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UNH to hold two COVID-19 vaccine clinics

By **Evan Edmonds**
STAFF WRITER

The University of New Hampshire (UNH) is hosting two points of dispensing (PODs) of the first dose of the coronavirus (COVID-19) vaccine on Thursday, April 8 and Friday, April 9 at the Whittemore Center. These vaccination PODs are only for UNH faculty, staff and students that are residents of New Hampshire.

Registration for both distribution days is now open, with time slots available 8 a.m. to 8 p.m. on both days. The vaccine is available for any member of the UNH community who is a New Hampshire resident, even those not involved in the UNH testing program. The statement from UNH Chief of Police Paul Dean and Peter Degan, Medical Director of Health & Wellness, explains that Durham was chosen because of the “significant number of resident students,” at UNH. While they wrote that the university advocates for all community members to get the vaccine when available, Gov. Chris Sununu has ruled that out-of-state college students will have to get their vaccines in their home state.

Gov. Sununu maintains his sentiment that each vaccine given to young, out-of-state college students is one not given to a New Hampshire resident. He also argues that the timing is an issue, considering that students may be returning to their home states by the time they would be due for the second dose of the vaccine.

However, with vaccine

clinics on April 8 and 9, out-of-state students would be able to receive the second dose at the end of the UNH spring semester: as the recommended time frame from the CDC on second dose scheduling would not take place past May 7. In addition, Sununu’s defense of his decision on Thursday was based upon New Hampshire not being given vaccines for

out-of-state students, when in fact the US Census says college students are counted at their address while they’re in college as of April 1.

The university encourages all members of the community to get the vaccine when it is available to them, although it is not required. Degan told The New Hampshire that the availability of the vaccine across the

state will be increased, as it is now available as of April 2 to those 16 and older.

An open letter from New Hampshire leaders from college communities to Gov. Sununu was released in an effort to “develop a plan,” to vaccinate the approximately 20,000 temporary New Hampshire residents - college students - that occupy so many of New Hampshire’s communities. The letter lists 18 universities and colleges spread among eight Granite State municipalities in which out-of-state and international college students mix in with those communities, arguing that this massive population should be vaccinated for the health and safety of New Hampshire’s towns and cities.

Among those included in the formation of this letter is Durham Town Administrator Todd Selig, who told TNH he is still hopeful Gov. Sununu will reconsider providing vaccines to all New Hampshire college students as part of the ongoing rollout. Selig said, “It’s just the right thing to do - the equitable thing to do.”

He said Durham stands by



Photo courtesy of the University of New Hampshire

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N.H. student leaders plead for out-of-state student vaccines

By **Ben MacKillop**
STAFF WRITER

Earlier this week, University of New Hampshire (UNH) Student Body President Nicholas Fitzgerald and Student Body Vice President Tyler Silverwood signed a letter with other student governments from Dartmouth College and Plymouth State College urging New Hampshire Gov. Chris Sununu to expand coronavirus (COVID-19) vaccine access to out-of-state college students.

As previously reported by The New Hampshire, Gov. Sununu explicitly ruled out-of-state students ineligible for vaccines in New Hampshire and said that those students can go back to their home state to get a vaccine.

The letter to Gov. Sununu is echoed in a Change.org

petition started by Silverwood, which has gathered over 1,400 signatures in less than five days. This petition cites many grievances with the current vaccine roll out plan and the dangers it could pose to students and college communities where a considerable amount of the population is ineligible for vaccines.

“Over 32% of New Hampshire residents live in college towns and this policy increases the risk for each and every one of them,” from the Change.org petition. The petition also cites concerns that students who decide to travel home to receive a vaccine could worsen the spread in the process, and that in reality many students will simply not be vaccinated due to those conditions.

“Encouraging us to take multiple trips across state

lines, in the midst of a deadly pandemic, is not only expensive and unattainable for many of us, it also increases the risk to communities in towns like

Durham, Keene, Hanover, and Plymouth,” the petition states.

