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UNH announces plans to be “fully open” in fall 2021



Photo courtesy of the University of New Hampshire

By Aqeel Hisham
STAFF WRITER

President James W. Dean Jr. of the University of New Hampshire (UNH) sent out an email on March 18 to the UNH community regarding his plan to fully open the campus for the fall 2021 semester. This email was sent a few days after the one-year anniversary of the coronavirus (COVID-19) pandemic, which forced UNH to shut down its campus last spring.

Nevertheless, UNH campuses reopened last fall while

maintaining a yellow mode of operation.

In the email that was sent on March 18, Dean said that during the summer following the shutdown, the university was focused on maintaining “the health and safety of every member of our community and our strong commitment to student success and well-being.”

During the 2020-2021 school year, he applauded students and faculty members for adapting to the “new normal” quickly and utilizing teleconferencing tools such as Zoom to enhance the learning experience in a restricted

environment.

The rigorous testing system implemented by UNH has allowed students to return to campus and participate in in-person classes. The UNH COVID-19 testing system tests students twice per week and faculty members once a week - this testing system has been proven to be one of the most effective testing systems among universities nationwide.

In the email, Dean stated, “This aggressive and comprehensive approach kept our campuses open and our average positivity rate well below state and national averages.”

Furthermore, he stated that the 2020-2021 school year has been a learning experience for the university to “leverage what we’ve learned to create a new model for higher education, combining the traditional residential experience with more online options to increase the opportunity for international students as well as students studying abroad and doing internships.”

Additionally, UNH is also planning on strengthening and expanding its online graduate programs. “Student success remains at the core of our planning,” he stated in the email.

However, having the UNH community vaccinated is an integral component of this plan. Dean stated that the university does not anticipate that the virus will be eliminated by fall, and precautionary steps such as wearing face masks and the testing programs will still remain in effect.

The email ended with Dean voicing his excitement to achieve this mission in the fall and urging the UNH community to get vaccinated if they are eligible.

University receives \$2.7 million in grants for wilderness therapy study

By Julia Stinneford
NEWS EDITOR

“Now more than ever, it’s become more difficult to be 13 to 18 years old,” said Mike Gass, professor of outdoor education and director of the University of New Hampshire’s (UNH) Outdoor Behavioral Healthcare Center. “Substance abuse, depression, and anxiety are key things that our adolescents are facing.”

To combat these, Gass and his team of researchers are conducting first-of-its-kind research into the effectiveness of outdoor behavioral health (OBH), also known as wilderness therapy. It’s a prescriptive treatment for teens struggling with the issues Gass mentioned, which involves the use of wilderness experience such as hiking and climbing with licensed mental health professionals. For this study, UNH

has received \$2.7 million in grants.

Gass said that the research team is comprised of “All-Star” faculty including Professor of Social Work Dr. Anita Tucker and Assistant Professor of Social Work Tarkington Newman, Associate Professor of Education Dr. Suzanne Graham, Associate Professor of Health Management & Policy Dr. Semra Aytur, UNH-Manchester Psychology Professor Dr. Nick

Mian and Education Doctoral student Kendra Bostick.

“The goal,” Gass said, “is to try to find out, how do we best serve this community and make a difference in their lives, to serve them better.” This will ultimately involve trying to “understand how to construct and implement better treatments” for these teens.

Gass said that the study will lead to “hopefully a better understanding of how to help

these children with critical needs.”

The fact that this is the first clinical study of its kind means that the study will have “numerous safeguards,” Gass said. The grant, Gass said, “enables us to construct the research project using rigorous control features to produce the true effect that is occurring with these

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Last Thursday, multiple tables were stolen from rise + grind, but returned a week later and owner Bobby Marcotte comments on the issue.

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The program promises to explore how "leaders and citizens work in and around government and civic organizations to address today's complex societal problems."

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Topanga Canyon reopens in new location

On March 5, 2021, Topanga Canyon Vintage reopened in a new location that is more accessible for customers. The small business is located at 13 Jenkins Court, Durham, NH.

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68/50
Cloudy

March 26

69/42
Showers

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54/38
Partly Cloudy

March 28

45/37
Rain

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44/27
Partly Cloudy

March 30

53/34
Mostly Sunny

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60/41
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Weather according to weather.com

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The structure of the study itself will involve randomizing treatment for 84 adolescents, providing half of them with wilderness therapy and the other half with cognitive behavioral therapy (CBT), the standard non-pharmaceutical treatment.

The study will take into account other factors that could influence the adolescents' outcomes, including socioeconomic, and vigilantly moni-

tor the adolescents' progress. There will be evaluation of the adolescents before the program begins, six months after, and then a year later, to see how long any effects from the therapy last.

Gass compared the process to the procedure of making the COVID-19 vaccine. In those trials, scientists consider, he said, "Was the drug safe, if it's safe does it work, and then if it works can we distribute it to make it work for individuals, and the last thing is how do we get it out there."

"We're going through this same type of process," Gass said. The research is more or less on step two, he said – they know OBH is safe, and are now looking at the therapy in terms of effectiveness and how to "get it out there," as Gass said.

Another important factor with both the COVID-19 vaccine and this study, Gass said, is how long the effects last. "This research project only goes for one year after," he said, but "then we'll come back in a few years and see what

happens."

Gass has previous experience doing work like this in transitional houses and group homes with young adults. He said that they were "fortunately able to take the House members to do wilderness experiences as part of their treatment," and said that amid a number of valuable contributing factors, he saw good results from the wilderness therapy.

Gass has also conducted research into the cost-effectiveness and treatment completion rates of OBH, and found the

treatment to be both successful and cost-effective, which could help open up avenues for providers and patients to choose wilderness therapy as a treatment option.

With the current study funded by grants from a collection of family foundations, Gass is looking forward to furthering the collective understanding of this field. "It's exciting to be doing this work," he said, and he hopes to make a difference with the results.

Residential Life rejects hazard pay for RAs in follow-up email

By Ben Domaingue
STAFF WRITER

In an email following up with residential assistants (RAs), Director of Residential Life Ruth Abelmann rejected potential hazard pay for resident assistants.

University of New Hampshire (UNH) RAs and the Department of Residential Life recently met to discuss additional compensation for RAs due to the coronavirus (COVID-19) pandemic.

"I want to be fully transparent and say that added compensation is not an option," said

Abelmann.

This news comes shortly after a petition circulated by resident assistants garnered over 480 signatures. Their petition calls for additional compensation for the increase in hours and workload placed upon RAs.

"We request that you formally consider possible forms of additional hazard compensation for RAs, not only to highlight the work we have been doing and will continue to do, but also give us some added comfort to our daily lives," said the petition.

Abelmann noted that the university's losses due to COV-

ID-19 are partly to blame.

"Residential Life/Housing lost millions of dollars since the start of COVID due to refunding students for their housing during closures," said Abelmann.

Abelmann noted that much of the UNH staff have taken on increased workloads, with some even resorting to pay cuts. Given the impact on RAs' mental health, Psychological and Counseling Services will be hosting a group drop-in session for RAs.

RAs also made note of the inequities in vaccine distribution, with resident hall directors, dining staff and house-

keeping staff receiving leftover doses from Exeter without communicating the event with them. Based on current state guidelines, RAs remain ineligible for the vaccine.

Abelmann confirmed that the university is willing to secure N-95 masks and face shields for RAs should they ask.

RAs have been concerned with student conduct within Adams Tower and Babcock Hall. Bringing these concerns to light, Abelmann was able to identify multiple cases in which the university will take action through student conduct.

"I investigated the concerns

and learned there are over 12 cases being brought through conduct and serious sanctions will likely be the outcome including eviction for the semester and/or suspension," said Abelmann.

Even with RAs' concerns on COVID-19, the university continues to take strict action against non-compliance within its testing protocols.

"We are taking COVID testing compliance very seriously this semester and as of today we have had only 1 on-campus student who has missed 2 tests," said Abelmann.

Abortion set to become key issue in New Hampshire State Senate

By Ben MacKillop
STAFF WRITER

Two bills seeking to place some limits on abortion within New Hampshire passed the New Hampshire House of Representatives last month and have been introduced in the Senate, setting up a heated battle over the polarizing social issue.

The two bills passed in the House last month include HB625, the "Fetal Life Protection Act" and HB233, the "Born Alive Infant Protection Act." HB625 would prohibit health care providers from performing an abortion past a fetus' gestation of 24 weeks, threatening felony offenses for providers and businesses who do not comply. Under HB233, health care providers including abortion providers would be required to give "lifesaving nourishment" to any fetus that is "born alive" as a result of an abortion. Versions of both the bills passed were introduced during last year's session, only to be voted down by the then-Democrat majority.

While HB625 passed on a party line vote with strong opposition from Democrats (197-152), HB233 was not originally scheduled to be voted on until the next day, but Republicans moved the bill up. As a result, most House Democrats left the building, an indoor sports complex where the House met to allow for social distancing, in an effort to not give Republicans a required quorum in order to hold a vote. This resulted in Republican leadership lock-

ing the doors of the complex in an effort to prevent Democrats from leaving, ultimately resulting in many Democrats to be locked out while the vote took place, resulting in a 189-44 vote in favor.

This contentious day for the House congregation showcases the polarizing nature of abortion in the state of New Hampshire. In an NPR/Marist poll from 2019, 57% of Granite Staters self-identified as "pro-choice" with only 35% self-identifying as "pro-life." Despite this, 61% of those surveyed said they would favor some form of increased restrictions on abortion including limiting abortion to the first trimester, or only in cases of rape/incest or when the mother's life is in danger.

House Republican and sponsor of HB625 Walter Stapleton (R-Claremont) said that he hoped the bill would, "reduce, if not yet completely eliminate, the dichotomy we've had for 48 years between the Right-to-Life of the preborn and the lawful consent granted for abortion under the law."

Many Democrats as well as advocates for Planned Parenthood in New Hampshire criticized the bills for criminalizing abortion as well as trying to provide a "one size fits all" approach to an issue where each case is different.

