate at the University of New Hampshire (UNH) began a new chapter in the fall of 2020 following allegations of general misconduct by the Senate members as well as providing a “hostile climate toward women Senators.” With ample leadership experience, political science and history dual-major Nicholas Fitzgerald, a junior at the time, believed that he could lead the organization towards its original purpose: to make decisions that serve the students best.

The political science and history dual-major, along with Tyler Silverwood, decided to run for the student body president and student body vice president positions respectively. Although the dynamic duo ran unopposed, Fitzgerald and Silverwood laid out four compelling goals that they hoped to achieve during their time of service, securing them the positions. Those four goals were, prioritizing public health, providing transparency for all, merging the gaps between student governments, and increasing the initiatives for diversity, equity and inclusion on campus.

Since his period of leadership is coming to an end,

Fitzgerald hopes that his “foundational” efforts will be continued following the current reelection. Looking back, Fitzgerald said that he definitely wished that he could get more done. However, the senior stated, “I have realized that a lot of the work I’ve been doing has just been foundational. So, a lot of what I hope the next student body president and vice president do is kind of take that foundation and continue enhancing it.”

During his year of service as the student body president, Fitzgerald stated that the biggest goal to achieve out of the four was transparency. Fitzgerald said that he and Silverwood spent a majority of their time creating weekly newsletters, making sure that administrations were being as transparent as possible by constantly encouraging them to send out emails or alert both Fitzgerald and Silverwood so that they could create a social media post to increase students’ level of awareness.

When asked about his close relationship to the matter of diversity, equity and inclusion initiatives on campus, Fitzgerald replied, “To me, this is something that it’s not going away [and] people can’t pretend it doesn’t exist. UNH is a campus that is vastly majority white, and there is a tendency

to not talk about it nor put an effort that’s needed into it. I disagree with that sentiment and I believe the best way going forward is to have a more inclusive campus.”

Fitzgerald believes that being inclusive would allow more ideas, perspectives and personalities that will create a better culture and learning environment at UNH.

During his time as the student body president, Fitzgerald was known as the master of time-management. From the way he juggles his classes and his affiliation with a few student organizations such as the Student Senate and the marching band, nobody would have ever guessed his secret - and no, it’s not caffeine. In fact, Fitzgerald despises caffeine.

When asked about his ability to handle more than one matter at a time, he said that planning is key. “I’ve done a great job prior to the semester by getting everything I needed done,” he clarified. With most of his class requirements out of the way, Fitzgerald has managed to schedule his classes only from Monday through Wednesday. “I definitely have Thursdays and Fridays, which is where I dedicated these days solely to the student government and my senior thesis,” he added.

Throughout his ups and

downs as a student body president, Fitzgerald’s fondest memory was his first time being at the meeting of administrators. He was glad to have recognized everybody that was present. “It felt like my voice was actually taken into account. Anything I said, actually impacted the way the committee moved,” said Fitzgerald regarding his contribution to the search for a new Memorial Union Building (MUB) director.

Though Fitzgerald claimed that he has only laid out “foundational” initiatives, he has also accomplished much during his time of service. After Fitzgerald was introduced to Knack, a tutoring program for specific classes, he decided to push the centralized mobile friendly platform through the Academic Affairs Committee. Currently, Fitzgerald and the committee are in the process of getting a pilot program to be offered next semester, “to see if it is something UNH is really going to find useful.”

Aside from that, the Discovery Review Committee has also submitted a proposal to increase the initiatives of diversity, equity and inclusion. “That way, they’ll be some educational pieces that help educate [the students] on diversity, equity and inclusion, that’s going through the faculty sen-

ate right now,” he explained.

In terms of his contribution toward the Health and Wellness Committee, Fitzgerald said that he has been advocating and pushing for the return of the MUB Pub, a social space where students could consume alcohol in a safe environment. “We are making leeway on that and the administration is considering implementing that in the near future, which is exciting,” he commented.

Goodbyes aren’t always easy. However, Fitzgerald is proud of his achievements in establishing a gateway for the future student body president to continue. His advice, “Even if you are building the next step and you’ll have to pass the torch to someone else, that’s okay. Just make sure that you do your best in the small one-year time span that you have and have faith that the person after you will continue the legacy and help create a better student government and a better university.”

He added, “There’s a tendency when you first get into office that you’re going to accomplish great things and solve all the problems. That’s definitely the mindset that I had and looking back at it, I realized that I’m just a small piece of a larger puzzle.”

Sununu approval rating at 72% according to UNH poll

By Ben MacKillop
STAFF WRITER

Last week, a University of New Hampshire (UNH) survey center conducted poll showed that New Hampshire Gov. Chris Sununu is still maintaining one of the highest job approval ratings for governors in the country. The poll also offered insights into key issues like redistricting, New Hampshire's first-in-the-nation primary, and the status of sports betting in the state.

As a part of the survey center's monthly Granite State Poll, this poll asked 1,861 members of the Granite State panel – which includes a random sampling of politically-active New Hampshire citizens – various questions about the state of politics in New Hampshire. The headline of this month's edition focuses on the approval rating of Gov. Chris Sununu, which has maintained being one of the highest in the country throughout the COVID-19 pandemic.

Overall, 72% of those polled approve of Sununu's job as governor, including 90% of Republicans, 78% of Independents, and 51% of Democrats. This correlates with approval ratings of Sununu's job in handling the COVID-19 situation which sit at 71% overall. This also follows a trend of Sununu's high approval ratings

that significantly spiked following the start of the pandemic with a high approval rating of 82% in May 2020, and held consistently around 70% for the past year.

UNH Political Science Professor and Director of the UNH Survey Center Andrew Smith spoke about some of the causes for these high approval ratings and possible implications going forward in an interview with The New Hampshire (TNH). Smith explained that moments of national crisis, such as wars or in this case, pandemics, cause high spikes in job approval for the President and governors due to a "rallying effect." This can be seen across the country as many governors, both Republicans and Democrats, have been seeing high approval ratings as rewards for their performance in the pandemic.

Due in part to these high approval ratings, and general success of the Republican Party in New Hampshire, many have been floating the idea of Sununu launching a potential campaign for New Hampshire's Senate seat in 2022, a seat currently held by former governor and incumbent Sen. Maggie Hassan. The UNH Survey Center also published results from a poll last week looking at head-to-head matchups between Hassan and many potential Republican challengers. Of these challengers,

Sununu currently is leading the way, polling 48%-46% against Hassan. Former Republican Sen. Kelly Ayotte comes in a close second trailing Hassan 43%-48%. Also included in the poll, potential Republican newcomers Corey Lewandowski and Don Bolduc, who have each expressed some interest in running for the seat, both trail Hassan by double digits.

"It's probably the best time in 2022 for Sununu to challenge Hassan," said Smith, although he pointed out that current polling data shows more about name recognition for possible candidates and is not clear picture of who will win an election over 18 months away. While Sununu has not made any formal comment on running for the Senate in 2022, it is very much in the ordinary for New Hampshire governors to move on to the Senate following multiple successful terms as Governor. Both of New Hampshire's current senators, Jeanne Shaheen and Hassan are former multiple-term governors.

The Granite State Poll also showcases public opinion surrounding the redistricting process, specifically asking voters if they would support the implementation of an independent commission for redistricting. On this question, 39% overall support the initiative while only 15% oppose, the rest either having no

opinion or not knowing about the issue. Of Democrats, 57% support the plan compared to 35% of Independents and only 20% of Republicans. This issue could potentially become more contentious as the redistricting process moves forward later in the year with state Republicans holding control of the legislative branch tasked with the redistricting process.

On another note, the poll sees a decrease in public opinion surrounding the importance of New Hampshire's first-in-the-nation primary. Overall, 63% of those surveyed felt it was important for New Hampshire to maintain first in the nation status with 33% thinking it is not important. This is a sharp decline from 2008, when 81% of people felt it was important and only 18% did not, marking a 33-point net drop. This is especially seen among liberals and Democrats, with only 57% of liberals currently believing it is important versus 91% of liberals in 2008.

Smith said, "Many Democrats are listening to the national narrative that New Hampshire is too white and too wealthy to have the first-in-the-nation primary and that New Hampshire does not represent the diversity of the United States or the Democrat party." He also explained that many New Hampshire Democrats, both moderates and progressives, are dissatisfied with

the past few primary seasons. In 2008, 2016, and 2020, the Democrat who won New Hampshire (Hillary Clinton in 2008 and Bernie Sanders in 2016 and 2020) would not go on to win the nomination.

On a less political note, 44% of those surveyed said they approve of legalized sports betting in the state with only 16% disagreeing, showing very good public perception now in the second year of sports betting in New Hampshire. In addition, 34% of respondents showed support for ending the limit on physical sports betting locations with 25% in opposition. While 43% of both Republicans and Independents showed support for this initiative, only 20% of Democrats were in favor. Smith explained that this disparity could be caused by the perspective of many Democrats seeing taxation of sports betting as a non-solution to the state taxation situation. Instead, many Democrats are in favor of some kind of broad tax either on income or sales. Many also view gambling and its subsequent tax revenue as a regressive tax that takes from poorer people as opposed to the wealthier who do not indulge in gambling.

The UNH Survey Center publishes new reports, including its monthly Granite State Polls and surveys on many other important political issues.

Durham residents explore local walking trails

By Jared Gustafson
CONTRIBUTING
WRITER

Two adventure-seeking Durham residents came up with a creative solution to explore the Seacoast during the pandemic. Many Americans are in the unfortunate position of restricted travel due to the coronavirus (COVID-19), since there are so many uncertainties when traveling to another state. People wonder if you have to quarantine when you reach a new state, or what their restrictions are. Unfortunately, COVID-19 has created a mess for travel within and outside of the United States.