The petition also points out that despite issues of vaccine supply driving the decision to

not give out-of-state students access to vaccines, every other New England state plans to give out-of-state students access to vaccines as a part of their roll out. UNH currently has over 13,000 undergraduate students with 56% coming from state’s outside of New Hampshire, making out-of-state students a sizeable amount of the Durham-area population. Another concern brought up by many UNH out-of-state students is that vaccine allocation by state is based on census population data, which includes out-of-state students as residents of their college town. This means that despite concerns over out-of-state students taking away from New Hampshire residents in terms



Aqeel Hisham/TNH Staff

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66/44
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The next issue of TNH will be published on

Thursday, April 15, 2021

But you can find new content *daily* at

[TNHdigital.com](https://www.tnhdigital.com)

CORRECTIONS-----

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

Vaccine Clinics
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the belief all students should be eligible: “This it is a public health issue for all who are in contact,” he said, whether the students are living in Durham neighborhoods, going to the local grocery stores, or working local jobs while they’re in New Hampshire. Selig argued even giving students the option to get the first dose would help the overall safety of the community: “Every shot we get in the arm of our state’s inhabitants, including all of our college students, the safer most of our vulnerable residents will be.”

An article by the Associated Press detailed on April 1 that Vermont plans to open up vaccinations to out-of-state college students by April 30, assuming there are enough vaccines.

Degnan said he supports the

vaccination of UNH’s out-of-state, international students and community members as soon as possible. “The quicker we can vaccinate our community, the lesser the risk for COVID-related negative impact on our members health, as well as academic and social/interpersonal activities.”

For international students, those who have a valid N.H. driver’s license “should qualify to register for the vaccine,” according to an email from the UNH Office of International Students (OISS) and Scholars. If international students don’t have a driver’s license in the state, they can apply for a New Hampshire non-driver ID and make an appointment in Concord, bringing the necessary documents. The OISS said UNH is advocating with the State on behalf of international students and “hope to have updates soon.”

Proof of New Hampshire residency is required in order to receive the vaccine at the Whittamore Center Arena in the form of a valid, unexpired N.H. driver’s license or ID, a payroll check or document, unemployment contract, or government issued payment showing a legal N.H. address dated within 60 days.

Those who have already received their first dose of the vaccine from the state are urged to keep their appointment for their second dose. The more UNH community members that get vaccinated, the closer the university is to adjusting COVID protocols, Chief Dean’s statement says. Regardless of vaccination status, the university asks community members to continue being tested as scheduled and continue following public health guidelines.

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considered a New Hampshire resident for vaccine eligibility you must have either a New Hampshire driver’s license or non-driver ID card, or a payroll document/government issued payment delivered to you at a New Hampshire address within the last 60 days. Under these restrictions, some out-of-state students can still be eligible for a vaccine if they jump through the required hoops, but many students, especially those living

on-campus, will be unable to qualify.

While Gov. Sununu has yet to make a statement regarding out-of-state students receiving vaccines, his office has acknowledged that vaccine eligibility could be expanded should vaccine supply increase. New Hampshire is currently ranked first out of U.S. states in both percentage of population to receive one vaccine dose, 42% versus the U.S. average of 33%, and in doses of vaccine allocation used at 90% versus the nationwide average of 77%.

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N.H. bill easing land permit process passes

By **Teddy Tauscher**
CONTRIBUTING
WRITER

A bill has passed in the New Hampshire State Senate that would ease the process for which land permits are given out. According to Sen. Jeb Bradley, the author of the bill, SB 129, current restrictions prohibiting developing on land that might cause any harm to endangered species are holding up a large number of development projects. The proposed changes would require developers to minimize harm instead. However, some

wildlife organizations worry the bill might result in harm to endangered species.

Bradley wrote the bill because a large number of development projects were being unnecessarily held up. This hold up, Bradley said, was a direct result of a court case regarding applying for an alteration of terrain permit.

“The interpretation of the court was there could be no possible negative impact and that’s just not workable,” said Bradley. In order to determine this, these permits were forced to go through a review process with the N.H. Fish and Game Department.