While New Hampshire has not explicitly enshrined abortion rights in state law, New Hampshire is one of only 7 states with no prohibition on time of abortion. Neighboring states Maine, Rhode Island, and Connecticut prohibit abor-



Photo courtesy of the Dan Tuohy.

tion after the point of viability, typically seen at around 24 weeks of gestation, Massachusetts restricts abortion at 24 weeks, and Vermont has no restriction. While New Hampshire has some of the most relaxed abortion restrictions, the state currently does not provide any public funding for abortions except in cases of rape, incest, or maternal danger. Based on previous votes on abortion laws in past years, it is expected that the Republican-controlled Senate will vote to pass these restrictions. Despite this, Republican Gov. Chris Sununu has not yet come out in support or against the bills. Sununu, who has in the past described himself as a "pro-choice Republican," has largely

tried to avoid the topic of abortion in his four and a half years as governor. During his time serving on the

Executive Council, Sununu has voted both in favor of Planned Parenthood funding in 2011 and 2014, and was then the deciding vote to defund Planned Parenthood in 2015. During the 2016 gubernatorial election, after once again voting in favor of funding Planned Parenthood, Sununu made a pitch to pro-life voters saying that, "It is important for conservative voters to know that I, too, support many of the commonsense platforms' initiatives that they want to see passed, including: a fetal homicide bill, the Women's Health Protection Act, a late-term abortion ban."

The two abortion bills were delivered to the Senate and assigned to the Judiciary committee in early March, but it is not yet known when any hearings will be held on the two bills.



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Warming winters in the Northeast affect ski industry



Photo courtesy of Dr. Elizabeth Burakowski.

By Julie Bobyock
CONTRIBUTING
WRITER

When discussing climate change, larger concepts are often emphasized: temperature shifts, sea level rise, and more extreme weather patterns. However, changes that may occur in our daily lives and activities are typically grazed over. And one thing that is certainly a popular activity in the northeastern United States may be vulnerable: skiing.

In her TED x talk “Climate Change and How it’s Damaging the Ski Industry,” Dr. Elizabeth Burakowski, climate scientist and professor at the University of New Hampshire (UNH), detailed the changing winters the northeast is experiencing. Temperatures have risen an average of three degrees since the 1960’s and

warming trends have reduced the length of the snow season one to two weeks.

As Burakowski lectured in UNH’s course titled Contemporary Conservation Issues last fall, she presented the main findings of an economic and climate change report completed in partnership with Rebecca Hill and Hagenstad Consulting, Inc.: there are decreasing days below freezing (< 0°F), there are decreasing days with snow coverage, and winters are shortening, mostly due to an earlier spring period.

She also explained that not only is winter the fastest warming season in the northeast, but this region is experiencing some of the fastest warming in the United States as a whole. These climatic changes largely influence the environment, but socioeconomic concerns are becoming hard to ignore.

In just the winter season of

2015-2016, the report estimated that approximately 20 million people participated in winter activities (skiing, snowboarding, snowmobiling, etc), which accounted for about \$20.3 billion in economic value for the nation’s economy. Not to mention that the ski industry accounts for hundreds of thousands of jobs.

In 2017 alone, New Hampshire’s snow activities contributed \$152 million to the state’s economy. Burakowski found that in low snow years, revenue from less winter activity nationally decreased by \$1 billion and accounted for 17,000 lost jobs. If the world continues on a similar greenhouse gas emission path that it is on now, these climate and socioeconomic effects will only continue to worsen.

Luci Anderson, a sophomore and member of the UNH ski team, explained that there

is “definitely a difference in the number of skiers that come to the trails when conditions aren’t good. People don’t really think about going skiing until it snows a ton, so when it doesn’t snow not as many people get out skiing.”

With rising winter temperatures and a shortening winter season, less snow will most likely equal less visitors, a pattern that has already been observed by Burakowski. The number of days with snow cover has already decreased by two weeks in Durham. As winter sports have massive influences upon New Hampshire’s economy, these observations must be considered as New Hampshire adapts to a changing climate.

According to Mary Stampone, a climatologist and UNH professor, January to November of 2020 was around 4 degrees warmer than the

historic average. This coincides with Burakowski’s findings of an earlier spring period. 2021 could be following on a similar path already, as March 11 temperatures were nearing the record breaking high of 68 degrees Fahrenheit.

While some may have different perspectives regarding climate change, snow is one thing everyone may have in common- especially in the northeast. It is important to work together to defend science and amplify voices to protect snow, the ski industry- and of course the experiences of snowball fights, sledding, and snow angels.

To learn more about Burakowski’s work, read her work titled “Economic Contributions of Winter Sports in a Changing Climate.”

Students can receive CRRSA fund emergency grants

The University of New Hampshire (UNH) received funding for the student emergency grants on March 19 through the federal government’s Coronavirus Response and Relief Supplemental Appropriation (CRRSA)

Act, which provides additional financial support to individuals and organizations affected by the COVID-19 pandemic, including funding for colleges and universities to provide student emergency grants. Eligible students received an email with instructions on completing the brief emergency grant application via Webcat. The process is simple and quick, so be sure to check your Webcat account under “Billing” to apply for these funds. Funds will be allocated on a sliding scale of need - with individual grant amounts ranging from \$500 to \$2,500.

rise + grind tables stolen and returned to owner



Photo courtesy of the hop + grind.

By Evan Edmonds
STAFF WRITER

Several tables were stolen last Thursday night from the patio of coffee bar, rise + grind, on 17 Madbury Road.

Owner Bobby Marcotte made the announcement on the rise + grind Instagram story and Facebook page. He enlisted the help of the Durham community to return the tables as well as two 12 foot Saxby's signs that were stolen a few weeks ago.

Marcotte was preparing to open rise + grind Friday morning and set up outside seating for the nice weather when he

noticed that five or six tables were missing from the patio. "Someone thought it was really funny to steal tables from a small business that's just trying to make ends meet," he said in the Facebook video.

Marcotte said in an interview that two 12 foot signs he planned to reuse from the former business, Saxby's, were stolen a couple weeks ago as well. He said he originally planned to let it go, but now that the tables were also taken, he has had enough: "They belong to rise + grind, they were stolen from me, and honestly, it doesn't sit well with me."

The lack of the outdoor seating on a nice day alone

could cost rise + grind some business, replacing all the missing property will cost him a couple thousand dollars, he said.

"I'm leaning on the community, and my clientele, and just honest people," Marcotte said the community has been great to them and they've been fortunate to open a sister location to hop + grind.

Kim Clark, co-owner of Clark's American Bistro, spoke on the Clark's Instagram story asking the community to help. "Small businesses are having a really hard time right now and a hit like this is a big hit. Please help out a small business," she said.

Marcotte shared the same sentiments: "Restaurants are getting hit hard enough."

He offered cash as well as free coffee and burgers to anyone who comes forward with information that leads to the return of the tables or the signs. He said he will not disclose the names of those who call and they would remain anonymous, he just wants to find rise + grind's property.

"That would make this sunny, bright day a whole lot sunnier and brighter for me, my employees, my business, and those that might've wanted to sit outside on this day and enjoy the weather," Marcotte said.

The signs and tables have since been found, however, most were destroyed according to a video posted on Facebook on March 15 by Marcotte.

"I'm honestly super stoked that we got to the bottom of it," he said. "I don't like unfinished business like that. All the culprits came out today - they stopped by, they apologized, we did our formalities, and we are going to make it good. They are going to make up for the damages; people make mistakes."

"I wanted to again thank everybody as always for their support," he concluded.

Overnight theft at clothing store Topanga Canyon Vintage

By Evan Edmonds
STAFF WRITER

A handwritten road sign was stolen in the middle of the night Saturday night from vintage clothing store Topanga Canyon Vintage on Jenkins Court in Durham, N.H.

This is the second Durham small business to have property stolen from them in recent weeks, following coffee bar rise + grind's signs and tables being stolen as well. The sign was a secondhand road sign that was handwritten by employees of Topanga Canyon Vintage in order to keep costs low. It was noticed to be missing Sunday morning and disappeared sometime after close Saturday night.

The clothing store is a "recycled, reworked and upcycled clothing venture." They support the slow and recycled fashion movement, repairing and sanitizing used clothes to the best of their ability before sale. The shop at 13 Jenkins Court in Durham is open Wednesday to Sunday noon to 5 p.m., or by appointment. Patrons can visit their Instagram to shop online as well.

Sadie MacIver, a partner at Topanga Canyon Vintage said it hurt not only because they're

a new small business in town, but because of how much they value supporting the community.

A lot of effort has gone into their work: sourcing all the merchandise they can from thrift stores, yard sales and Facebook marketplace. For it to be taken after all that work, they are disappointed, MacIver said.

She said they are understanding, however, that mistakes happen, and more than anything wish to have their sign returned, and they wish the same for Durham's other small businesses.

Chef Bobby Marcotte announced on their Facebook page that rise + grind's property was reportedly found, although most of it was destroyed. Marcotte said in the video announcement that he was happy that the issue was resolved, and those responsible apologized for their actions.

He continued to thank the community for their continued support: listing professors, students, families, customers, residents, the Durham P.D. and more. "This is why I opened a second business here in Durham, New Hampshire, because I love the community," he said.

MacIver said they didn't

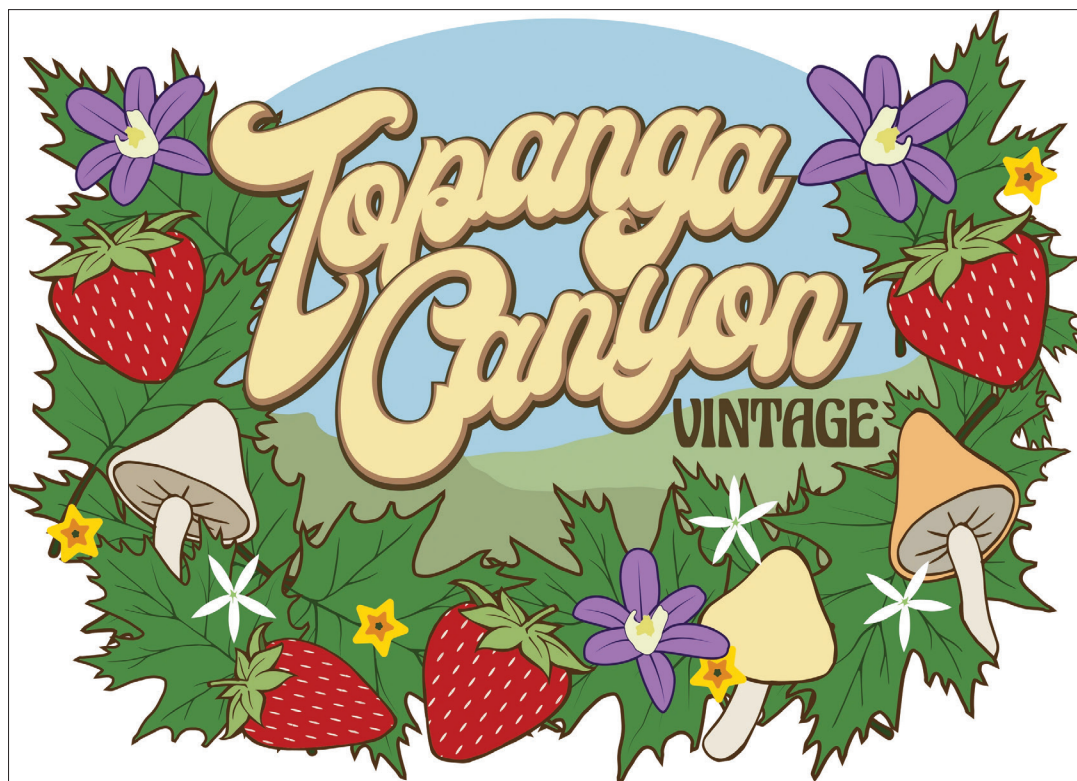


Photo courtesy of Topanga Canyon Vintage.

file any official reports because they know it was a stupid mistake, and would rather just have it returned than pursue legal action. Similar to how well the situation was handled at rise + grind, Topanga Canyon Vintage is banking on community members to be responsible and own up to their mistakes.