Durham residents Jennifer Daubney Pavlik and her family have also been affected by the COVID-19 travel restrictions. Daubney Pavlik and her oldest daughter were planning to travel to Tuscon, Ariz. to study immigration and border issues. Their family was also going to celebrate their oldest daughter, Zoe with a vacation to Croatia or Scandinavia for her accomplishment of graduating high school and receiving a scholarship for college. Sadly, both of these trips were then canceled because of COVID-19.

However, Daubney Pavlik and her husband are trying to make the best out of the situation, and are planning to

walk every trail in Durham. The journey will begin when the weather starts to clear up and when they figure out the longest possible distance.

Daubney Pavlik's first real walking trip took place along the New Hampshire and Maine shoreline. She and her husband walked from Portsmouth all the way to Old Orchard Beach, Maine while stopping at inns along the way. The walk was around 80 miles, there and back.

Daubney Pavlik and her husband have lived in Durham, New Hampshire for 17 years and have found 19 different maps that outline all the different trails. Since there are so many different combinations of completing all these trails, it is hard to put a number on how many trails they are planning to walk.

"I would say we've been walkers during most of our adult lives. We didn't really grow up walking or hiking but have been doing it since we met and moved to northern New England," she said.

Daubney Pavlik and her husband enjoy hiking and have hiked plenty of trails throughout the years, but having this new goal gives them renewed motivation. "It has also helped us get out of the rut of doing the same paths over and over, and inspired us to go to new

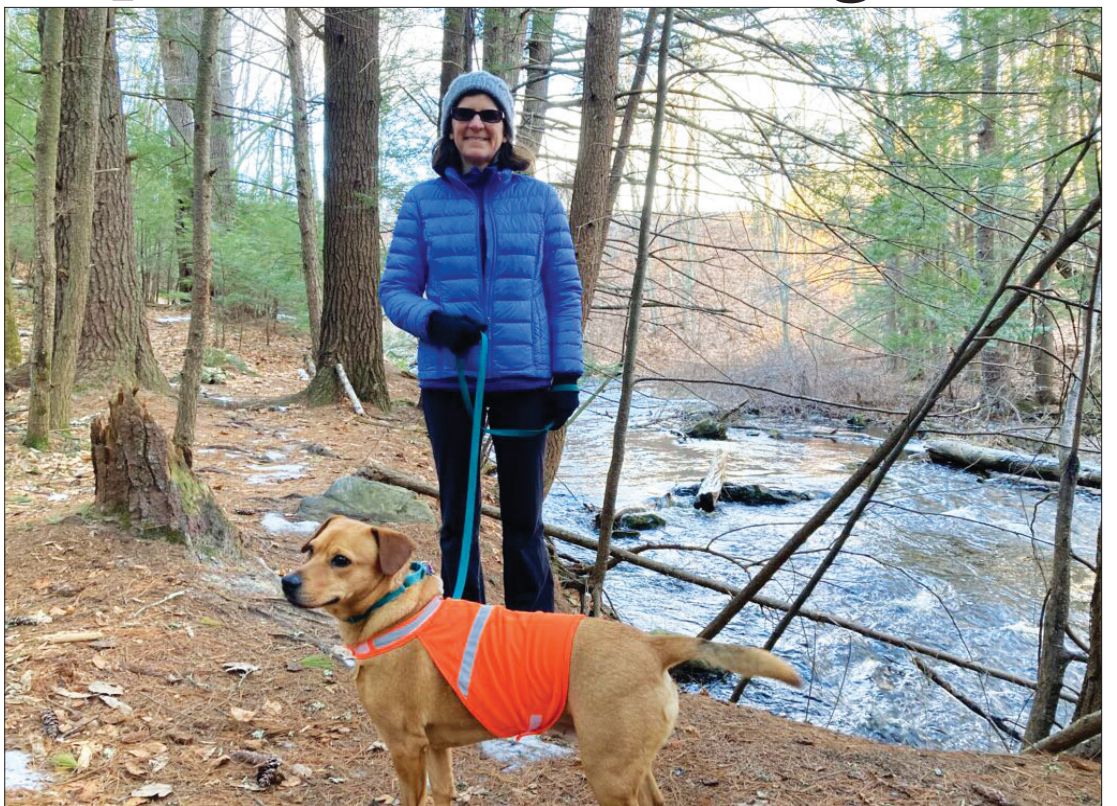


Photo Courtesy of Jennifer Daubney Pavlik.

places we didn't even know about," she said.

Although this journey seems intense, they are certainly prepared. Having walked around 80 miles on the seacoast of New Hampshire and Maine, they have also done many significant hikes. For instance, they have hiked the Franconia Ridge loop in New Hampshire, which is their favorite hike

they have done so far. They have also hiked in some national parks around and outside the country. Jennifer said the hardest hike they have ever completed was a very steep and muddy mountain on an island in Nicaragua.

The trail that she and her husband are most looking forward to walking in Durham is called Sweet Trail. "We walk

sections of it often, especially in the area near the Longmarsh Preserve, but we've never done the whole thing. We're also looking forward to trying out the new bridge that will connect Foss Farm with the Faculty neighborhood," said Jennifer.

You can follow Daubney Pavlik's journey on her blog.

UNH student creates nutrition app like no other – LogSmarter™

By Caitlin Staffanson
ARTS EDITOR

What began as late nights and early mornings in dorm rooms and one-bedroom apartments over the span of two years ultimately turned University of New Hampshire (UNH) senior computer science major Ryan Lefebvre's dream into reality. Lefebvre created LogSmarter™, an AI nutrition coach app that uses machine learning to help people reach and sustain their health goals.

The idea for LogSmarter™ was formed in December 2019 when Lefebvre was recovering from a back injury caused by lifting.

"Due to the injury, I was unable to train effectively for five months and lost nearly 30 lbs, including a significant amount of muscle," said Lefebvre. "The injury was caused by poor training methodologies that led to overtraining and due to a lack of proper nutrition, my loss in muscle over that time period was exacerbated. I wanted to gain my muscle back as fast as possible and decided to take an evidence-based approach with my nutrition and training. I began curating my sources of health

and fitness information based on credibility rather than popularity. Slowly but surely, I implemented evidence-based practices and progressed faster than ever before."

Lefebvre was tracking his training and nutrition data but struggled to find a program that met all his needs. Through his experience he came up with the idea for LogSmarter™ and began development at the end of his sophomore year.

An "alpha version" of LogSmarter™ has been live since August 2019 and is actively being used by over 1700 customers globally.

After downloading the app, the user inputs their demographic information and what goal they are working towards - gaining muscle or losing fat. After that, the app's proprietary machine learning algorithm will generate a goal calorie intake that fits specific individual needs. As the user progresses towards their goal, their metabolism will change. Based on daily records of the user's calorie intake and body weight, LogSmarter's algorithm will update the user's goal calorie intake appropriately to make sure they are optimizing their nutrition. The algorithm

also provides feedback to make sure the user is following the latest evidence-based nutrition recommendations.

LogSmarter™'s mission is to simplify getting fit by optimizing people's nutrition and allowing them to reach their goals while saving time, effort and money.

"LogSmarter™ is superior to existing solutions because it provides our customers with both simplicity and autonomy, powered by innovative research-backed tracking methodologies and customized recommendations utilizing machine learning techniques," said Lefebvre. "Our intuitive user interface creates personalized tracking systems for our customers with valuable insights on their data within seconds."

Lefebvre started this project on his own but realized he could not keep up with doing all the work on his own. He now has a team of four other people working alongside him to help in the expansion of the company.

LogSmarter™ is available on iOS and as a web app. It can be found on the website's homepage where there are also links to the company's socials and apps. LogSmarter™ offers



Photo courtesy of LogSmarter™.

a 21-day free trial to customers and after the trial period expires it is \$8.99/month. The team is in the developing stages of an Android app.

Looking forward, Lefebvre and the LogSmarter™ team are working on a suite of web services and they plan to launch a

SaaS product that would allow other companies to use their algorithm in their apps.

"For as long as I can remember, I have been drawn towards technology and I am passionate about developing software that people want to use," said Lefebvre.

Schools consider face-to-face instruction as COVID-19 cases decrease



By Corey Kurylo
CONTRIBUTING
WRITER

President Joe Biden announced Tuesday, March 2, that the administration is striving to vaccinate grade K-12 teachers with their first coronavirus (COVID-19) vaccines by the end of this March. He also declared that national vaccination levels are moving vastly ahead of schedule. The U.S. is on track to administer the first vaccine shot to every American adult by the end of May -- two months ahead of the previously stated goal.

As pressure mounts to re-open schools and businesses across the country, COVID-19 continues to present lingering issues as positive case results have averaged roughly 65,000 nationwide over the last seven days.

Though this number is alarming and includes over 7,000 additional deaths amid the week-long stretch, the Centers for Disease and Control Prevention (CDC) confirmed over a 73% decrease in positive cases over the past seven weeks.

Texas Gov. Greg Abbot announced March 2 that Texas had dropped the state-wide mask mandate and will re-enter full-scale operations, allowing for the reopening of schools and businesses. Texas is now the sixteenth state that does not require facial protection, a safeguard continuously preached by Dr. Anthony Fauci, chief medical advisor to the President. The state recorded over 8,000 new positive cases this past Monday.

The pandemic has created numerous issues outside of the hospitalizations, deaths, and the

financial and small business crisis that has stricken the nation. Studies, including research by Healthline, have indicated that young adults, especially college students, have been negatively affected by isolation and are struggling with anxiety and depression connected to quarantine requirements. Students entering their first year of college have also had a non-traditional college experience. Currently, the University of New Hampshire's (UNH) strict social distancing requirements have hindered the essential social aspect of attending college and interacting with young adults and professionals.

Face-to-face learning offers students both definitive study and research abilities and access to in-person assistance from professors and teacher assistants than remote-based learn-

ing. UNH President James Dean announced, "resuming in-person classes Wednesday gives us two days to ensure technology is working and provides flexibility for thoughtful transition to minimize any negative impact on learning. Some classes are easier to transition than others."