Bradley said this review process has held up around 50 alterations of terrain permits.

According to the Director of New Hampshire Fish and Game Department, the bill will clarify their department’s ability to write regulations around endangered species. The bill would also allow Fish and Game to take payments for unavoidable loss of habitat.

Bradley said that the bill does not weaken the Endangered Species Act but some disagree. The wildlife conservation group Voices of Wildlife in New Hampshire opposes the bill on grounds that it will erode the Endangered Species

Act and would cause “some degree of harm” to endangered species.

Suzanne Fournier is a member of the Voices of Wildlife in New Hampshire. “They want development projects to go ahead even though they have threatened an endangered species,” said Fournier.

Fournier said endangered species like the Canadian Lynx and the Common Nighthawk would be put at risk as a result of this bill.

However, according to Bradley, the bill would have no adverse effect on endangered species. “If the Nature Conservancy can sign off on some-

thing, you have done a good job of protecting the environment,” said Bradley.

Jim O’Brien is the director of external affairs at the Nature Conservancy and said that while he was happy with the bill, some of the bill’s wording was a bit vague. Specifically, the bill calls for developments to not appreciably jeopardize a species. O’Brien questioned whether or not the word “jeopardize” could be modified to mean partially or mean inherently that significant damage is done.

SB 129 is currently in the House Fish and Game and Marine Resources Committee.

UNH conducts wastewater testing system to track COVID-19 virus

By **Teddy Tauscher**
CONTRIBUTING
WRITER

Self-testing isn’t the only way the University of New Hampshire has been keeping track of the coronavirus (COVID-19) on campus. Alongside the self-tests, the college has been using a wastewater testing system.

Compared to the scale of the self-testing operation, the waste water testing is tiny. According to Paula Mouser, associate professor of civil and environmental engineering and lead on the project, her team has three members, and sometimes less.

The samples themselves are collected solely by research

technician Kellen Sawyer. Sawyer collects the samples from manholes on campus in a simple manner. “I have a little bottle on a string,” said Sawyer.

Sawyer said that accessing the manholes can present danger at times. “I have to lever it, and then I get where I can get my hands under it which is kinda dangerous,” she said.

Once the samples are collected, they are kept on ice until they can be brought back to the lab, said Sawyer.

Self-testing gives a quantitative and individual assessment of COVID-19 on campus, said Mouser, whereas the wastewater testing measures different groups of people living on campus in different areas.

Similar to the self-test, the tests here extract the viral RNA from the samples, said Mouser. But Mouser said the samples themselves are very different.

“The sample is a lot more complicated than say a nasal swab sample where you may have some bacteria, maybe some other viruses or pathogens in the nasal area but with wastewater there’s all kinds of stuff present in those samples,” said Mouser.

A benefit of wastewater testing, said Mouser, is that it can detect the virus earlier than other tests. This testing method can give a three-to-five day advance notice of infection relative to the rise in case numbers, said Mouser.

However, Mouser said this advance warning is really only

advanced depending on how often testing is done. Because of how often students are tested at UNH, Mouser said the wastewater data often lines up with the self-testing data.

While wastewater testing is being used in addition to the self-testing at UNH, not all institutions or municipalities have the same self-testing infrastructure, said Mouser. She said Keene State College is relying more on wastewater testing than individual testing. “They don’t have the ability to do the testing in their labs so they are coordinating the sampling and then they send those tests off to contract labs, which is pretty expensive” said Mouser.

UNH isn’t the only group conducting wastewater testing.

An engineering and consulting firm known as Geosyntec has been involved in a slew of water testing projects. Duane Graves is a senior principal scientist at Geosyntec and said the testing is effective at determining the proximity of the virus to communities.

“Wastewater was one of the key ways that we could help people provide an assessment of ‘Do I have the virus close to me?’” said Graves.