As stated from previous thefts, these late night thefts are only making things harder on small businesses that are just trying to make ends meet in an already difficult time. Those at Topanga Canyon Vintage wish that no other small businesses are stolen from.

MacIver shared a message

on behalf of the business: "this past year has been hard for us all, please be kind to one another."

Anyone with information leading to the return of the sign can call Topanga Canyon Vintage at 603-389-9233 or email them.

50% of at-risk youth not receiving needed mental health services

By Shawn Latulippe
DESIGN EDITOR

Researchers at the University of New Hampshire (UNH) found that more than 50% of at-risk children in the United States are not receiving the behavioral and mental health services that could improve their developmental outcomes.

The national cross-section of 11,896 young children and teens found that the group receiving the least number of services was young Black children with significantly lower levels of clinical contact compared with non-Hispanic white children.

David Finkelhor, professor of sociology and director of UNH's Crimes against Children Research Center said other studies have had similar findings, but this data is more updated. He said he expected the result in comparison to previous studies on the topic. The research was supported by grants from the Office of Juvenile Justice and Delinquency Prevention at the U.S. Department of Justice.

This research is unique because the crime surveys that are conducted by the U.S. government don't include any victimizations of persons under the age of 12. They also don't cover some kinds of victimization that are most common for children like bullying, abuse by family members and sexual abuse that doesn't involve violent rape.

To conduct the research, they interviewed children aged 10 and older, and interviewed the parents of the children if they were below the age of 10. They looked at children with high levels of adverse childhood experiences (ACEs), and or high distress symptoms. They also observed children with symptoms like depression, anxiety, anger, post-traumatic stress and dissociation.

The untreated portion of high-risk juveniles ranged between 41% to 63%. Among those aged two to nine years old, no clinical services were

reported for 57% of the group with high ACEs, and 53% of the group with high distress symptoms. Among those aged 10 to 17 years, the no clinical contact group comprised of 63% of the adolescents with high ACEs and 52% of those with high distress symptoms.

Finkelhor said a lot of people in the field are very frustrated and frequently comment on the lack of services for children. He said there's an insufficient supply of people who are providing the services and there are long waits in many parts of the country for kids to be seen.

He explained that reimbursement rates are low so there aren't enough people coming into the field. Additionally, he said some of the people working particularly in large community mental health agencies aren't that well trained. He added that some of the most up-to-date techniques and modalities are not in use yet and there is the problem that it is very difficult to get an immediate appointment so a lot of people give up on it.

There's been a lot of research in recent years showing that high numbers of childhood adversities are strongly associated with poor mental and physical health, according to Finkelhor. He said there has been a big effort to try and find the kids who are experiencing these high burdens, called toxic stress, and try to help them have better coping skills and reduce the number of adversities they're encountering. This added support is also generally seen as one of the big ways of reducing health care costs in the long run.

Finkelhor also believes schools can play a large part in helping students overcome mental health adversities, by putting more behavioral health services in the schools.

Finkelhor explained that there also might be some reduction in stigma because children could be getting help from somebody they've seen around the school. "That can make a big difference," he said. "The other



Photo Courtesy of the University of New Hampshire.

thing that schools can do is they can do a better job of proactively screening kids for problems and the treatment. So, sometimes the kids are not doing well in school because they're dealing with trauma of some sort."

Finkelhor lamented that schools are already juggling many tasks and finding the resources in the school day and in the budget for those kinds of programs can be difficult. But ideally, he would like to see a

more comprehensive curriculum that covers important life skills and self-protection to reduce the number of adversities and give kids better coping skills. He believes this would probably lead to less need for mental health and behavioral health treatment.

According to Finkelhor, children are a disadvantaged segment of the population that have not always been well cared for. He said the level of child poverty has remained high and

society has been slow to address some of the problems that they can suffer from. Problems like these are "treated like 'wow, you know, that's just what childhood is about.' Or, abusive parents, 'well, you know, some kids just get tough love,'" he explained. "But I think attitudes about that are changing."

Spring is in the air at the University of New Hampshire

By Mia Serino
CONTRIBUTING
WRITER

The chilly winter weather seems to be coming to an end as spring makes an appearance during the third week of March.

Dr. Peter Degnan, the medical director at the University of New Hampshire's (UNH) Health & Wellness is optimistic that warmer weather will help slow the spread of the coronavirus (COVID-19) on campus. "I am hopeful that warmer weather will allow students to spend more time outdoors, physically distanced of course, which will make it much more difficult for

the virus to be spread person to person," said Degnan.

With spring around the corner, the heat in buildings won't be on constantly. "This will allow for less dry air, which in turn results in a much healthier respiratory system," Degnan said.

After the university's short-lived switch into orange mode which is classified as limited operations, it is important that members of the UNH community don't let their guard down. According to Degnan, in order for UNH to remain opened for the rest of the semester, "it will take continued vigilance with ongoing public health precautions like mask wearing and physical distancing."

Although outdoor gatherings can help reduce the transmission of COVID-19, Degnan still has some concerns. "My greatest concern is that our community will let our guard down and risk a spike in our infections," he said.

Degnan recognizes the desperation that some people have to reconnect with friends, but he says it is still too soon to abandon precautions. "That would not only threaten our own personal health, but the health and safety of the larger Durham community," he said.

UNH sophomore Bobbi Hartmann said she is excited for spring even though she is going to miss winter sports. "I plan

on hiking and getting outside more," she said. "I'm very excited to go swimming again when things thaw and warm up."

Hartmann shares some of the same concerns as Degnan when it comes to COVID-19 on campus. "Hopefully COVID cases begin to die down a bit in the warmer weather, but I think people will travel and party more, so I think there's a risk there," she said.

Degnan believes it is incredibly important for classes to be held in a way where social distancing of at least 6 feet is possible while wearing masks. "If this can be accomplished in both indoor and outdoor settings equally, then I would say that

outdoors is even better," he said.

Hartmann said she took some classes that were held outdoors when possible, during the fall semester. "It was definitely fun," she said. "But it made it difficult to take notes and retain good information the whole time."

Degnan recommends that people keep gatherings small, continue to wear masks, and avoid any unnecessary travel in order to remain safe as the weather changes. "If you have access to a COVID vaccine of any type, take it," he said. "Let's have a successful semester, and then we can enjoy the upcoming summer."



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UNH Manchester launches Public Service and Nonprofit major



Photo courtesy of UNH Manchester

By Isabelle Curtis
STAFF WRITER

In partnership with the University of New Hampshire's (UNH) Carsey School of Public Policy, UNH at Manchester announced a new Public Service and Nonprofit Leadership major.

The program promises to explore how "leaders and citizens work in and around government and civic organizations to address today's complex societal problems" and provide students valuable skills for future careers in the public or non-profit sector, according to a UNH press release.

Stephen Pimpare, senior lecturer in American Politics & Public Policy and coordinator of the new program, has been developing the major since he came to UNH in 2015. One of his main goals was to make UNH Manchester distinct amidst declines in its undergraduate enrollment and political science programs.

"A lot of what we try to do is distinguish ourselves by the way of experiential and applied learning, so [what we did was] build a program that tapped into that and took advantage of my own background," he said.

The Public Service and Nonprofit program is also unique because of its collaboration with the UNH Carsey School. Students will be automatically enrolled in three courses that count toward their undergraduate degree and a master's degree at Carsey. This will help students complete their master's education more quickly.

Part of the reason behind the partnership was UNH Manchester's small size and budget. Pimpare explained that by building Carsey courses into the program, they could tap into Carsey's resources without having to hire additional faculty.

However, he also stressed the importance of graduate degrees, asserting that they are the new bachelor's degrees.

"We [want to] make it pos-

sible for as many of our students as possible to go out into the world with that graduate level education," said Pimpare. "It's not just that they're going to be better at what they do, and we're going to be supplying more talented and knowledgeable people into important jobs, but we increase the chances that they're going to good jobs with upward mobility."

The program was designed to be more accessible for working professionals and busy students with this goal in mind. This includes fully online instruction with later class start times. Durham-based students can also enroll in the program without having to change locations.

In the Public Service and Nonprofit Leadership program, what students learn in the classroom will correspond with their own real-time field research. For example, during instruction about research design, students will begin conducting their own research around a particular

question. Students will participate in workshops to get group feedback and develop their ideas. The program hopes this will help students gain interpersonal skills needed for the corporate and non-profit sector.

"It's this constant iterative approach of learning about something in the abstract and then applying it, and then trying to see what happens when you encounter the very particular challenges of doing research in the real world," explained Pimpare.

Students will also be expected to complete a semester-long internship, as well as an independent research capstone project. These requirements can be completed separately or combined, said Pimpare. He pointed to a current student who is interning at a lobbying firm in Concord and plans to use her connections to create a podcast about an upcoming bill. Majors can also use other UNH programs, such as Semester in the City, to fulfill their elective and

capstone requirements.

Pimpare hopes that students will use their experiences to learn how to be more active citizens who can inspire change in their community. He recalled how much he hated his job working as a corporate paralegal in New York. It wasn't until getting involved in nonprofits such as Artists for Hunger, and the Food and Hunger hotline that he found fulfillment. He still considers working with the Food and Hunger Hotline to create the first not-for-profit restaurant in New York City one of "the most satisfying things [he's] ever done."