Strafford County contains the UNH campus, and most of the Seacoast has experienced over 7,000 cumulative positive cases and nearly 100 deaths on account of the outbreak. UNH reported 385 positive cases during the week of Feb. 8 through Feb. 1, causing the university to switch to remote learning. Cases have decreased over the past two weeks, and the college has switched back to its face-to-face class operations.

Faculty and students of UNH look forward to the univer-

sity operating at full-scale levels as soon as possible, though it is the responsibility of every community member to play their part in practicing social distancing and follow the state-mandated use of mask protection in order to curb the spread of COVID-19.

Dean also preached last week that students "[should] continue to stay vigilant and again, thank you for your commitment to our public health guidelines and efforts to slow the spread."

Any student or faculty member experiencing COVID-19 related symptoms or emotional distress should Health & Wellness, or email covid@unh.edu or call the UNH COVID-19 hotline (603) 862-2020 between the hours of 8:30 a.m. and 5 p.m. with concerns.

The ARTS

4 March 2021

Farinas takes flight: local artist shares his inspiration



Photo courtesy of Jackie Weik.

By Aubrey Benoit
STAFF WRITER

Ryan Farinas, 22, and his band “BLANCO” performed at The Big Bean in Durham two Saturdays ago. Farinas takes on the role of lead singer, Shane Jozitis on drums, Kai Dimuzio on bass, Matt Oriente on saxophone and Thomas Williams on guitar. Filling up the capacity of 70 people in a COVID-safe environment, his show was a hit to say the least. Hitting almost 30,000 streams on Spotify alone for his single “I Wanna Die in Hawaii” illuminates the talent Farinas exudes as a young and emerging artist.

The Durham star took this semester off to focus on his musical career and save money. His passion has deepened in this past year, but that doesn’t mean he fell in love with music just now. His mother, Bettina, released a popular song in the 80s called “Destiny” and it became one of the top 15 singles in the U.S. The combination of that and his father constantly playing an array of Bob Marley, John Legend, Eminem and many other melodic composers, helped Farinas develop a true love and appreciation for music. He didn’t consider music as a career until his junior

year of high school.

Throughout the last three years attending the University of New Hampshire (UNH), Farinas was a member of the university’s acclaimed club, the Student Committee On Popular Entertainment (SCOPE). As a Recreation Management and Policy (RMP) major, Farinas found a lot of joy in the programming and event planning that was so closely tied with his work in SCOPE. If his music didn’t work out, the idea of running a venue, bar or club with a musical element didn’t seem like a bad idea. However, his consistent release of music and overall contentment with his current undertakings is something he would rather pursue right now.

His inspiration has been drawn from a few people. His high school English teacher, Mr. Mendelsen, ran the creative writing department and the music studio. “He was my mentor growing up. Probably the main reason I pursued music,” Farinas said. Farinas’ parents were never doubtful of his talent, however in their own endeavors and halts they experienced in the world of music, it made them worry for their son. Mr. Mendelsen was always encouraging Farinas to

balance his dreams and reality. Farinas’ parents always stood as an inspiration as well. The musical exposure and support they gave Farinas his whole life is one of the many ways Farinas feels completely energized for his future. Artists like Frank Ocean, Earl Sweatshirt, Bob Marley, Chance the Rapper, Mac Miller, Odd Future and Tyler the Creator are definitely some key icons Farinas looks up to as well.

Farinas has only taken one voice lesson his entire life. Coached by one of Bettina’s best friends, Izzy Ortiz, he told Farinas, “The biggest thing is using your diaphragm [when you’re singing].” His generosity and helpful advice was something Farinas always took with him. Almost two weeks after Farinas’ freelanced lesson, Ortiz passed away unexpectedly due to complications with surgery and COVID-19. “The universe is just crazy. I was just talking to this dude and just learned so much from him. Sh*t changes super-fast,” Farinas said. According to Bettina, Ortiz was talking about Farinas the day before he passed, encouraging Farinas to never stop singing. Ortiz’s death stands as a motivational reminder of Farinas to never stop chasing

his dreams.

Farinas has faced multiple obstacles to be where he is today on top of his family’s loss of Ortiz. Before he released his song, “Empty” in 2019, he lost 80% of his hair due to his struggle with alopecia. “I was fine, I was a pretty confident person, I didn’t care that I lost my hair, but I was just in a bad place; I was in a funk all sophomore and junior year of college. I just didn’t know what I was doing. I was just screwing up left and right,” Farinas said. Farinas wrote his song “Empty” to detail that experience, which he classified as “the lowest point in his life,” in addition to getting his heart broken. Not only was the song well-received, but Farinas also felt a lethargic relief and contentment. Music is the way Farinas copes with his problems and releases his emotions.

There is a lot to be said about putting your soul and heart into an outlet and releasing it to the world. “A lot of people have negative thoughts or are down on themselves or maybe don’t believe in themselves. I feel like something I learned recently that has helped me a lot is to kinda just laugh at myself,” Farinas said. Between nerve-wrack-

ing shows or any everyday negative thoughts, Farinas has figured out how to take a step back and practice mindfulness. “Thoughts are just thoughts. It doesn’t mean the actions you take are going to end up like that,” Farinas added.

A unique thing about Farina’s band is where the name originated from. “BLANCO” comes from Farina’s white, 2 year-old pit bull, Blanco. “My dog, shout out to him. He’s our mascot. He’s the GOAT, shoutout to him,” Farinas said. BLANCO will release an album titled “The Tie Dye Tape” in late April or early May. They’re currently mastering the music and marketing to produce their best content possible. As time goes on, Farinas just wants to produce genuine music and enjoy what he’s doing. In the meantime, he suggests everyone, ensuing music or not, to “just laugh at (yourselves).”

Follow Ryan Farinas on Instagram for more updates on his music: @ryan_farinas, or his band: @blancomusic_official. Also check out his Spotify to listen to his top hit, “Smilin.”

Tom Alsip's UNH directorial debut

By Allison Musitano
STAFF WRITER

Directing a musical production. Starting a job somewhere new. Being an educator during a pandemic. All three of these things by themselves are challenges, but add all of these situations together and it may seem like an all-too-daunting undertaking. That is, unless you're Tom Alsip, the new assistant professor for the University of New Hampshire (UNH) Theatre Department and this year's director of the university's mainstage show "I Love You, You're Perfect, Now Change."

For nearly all his life theater has had a large presence in Alabama-native Tom Alsip's life, from a childhood filled with musical cast recordings to his introduction to acting at the age of seven: "From that moment on, I was hooked," recounted Alsip.

Afterward, his love of theater only grew as he continued to partake in youth and community productions both as an actor and a director. This eventually led to Alsip's acceptance into New York University's (NYU) musical theatre program where he earned a BFA in theater. His time at NYU afforded him directorial experience both in class and through opportunities

in the theater department.

"Directing gives you tremendous artistic ownership of a production," says Alsip, "And yet, it is also the most collaborative job in theatre. You are tasked with guiding the creative process to its fruition. And that is a tremendous amount of responsibility. But it is also an incredible challenge."

Following a decade of professional acting work in New York City, Alsip returned to Alabama to pursue an MFA in directing. Alongside his passion for directing, Alsip found another love while pursuing his master's at the University of Alabama: teaching others. "...Nothing is more rewarding than teaching for me," says Alsip. "Passing on what I learned to the next generation of theatre makers and seeing their growth and success fills me with such pride."

As a result, Alsip's career shifted to teaching and directing at the university level, while directing professional shows during the summers. With his wide range of experience in the world of theater, Alsip finds himself able to view shows from multiple perspectives.

"I have had the pleasure to engage in theatre from many different areas. I still enjoy watching theatre as a member

of the audience," says Alsip. "I spent most of my career performing, and that is how I still initially relate to new plays or musicals. And now I find that I love directing more than any other element."

As he worked, Alsip sought to teach at a university where he could make an impact: "Once I got into teaching, I knew that my long-term goal was to find a strong musical theatre program that I could join and help continue to grow and evolve," says Alsip. As luck would have it, UNH became the school he was looking for.

"The students here are extremely talented," says Alsip. "I love the structure of the program. My expertise is in acting in musical theatre, and this program allows students to explore their work as actors who sing and dance, which puts an emphasis on musical theatre performers as actors. That helps them connect with their characters in a way that I think best serves the artform."

From the get-go, COVID-19 has provided a unique set of challenges for Alsip during his time in UNH's theater department so far.

"In the classroom, we have had to think outside of the box to make sure we are giving the students the training they need, but in a way that is safe," says

Alsip. "It has forced us to be creative."

Such creativity has been a necessity for the theater department since the beginning of the school year. Given necessary safety measures, the mainstage musical, one of the biggest events for the theater department each year, has needed to be reworked, including choosing a new show to produce that could balance safety with quality. Thus "I Love You, You're Perfect, Now Change" will serve as Tom Alsip's directorial debut at UNH, a streamed recording performed in a concert-esque manner with stationary mics.

During these stressful and socially-distant times, Alsip has found motivation in teaching through his students as well as welcoming support from the theater department.

"The students are incredibly talented and driven and WANT to learn," says Alsip. "That is all you can ask for as a teacher. The other faculty members are extremely helpful, going out of their way to give me all the information I need and to answer any questions I have about the university and our work."

Alsip remains proud of the cast and crew, despite struggles from snow days to the shift to orange mode to other difficulties that have arisen. He says,

"Through all those changes and difficulties, the cast and crew thrived."

Despite the challenges caused by COVID-19, Alsip sees the pandemic as a learning opportunity for his students at the university.

"These are all helpful learning experiences for young actors who need to learn about performing in these alternate styles," says Alsip. "So, this past year has given them a plethora of experiences in these alternative performance modes. But I do look forward to when we can get back to sharing a stage."

This may be one of the most difficult times in recent history to be an educator as well as a thespian, yet Director Tom Alsip has managed to approach his first year at UNH with much-needed flexibility, open-mindedness, as well as a positive outlook toward his students in the theatre department and his cast. No doubt this is a promising start to his career here at the university.