Mouser said while wastewater testing has been useful, the college made the right choice in deciding to not rely solely on either testing option. “It’s always good to have a couple of lines of evidence to make decisions with,” said Mouser.

TNHdigital.com

Bobcats show increased stress in higher populated areas, study shows



Photo courtesy of UNH Newsroom.

By Isabelle Curtis
STAFF WRITER

Between midterms and a canceled spring break, students at the University of New Hampshire (UNH) are feeling the burnout. However, UNH students are not the only stressed-out wildcats. Bobcats may also be feeling increased stress because of human activity in residential and agricultural areas, according to a study by scientists with UNH's New Hampshire Agricultural Experiment Station.

Researchers have found that hair samples of bobcats living closer to residential and agricultural areas have higher cortisol levels. Cortisol is a hormone that releases into a mammal's bloodstream when faced with a difficult or threatening situation. The more cortisol that circulates in the bloodstream, the more that will

end up in hair samples.

"Under normal conditions, cortisol helps our bodies regulate energy and gives us the resources needed to deal with the stressful situation. This is a good thing for our bodies—we deal with the situation then return to normal. However, chronically high cortisol levels can worsen individual bobcats' health and lower reproduction rates of populations," said wildlife ecologist Rory Carroll, assistant professor of biology at Southern Arkansas University, in a UNH press release.

Carroll conducted the study as part of his doctoral research at UNH, along with Marian K. Litvaitis, professor emerita of natural resources and the environment, and Thomas Foxall, professor of biological sciences.

The study also found that size, temperature and weather can affect cortisol levels. For example, bobcats' cortisol

levels are lower in the spring than in the fall. Below-average temperatures in the fall can also cause lower cortisol.

In order to isolate cortisol levels caused by stress from naturally occurring hormone changes, the researchers partnered with the Buttonwood Park Zoo and Squam Lakes Natural Science Center to observe their captive bobcats to use as controls.

"[Captive bobcats] are still experiencing temperature and weather [changes], but they're not really stressed because they're kept in constant conditions. They're always fed the perfect amount of food. If they want to escape the conditions, they have an indoor pen. So, we used those samples as a baseline of what the cortisol levels in a bobcat should be," explained Carroll.

The study found that, in addition to agricultural areas, bobcats had higher cortisol

in "open development" areas, such as golf courses, large parks or cemeteries. This is because these "managed landscapes" lack plant biodiversity that would support prey species for bobcats.

Carroll also noted that bobcat cortisol levels were highest in areas with intermediate housing density. This is because food resources are more unpredictable. In contrast, both low and highly developed areas maintain their "own unique resource bases." For example, squirrels that are attracted to bird feeders in high density areas can become a bobcat food source.

Bobcats' ability to adapt is one of the things that make them unique. When studying how bobcats' diets differ across New England, the researchers found bobcats not only specialized in different foods but developed unique hunting patterns depending on the

area's resources.

"They're adaptable in the types of prey they can eat, and the types of places they can live, but they're also really good at specializing in certain things when they have to," said Carroll.

However, the rate at which humans are changing the landscape is outpacing bobcats' adaptability, resulting in their higher cortisol levels. The study did not focus on whether bobcats' cortisol levels were detrimental, but prolonged stress can cause immunity and reproductive issues.

Carroll hopes that the study will help preserve bobcat habitats during future land development projects, as well as inspire regulation on Vermont's bobcat hunting season.


"An adaptable species has its limits. You can't just adapt to anything," he said.

TNHdigital.com

Scientists disprove misinformation on COVID-19 vaccine

Updated: 4/1/2021

When can I get a **COVID-19 VACCINE** in NH?