"I hope that [students] emerge from [the program], whether they're going to go out into the workplace in the public or nonprofit sectors, that they feel prepared to do work that matters to them," said Pimpare. "I really do care about people finding value in what it is they do."

Biden order could change how colleges deal with sexual misconduct

By Isabelle Curtis
STAFF WRITER

Earlier this month, President Joe Biden ordered a review of federal rules guiding colleges on how they handle sexual misconduct. This is the first step in reversing the Trump administration's controversial changes to Title IX, the federal law that forbids sex discrimination in education. The new regulations put into place by the Trump administration bolstered the rights of the accused and narrowed the scope of sexual misconduct cases colleges were required to investigate.

"Title IX for us as a campus-based organization has a significant impact on the way we are able to show up and help survivors navigate their experience," said Julia Kelley-Vail, direct services coordinator of the Sexual Harassment and Rape Prevention Program (SHARPP).

She explained Donald Trump's changes to Title IX haven't impacted the core of SHARPP's work but have changed the tone of conversations with survivors about what to expect from the reporting process.

One significant change is that schools must now dismiss complaints of sexual misconduct that occur outside university-controlled buildings or educational activities. This means that Title IX does not cover misconduct that occurs in off-campus housing or during study abroad. Yet, an average of 84.4% percent of college students live off campus and rates of assault are an estimated five times higher in study abroad programs, according to the Know Your IX website.

The narrower definition of sexual harassment has also caused difficulty, said Kelley-Vail. Under the Obama admin-

istration, sexual harassment was defined as any "unwelcome conduct of a sexual nature," whereas the new rules assert the conduct must be "severe, pervasive, and objectively offensive."

"Having to meet that threshold we're potentially asking survivors to continue to be subject to this harassment before it can reach the level of being addressed under Title IX," said Kelley-Vail.

Although an incident that doesn't fall under Title IX can still be addressed if it violates UNH's student conduct policies, Kelley-Vail says it can still have a "big impact" on survivors to hear the school is dismissing their Title IX complaint.

However, the change to the live hearing process has received the most outcry. Under the new rule, "colleges must allow live cross-examination by the 'representative' of each party's choosing." This means survivors can

be cross-examined by the perpetrator's parents, friends, fraternity brothers/sorority sisters or lawyers.

Previously, during live hearings at UNH, both parties would submit written questions that would be asked by a three-person panel. This new process "could be incredibly re-traumatizing" for survivors, says Kelley-Vail. She recalls that the live hearing had already been a dealbreaker for some survivors in past years.

In addition, instead of a summary report, the full interview between a survivor and investigator now goes to the other party as part of the directly related evidence at the end of the investigation. This offers more opportunities for re-traumatization, explained Kelley-Vail.

However, she asserts that some changes could be beneficial to survivors. Previously, mandated reporters were re-

quired to report sexual misconduct to the university and the university would investigate it if they thought it was warranted. Now, a formal Title IX process will not start unless a survivor has made a formal complaint. Although, "asking a survivor to have to write a coherent verbal statement about what they've experienced that's being sent directly to the accused party" can still be difficult.

It will likely take years for the federal government to make changes to Title IX, but legal experts expect Biden to seek a middle ground that will equally protect the rights of the accuser and the accused.

"[It's] important for the integrity of a process, everybody's rights need to be retained," said Kelley-Vail.

More information about student protections under Title IX can be found on the Know Your IX website.

UNH community reflects on one-year COVID-19 anniversary

By Aqeel Hisham
STAFF WRITER

On March 11, 2020, the World Health Organization (WHO) declared the coronavirus (COVID-19) as a global pandemic. Store shelves were stripped of bare necessities by worried customers, local businesses had to shut down their operations, and students were sent home by universities; all these happened in hopes of combating the spread of this deadly virus.

It has been a year since then, and although COVID-19 is still categorized as a global pandemic, many people are fitting into the new normal. Wearing a face mask, practicing social distances, and sanitizing could be considered as a daily routine instead of a step of prevention.

On March 15, 2021, President James Dean of the University of New Hampshire (UNH) sent out an email with a video titled “#UNHTogether, One Year Later” attached in it to the UNH community. In the video, Dean was joined by Durham Town Administrator Todd Selig to commemorate UNH’s effort in combating COVID-19 for the

past year.

Dean started the video by stating how proud he was of the UNH community for persevering during these hard times. He noted that the efforts that were given by students and faculty members are “remarkable, even daunting.”

Selig continued to state the achievements by the Durham community in spite of COVID-19 such as embracing cutting-edge public health strategies, coordinate local efforts, and hosted the New Hampshire House of Representatives on several occasions.

As the vaccines for COVID-19 are rolling out, Selig urged the Durham community to stay vigilant. He added, “The end may be in sight, but unfortunately, it’s not over.”

One of the main purposes of the video was to gather virtually to remember the lives that were lost due to COVID-19, and to honor and appreciate the UNH community, as said by Dean. The video ended with the UNH Carillon being played from Thompson Hall as a symbol of respect to the ones who have been suffering during these hard times.

Junior communications major Carson Webb stated that

the biggest challenge since the UNH shut down a year ago was staying motivated. “I have just been trying to self-motivate myself to keep up with the schoolwork since most of my classes are online,” he said.

However, Webb believes that UNH has “done a good job” in adapting to changes and keeping the school open - especially with the testing program that UNH introduced last semester. He added, “My sister goes to Quinnipiac University and they pick random students for their weekly testing.” Although not

all classes are in-person, Webb justified his excitement about being able to stay on-campus by saying, “At least we (students) still get to be together.”

When asked about his expectations for the coming fall semester, the New Hampshire native said that it all depends on how fast students will be able to get the vaccine. “The faster the vaccines are made available to all, the more likely that UNH will get back to being normal.”

As a junior, Webb shares his empathy for first-year students and seniors. “I feel really

bad for this year and last year’s seniors. I know a lot of people that are searching for a job and no one is hiring; it is definitely not the college end you’d expect,” he said. But Webb is optimistic that current first-year students who enrolled at UNH last fall will get the college experience that they deserve once the situation is back to normal. “I feel like the freshmen don’t really know what college life is,” he added.



TNH Staff / Danielle Forte

First annual hop + grind “Hoppy” Leprechaun 5K hosted in Durham

By Aubrey Benoit
STAFF WRITER

After almost a year of being cooped up indoors due to the coronavirus (COVID-19), participants of the hop + grind “Hoppy” Leprechaun 5K were able to safely get back out there and experience the joy of racing this past Saturday.

For the first annual race, the number of participants was outstanding. Two hundred people, travelling all the way from Connecticut and Rhode Island, showed up to sprint a 3.1 mile loop starting and ending at Oyster River High School. There were 14 different groups created, competing against each other to donate the most amount of money.

An honorable event, runners showed up in all of the green they owned and an Irish spirit no one could beat as everyone welcomed the 62°, bright,

spring day. The combination of the great weather, a welcoming community and a respectable event, laughter and joy were displayed at every scene.

Ashley Steeves, 32 of Amesbury, Mass., has worked her entire life giving back to the community. The “Hoppy” Leprechaun 5K was started by Steeves and her non-profit racing company, “High5EM.” In collaboration with Bobby Marcotte, owner of hop + grind and rise + grind, Steeves was able to sponsor an event that benefits St. Jude Children’s Research Hospital.

Why St. Jude? Marcotte has become a long-time supporter of St. Jude in honor of his late daughter, Allana, who lost her fight with cancer at age 13 in 2014. Steeves knew Bobby did fundraising for Allana throughout the year and wanted to help. “St. Jude is a phenomenal charity to support and give back to,” Steeves said.

Steeves started High5EM with her wife six years ago. “We value supporting the community. We push ourselves and love the challenge of a 5K,” Steeves said. Overall, Steeves wants to give people the opportunity to finish a challenge while also benefiting the charitable side of the community. High5EM has a strong following of runners who support the events throughout the year. Before COVID-19, that would account for about 25 events between March and Thanksgiving.

Entry fees for adults was \$17-\$35, depending on the day they registered, and \$15 for children. High5EM even gave a discounted price to the surrounding University of New Hampshire students. The total amount of donations to St. Jude is still currently being calculated.

Runners who chased this opportunity raced to the finish line at full speed with hearts pounding, lungs that feel like they’re torn apart and legs that

couldn’t be felt anymore. Brian Shepard, 24, came in first place for men, completing the race in 16 minutes and 50 seconds. Heather Searles, 38, busted out just barely under a sub 20; a first place champion for the women who participated.

“I want people to take out an amazing experience. Some people even come and race alone. They come and race hard,” Steeves said. High5EM creates opportunities for people to meet up with friends and gives dedicated runners a new theme or a new course. “Racing gives [participants] an opportunity. You don’t have to think about anything,” Steeves added.

The Durham Police Department allocated permits to High5EM and chaperoned the event to keep everyone COVID-19 safe. However, for participants that were not comfortable because of the pandemic, there was a virtual option. They had the weekend, starting on March

19, to complete the virtual event, while receiving all the glory including a chance to submit your race results. They weren’t eligible for awards, but were able to download a finishers certificate upon completion.

One last St. Patrick’s Day hurrah at the event gave New Englanders a chance to feel somewhat normal while struggling in the pandemic. COVID-19 or not, Steeves mentioned that Marcotte is “super excited” to watch this event grow. He has been working on raising money for Allana and has pushed himself to create a memorial fund in memory of her as well. The Inaugural hop + grind “Hoppy” Leprechaun 5K allowed Marcotte a chance to create something specifically for Allana, someone who stands as a symbol of strength and courage to not only him, but the entire community.

Photo courtesy of High5EM.

25 March 2021

Everything deserves a second chance, even clothing



Photo courtesy of Topanga Canyon Vintage.

By Caitlin Staffanson
ARTS EDITOR

On March 5, 2021, Topanga Canyon Vintage reopened in a new location that is more accessible for customers. The small business is located at 13 Jenkins Court, Durham, NH and is open Wednesday – Sunday noon to 5 p.m. or by appointment.

University of New Hampshire (UNH) senior, Sadie MacIver has a passion for selling thrifted and upcycled clothing. MacIver used to run her own business via Instagram until she was approached by

the previous owner of Topanga Canyon Vintage and asked to become a co-owner of the small vintage business. The two women got together and decided to collaborate and collectively became Topanga Canyon Vintage.

“We [Topanga Canyon Vintage] are working to stop fast fashion and really emphasize slow fashion and recognizing the carbon footprint that customers have when they buy clothing, because it’s not necessarily something everyone thinks about,” said MacIver.