Tickets for "I Love You, You're Perfect, Now Change" are available through the UNH ticket office, airing from March 3 - March 7 at 7 p.m. with a Sunday matinee.

Special thanks to Assistant Professor and Director Tom Alsip for his time.

Orville Peck reclaims the cowboy in debut album

By Isabelle Curtis
STAFF WRITER

In an age where social media and government surveillance makes completely starting over almost impossible, Orville Peck—name unknown and face obscured—personifies the anonymity of the Old West. A persona he uses in his 2019 debut album "Pony" to reclaim the cowboy as a figure of loneliness on the fringes of society.

Peck also returns to a Johnny Cash style of storytelling with the hustlers transferring the Nevada desert in "Dead of Night," or the reflections of real-life infamous murderers, Perry Smith and Dick Hickock in "Kansas (Remembers Me Now)." His crooning baritone adds a haunting, heart-wrenching quality to the lyrics.

Peck, who identifies as gay, also infuses "Pony" with the latent homoeroticism of the Old West—"the undying commitment between a 'lone' ranger and his trusty partner, streaking through ghost towns side-by-side," according to Pitchfork.

He also gives a nod to drag in "Queen of the Rodeo," which follows a fading drag queen as she gets ready to perform. Peck also tells listeners "don't forget to tip your Queen" in his featured song on "Diplo Presents Thomas Wesley, Chapter 1: Snake Oil." Peck's interest in drag culture plays into his own campy

cowboy persona - multi-colored fringe masks paired with embroidered, fringed shirts or powder blue suits. I still think about Orville Peck and Lil Nas X standing next to each other at the 2020 Grammys, clad in silver fringe and neon pink respectively.

"There's a lot of theatricality to what I do and that's purposeful," said Peck in a Vice interview. "It's ironic because, at the same time, I truly believe [that "Pony"] is the most sincere thing I've done artistically, the most exposed that I've ever been as a singer, as a writer, as an artist."

It's difficult to pick out my favorites as each song on "Pony" contains its own distinct narrative. The album's most popular song on Spotify and lead single "Dead of Night" follows the whirlwind romance between two hustlers. The song touches on the feeling of being static while others move on without you as the singer reminisces about the relationship's dissolution. Peck never uses the word "cry." (/ It's enough to make a young man—/) but halts right before so the implication hangs.

"Kansas (Remembers Me Now)" is sung from the perspective of Perry Smith, who murdered the Clutter family along with Dick Hickock in Holcomb, Kansas in 1959. The murders would become the subject of Truman



Photo courtesy of Clash Music.

Capote's true crime novel "In Cold Blood." Both Smith and Hickock were hanged in 1965. It's a strange premise, but Peck manages to imbue the listener with a feeling of nostalgic loneliness and tired acceptance.

The song also has a layer of audio distortion to make it sound like a radio broadcast. As the song nears the end, the distortion worsens until it snaps off as from a "bad connection." It perfectly captures the era the crime took place in, and the abrupt end of Smith's life.

However, my favorite track is currently the album's final song "Nothing Fades of the Light." It's the culmination of the lonely cowboy character that Peck builds throughout the album. The track balances the singer's yearning for companionship with his acceptance of his isolation: "Some men only ride alone/I only ride in the night/Some drown in the warmth of home/But nothing fades like the light." It's a relatable feeling that rings differently during the age of quarantine.

Furthermore, by having "light fade" in the last song listeners are naturally back to the "dark" at the beginning of the album: "Dead of Night."

"Pony" is a haunting, beautiful album that reclaims a culture and genre that has long been stereotyped as conservative. I can't wait to hear more and, with songs like "No Glory in the West" on Peck's 2020 "Show Pony EP", I have no doubt it will meet my expectations.

Opinion: You are more important than your grades

By Shawn Latulippe
DESIGN EDITOR

Sometimes it seems there will be no end to this pandemic. Yet, we have normalized it now and expected everyone to go on with their lives and not think too much about it. But not thinking about something doesn't mean it's not there. It's there. And it might be affecting you more than you think. When I got COVID-19 back in March of last year, I was sick for three or four weeks. I was weak and lethargic for a couple months after too. I barely got all my work in for the end of that semester and felt like a failure. But the reality was that I had been sick and had lasting brain fog that made it hard to com-

plete my school work at the high standard that I had always strived for. And yet I felt angry at myself. Sometimes I still do when I get overwhelmed from school work and find myself breaking down in tears.

I always thought senior year was going to be great. I knew I would have stress from a capstone project and internship that I needed to graduate, but I never anticipated just how hard it all would really be. And I'm not alone. Many of my friends talk about problems they have such as extra stress, depression and anxiety related to the pandemic and our inability to socialize like we used to. It's not that I've never been stressed before. There have been plenty of semesters with stress-filled finals, midterms,

essays and projects. But back then there was a balance. That balance included being able to see friends and go out on the weekends. It involved breaks where we could all go somewhere and get our minds off school for a week. But that's gone now.

Unfortunately, this pandemic has dragged on far longer than any one of us may have hoped. I keep feeling like my productivity has gone down during the pandemic, and my school work seems harder to do than before. I have no doubt all of us are feeling this. Whether you have school stress or work stress, it's more difficult than before. It's also hard to stare at a computer screen all day. And I miss the days I would go to Union Court to eat with my

friends while doing homework. It's also hard to constantly have to quarantine. I've had to quarantine four times now for coming in contact with a person who had COVID-19. It all takes a toll. And that toll is on our mental health.

By writing this I just want to say to everyone that I see you and I understand what you are going through. And your struggle is as valid as everyone else's. Though life lately feels a lot harder than it should, one day this pandemic will end and we will be back to our old ways. But until then, rest, relax and give yourself a break. Let your teachers know you are struggling and get help if you need to, or reach out to a friend to vent. I know that always helps me. But sometimes doing

all of that still doesn't take away the struggles we face. I've been meditating more than ever before and sometimes it works, but sometimes my brain just won't let go of the stress it's holding onto, no matter how hard I try. But I remind myself that it always gets better. So keep your head up. Stop beating yourself up over a bad grade or unproductive work week. You are more important than any task you have to do. To any teachers, understand that your students might not be lazy if their work isn't the standard that it used to be. We are all in this together, and it's time we remember our empathy for each other is more important than any grade ever will be.

How do you practice self-care?
TWEET YOUR OPINION
@thenewhampshire
WE WANT TO HEAR IT

Newmarket Storage, LLC

Summer storage available at student discounted rates!

133 Exeter Road
Newmarket, NH 03857
603-659-7959



University of New Hampshire
Room 132 Memorial Union Building
Durham, NH 03824
Phone: (603) 862-1323
Email: tnh.editor@unh.edu
TNHdigital.com
twitter.com/thenewhampshire

Executive Editor
Josh Morrill

Managing Editor
Anna Kate Munsey

Content Editor
Hannah Donahue

News Editors
Julia Stinneford
Katie Hoppler

Sports Editors
Cameron Beall
Shaun Petipas

Design Editors
Shawn Latulippe

Web Editor
Cassie Hollasch

Marketing Coordinator
Danielle Forte

Arts Editor
Cee Annis
Caitlin Staffanson

Staff Writers
Ben Domaingue
Aqeel Hisham
Evan Edmonds
Isabelle Curtis
Ben MacKillop
Allison Musitano
Aubrey Benoit

Sports Writers
Brackett Lyons

Business Consultant
Kathryn Riddinger

Business Manager
Camden Leno

Advertising Assistants
Ethan Landon
James LeVie
Logan French
Emily McLain

Contributing Writers
Sean Gurl
Dan Marshman
Spencer Marks
Kelsey Johnson
Jared Gustafson

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.

One copy of the paper is free but additional copies are \$0.25 per issue. Anyone found taking the papers in bulk will be prosecuted.

The paper has a circulation of approximately 5,000. It is partially funded by the Student Activity Fee. The opinions and views expressed here are not necessarily the views of the University or the TNH staff members.

Advertising deadlines are Monday at noon. All production is done in Room 132 of the Memorial Union Building on Main Street in Durham.

Printing services provided by:



The New Hampshire is a proud member of the
Associated Collegiate Press



From the *Editor's Desk...* A lonely blessing

As we begin to see warmer weather and wider smiles, it's important to acknowledge the accomplishment of getting through another harsh Northeast winter; one in a year with an ever-changing landscape and never-ending obstacles.

I'm proud of you!

The last year has been one with trials and tribulations. Many of our lives have been littered with financial struggles, sickness and death.

For teens and young adults, COVID-19 has elicited a new pandemic, one driven by loneliness and the inability to communicate.

The technology that we have grown up with and treated as allies, does have great qualities. We can communicate with anyone we want to with a couple pushes of a button, and we have so many more resources than our parents did. However, these technological advances, coupled with COVID-19 quarantining, have proven to create adverse effects that can be detrimental to our mental health.

According to the CDC, suicide is the second leading cause of death among people aged 10-24. The percentage of this age group that has considered suicide has risen by nearly 15% since the start of the COVID-19 pandemic in early March 2020. Isolation and the inability to communi-

cations attached to it, rightfully so. But what it brought for me was a day to reflect; reflect on where I am in life, where I want to go and how much I've grown and changed in recent years.

Growing up, I struggled with my identity. I felt like I was a passenger in my whole life, watching as the days passed by. Don't get me wrong, I had a great childhood. My parents provided me with more than I could've ever asked for. I have a great brother and I had no limits set for me other than ones I had inexplicably set for myself. Despite having a great foundation to succeed, I didn't make any decisions for myself, and I was fixated on being a "perfect child," as my parents would characterize me.

My parent-teacher conferences were filled with ringing endorsements and my friends' parents would always tell mine that I was a great kid after staying the night. I did all the right things, but inside I knew that I wasn't really someone that knew who they were or where they were going. Kind of like a leaf floating in the wind on its way to nowhere.