PHASE 1


PHASE 1A

- High-risk health workers
- First responders
- Older adults living in residential care settings

PHASE 1B

- People 65 and older
- Medically vulnerable people under 65 who are at significantly higher risk with 2 or more conditions - including family caregivers for children under 16
- Residents and staff of residential facilities for persons with intellectual and developmental disabilities
- Corrections officers and staff working in correctional facilities
- First responders and health workers not already vaccinated

AVAILABLE NOW



PHASE 2


PHASE 2A

- K-12 school and childcare staff

PHASE 2B

- People 50-64 years old

AVAILABLE NOW



PHASE 3

PHASE 3

- 40 to 49 years old: March 29
- 30 to 39 years old: March 31
- All 16+ years old: April 2

AVAILABLE NOW

Sign up online at vaccines.nh.gov or
call 2-1-1 for more information.








Photo courtesy of vaccines.nh.gov.

By Rhianwen Watkins CONTRIBUTING WRITER

Some people have fallen victim to false claims regarding the mRNA vaccines currently being used to prevent the spread of the coronavirus (COVID-19) pandemic.

According to BBC news, a video was released by an osteopath named Carrie Madej, who claimed that mRNA vaccines have the ability to alter people's DNA, however many scientists have since proven this to be untrue.

According to Gavi, the Vaccine Alliance, COVID-19 contains a spike protein, for which scientists are able to sequence its DNA. They then are able to recreate it synthetically by injecting us, through the vaccine, with an mRNA particle which acts as a messenger to tell our cells to create many of these proteins. Our immune system responds by attacking these synthetic proteins, which builds antibodies to them. The next time we encounter the real virus, our cells remember the protein attached to it, and attack it before it can infect us and make us sick.

"The central dogma for

genomics is that material flows from DNA and gets transcribed into RNA and then gets translated into protein," said Megan Enos-Fournier, professor of biomedical sciences at the University of New Hampshire (UNH). "If people are saying, well this RNA vaccine is gonna change your DNA, that's physically and biologically impossible." She continued, "We don't have the enzymes to reverse transcribe that RNA back into DNA. We can't do it."

The RNA is simply the delivery system used to transmit the information to the cells to make the protein. It works to activate both our B cells, which create antibodies, and T cells which attack virally infected cells, Enos-Fournier explained. A lot of older vaccines only activate B cells, so this one is especially effective.

Enos-Fournier also explained that RNA is very unstable on its own. "Any RNA that is not translated is going to be degraded by the body. Messenger RNA has a very short half-life," said Juan Rojo, professor of biomedical sciences at UNH. "I think it is 3 to 5 minutes that it is going to be degraded. After that it is not going to be incorporated into our cells."

Dr. David Itkin, Infectious Disease specialist at Portsmouth Hospital, and voted Top Doctor in Infectious Diseases by NH Magazine in 2004, 2005, 2009, and 2010 said, "This is a piece of RNA that does not go to the nucleus, it stays within the cytoplasm of the cell and basically hijacks the protein synthesis apparatus of the immune cells, so it never even actually sees the host DNA and it never gets into the nucleus."

Many people have also feared that the vaccine may be unsafe due to it being made in such a short amount of time, according to CNET.

"If you think about the way vaccines have been delivered in the past, this is a new delivery system. But, it's not really that new. The technology to do this has been around for decades. We just never employed it because we didn't have the need or the funds or the willing participants, all the volunteers that would have gone into these vaccine trials to speed up this process," said Enos-Fournier.

One of the theories regarding the vaccine is that it has led to harmful side effects or even death, according to Greenmedinfo.com. Enos-Fournier explained that there is no data

to suggest that there have been deaths linked to the vaccine, and that the worst possible side effect is a serious allergic reaction which is very rare, and it is only those who have serious allergies in general, who may have a reaction. Even most people who do have allergies and use an EpiPen have received the vaccine with no allergic reactions.

The CDC also reports any cases of serious allergic reactions to VAERS, the Vaccine Adverse Event Reporting System, which collects reports of adverse reactions to the vaccine from healthcare professionals, vaccine providers and the public.

There have been some theories among the public that the COVID-19 vaccine may contain microchips which scientists and the government are using to track people, according to CNET.

"Do you have a smartphone? Because if you do, you're already walking around with a microchip in your pocket. If somebody wants to track you down, there's a much easier way to do it without injecting you with a microchip," said Enos-Fournier in response to this claim. "You have to trust the science and you have to

trust the scientists that understand this stuff that were not trying to track people."