Topanga Canyon Vintage is a secondhand, vintage clothing store. The two women

thrift, upcycle, and create their own items to sell. The driving forces behind their store and items are providing customers with quality, low-cost clothing and giving everything a second chance. Most of the items sold at Topanga Canyon Vintage are clothing; however, they do have some “knick knacks” including hair accessories, shoes, decorations, and more. Throughout the store there are also small “booths” that include items from other small, local businesses. The two women want to encourage a sense of community throughout their store. By sharing local work alongside second hand

and upcycled item it differentiates their store from chain thrift stores like Goodwill or Savers.

“I think what makes us most special is that we have members of the community that have small booths so to say where they sell their own handmade items,” said MacIver. “We have a couple of students at UNH – one sells candles and somebody else makes jewelry. I think what makes us most special is we have that aspect of community.”

Sadie MacIver classifies herself as an entrepreneur and business owner. She has been in this line of work for four years now and is passionate

about helping the environment and reducing carbon footprints. MacIver is studying animal science at UNH and while her current job doesn’t directly relate to her studies, she said her business goals align with personal goals – helping the environment.

“I love clothing. I think that it’s the way I express myself. I feel most confident when I am like ‘this is an amazing outfit that I have’ and I feel good,” said MacIver. “I think clothing for a lot of people gives them that sense of confidence.”

Topanga Canyon Vintage can also be found on Instagram @topanga_canyon_vintage

@thenewhampshire



Spilling the tea since 1911

“I Care a Lot”: A thrilling flick with a muddled message

By Allison Musitano
STAFF WRITER

It can be rare to find a movie where you don't want the main character to win. Sure, there are films where the protagonists do a litany of awful things from heading mafias to flat-out murder, yet often times there is some small inkling of sympathy nestled into their storyline that makes you root for them in one way or another. Yet Netflix's 2020 release “I Care a Lot” manages to make it very easy to hope its lead character, Marla Grayson, fails and fails hard, even if that is not the film's intention.

Marla Grayson is not your average criminal, but instead she is a con artist with a specialty: manipulating her way into getting legal guardianship over the elderly only to drain their assets and sell off all their possessions as they spend the rest of their lives in a nursing home. Only after a seemingly

easy mark gone wrong, she gets much more than she bargained for.

Perhaps it is so easy to dislike this character because we have become desensitized to murder in media, or perhaps it's because unethical guardianships and conservatorships have made their way into the news lately. Any way you slice it, it becomes easy to love hating the character within the first ten minutes of the film. She does not show any remorse or acknowledgement that what she's doing is wrong. Instead she attempts to justify her behavior by painting herself as a strong woman doing what she has to do, and her detractors as people who don't like empowered women. While the character's logic is aggravating, it is perhaps one of the most interesting aspects of the film: the deconstruction of the “girl boss.”

The label girl boss carries complicated baggage with it, far too extensive to dive into

right now, but “I Care a Lot” manages to show girl boss-dom in its absolute worst iteration: using power and privilege to take advantage of others for personal gain, but regarding it positively because a woman is in the power-position instead of a man. Marla may claim she's a lioness because she takes what she wants even if it means taking other people down, but in actuality this results in her character becoming more like a rat or a vulture- an opportunistic feeder who preys on an easily corruptible system. For the first half of “I Care a Lot”, it seems abundantly clear that Marla is a tremendous hypocrite who exploits not only the elderly, but feminism to justify her horrible actions, yet by the second half the message becomes more muddled.

Around the halfway point the film departs from a disturbing-yet-wholly intriguing thriller rooted in reality and veers into action-movie territory. While the latter half

of the movie does feel like an exciting cat-and-mouse chase as Marla fights for her life, it is here that “I Care a Lot” distances itself too much from its premise, and by extension the consequences of Marla's actions. Though the film never fully redeems Marla even during her more gentler moments with her girlfriend and co-conspirator Fran, the manner in which the film simply drops the elder scamming plotline comes across as an attempt to make the protagonist seem sympathetic by brushing her victims under the rug when it is convenient for the story. As a result while “I Care a Lot” does not seem to praise its antihero, it feels somewhat inconsistent in its focus where it becomes difficult to discern what the film's message is.

In a way it is a shame that the story only focuses partially on Marla's victims. While evading death and cooking up schemes can be fun to watch, the real thrills and tension of

the film frankly come when the focus is on Marla's latest victim, Jennifer Peterson (Dianne Wiest), a seemingly innocent old woman without anyone to vouch for her. The dread that accompanies her forced admittance into the senior care facility is palpable, particularly given the knowledge that something as horrendous as that could- and has - been done in real life. Wiest's performance itself and her acting range is a highlight of the film as well, leaving the dropping of her character in the second half of the film a travesty.

All in all “I Care a Lot” was an entertaining film from start to finish despite its flaws. If it had kept to its main premise more grounded and dove more deeply into the rarely-discussed marginalization of the elderly then it may have hit harder. Yet, the end product doesn't fail to deliver suspense and an entertaining two hours of your time.



Photo courtesy of Netflix.

On the Spot Nahcotta Art Gallery

By Sara Goodrich
CONTRIBUTING
WRITER

Tucked in the New Hampshire seacoast lies Nahcotta, a modern art gallery and boutique bursting with life. Portsmouth's Nahcotta is a self-proclaimed beacon of inspiration and creativity.

Nahcotta, as displayed on their website, offers two current artist's shows, a shopping section and their unique “Enormous Tiny Art” gallery.

“It was really just, how can we make this a more joyful inclusive experience,” Owner Deb Thompson said about the Enormous Tiny Art. “It really was just this way to bring people into our space you know, to have people feel connected to a piece.”

Originally from the Boston area, Thompson moved Nahcotta to Portsmouth in 2000, as also mentioned on their website.

“I drove up, fell madly in love with the space,” Thompson said. “I'm very lucky that

it worked out because it was definitely moderately spontaneous, I did research but it was honestly a sort of gut, this is where I wanna be, I'm gonna make it work.”

The art gallery currently showcases artist Melissa Ambrose's pieces and the artistic life she leads.

“I've just been an artist my entire life. I think starting in kindergarten, I was telling people that I was going to grow up to be an artist and I never exactly deviated from that,” Ambrose said.

Ambrose's bio states she is an artist, creative director and a cellist in the Portsmouth Symphony Orchestra; art is the focal point of her life.

“There's no balance, it's just kinda like, to me it all feels related, like it's all one in the same,” she said.

Nahcotta's biography states connection to the community is integral to their business's success and happiness.

“Our belief is that we love, love, love, our community. We love where we live,” said Thompson. “We love serving

our local clients, and we know that in order to really grow and thrive and sell more of the things we believe in, we have to work with people around the country and even around the world.”

The Nahcotta mission further states the importance of accessibility to art, Thompson specified this more in depth.

“Anyone, anyone can buy a piece of art and it can add such value and energy and inspiration to your space.”

Local artist adapts to pandemic-related challenges

By **Teddy Tauscher**
CONTRIBUTING
WRITER

3S Artspace in Portsmouth has a new exhibition which opened March 5 and will remain open until April 25. This comes amid a pandemic that has made it harder for artists who deal in physical mediums to adapt to an increasingly online world.

One of the exhibits called "Ordinary, Elusive" is the work of Steve Novick, an artist from Massachusetts.

A challenge for Novick was that he never actually got to see the layout in person, as he hasn't been to a gallery in more than a year.

Not only was the layout difficult, but viewing art online is a completely different experience than viewing art in person, said Novick.

Novick said with the inven-

tion of the internet being recent in terms of human history, art has only been designed for online space for a very short period of time. "They couldn't have even conceived of what it meant to view art online," said Novick.

Novick said certain aspects of a piece like scale, material and depth just don't translate well online. A prime example of this is Novick's piece, Ladder to X. Online the piece takes up a significant portion of the image but in person it takes up a mere fraction of the wall it is set on. "You don't get that sense of scale," said Novick.

Novick's work is joined by pieces by Jim Zingarelli and Cody Mack. "While all 3 currently exhibiting artists work is distinct, there is something harmonious about them all sharing the gallery space for visitors to explore separately or as a whole," said Marketing Manager at 3S Artspace, Sara

O'Reilly.

It's not just the viewing of art that has changed, the selling of art has faced unique challenges due to the pandemic.

The Seacoast Artist Association has had to deal with these challenges firsthand. Debra Woodward is on the board of the Seacoast Artist Association and the main challenge for her has been trying to sell her art solely online. "People like to see this stuff in person," said Woodward.

More than that, she added people like to come in and be able to actually talk to an artist. Their in-person workaround for this problem was to put their paintings in an ever-rotating order in the shop window of the closed gallery.

The Seacoast Artist Association building in Exeter NH recently reopened for visitors.



Photo courtesy of 3s Artspace.

Wildcat ways to enjoy the spring safely

By **Allison Musitano**
STAFF WRITER

Early spring in New Hampshire can be finicky in its first few weeks but even so, it is still one of the best times of the year. With spring's warm sunshine after months of coldness and the gentle breezes that comes with it, few would argue that spring isn't refreshing after a long winter - especially a winter made long by COVID-19 and living in a pandemic.

Still, even if spring has sprung, we can't let our guard down when it comes to social distancing and safety. Yet with the good weather and warming days, there are plenty of ways to safely enjoy the great outdoors at UNH.

1. Exercise/take a walk

With many classes being online, sometimes it can be all too easy to find yourself sedentary as you're held up in your room for most of the day. While the gym may be open, try allowing yourself to take advantage of the weather and use the world as your gym! College Woods can be a great place to get moving. Filled with a healthy mix of flat, twisting paths and steep hills surrounded by lush trees, getting a workout can feel more like an adventure than a chore!

Extra time in the sun itself

can be greatly beneficial for your physical and mental health. Due to New Hampshire's geographical location, Vitamin D can be hard to come by, making soaking up some of those rays (in moderation) good for your health. As for mental health, physical activity can help relieve built-up stress and improve your mood.

2. Photography

If you need to break up the monotony of your day, try going around campus and snapping some photos! College Woods is always scenic, but even going down Main Street or the pathways on campus can provide plenty of cool opportunities for photos. Once you get the hang of taking simple pictures, try challenging yourself! Start setting goals for your photography, like taking ten pictures of something blue around campus, or practice using dynamic angles to give your photos some extra flair. The best part is that once you've taken your pictures, you'll not only have some prime Instagram material, you'll have some great memories saved!