The pursuit to be someone I thought other people wanted me to be, left me with nothing but loneliness and confusion.

Just two and a half years ago I was an incoming freshman with severe social anxiety, stressing over how I could start a conver-

sation that truly brought me joy.

My first year in Durham taught me so much about life. It taught me how to be alone, how to wrestle with my own inner thoughts of self-disgust, but also how to celebrate and have a healthy relationship with myself.

Everyday I would punish myself to no end about not talking to the guest speaker that came to my class, or putting myself out there with people I'd play basketball with at the gym.

After months of this, I realized that it was all a blessing. All the time I missed as a child wandering around not knowing who I was, was made up in these eight months. Even though I was alone, it gave me time to realize what I wanted in a friend, what relationships meant to me and to not let others dictate my happiness. I know that I can get through any bad patch by myself and I don't have to rely on anyone to be content in my personal situation.

This realization gave me the liberty and mental freedom to meet people and make friends, ones that I actually respect and have my best interest at heart, as I do theirs.

The reason I tell you my story is because it's not special. It's not out of the norm.

There are most certainly people questioning their self worth, if people like them or if they are enough because of an isolated year with little opportunity to communicate and create relationships.

So, if you feel like you're alone now, try to embrace it. Use it as time to develop your internal dialogue to mirror a more positive outlook. You are enough. You are strong, and you will be okay. Self-love and self-development is a never-ending process.

It's not "do they like me?" Rather it's "do I like me?" If the answer is no, that's okay. You have plenty of time to get there... one step at a time.

Josh Morrill
Executive Editor

"For teens and young adults, COVID-19 has elicited a new pandemic, one driven by loneliness and the inability to communicate."

cate have contributed to the spike in these numbers not just with younger people, but older as well.

As many freshmen start to wrap up their first year in Durham with the main theme being isolation, some might be asking themselves, "why would I come back?" Or "how could this experience be beneficial when it's going to be like this?"

And for those, I'll share my experiences with loneliness, especially to start college.

I turned 21 years old yesterday, an age with a lot of connota-

sation with new people, let alone actually making friends. The first day my dad dropped me off at my dorm, I went for a walk around campus for about an hour and proceeded to cry for much of the day.

Within the first few months, I had several acquaintances, but no friends that I really bonded with or could share my accomplishments or grievances with.

When it came time to introduce myself, I didn't know what to say because I had never thought about what made me unique or

Letters policy

We welcome letters to the editor and aim to publish as many as possible. In writing, please follow these simple guidelines: Keep letters under 300 words. Type them. Date them. Sign them; make sure they're signed by no more than two people. If you're a student, include your year, major and phone number. Faculty and staff: Give us your department and phone number. TNH edits for space, clarity, accuracy and vulgarity. Bring letters to our office in Room 132 in the MUB, email them to tnh.editor@unh.edu or send them to The New Hampshire, MUB Room 132, Durham, NH 03824.

Opinions expressed in both signed and unsigned letters to the Editor, opinion pieces, cartoons and columns are not necessarily those of The New Hampshire or its staff. If you do not see your side of the argument being presented, we invite you to submit a letter to the editor by sending an email to tnh.editor@unh.edu.

WOMEN'S SOCCER

Wildcats improve to 3-0 behind Wiley and Picicci

By Brackett Lyons
SPORTS WRITER

DURHAM, N.H. – The University of New Hampshire (UNH) women's soccer team defeated the University of Rhode Island (URI) by a final of 2-0 on Sunday afternoon. The Wildcats (3-0) were the better team for most of the game and deserved the victory. Goals came less easily for head coach Steve Welham's side against the Rams (0-2) after coming off a 5-1 offensive showcase versus Merrimack College (1-1). Despite the goalless first half, a determined UNH team always felt in control.

Coach Welham praised his team's determination to get the win postgame noting that it was a "great key performance; we're really happy with a win."

UNH had most of the possession and looked the better side in the first half. Despite

their control of possession, the Wildcats weren't able to capitalize with a goal. UNH had their chances with eight corners in the opening 45 minutes of play. URI only managed two. With those corners came three shots for UNH, all of them on target. Rhode Island's senior goalkeeper Teresa Morrissey frustrated the UNH attackers saving all three shots.

Welham said he wants the team to take more advantage of the corners they get.

"That's always an area where we spend time on because an area where you can get goals," said Welham.

URI fired five shots on the other end of the pitch but failed to deliver a single shot on target. The Rams also committed 10 fouls in the first half compared to UNH's three, but managed to escape without any yellow cards.

Welham said URI's physicality threw UNH slightly off their rhythm in the first half.

He said the team needed to re-gather themselves at halftime.

URI was handed two yellow cards inside the first 10 minutes of the second half. The second resulted from a foul on senior captain Francesca Picicci inside the box. From this foul, UNH was awarded a critical penalty kick. Sophomore attacking midfielder Whitney Wiley stepped up for the 'Cats and lashed home the go-ahead goal from 12 yards out. The goal is Wiley's third on the season and gave UNH a 1-0 lead in the 52nd minute.

Shortly after the opening goal, junior keeper Cat Shepard was called into action for the first time. Shepard maintained the clean sheet with a save and kept the lead for the Wildcats.

URI continued to try and find a way back in the game but to no avail. Sheppard made her second save of the game in the 80th minute to hold the lead once again. Feeling the pres-

sure from URI, the Wildcats countered. First-year forward Emily Bini found Picicci in the Rhode Island penalty box. Picicci slotted the ball in the bottom left corner from six yards out and gave UNH a 2-0 lead with nine minutes left to play. UNH saw out the victory and remained undefeated on the season.

Welham emphasized how critical the timing of the second goal was for UNH and praised Picicci.

"A one-goal lead with a team like Rhode Island is very dangerous... We wanted to get that second one to put them away and the team did a wonderful job of managing the game especially last five minutes, managing the moment and just really seeing the game out and closing down the game which was really nice to see. We had a lot of young players on the field, but you know our senior captain [Picicci] really stepped up and helped lead the

way."

The Wildcats will be back in action at home versus Maine (0-2) on Sunday. Welham expects intensity to be high in their fourth game and his team will prepare that way.

"Obviously we're 3-0 but when we... come back and we train on Tuesday... our record is 0-0 and so is Maine's. It's the first conference game, it's a huge school rivalry and we know it's going to be a passionate game; it's going to be an exciting game. There's going to be a lot of emotions and we want to play good soccer and take the game to Maine. That's what we want to do, that's what we expect to do and we're going to do everything we can to beat the Black Bears."

UNH - URI
2-0

WOMEN'S VOLLEYBALL

UNH opens season with split against NJIT and UAlbany

By Dan Marshman
SPORTS WRITER

ALBANY, N.Y. – The University of New Hampshire (UNH) women's volleyball team (1-1) played their first two games of the season this weekend. The Wildcats faced off against the New Jersey Institute of Technology (NJIT) (0-3) on Saturday at University Gym in Albany, N.Y.

The Wildcats won the first set 25-14 showing why UNH head coach Christopher Feliciano is confident in the group they have this season. The 'Cats had a match-high .351 hitting percentage and 14 kills

in the first set.

The Highlanders won the second set 25-20 bringing the game back to even at 1-1. The 'Cats didn't let up after the second set winning the third and fourth sets 25-17 and 25-13 respectively.

First-year outside hitter Gabby Smith led the Wildcats with 15 kills in her collegiate debut which was five more than the next closest Wildcat. She seems to be poised for a big season along with junior middle blocker Abby Sullivan who had 10 kills in the match and five blocks.

"Tonight's win was a reward for many reasons, first

and foremost, our program recognizes the hard work that has been put into allowing fall sports to compete during the spring semester," said Feliciano. "It's important that our efforts are worthy of the commitment from the administration to student-athlete experience."

Feliciano also noted the perseverance of the team.

"Our team stepped up with many of them playing out of position," explained Feliciano. "They picked up their teammates who were on pause this week due COVID protocols. When asked to play out of position, they were willing to put each other first. It was a great

team win."

The 'Cats 3-1 win marked their first win of the season giving them a 1-0 record heading into their matchup against the University of Albany (UAlbany) (3-1) on Sunday.

The Great Danes came out on fire in the first set beating the Wildcats 25-21. The 'Cats battled back in the second set and won 25-20. Junior Sullivan of the Wildcats continued her strong play from Saturday with 11 kills in Sunday's matchup. UAlbany won the third set 25-21 in a tough set for both teams. The Great Danes finished off the match by winning the fourth set 25-23.

UNH had a big lead in the third set and Feliciano spoke after the match.

"We will continue to work on improving and utilize today's match as a learning moment," said Feliciano.

Despite the loss, the Wildcats will look forward to building off of the game and utilizing their game plan to get more wins. Part of that involves junior co-captain Kate Bilyeu who made her debut Sunday with nine kills and 14 digs. The 'Cats next matchup is Sunday, March 14 against Stony Brook at Pritchard Gymnasium in Stony Brook, N.Y.

WOMEN'S AND MEN'S TRACK & FIELD

UNH earns 10 first-place finishes at Southern Maine

By Jared Gustafson
SPORTS WRITER

University of Southern Maine (USM) track & field hosted the University of New Hampshire (UNH) and the University of Maine this past Friday and Saturday. The UNH women secured four first-place finishes in 19 events this weekend, while the men's team saw six first-place finishes out of the 19 events.

Starting off on the women's side of things, UNH had two first-place finishes in the pole vault and one first-place finish in the weight throw. Senior Jordan Hoffman saw a first-place finish in the pole vault with a height of 10-11 3/4 feet; there were also two more athletes tying for first place in this event, however. UNH sopho-

more Danielle Heine as well as USM junior Sophia Slovenski resulted in a three-way tie for first place in the pole vault.

UNH junior Sarah Williams earned first-place finish in the weight throw, throwing for a distance of 53-9 1/4 feet.