There is no evidence that the vaccine contains microchips.

"Drug companies aren't going to invest billions of dollars into producing a product that's ultimately going to cost them money," said Vicki Jeffers, professor of biomedical sciences at UNH. "I understand that the perception of 'big pharma' is that they're just out to make money, and that's certainly true, but ultimately, the vaccine still needs to work or it's gonna cost them in the long run."

All N.H. residents who are students at UNH are eligible to register to receive the vaccine through one of UNH's points of dispensing (PODs) on April 8 and 9, according to an email that was sent out Friday from UNH Chief of Police, Paul H. Dean.

"Everybody's struggling with COVID fatigue, said Sherine Elsawa, professor of biomedical sciences at UNH. "Everybody's tired of the isolation, everybody's sick and tired of not being able to go to work, and the way to get things back to normal is to get vaccinated."

@thenewhampshire



UNH graduate student creates viral TikToks about lumpfish

By Julia Stinneford
NEWS EDITOR

When Nathaniel Spada started making videos on TikTok featuring lumpfish, he never expected them to go viral. He had been looking for good content to post in the hopes of gaining a following – “I didn’t realize my greatest assets were swimming right in front of me,” he said.

Spada is a graduate student in marine biology at the University of New Hampshire (UNH), who has found himself a viral content creator on the popular video-sharing app TikTok. He currently has 1.2 million followers, and 20.7 million total likes.

“I’ve always thought the lumpfish were cute, but I never imagined so many other people would fall in love with them too,” Spada said.

His intent, he said, was to educate people about his research and what the life of a marine biologist looks like. “Going viral was quite surprising,” he said.

His first video that went viral was posted last August, and Spada said that it “glued” him to his phone to watch all of the notifications pour in. “It was a pleasant surprise!”

The stars of Spada’s videos, the lumpfish, are central to his

graduate research. The focus of Spada’s work is on improving lumpfish aquaculture, he said.

Lumpfish are raised by the millions in many Nordic countries and Canada, according to Spada, due to their usefulness in the process of farm-raising salmon. Salmon are often farm raised in sea pens, and being out in the water makes them prone to being infected with little parasites called sea lice. Lumpfish eat these sea lice, and as such are used by these fish farmers as a form of biological control to help keep the salmon healthy. The lumpfish are put into the salmon cages, Spada said, to eat the parasites off of the salmon.

But, even though millions of lumpfish are bred every year, “there isn’t a single protocol that is drawn upon for raising this fish; everyone just does their own thing,” Spada said. “So, I hope to find the proper nutritional and growing conditions for lumpfish so that the process of raising them is as cost effective as possible.”

Spada became interested in lumpfish during the spring of 2019, his senior year. As an undergraduate, he was a member of the Sustainable Fisheries and Aquaculture Club on campus, and Dr. Elizabeth Fairchild came to speak to the club about her plans to raise lumpfish for



Photo courtesy of Jeremy Gasowski.

experiments that year.

“I fell in love with the story that she told and the fish that she spoke so highly about,” Spada said. As it was his senior year, he was looking for a professor with whom he could be a graduate student, and Fairchild seemed like “the perfect fit.”

“After pestering her for a summer job, she gave me one,” Spada said, and ever since, he has been working with lumpfish – now as Fairchild’s Master’s student.

Spada graduates from his program in September, but

he still plans to keep making videos for his followers on TikTok. His research with the lumpfish will continue until the fall, and after that, he said he hopes to “find a job that has more viral-worthy content.”

His goal is to keep his videos centered on marine biology, but expects that he will have to be creative with his content once he graduates. “I hope to continue to grow my brand as a content creator by making merchandise and posting videos to YouTube,” Spada said. YouTube, he said,

would be able to provide more in-depth content than TikTok, which has a 60-second limit on its videos.