3. Homework/studying

Between living in a technological world and adapting to a pandemic, our screen time has increased dramatically, at

least when it comes to college. Computers and phones may be necessary but try stepping away from your desk and doing work outside! The change in your work atmosphere and the fresh air may help your productivity and help decrease your stress. If you do decide to take your studying outdoors, try using a notebook and pencil instead of your laptop! That way you won't have to worry about charging your devices or falling down a rabbit hole of watching YouTube videos (we've all been there before). Plus what sounds more peaceful than reading and writing underneath a large tree on a nice day? Not much!

4. Relax/meditate

If you find yourself constantly overwhelmed between classes and pandemic life, leave your books and work

in your room and just take a breather outside: lay back in the grass and try to find shapes in the clouds; set up a hammock and take a well-needed nap; close your eyes and feel the cool spring air blow over your skin. Even if it is just for a few minutes a day, dedicating a portion of your day to spending time unwinding outside can be excellent self-care. However, if you'd rather spend that time with friends, you're in luck! One of the best parts about relaxing outside is that you don't have to do it alone--with all of the open patches of grass around campus, socially distancing as you hang out with friends has never been easier!

5. Picnic with Friends

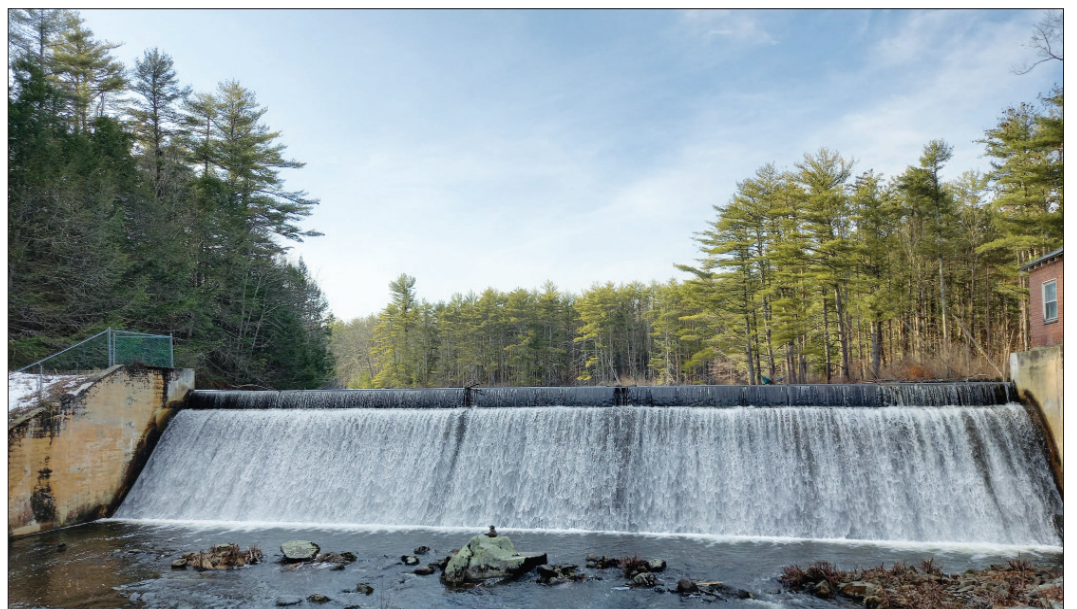
Even though the dining halls around campus offer indoor dining, eating in a crowded dining room can

feel stressful. Yet with good weather comes good picnicking weather!

An easily socially-distanced activity, outdoor picnics at lunch or dinner time with your friends can be some much-needed socialization. It can be too easy to feel pent up like a zoo animal these days as you alternate between work, eating and sleeping, so if you don't have the spare time to take walks or sit outside and unwind, having your meals outside with friends can allow you for a comfortable escape.

Just keep in mind that even with social distancing outside, not wearing a mask can be a risk. If you do have a picnic, make sure to be six feet apart and keep to a small group.

So while the weather may be unpredictable at times, enjoy the nice days on campus while you can!



TNH Staff / Allison Musitano.

Challenges of a break-free semester of virtual learning

By Julie Bobyock
CONTRIBUTING
WRITER

It's no secret that attending college during a pandemic is difficult. Hours of Zoom classes and meetings, and online homework, projects, and exams have changed student life on campus all over the nation - and have also affected student mental health. While spring breaks have been cancelled at colleges all throughout the country in order to keep communities safe, including the University of New Hampshire (UNH), a college semester without a break has seemed to increase the stress levels on campuses.

"I honestly feel way more stressed this semester," said Sofia Nuovo, a sophomore communication major taking classes

fully remote from home. "I am taking harder classes this semester, but I think I'm just getting so sick of online school that my work ethic is just getting worse and worse."

Shealah Bunnell, a sophomore social work major, said, "The course load has become almost intolerable. I am so stressed and professors don't seem to notice how much work they're giving us."

It's difficult to say whether attending online classes enhances free time or diminishes it. On one hand, the walk to and from class or meetings suddenly disappears and there is no commute to campus. However, have professors increased the workload in online versions of their classes?

Kate Stariknok, a communication sciences and disorders sophomore, said, "With my vir-

tual classes, we are expected to spend a lot more time outside of class doing readings and essentially teaching ourselves - in addition to them still being the same length as an in-person class."

However, professors and faculty are also coping without a break. With meetings, lectures, grading and mentoring, professors are often just as busy and stressed as students. Not to mention they are sometimes teaching to an unresponsive Zoom class and attempting to adapt their curriculum to an online format.

Wil Wollheim, professor for UNH's Department of Natural Resource and the Environment and co-director of the Water Systems Analysis Group, said, "Dealing with hybrid teaching has made the semester a bit more stressful. It is hard keeping track of all the technology when your

class is half in person, and half remote."

With long days of staring at computers, whether it be for homework or class, students are beginning to burn out. But from understanding and experiencing each other's struggles, the community of UNH never fails to work together through challenges - including student mental health. UNH Health & Wellness has planned many activities to promote wellness in place of spring break, such as yoga workshops, sleep workshops and mindfulness retreats.

Students have been trying to combat their Zoom fatigue and course load with self-care. "I listen to myself," said molecular biology graduate student Joy O'Brien. "There is always some point in the day that I just say out loud, 'okay, I need to take a break,' and at that point I get

up and give myself some time to decompress."

Various other students also say they are making time for the gym, reading a good book and going on walks in College Woods has helped them disconnect from the virtual world and engage in the real one. With such a busy semester, it is important for UNH students to remember they are more than students - they are human beings who need to spend time doing activities they love. Hopefully the UNH community can continue to work together and remind each other of their value outside of a square on a screen.

To learn more about UNH Health & Wellness activities that are engaging students in healthy mental health practices, visit their website.

Celebrating influential women in N.H. political history

By Anna Kate Munsey
MANAGING EDITOR

New Hampshire is known for its unique political scene. Our first-in-the-nation primary means that every four years in February, voters living across the country learn the names of our counties and polling precincts. However, people don't always recognize many of the women throughout New Hampshire political history who have broken records, made waves and blazed new trails.

In honor of Women's History Month, I'd like to highlight just a few of these influential female Granite State politicians, activists and public figures.

Sens. Jeanne Shaheen and Maggie Hassan are the first and third women to be elected to the U.S. Senate from New Hampshire, respectively. They are also the only women in American history to have been elected both governor and senator of a state. This is an incredibly big deal, one that is not often recognized. Former Sen. Kelly Ayotte was the first woman ever appointed

as attorney general in the state of New Hampshire, as well as the second female U.S. Senator.

Each of these three female senators were considered by the presidential nominees in their respective parties as potential running mates in the 2012 and 2020 elections. They put New Hampshire - and women in politics - on the national stage.

If you've never heard of New Hampshire political icon "Granny D," then you're missing out. When she was 88 years old, Doris "Granny D" Haddock's political activism career began. The Nashua native walked across the country to protest current campaign finance laws and advocate for reform. Granny D feared corporations were overtaking and exploiting our democratic practices. She is well-known for getting Bill Clinton and Newt Gingrich to shake hands and agree to work on campaign finance reform while campaigning in Claremont.

In 2004, Granny D ran as a Democrat against incumbent Sen. Judd Greg, and did not accept any private campaign contributions. Though she obviously

did not win, she received 34% of the vote, an impressive feat for a 94-year-old, exclusively publicly-funded candidate.

Another lesser-known New Hampshire legal icon is Marilla Ricker, the first woman admitted to the New Hampshire bar. She began a teaching career, married a wealthy farmer, and when he passed away she began to study law. She passed the Supreme Court of the District of Columbia bar exam, ranking higher than all of the men she tested with.

Ricker was a philanthropist, suffragette, teacher, published free-thought author and dedicated attorney who put her own money into her cases, often working for free. She was also a major voting rights advocate, and is even rumored to have been the first woman to ever attempt to register to vote in New Hampshire. She saw her dreams of voting realized for the first time in 1920, a few months before passing away.

As women, we owe it to those who came before us - and to ourselves - to be bold, be passionate, be driven and be brave.

They say a woman has to

work twice as hard in order to receive half of the credit a man would. Historically, it has been more difficult for women to break barriers, pursue certain careers and participate in public life and service as they see fit. However, I truly believe we are turning a corner and will continue to progress if we actively promote equality, empowerment, and acceptance and celebration of our equal opportunities and roles in society.

2020 was a big year for women in politics. Not only did a record number of women get elected to the U.S. House of Representatives, a woman is serving in the role of Vice President for the first time in our nation's history.

We can learn many lessons from each of these women. From Ricker and Hancock, we learn that it is never too late to begin a career in public service or activism, especially a wildly successful one. Shaheen, Hassan and Ayotte have shown us that no political position - no matter how prestigious or far-seeming, is unavailable to women. And, there is no reason that we cannot

as women hold more than one of these positions.

One of my favorite quotes is "a woman should be two things: who and what she wants." We are so lucky that so many strong women have set the path for us. Their actions have given us privileges and opportunities. It is our responsibility to appreciate and progress based off of these things, and create a better future for those who come after us. Lifting up fellow women, especially women of color, and amplifying their voices and ideas, is one of our most important tasks as women.

Today, and every day - not just during Women's History Month - thank an impactful woman in your life. It could be a mother, sister, friend, grandmother, aunt, or even your barista, Uber driver, or someone you always see on your morning run. Spread the admiration and appreciation, and it will come back to you tenfold.

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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 everchanging 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 communicate have contributed to the spike in these numbers not just with

tions 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 conversation with new people, let alone actually making friends. The first

what 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."