Moving to the track, the women's team excelled in the 400-meter dash securing first-place. First-year athlete Sarah Morin took first place in the 400 with a time of 1 minute, 0.78 seconds, with three of her teammates finishing right behind her.

UNH also won first place in the 4x400 meter relay with a team consisting of juniors Crismeily Borg, Alyssa Doust, Kelly Hamlin and Zakiya Scott. They finished with a time of 4:12.98; this run was slightly slower than previous runs, however, it was still good

enough to earn first place.

For the men, senior Jacob Dearborn placed first in the weight throw, heaving for a distance of 51-5 3/4 feet. Dearborn came just short of beating his personal record of 52-2 1/2 last February. UNH had a close second-place finish of 51- 1 1/2 feet thrown by junior Patrick Brogioli.

On the track, first-year athlete Joseph McElroy captured a first-place finish in the 800-meter dash, while also finding himself a new personal record of 1:59.37.

UNH had another first-place finish in the 55-meter hurdles. Senior Michael Monahan had a fantastic run at the 55 hurdles, securing a time of 7.89 seconds. Monahan finished 0.12 seconds faster than the second-place finisher, and 1.54 seconds faster than the third-

place finisher.

The men's team also found success in the long jump and in the triple jump. Sophomore Nathan Hobbs found himself in first place in the long jump, with his best jump measuring at 23-3 1/2 feet. Nothing too surprising here as Hobbs has already seen eight first-place finishes in his first two years at UNH.

In the triple jump senior Jordan Buckmire also secured a first-place finish with a jump measuring 46-6 3/4 feet.

The full schedule has yet to be released for both the men's and women's track and field.



TNH

MEN'S BASKETBALL

No. 3 UNH upset on home court by No. 6 UMass Lowell

By Cameron Beall
SPORTS EDITOR

DURHAM, N.H. – No. 3 University of New Hampshire (UNH) men's basketball (10-9, 9-6) had to face No. 6 UMass Lowell (10-11, 7-8) in their fourth straight game to round out their 2020-21 campaign. The Wildcats hosted the River Hawks in the quarterfinals of the America East Tournament and saw their season come to an end at the hands of the conference's top player, senior Obadiah Noel.

Noel dropped 28 points on the 'Cats on 10-of-16 shooting from the field, he also added seven rebounds. This was Noel's first weekend back after missing the previous five games before the tournament due to injury. His absence may have cost the senior a shot at the conference Player of the Year.

Each side kept the game tight within the first 10 minutes of action. UML began to create separation in the latter portion of the first half after a handful of missed shots from the Wildcats.

The River Hawks manufactured double-digit leads at multiple points throughout the half but UNH never truly went away. A handful of shots from junior Jayden Martinez and redshirt first-year guard Nick Johnson pulled the Wildcats

within seven by halftime.

UMass Lowell was just getting started, however. The visitors came out of the locker room and punched the Wildcats in the mouth with a 19-5 run to build up a 21-point lead – their largest of the afternoon. A three-pointer from Noel was the finishing touch on that run from UML.

UNH slowly began to claw their way back into the game with their season on the line. The team saw contributions from a handful of players including Martinez and Johnson. A three-pointer from junior Nick Guadarrama finally got the deficit back to single-digits with under four minutes remaining.

With as little as 44 seconds remaining the Wildcats had pulled within three points of UML, but it was too little too late for the home team. A three-ball and a pair of free throws from the River Hawks put them ahead 72-64 which stood as the final score.

The cold stretch to start the second half was too much to overcome for UNH head coach Bill Herrion and his club. They did, however, see three players eclipse double-digits. Guadarrama led the way with 16, followed by Johnson and Martinez who each put up 14 points.

As the season came to a close for the Wildcats, Herrion reflected on the team's experi-



PHOTO COURTESY OF GIL TALBOT

Redshirt first-year guard Nick Johnson driving to the hoop amongst UMass Lowell players.

ence in such an unusual season.

"I'm proud of our guys for persevering through this season," said Herrion. "We didn't know if we'd get through a season with the pandemic, so I think our guys deserve a lot of credit for hanging in there."

As for the future of the program Herrion believes "there's a lot of positives." Given the jump that Martinez and Guadarrama made from a season ago, and the emergence of Johnson and redshirt first-year guard Blondeau Tchoukuiengo,

Herrion is certainly justified in his thinking.

Looking ahead to the offseason, there will be plenty of opportunity for the team to grow that they didn't have during this past summer.

"Not having a spring and not having a summer I think held some people back physically," said Herrion. "This spring is going to be huge for our players in the weight room and on the court with their development."



WOMEN'S BASKETBALL

Wildcats' comeback falls short in AE quarterfinals

By Brackett Lyons
SPORTS WRITER

ALBANY, N.Y. – University of New Hampshire (UNH) women's basketball fell to the University of Albany (UAlbany) in the first round of the America East Tournament by a final score of 49-43 on Sunday. UNH (5-15, 5-11) entered the contest as the fifth seed, with UAlbany (6-10, 5-7) earning the fourth seed. Head coach Kelsey Hogan's young team almost pulled off a double-digit comeback, but back-to-back three-pointers with under two minutes to play proved to be the dagger for the Wildcats.

First-year guard Adara Groman led the 'Cats with 13 points on 5-of-12 shooting with five rebounds and two steals. Senior guard Amanda Torres was the only other Wildcat with double-digit points finishing with 10. Torres also added three rebounds and four steals.

Coach Hogan praised Groman's performance postgame, calling the young guard a gamer.

"The performance that she had, she doesn't play like a freshman, and that's where I'm really excited about her bright future," explained Hogan. "She comes in so confident. You

know defensively she's locked into the game plan, doing everything we could ask her."

UNH jumped out to a 6-0 lead to open the first quarter with help from behind the arc from sophomore guard Helena Delaruelle along with Groman. Groman was recently named to the America East All-Rookie team.

UAlbany was able to punch back with six straight of their own to tie the game. UNH fell behind as the Great Danes extended their run to 14-0. Senior guard Kyara Frames was the standout for UAlbany with eight points, six of which came from behind the arc.

UAlbany had the opportunity to stretch the lead with free throws at the end of the first, but only managed one point from two trips to the line. The Wildcats' offense was unable to make up any ground, however, and the quarter ended with UNH down 15-6. Hogan's team went nearly nine minutes without scoring a point.

Coach Hogan gave an honest assessment of the scoring troubles postgame.

"Realistically, we just weren't focusing in on finishing," said Hogan.

Junior Ivy Gogolin finally ended the drought after more than nine minutes with a layup

that made the game 17-8.

UAlbany pushed the Wildcats with a full-court press. UNH beat the press several times but failed to capitalize the majority of the time. The baskets from Groman and first-year center Paige Cote brought UNH within seven before Albany stretched their lead back to nine at the halfway mark of the second frame

UNH continued to struggle offensively and had their second and third shot clock violations of the half in the final five minutes. The Danes took a 25-12 lead into the locker room at halftime in what was one of the worst offensive halves UNH has had this season. The 'Cats shot 5-of-24 from the field and had 11 turnovers. UNH lost the offensive rebound battle 8-1 and allowed nine second-chance points.

Torres finally got her first points of the game three minutes into the third quarter as UNH began to turn things around. Groman's second three of the night brought the 'Cats within single digits, and a layup from Gogolin made the score 27-20. UNH continued to put up a tremendous fight in the third but faltered at the rim and the free-throw line. The usually elite free throw-shooting Wildcats were 5-of-9 in the first

three quarters. Torres got her fourth steal of the night and set up Groman for her fifth basket pulling UNH within four to end the third with a score of 33-29.

A lead that had been as much as 14 points for UAlbany was down to three with a free throw from Gogolin to make it 34-31 with 6:40 left to play. The Danes pushed their lead back to five before Torres stepped through the paint and made a layup to make it 36-33. Delaruelle sank two free throws to bring the 'Cats within one with 3:19 to play.

UNH continued to fight, but back-to-back threes squashed Wildcat hopes and pushed the score to 44-39 with 52 seconds to play. Torres hit one of two free throws and made it a four-point game with 48 seconds to play. UNH fouled and sent Frames to the line, who went 1-for-2 and extended UAlbany's lead to five.

UNH couldn't get a basket to fall and had to continue to foul. More Great Dane free throws extended their lead to nine. Sophomore guard Brooke Kane hit a three to make it 49-43 with five seconds to play.

Hogan praised her team's fight and said she was proud to be their coach.

"They really buy into it especially what we're looking

to do down the stretch. So, I'm really proud of them for that. I'm proud of their efforts," said Hogan.

The fight was admirable, but Hogan mentioned that the energy required to come back from a 14-point deficit might have impacted the team's fourth quarter.

"I mean you look at our first five playing over 30 minutes each, and then you got Amanda Torres playing 40 for us. I think that definitely could have been the issue down the stretch for us. We were trying to go all-out into it, but our depth has kind of been a struggle for us this year."

The loss marks the end of a season like no other for UNH. A team with only one senior and a rookie head coach who played in a pandemic certainly weren't at the top of many preseason rankings. But with a year of experience now under her belt, Hogan will look to the future with a strong young core of players around her. Hogan will also be joined by Torres once again next season. Torres has confirmed to TNH that she intends to return for a fifth season in Durham and will take one more shot at the America East in 2021-22.

MEN'S BASKETBALL

Wildcats receive six America East Accolades

By Cameron Beall
SPORTS EDITOR

Five different Wildcats were honored by the America East (AE) in their end-of-season accolades, including six different honors.

The awards are highlighted by junior forward Jayden Martinez earning a spot on the AE All-Conference First Team, and redshirt first-year guard Nick Johnson being named the Rookie of the Year throughout the conference. Also garnering recognition was junior Nick Guadarrama named to the AE All-Conference Second Team. Johnson along with his fellow redshirt first-year guard

Blondeau Tchoukuiengo were among those voted to the AE All-Rookie Team. Graduate student Chris Lester rounds out the honors for the Wildcats with his nomination to the AE All-Academic team.