Beyond his viral video plans, Spada hopes to find work at a federal or state agency like NOAA or Fish & Game. “It has been a dream of mine to work for NOAA so that is my main goal,” he said.

“I love to educate folks on the things I’m passionate about,” Spada said, “so I hope content creation remains in my future!”

N.H. natives launch Live Free Water company

By Ben Domaingue
STAFF WRITER

Live Free Water, an ambitious business created by four New Hampshire natives and Lakes Region alumni, opened its doors during the coronavirus (COVID-19).

“Our company lives at the intersection of convenience, quality, and sustainability,” their website reads. Live Free Water promises “world-class water” sourced from their local spring in Glenrock Springs, located in Greene, Maine.

Live Free Water was founded by four local college students and recent graduates from the Lakes Region. For six years, the men have worked together at Lake Winnepesaukee.

Luciano Monizone, president of Live Free Water and student at Suffolk University, aims to provide exceptional service to each of his customers.

“What we loved most about our job was forming meaningful relationships with customers,” said Monizone.

Monizone took a leap of faith in founding the company, willing to take a chance to compete during COVID-19.

“It’s not really anything I had the desire to do, but because of Danny, Jack and Ethan and their entrepreneurial spirit and then me with my connections, it was a no-brainer to try something,” said Monizone.

Live Free Water’s business strategy has shifted numerous times since its founding, eventually settling on home and office delivery.

“Originally we wanted to sell it to beverage companies. Then, we looked into bottling water ourselves. Then settled on home and office deliveries. It’s the most cost-effective and the most environmentally friendly,” said Monizone.

At the moment, Live Free Water is building its bottling plant in Alton, New Hampshire. All of their work is in-house.

“We do all of our distribution ourselves. And we’ll be doing all of our cleaning, filling, labelling, delivery. It’s a good system, and when the money is there I hope we can get some distribution going,” said Monizone.

Live Free Water wants to distinguish itself from the competition by providing excellent customer service to its clients.

“All of these conglomerates – you’re sitting on the phone for 30 minutes or more. With us, if you run out of water, I’ll be at your house within the hour,” said Monizone. “That local customer service is our competitive edge.”

Live Free Water is working to ensure that single-use disposable bottles do not exist in their supply chain. As the technology is not quite there, they are exploring eco-friendly bioplastics.

“We are looking to be the most eco-friendly beverage company,” said Monizone. “The fact that we have a superior product is not enough.”

As a result of COVID-19, numerous businesses have shuttered. Some, like Live Free Water, have attempted to operate during the pandemic, despite the challenges.

“People are wary go around and put the cup under the coolers, even though they have no reason to be as we offer COVID-friendly coolers. The customers [offices] are currently closed, and switching their water brand is not a priority for people. There is a very status-quo attitude right now. Getting customers has been the biggest challenge,” said Monizone.

Live Free Water provides its test results online as an act of transparency.

Live Free Water also provides coffee delivery to its clients. They offer their Ethiopia (light roast), their Winnepesaukee Sunrise (medium roast) and Italian (dark roast) blends.

Live Free Water provided a sample bottle at no charge, which was delivered same-day.

I had the opportunity to sample the water, which had a distinct taste compared to local tap water in Durham, as well as filtered Brita water.



Photos courtesy of Live Free Water.

TNH

Wildcat Powerlifting works to end weightlifting stigma



Photo courtesy of Melanie Matts.
Brianna Cowing, (left) Claire Wardlaw, (middle) and Sammy Greer (right) pose as the executive board members of Wildcat Powerlifting.

By Melanie Matts
CONTRIBUTING
WRITER

There's been a long-time stigma within the fitness world that women should be doing cardio, and men should be lifting weights. That stigma is being broken day by day, and students at the University of New Hampshire (UNH) are helping make that happen.

Wildcat Powerlifting is a non-affiliated club within Hamel Recreation Center (HRC). There are four executive members who run the club, and three out of the four of them are women.

Samantha Greer, Brianna Cowing, Claire Wardlaw and Brandon Sondrini founded the club just over a year ago.