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-

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

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LACROSSE

Leonard's game-winner gets Wildcats back on track

By Spencer Marks
SPORTS WRITER

DURHAM, N.H. – The University of New Hampshire (UNH) Wildcats (2-3, 1-2) hosted UMBC (2-3, 1-2) at Wildcat Stadium this past Saturday. This rollercoaster ride of a game ended in overtime when fifth-year captain Rylee Leonard scored the game-winning goal to make it a final score of 14-13 in favor of the Wildcats.

Head coach Sarah Albrecht explained how the team was able to turn it around after three straight losses.

"We've definitely learned a lot through the last three games before UMBC and I think the team really pushed through some adversity," said Albrecht. "We had some ups and downs throughout the game, and they had some kids who had stepped up to the challenge, but I was really proud of them."

For the first time since game one, UNH came out firing in the first half. The team opened up with six unanswered goals in the first 10 minutes of the game.

Senior attacker Sabrina Grovom started the scoring off after receiving a pass from sophomore attacker Liv Dunn less than two minutes into the game. Junior midfielder Delaney Pratt followed her with a free-position goal just a minute later. Just moments after the score was extended to 3-0 by junior midfielder Abby Cranney. She received a pass from senior midfielder Elizabeth Blanding.

The next three goals were started off by junior midfielder Julia Neyland, followed by one from Blanding before Neyland got her second of the day to make the score 6-0 with 20 minutes to go in the first half.

The Retrievers answered heavily scoring five consecutive goals through the rest of the first half.

The players contributing were sophomore midfielder Megan Halczuk in the twelfth minute. She was followed by sophomore attacker Claire Bockstie who scored three times in a row within a seven-minute stretch. Senior midfielder Courtney Renehan also got in on the action during the UMBC run.

First-Year attacker Dymin Gerow lowered the deficit to just one goal with five minutes to play in the first half.

Less than a minute later Neyland scored her third goal of the day to make the half-time score 7-5 in favor of the Wildcats.

Junior goalie Issy Torres finished half strong with six saves off 11 shots on goal.

Bockstie started UMBC's half on the right foot with her fourth goal of the game less than a minute into the half. This cut the UMBC deficit to just one.

The score held steady at 7-6 for another six minutes thanks to both senior goalie Lexi Roberts and Torres as they both saved a free-positioned shot throughout that stretch.

Leonard scored her first goal of the day in the 37th minute to push the 'Cats lead back to two scores.

Before the Wildcats went on their three-goal stretch Renehan got her second assist of the day as she gave Gerow her second goal of the day.

Blanding passed the ball to first-year midfielder Olivia O'Connor to help her score her first goal of the day in the 42nd minute. This was followed by an unassisted goal from both Neyland and Dunn.

Both teams traded goals within moments of each other as senior attacker Oliva Docal and Neyland each scored unassisted goals which gave UNH a 12-8 lead.

The Retrievers went on to score five consecutive goals to take the lead by one. The run started with an unassisted goal



PHOTO COURTESY OF VINCENT DEJANA
UNH grad student Rylee Leonard shooting a free position shot in overtime against UMBC.

from Renehan who went on to assist Bockstie with 10 minutes to play. Bockstie scored another with help from junior attacker Rachel Ridgley about four minutes later.

As time began to wind down, UMBC managed to take the lead after they scored twice within 30 seconds of each other. Gerow scored her third of the game in the 57th minute and Docal scored her second just moments later.

The Wildcats had to make something happen as they were down by one point with a little more than two minutes remaining. Neyland scored her 50th career goal 2:18 to play which tied the score at 13 all.

The clock had run out for regulation, so the game had shifted to overtime. Coach Albrecht expressed her thoughts about her team's performance before the next draw control began.

"They had been fighting all game, so they just needed to rely on what they had been

doing all game when they had been able to score," explained Albrecht. "I think in those situations you try and do something that is out of your wheelhouse and then you end up making more mistakes than you need to, so it was just about playing their game and putting the ball in the back of the net at the end."

For the first three-minute segment, neither team managed to score. The teams switched sides for the next three minutes.

With just over a minute left in overtime, Leonard was given the opportunity of a free position shot. She scored the game-winner with a minute left on the clock giving the 'Cats their second win of the season.

"I definitely think there is a momentum for us and just to make sure that we are riding our wave and not hanging up our cleats after this," Coach Albrecht said. "As long as we stay focused, step up to challenges, and competing through-

out the game, I think we have good things coming for us."

The Wildcats travel to UMass Lowell Saturday to take on the River Hawks (2-4, 1-2) at noon.



VOLLEYBALL

Wildcats win three straight against Binghamton, UMBC

By Dan Marshman
SPORTS WRITER

The University of New Hampshire (UNH) volleyball (5-4) faced off against the UMBC (8-3) and Binghamton (0-9) over the weekend. The Wildcats came away from the weekend 3-1 and had head coach Christopher Feliciano feeling confident after three straight wins.

The first match of the day against UMBC saw the Wildcats lose in four sets, 3-1. The Wildcats struggled to get things after getting off to a strong start. Feliciano had this to say about the first match.

"In the first match we struggled to maintain momentum after a brilliant first set,"

said Feliciano. "I felt we got away from our offensive game plan as the match progressed."

The first set ended with the Wildcats winning 25-18 in a dominant set from the 'Cats. It looked like the Wildcats were going to keep the momentum rolling; however, UMBC rallied and won the next three sets. Despite a match-high 16 kills from the 'Cats in frame one, they fell to the Retrievers for their third loss of the season.

The Wildcats took on Binghamton in their second match of the weekend. UNH won the first set 25-16 and continued to flex their muscles on the Bearcats in the second set winning 25-11. UNH hit 37.6% in the match with the Bearcats struggling to stop the outside

hitters of UNH. The Wildcats won the third set 25-15 giving them their third win of the season bringing their record to 0.50.

Feliciano was proud of his team after the win.

"Against Binghamton, I thought the team did a nice job recovering and took care of business," said Feliciano.

The Wildcats had no time for rest with two more matches on Monday.

The first match on Monday versus the Bearcats was much more competitive than the one on Sunday. The match went all five sets with UNH winning 3-2. The 'Cats got off to a hot start in the first set winning 25-20. Junior right-side hitter Ari Pola paced the 'Cats in the first frame with five kills as part of

her career-high 10 kills in the match. The Bearcats won the second set 26-24 and the third set 25-23 to give them a 2-1 edge over UNH. The Wildcats rallied and won the next two sets 25-16 and 15-12 to close out the Bearcats.

Feliciano said after playing a match like the one against Binghamton, there's bound to be fatigue.

The match against UMBC on Monday night was the best game UNH has played so far this season. The Wildcats showed they were ready to compete, sweeping UMBC in three sets following the match against Binghamton. First-year libero Mia Pagliarini posted a 16-dig effort in the win.

The Wildcats won the first set 25-17. The Retrievers made

an attempt to come back but the Wildcats stuffed them with a 25-22 victory in set two and a 25-19 victory in set number three.

After the sweep, coach Feliciano noted how impressive it was given the fatigue after the five-set match against Binghamton. He said the team looked like they were executing at their highest level and he wants the team to keep that kind of focus moving forward.

Junior outside hitter Kate Bilyeu was impressive for the 'Cats in the victory leading the way with a team-high 11 kills and a .212 hitting percentage.

The Wildcats next game is against NJIT on March 27. At 2 p.m. That game will be televised on America East TV.

MEN'S SOCCER

No. 17 UNH remains undefeated at Stony Brook



PHOTO COURTESY OF UNH ATHLETICS

Senior defender Victor Menudier (right) jumps to celebrate with teammates after scoring the first goal of the game to give UNH the early advantage.

By Shaun Petipas
SPORTS EDITOR

STONY BROOK, N.Y. – No. 17 University of New Hampshire (UNH) men's soccer (3-0-1, 2-0-1) traveled to New York to battle the Stony Brook Seawolves (1-3-1, 1-1-1). The Wildcats remained undefeated and took home a 2-1 victory.

The Wildcats dominated possession early on in the game and had some solid runs which lead to goal scoring opportunities. UNH took their first shot

on goal in the 15th minute when sophomore midfielder Bilal Kamal sent a free kick through the Seawolves' defense to graduate student Paul Mayer who was able to tip it, but it couldn't find the back of the net as sophomore Stony Brook goalkeeper Edmond Kaiser made the save keeping the game scoreless.

UNH jumped out to a 1-0 lead in the 31st minute when senior Victor Menudier ripped a shot and found the back of the net. The opportunity came from a feed from Kamal who earned the assist on the play.

UNH kept pushing for

another goal to increase their lead; however, it went the opposite direction when the Seawolves tied the game 1-1. The opportunity came when UNH committed a foul in the box which led to a Stony Brook penalty kick. Senior Kori Cupid was given the shot, but the reigning America East Goalkeeper of the Year Alejandro Robles came up with the save on the initial attempt. The UNH defense wasn't able to collapse in time, however, allowing for Cupid to collect his own rebound and put it into the back of the net with his left foot.

Exiting halftime UNH was able to control play and made Kaiser play the ball. Kaiser attempted to clear the ball and put it on to UNH's half, but it was blocked by Mayer and the ball ricocheted into the net giving UNH the 2-1 lead and what ended up being the game-winning goal. The goal was scored just a minute into the second half and Stony Brook had an uphill battle against a strong UNH defense the rest of the way.

UNH kept the pressure up all game tallying 16 shots compared to Stony Brook's four. The 'Cats also posted seven

shots on goal compared to just three for the Seawolves. The high danger chances remained close almost all match as the corner kick battle was a narrow one; UNH ended with five attempts and Stony Brook added four.

The Wildcats were able to hold off the Seawolves' attack as Robles came up huge with a number of saves in the final moments.

UNH will look to improve next week as they come back home to Wildcat Stadium to welcome the Hartford Hawks on Friday, March 26 at 3 p.m.

WOMEN'S SOCCER

Mayer scores game-winner in double overtime

By Brackett Lyons
SPORTS WRITER

DURHAM, N.H. – University of New Hampshire (UNH) women's soccer (5-1, 2-1) won in double overtime against the University of Vermont (0-2, 0-2) by a final score of 2-1. It was senior day at Wildcat Stadium, and Vermont came close to spoiling the occasion until an 87th minute equalizer and 115th minute game-winner for UNH. The small crowd that UNH allowed in cheered the Wildcats on during a hard-fought physical game.

UNH brought their trademark press early and often to start the game. Vermont looked to break out, but the constant darting runs and challenges from the 'Cats won battle after battle in the attacking third.