Martinez is now the 10th Wildcat to be named to the All-Conference First Team in program history. The junior averaged 13.6 points per game in 2020-21 and was the catalyst for his team down the stretch. Martinez scored the sixth most points in the conference (259), and his 13.6 average ranked ninth. He finished his junior campaign as the second-most efficient three-point shooter in the conference at 42%.

The Cibolo, Texas native also reeled in the most rebounds in the America East with 161 and averaged the third most per game with 8.5.

Johnson became the fourth University of New Hampshire (UNH) player to win the Rookie of the Year award. The rookie started 10 of the 18 games he played while averaging 7.4 points, 4.2 rebounds and 1.3 assists per game. Johnson has shot at a 45.2% clip this season. He also racked up four AE Rookie of the Week honors throughout the year.

Johnson's backcourt mate, Tchoukuiengo, also earned four Rookie of the Week honors en route to his All-Rookie selec-

tion. The tandem totaled eight of the 11 possible weekly honors for rookies. Tchoukuiengo took over as the lead guard for the Wildcats in 2020-21 and made the most of it. He averaged 8.1 points in the regular season while leading the club in assists and steals, with 3.2 and 1.1 respectively.

Guadarrama improved from his All-Conference Third Team selection from a season ago. The forward looked like he could make an early case for Player of the Year, specifically after his career-high 34 points against UMBC. Guadarrama led his team in scoring at 14.0 points per game narrowly edging out Martinez. The junior

also reeled in an average of 6.4 boards per game and led the team in free throw percentage at 83.8%. Guadarrama was the third best free throw shooter in the conference.

Lester graduated with a degree in Business Administration: Finance in just three years. He is now pursuing an MBA in Finance with a GPA of 3.90. The center has been named to the National Association of Basketball Coaches Honors Court on three separate occasions. He is also a four-time member of the America East Commissioner's Honor Roll.

WOMEN'S BASKETBALL

Three Wildcats named as All-Conference Selections

By Brackett Lyons
SPORTS WRITER

The America East Conference (AE) announced their All-Conference accolades for the 2020-21 basketball season. The University of New Hampshire (UNH) women's basketball had three players named as All-Conference selections.

Senior guard Amanda Torres was named to the AE All-Conference Second Team as well as the All-Defensive Team. This selection marks Torres' second year in a row on the All-Defensive Team. Junior forward Ivy Gogolin was named to the AE All-Conference Third Team

and received honors for the AE All-Academic Team. Rounding out the awards for the Wildcats was first-year guard Adara Groman, who made the AE All-Rookie Team.

It shouldn't come as a surprise that Torres garnered two end-of-season awards. The captain, who is the lone senior on the team, had a tremendous season. She averaged 12.2 points per game, which ranked seventh among America East players and her 2.6 assists ranked eighth in the conference. Torres' impact can be felt on both ends of the court; the senior ranked second in the conference in steals with 2.2

per game.

Head coach Kelsey Hogan has run out of ways to praise her senior captain. Still, she gave it another shot when discussing Torres' season goals earlier this year. Hogan said she and Torres sat down before the season began and laid out what she wanted to accomplish.

"We talked about being on the All-Conference Defensive Team. We talked about becoming the All-Conference player that we see. So that's a big push too. We talked about accolades for her just because of her hard work and thinking that she definitely is deserving of all that because of that hard

work she's put in," explained Hogan.

Coach Hogan has said repeatedly that the team goes as Torres goes. Luckily for Hogan and her team, the veteran Wildcat isn't going anywhere as Torres has decided to play a fifth year at UNH.

Gogolin was behind only Torres in points per game for the Wildcats. The junior averaged 11.6 points and 5.7 rebounds. Those numbers were good enough for eighth and 14th in the conference respectively. Gogolin, who majors in business administration and finance, excelled in the classroom with a 3.95 GPA, earning

her spot on the All-Academic Team. This year is Gogolin's first selection to an All-Conference Team. She made the AE Commissioner's Honor Roll in 2019 and 2020.

The standout first-year for UNH this season was Groman. Her selection to the AE All-Rookie team affirms her place as a critical piece in Coach Hogan's plans to revamp the program. Groman ranked first in minutes per game among all rookies in the conference and averaged 6.7 points per game. Groman's shooting will make her a valuable offensive weapon for the Wildcats for years to come.

WOMEN'S HOCKEY

Wildcats' season ends at the hands of Northeastern

By Dan Marshman
SPORTS WRITER

The University of New Hampshire (UNH) women's hockey team (7-14-1) was eliminated on Sunday by Northeastern (18-1-1) in the quarterfinals of the Hockey East Tournament. The Wildcats defeated Holy Cross (4-15-1) in the first round of the tournament before their matchup against the Huskies.

In the first period against the Huskies, the Wildcats held the defensive end while trying to stave off the Huskies attack.

Northeastern was able to garner a 15-5 shot advantage in the first period showing their ability on the offensive end.

Northeastern junior forward Katy Knoll put a goal through junior goalie Ava Boutilier's legs to give the Huskies a 1-0 lead at the 5:55 mark.

The struggles for the Wildcats on the special teams continued as they failed to convert two power play opportunities in the first period.

"Obviously we've got to be better and convert more. If we even converted a third of the opportunities we have on the power play, we'd be scoring a

lot more goals," said Witt.

The first period ended with the Huskies up 1-0 on the Wildcats.

The Huskies scored twice early in the second period giving them a three-goal lead. The first came from Huskies forward Katie Cipra. The second came at 7:57 off the stick of senior forward Veronika Petthey.

Northeastern senior Skyler Fontaine scored a power play goal for the Huskies at the 12:55 mark followed by a goal from sophomore Kate Holmes 22 seconds later to put the Huskies in charge 5-0. They extended their lead to

six on an unassisted goal from junior forward Mia Brown with less than 30 seconds remaining in the period. The Huskies doubled up the 'Cats in shots in the second period with 18.

Huskies junior forward Alina Mueller scored the only goal of the third period for either team about midway through the frame. The Huskies never looked back holding UNH to only seven shots in the third period.

The game ended by a final score of 7-0, ending the Wildcats 2021 campaign. The 'Cats finished the season with a record of 7-14-1. Witt said this

was a building block season for the team in terms of their development. She expects the young core to continue to grow.

NORTHEASTERN



TNHdigital.com

TNH Staff Winter Sport Accolades

MEN'S BASKETBALL

By **Cameron Beall**
SPORTS EDITOR

Player of the Year: Jayden Martinez

After his third season in the program, junior Jayden Martinez has now made a leap in points and rebounds per game, along with three-point field goal percentage in each year he's been in the system. This season he averaged 13.6 points and 8.5 rebounds per game while racking up a team-high five double-doubles on the season. The junior was named to the America East (AE) All-Conference First Team.

Martinez eclipsed his career-high in points twice this season. Most recently he set a personal best with 24 points against Binghamton on Jan. 31. After that game head coach Bill Herrion noted how Martinez had become a "star" for the Wildcats late in the season.

Herrion praised the conference-leader in total rebounds after that performance. He also noted how the emergence of Martinez made his job a bit tougher trying to manage rotations alongside AE All-Conference Second Team nominee junior Nick Guadarrama.

"[Martinez] has made an unbelievable jump from his sophomore to his junior year. His game has really exploded," explained Herrion. "The problem now is that you have to play him and Nick Guadarrama basically the whole game."

Rookie of the Year: Nick Johnson

In the absence of seniors Sean Sutherlin and Josh Hopkins, Herrion was searching for somebody to step up offensively for most of the season. A few players flashed at points, but none did like redshirt first-year guard Nick Johnson. Johnson averaged 7.9 points and 4.4 rebounds per game while earning four Rookie of the Week honors. He was named the conference Rookie of the Year as well as a member of the All-Rookie Team at the conclusion of the regular season.

Johnson is a player who Herrion has described as a "junk yard dog," as he won't be the flashiest player on the court. The guard never attempted more than two three-pointers in a game this season. He did, however, rank second on the team behind Martinez in field goal percentage at 45.2%. Johnson was also the top rebounding guard on the roster.

Early in the season Herrion noted that the team's depth with young players like Johnson, redshirt first-year guard Blondeau Tchoukuiengo and first-year guard K.J. McClurg. Herrion proved to be correct in his assessment as Johnson finished the year as one of the hottest Wildcats on the roster. Down the stretch, the Wildcats faced UMass Lowell in their final four games; in those final four games Johnson averaged 13.8 points and 5.5 rebounds per game.

WOMEN'S BASKETBALL

By **Brackett Lyons**
SPORTS WRITER

Player of the Year: Amanda Torres

It will come as no surprise that Amanda Torres is The New Hampshire's player of the year for the University of New Hampshire (UNH) women's basketball. The senior point guard had her best season to date and was named to the America East All-Conference Second Team. Torres has also earned a spot on the All-Conference Defensive Team for the second year in a row.

The veteran guard averaged 12.1 points in 20 appearances along with 2.6 assists and 2.3 assists. Torres was second on the team in free throw percentage, with a minimum of 10 attempts, making 79% of her shots from the stripe.

What Torres brings to the team doesn't just show up on the stat sheet, as the team's lone senior Torres had to find her voice as a leader on the court. Head coach Kelsey Hogan has said previously that she relied on Torres to be her

voice on the court. Torres had said herself that leadership doesn't come naturally to her, and she had to work at it a lot this season.

"I definitely am very soft-spoken, I don't really talk a lot," explained Torres. "So that has definitely been the biggest change for me being a captain this year is not just leading by example but actually talking and using my voice in practice and in games."

Viewers could see Torres rallying her teammates on the court as the Wildcats came painfully close to coming back from a 14-point deficit in the quarterfinals of the America East Tournament. Torres played all 40 minutes in UNH's lone playoff game.