Moments later, a missed chance by UNH came back to bite the 'Cats. Vermont delivered a ball in the box that deflected to junior forward Cricket Basa. Basa fired a low shot across goal that UNH junior goalkeeper Cat Sheppard saved but couldn't grab hold of. The ball rebounded off Sheppard right to Vermont's sophomore forward Karen Wallace, who tapped the ball into the bottom left corner.

Head coach Steve Welham

said he felt the team was a little hard done by Vermont's opener after Sheppard made a great save, but the ball ended up going right to Wallace.

The normally ball-dominant Wildcats looked a little shell-shocked after falling behind at home for the first time in the season. A turnover in UNH's own half almost doubled the deficit, but Sheppard proved her class with a superb diving save to her left.

UNH got back on the attacking foot with a little over 10 minutes to play in the half and put a few shots towards the net. Still, the efforts never looked troubling for junior goalkeeper Lydia Kessel. UNH had an opportunity from a corner kick in the final minute of the half but lacked a strong finish. The Wildcats went into the locker room at halftime down a goal with only one shot on net.

UNH had two chances to open the scoring in the second half but couldn't bring their efforts on target. A deflected ball off senior midfielder Casey Peterson found senior forward Francesca Picicci in the box, but Kessel clattered into Picicci and grabbed hold of the ball before UNH's captain could get an effort on goal.

With a little under 10 minutes to play, coach Welham

instructed first-year defender Alivia Kelly to play on the attack. Welham said he changed formations as the game progressed.

"Alivia has the ability to get forward. She's so technical and dynamic, and she can help create and unlock the door with a couple of different looks for us. So, we were searching for that right combination, and I think we found it at the end," explained Welham.

All of UNH's work finally paid off in the 87th minute. A cross from first-year back Ella Dudley into the box was headed on net by first-year midfielder Anna Hewlett. Hewlett's header was inch-perfect and nestled into the top left corner past the outstretched fingers of Kessel. The late equalizer sent UNH and Vermont into overtime. Welham said he had praise for both Dudley's delivery and Hewlett's finish. The Wildcats' coach noted that to score with a header is one of the most challenging parts of the game and gave full credit to Hewlett's technique.

In overtime, it was all UNH. The Wildcats launched ball after ball down the field. Chances remained hard-fought and Vermont held on for double overtime.

In double overtime UNH kept the pressure up. First-year



PHOTO COURTESY OF VINCENT DEJANA

Wildcats pile on Keegan Mayer after scoring the game-winner.

forward Emily Bini won a corner around midway through the overtime period when she nearly netted the winner. The save from Kessel kept her side alive for only a few more seconds.

On the corner, the delivery was cleared to the top of the box by Vermont, and first-year forward Keegan Mayer was waiting for it. Mayer made no mistake and put her laces through the ball. The shot exploded into the back of the net, and Mayer's teammates swarmed her in celebration.

On the game as a whole, Welham praised his team's

mental toughness and physical endurance.

"[The team] has a wonderful spirit about themselves and they're so bought in, and they love playing for each other and love playing for the UNH shirt. And when you have that spirit and culture. You know that you have to go through all of us to get something. I don't want to single anybody out, but I thought the work that across the table was great."

UNH will take it on the road once more to face the Binghamton Bearcats Sunday, March 28.

MEN'S HOCKEY

Crookshank signs contract with Ottawa Senators

By Shaun Petipas
SPORTS EDITOR

Junior forward Angus Crookshank has decided to forgo his final year of eligibility and sign a three-year entry-level contract with the Ottawa Senators of the National Hockey League (NHL). The contract is set to start for the 2021-22 season but Crookshank can hop right into team activities once he's cleared quarantine because he also signed an amateur tryout agreement and will report to the American Hockey League's (AHL) Belleville Senators. Crookshank was selected by Ottawa in the fifth round of the 2018 NHL Draft.

"On behalf of UNH Hockey I want to congratulate Angus," said University of New Hampshire (UNH) head coach Mike Souza in a press release on Wednesday. He added "The Senators are getting a player that has an unrivaled desire to be an NHL player. Angus has been tremendous ambassador both on and off the ice here at UNH and we are excited to have a played a part in his development."

Crookshank enjoyed a solid career at UNH tallying 35 goals and 28 assists for 63 points in more than 90 games. He was second in the nation with his four overtime goals during his time in Durham. He was also named a Hockey East Third-Team All-Star for the first time in his career. Crookshank tied for first on the team in goals with nine and was tied for second in points with 18.

In an interview Thursday morning with "In the Box" on TSN 1200, Crookshank explained how excited he was to get things going.

"I'm excited as ever. It's a dream when you're a little kid to play pro hockey," Crookshank explained. "The work isn't done; I still have a whole lot I have to learn but it's a good first step for sure."

He also thanked UNH and the coaching staff in the interview.

"I can't thank the coaching staff enough. Coach Souza, coach Stewart and coach Giuliano did an excellent job preparing me for the pro game and improving my 200-foot game," he said.

Crookshank joins an extensive list of Wildcats who have

signed professional contracts. Over 250 players have gone onto play professional hockey in the history of the program. He is the seventh player in Souza's first three years as head coach to sign a professional contract and the second to ink an NHL deal. There are five former Wildcats currently in the NHL: James van Riemsdyk, Trevor van Riemsdyk, Casey Desmith, Brett Pesce and Warren Foegele.

Crookshank began his quarantine on Thursday morning when he arrived in Ottawa at 8 a.m. He must quarantine for two weeks and test negative before joining the team and possibly cracking the lineup.

It seems like Crookshank should fit right in with Ottawa after taking a jab at his division rival.

"My dad's happy it's a Canadian team and he's happy it's Ottawa and not Toronto."



PHOTO COURTESY OF MEGHAN MURPHY
Junior forward Angus Crookshank awaiting a faceoff for UNH.

UNH Career Stats

G	A	PTS
35	27	62

GYMNASTICS

NCAA Regionals

By Jared Gustafson
SPORTS WRITER

University of the New Hampshire (UNH) gymnastics was on pace to compete in the NCAA Regional Championship which takes place on April 1-3 hosted by West Virginia.

The Wildcats were ranked as the 35th team in the nation after the Towson Tri-Meet. Before last week's East Atlantic Gymnastics League (EAGL) Championship at the University of Pittsburgh, however, UNH had to withdraw from the event because of coronavirus (COVID-19) related protocols. Without competing in the EAGL Championship UNH gymnastics was not able to secure a spot as one of the top 36 teams in the nation. They came just 0.05 points away from competing as a team in the NCAA Regional Championship.

However, four UNH athletes were still selected to compete at the regional championships. The athletes who will be competing are sophomores Kylie Gorgenyi, Robyn Kelley and Alyssa Worthington, and junior Hailey Lui.

Gorgenyi was named All-EAGL First-Team on the vault and bars. Before last week's EAGL Championship Gorgenyi was tied for fifth in the EAGL on the vault with a score of 9.850. She is also tied for fifth in the EAGL on the bars with a score of 9.863.

Kelley was named EAGL Specialist of the Year while also earning All-EAGL First-Team on the vault, balance beam and floor exercise. Before

last week's EAGL Championship Kelley tied for third in the EAGL on beam with a score of 9.894 and was ranked second on floor with an almost perfect score of 9.900. Kelley has some momentum coming into the regional championships as she has averaged 9.980 on the floor during her last four meets, and not to mention she is coming off her personal best score of 9.925 on the floor during UNH the last meet.

For the second year in a row Lui was named to the All-EAGL First-Team on the beam and on the floor. Lui is tied for third with her teammate Kelley in the EAGL on the beam with a score of 9.894 and tied for fourth in the EAGL on the floor with a score of 9.900. Lui also has some momentum and going into next weekend as she has tallied a personal best score of 9.900 on the floor during her past two meets.

Worthington only competed in one event during the season which was on the beam. While only competing in one event she was able to focus and thrive on the beam. She was also named to the All-EAGL First-Team with a score of 9.969. On Feb. 21 UNH faced Long Island in a dual meet where Worthington scored a personal best of 9.900 on the beam. She has averaged a score of 9.860 in her past four meets and looks to carry over that success into the regional championships.

The top two competitors from the NCAA Regional Championship will automatically receive a spot in the NCAA Championship event during April 16-17 in Fort Worth, Texas at Dickies Arena.



FOOTBALL

Wildcats COVID-19 update

By Cameron Beall
SPORTS EDITOR

DURHAM, N.H. – After coming up just short in a 24-20 loss at home against UAlbany (1-2), the No. 24 University of New Hampshire (UNH) Wildcats (0-1) had their following two games postponed due to coronavirus (COVID-19) concerns within the UNH program. The Wildcats were set to host No. 11 Delaware (2-0) at home in week two and go on the road to No. 16 Villanova (1-1) in week three. They now look ahead to their trip to No. 18 Rhode Island (2-0) on April 3.

Head coach Sean McDonnell addressed the media on Wednesday afternoon and noted that things are trending in the right direction. He explained that the number of positive tests has been going down and the team will test again on Thursday. The results of this round of testing will give an indication if the team will be able to get back to practice on Friday.

The team has not been allowed into the facility during their time off and have only been able to do a limited amount of lifting and indi-

vidual work. Athletes who are not in quarantine have been allowed to work out at the Hamel Recreation Center on campus.

McDonnell explained how the unknown has been the toughest part of his staff and the team.

"We've made adjustments as a staff as we've moved things along to keep practices going," said McDonnell. "Having never been through anything like this before, it's a lot more difficult than it seems."

When asked about the mood of the team, he said the players were feeling "all of the above." McDonnell went on to note how the team needs to get back to the basics in terms of their mindset. After reaching their goal of making it to week one against UAlbany, he explained that the coaches and players need to get back to just being focused on getting to their next step. In this case, that step is URI on April 3.

McDonnell praised the Rams for how much they've improved since the last time these two teams faced off, noting that "this ain't the same football team we played two years ago."

UNH will have more film

on Rhode Island than they will on the Wildcats. After the Rams' first two games, McDonnell says that he sees resiliency, mental toughness and preparation within that program.

During the basketball season the America East Conference (AE) had a minimum number of games required for a school to make the conference tournament. The Hockey East Conference (HEC) implemented the Hockey East Power Index as a point system to account for any lost games. It's uncertain if the Colonial Athletic Association (CAA) and Football Championship Subdivision (FCS) require a minimum number of games to be eligible for postseason contention. The Wildcats have played the fewest number of games in the CAA Northern Division to this point.