Rookie of the Year: Adara Groman

UNH's other standout in the quarterfinals was the first-year guard Adara Groman. Groman played in all 20 games this season and was second only to Torres in minutes per game. The guard was UNH's go-to three-point shooter with 25 makes on 76 attempts. The

first-year athlete was an elite free throw shooter as well. She put up a team-best 86% from the line. These numbers were good enough to earn Groman a spot on the America East All-Rookie Team.

Groman backed up that selection in the quarterfinals. The first-year showed nerves of steel in her first collegiate playoff game. Groman put up a team-best 13 points and made three shots from behind the arc. She added five rebounds, two steals and an assist. Coach Hogan had plenty of praise for her star rookie after that game.

"She doesn't play like a freshman, and that's why I'm really excited about her bright future," said Hogan. "She comes in so confident. You know defensively she's locked into the game plan, doing everything we could ask her. I'll tell you, coming in as a freshman, I didn't think that she would play 30 minutes for us. But she's taking that role on and really flourishing in, so I'm really excited for future for sure."



WOMEN'S HOCKEY

By **Dan Marshman**
SPORTS WRITER

Player of the Year: Emily Rickwood

Junior Emily Rickwood was the anchor on defense for the Wildcats and showed up in the stat sheet. She led Hockey East in blocks with 59 this season. She's not a typical defender either in the way she moves the puck up the ice. First-year forward Nicole Kelly raved about Rickwood's ability to move the puck up the ice.

Kelly said, "Playing with Emily opens up the ice for everyone because of her speed and offensive ability. Emily has always been an offensive defenseman and I think that brings out a lot of her talent, her speed and quick decision making."

Head coach Hilary Witt said Rickwood had an incredible season and led the team not only with her play but her leadership.

"Emily has been awesome defensively and as a leader this season," Witt explained. "She's taken a huge leap this year and her growth has been amazing to watch."

Rickwood started every game for the Wildcats in 2021 and contributed eight assists on top of her 59 blocked shots. She tallied her lone goal against Vermont. She'll return to UNH in the fall for her senior campaign.

Rookie of the Year: Nicole Kelly

Nicole Kelly came to UNH to contribute immediately and she showed why coach Witt is so confident in having her lead their offense. She led the 'Cats in points in 2020-21 and scored two goals in their matchup against Holy Cross in the Hockey East Tournament. Her competitive nature along with the chemistry between her and her teammates allowed Kelly to thrive. She had a nose for the net all season with a team-high five goals.

Kelly has played with Rickwood before along with redshirt junior Paige Rynne and junior Lauren Martin. Their mindset from their time on the Canadian junior's team and Esso Cup win has allowed them to elevate their game on the next level. Kelly also led the team in assists and shots proving she'll be a cornerstone for the 'Cats moving forward.



PHOTO COURTESY
OF UNH ATHLETICS

MEN'S HOCKEY

By **Shaun Petipas**
SPORTS EDITOR

Player of the Year: Jackson Pierson

The University of New Hampshire (UNH) men's hockey team has had a bit of an unusual season with the schedule changing every week and not knowing who will be able to suit up in each game whether from injury or COVID-19 protocols; however, there was one thing that never changed from week-to-week. Junior forward Jackson Pierson played in every game for the Wildcats this season and was one of the best players on the ice night-in and night-out.

Through 21 games Pierson was able tally a total of 23 points averaging 1.09 points per game. He posted 15 assists and was able to score eight goals this year tying his career high from the 2018-19 season. A season ago he once again eclipsed the 20-point plateau but did it in 26 games only scoring two goals.

Head coach Mike Souza had nothing but good things to say about Pierson after he helped lift the team in a comeback,

shootout victory over Merrimack College.

"He's a humble guy. There's a reason he's putting up the points he is, he plays in all situations for us," he said. "He's a top player in our conference for sure."

Pierson has also been named as one of the 19 semi-finalists for the 69th annual Walter Brown Award. This award is given to the best American-born college hockey player in New England.

Rookie of the Year: Luke Reid

After losing defenseman Max Gildon to the Florida Panther the UNH defense was looking for someone to step-up on the powerplay and in five-on-five situations. This is where first-year defenseman Luke Reid steps into picture and fills the hole left by Gildon.

Reid played in 19 games in 2020-21 tallying six points on the season. Reid's first collegiate goal came against UConn on Jan. 15. His other five points were assists, two of which came against Merrimack on Feb. 19.

The Nashville Predator prospect had a pretty solid first

year and ranked 11th on the team in total points, while also being a dependable defenseman with 19 blocks. However, there is always room for improvement. Reid's side was outscored by six this season with him on the ice. Reid still has a lot of time to grow into his potential after his first year at UNH.



PHOTO COURTESY
OF UNH ATHLETICS



FOOTBALL

UNH to welcome UAlbany into Wildcat Stadium



TNH STAFF/CAMERON BEALL

Sophomore quarterback Max Brosmer (right), sophomore wide receiver Charles Briscoe III (center) and sophomore running back Dylan Laube (left).

By Cameron Beall
SPORTS EDITOR

DURHAM, N.H. – University of New Hampshire (UNH) football last took the field 15 months ago when they took down Maine in the final game of 2019 to take back the Brice-Cowell Musket. Today, the Wildcats prepare to kick-off their six-game season under the lights of Wildcat Stadium on Friday night. The team will welcome UAlbany into Durham for week one of the 2021 slate. This will also be the first time since fall of 2018 that head coach Sean McDonnell will be under the headset for the Wildcats; McDonnell missed all of 2019 while on medical leave.

During his mid-week press conference, McDonnell explained how he hasn't had

much time to let the nervous energy of his first game back sink in yet. He said he's been more focused on trying to get players back on the practice field and following protocols.

He went on to explain how different preparations have been for this season compared to their normal routine of spring and summer camp before the fall season.

"We're in school right now. Usually from that first week of August to the first week of September you've got football-101. You eat, drink and sleep football," said McDonnell. "The great thing about that is that you get to see the kids and you get to bond with the kids."

McDonnell noted his concern due to the lack of live action this year compared to a normal camp for his team.

"I got off the phone with

Chip [Kelly] this morning, and we were talking about how there's a little angst in my stomach because we haven't had the two or three scrimmages leading up to this," he said.

As for the roster, the head coach explained that he thinks his running backs are going to be the lead unit on the offensive side of the ball. McDonnell thinks it could be easier for sophomore Dylan Laube and junior Carlos Washington Jr. this year without Evan Gray in the mix. He noted that sometimes it can be tough to get each guy their touches with a three-man backfield.

The wide receiving corps is also a unit that the team has confidence in ahead of their season. The group headlined by junior Brian Espanet and sophomore Charles Briscoe III is finally getting back healthy. McDonnell is particularly

excited about some of the other players on the depth chart. He thinks that position is "solid" with some of the lesser-known names supplementing his top-two wideouts.

"Sean Coyne has come back from his year off. He's had a terrific fall and spring," McDonnell explained.

The team also thinks their defense can still be a strength just as it was in 2019. McDonnell explained how he thinks his team will go as far as their front-four on defense can take them. He also expressed confidence in his linebackers and safeties.

UAlbany is a team that McDonnell thinks could present a lot of problems on the offensive side of the ball with redshirt sophomore quarterback Jeff Undercuffler and senior running back Karl Mofor. He raved about Undercuffler's

ability to push the ball downfield and even went as far as to compare Mofor to Le'Veon Bell.

UNH lost to the Great Danes in 2019 by a final of 24-17. In that game Undercuffler threw for 199 yards and one touchdown, while completing 16-of-27 passes. Mofor gashed the Wildcats for 107 yards and two scores on 20 attempts.

Sophomore quarterback Max Brosmer threw for 142 yards and threw two interceptions in the loss.

The two sides will kick-off from Wildcat Stadium at 7 p.m. on Friday. The Wildcats will welcome Delaware into Durham on March 20 following a bye week after their opening game.

MEN'S SOCCER

O'Driscoll notches game-winner on opening day

By Shaun Petipas
SPORTS EDITOR

The defending America East champion University of New Hampshire (UNH) men's soccer team (1-0, 1-0) won their opening game this past weekend as they defeated UMass Lowell (0-1, 0-1) by a final of 2-1 in overtime.

The first half of the game was a stalemate as neither side was able to gain a real edge. UNH posted three shots on goal and UMass Lowell had

two but neither team found the back of the net and the game sat at 0-0.

The first goal of the game didn't come until the 66th minute and it was UNH who broke the seal. Senior back Victor Menudier got loose on a break-away with a smooth pass from sophomore midfielder Rory O'Driscoll. Menudier sped past the River Hawks defense and ripped a shot by the goaltender, giving UNH the one-goal lead. This was the first goal for Menudier as a Wildcat.

UNH maintained this lead

for most of the game and kept the River Hawks on their heels until 1:07 remained and the River Hawks tied it at 1-1. Senior midfielder Daniel Orrego snuck by the UNH defense and found some room to put it in the back of the net, pushing the game into overtime.

After controlling most of the game, UNH wasn't about to let this one slip away. In the 95th minute senior Jacob Gould sent a beautiful pass through the defense and found the foot of O'Driscoll who was able to one-time the ball into

the net for the game-winner. This was O'Driscoll's second game-winning goal of his career.

UNH outshot UMass Lowell 18-6 with eight being on net for the 'Cats compared to four by the River Hawks. Meanwhile, graduate student goalkeeper Alejandro Robles earned himself the win in this game totaling three saves. UNH coach Marc Hubbard now moves to 5-1 in season openers.

UNH will look to defend their home turf for the first

time in 2021 when they host the Northeastern Huskies on Saturday afternoon. The Wildcats did this effectively last season, holding a strong 9-0-1 record in Durham, and could see another season like that starting with this game against the Huskies. These two teams haven't faced one another since 2018, so the rosters might look a little different for both sides. UNH currently holds the advantage in the matchup history ahead 4-1 and will try to improve that on March 6.