"We have created an unaffiliated club within Durham that is a community of UNH, patrons, lifters, anyone wanting to lift or find a community to exercise within," said Greer.

Each member of Wildcat Powerlifting has had their own fitness journey. Cowing's journey with strength training took off officially when she began her time at UNH.

Cowing said, "I remember being extremely scared to go in [the weight room] my first day. I came here [UNH] and I told myself to not be afraid to do it anymore. I was in a new space,

new people, no one knew me, I could be whoever I wanted to."

Intimidation of the weight room, and the gym is general, plays a huge role in many students lives. Sophomore Alexandra Colonna said, "Of course I'm going to be intimidated. I can feel the testosterone wafting out of there when I walk by."

Greer, who started powerlifting back in 2018, is now a certified personal trainer working for the HRC and teaches her own beginner weights class. Greer is a mentor, teacher and example to students and patrons at HRC, especially for those who are intimidated by strength training and the weight room.

"The biggest impact I've had on campus rec is having a successful beginner weights program. I am so proud of it, I love teaching it, and I love that women and even some gentlemen have a safe space to be vulnerable and to be newbies," she said.

Greer continues to leave her mark around HRC outside of clients and classes she teaches.

Greer said, "I think the biggest way I've had an impact isn't through my couple of clients but it's going into the rec center, walking into the back room [weight room] and just knowing that this space is made for all people. Strength training isn't exclusive to those who



Photo courtesy of Melanie Matts.
Samantha Greer sets up to deadlift at Hamel Rec. Center on March 7, 2021.

identify as male. It is really intimidating and hard, but I think that me being a female in that back room for a couple hours a day, female patrons seeing that has helped so much."

For those looking to get into strength training, or fitness in general, Greer's beginner weights class in an excellent place to start. According to the HRC group exercise schedule, beginner weight is held Mondays and Wednesdays from

4:45 p.m. to 5:45 p.m. and Tuesdays and Thursdays from 8 a.m. to 9 a.m.

"Take a group exercise class, a lot of the time they use equipment found around the gym so you can go into these rooms and know what you're looking for," said Cowing.

"For women trying to get out of the cardio world or into the weight room, reach out to someone that you know has done it before. I promise

you, women who have done it before will only want to share and help. Reach out, use your resources, ask questions, and understand it's about the mindset and getting yourself through the door. Once you are bitten by the bug of strength training and exercising, you'll realize that your body is capable of so much," said Greer.

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The ARTS

8 April 2021

On the Spot with... The Fry'd Guys

By Anna Kate Munsey
MANAGING EDITOR

Senior year of college means spending time with friends, applying to jobs, passing final classes and ... running a business?

Six ambitious University of New Hampshire (UNH) seniors have poured their hearts and souls into late-night eats spot Fry'd, an instant Durham hit.

"Food for friends, by friends" is the motto at Fry'd, and that sentiment is infused into everything they do.

The idea first came to Chief Executive Officer (CEO) Darren Gibadlo while he was at a food truck festival in California. He thought that sort of business model would do well in Durham, but there were unfortunately some restrictions regarding food trucks on UNH's campus. He enlisted the help of his best friends and roommates to brainstorm, and the project took off from there.

The team includes Gibadlo, senior finance & entrepreneurial studies dual major; Chief Marketing Officer Ethan Landon, senior marketing major and psychology minor; Chief Financial Officer Patrick Duggan, senior finance major and economics minor; Chief Accounting Officer Keane Regan, senior finance major and economics minor; Chief Technology Officer Christopher Sheehan, a finance major and environ-

mental conservation & sustainability minor who graduated in December; and Environmental Health and Safety Manager & Director of Morale Nelson Davis, a senior environmental conservation & sustainability major.

The guys have had to devote most of their free time and energy to the business, as well as sacrificing many of the typical senior year traditions such as going out with friends on the weekends. However, they are loving it.

Gibadlo says they try to separate their relationships as friends versus as business partners. "I think everyone is on the same page about it... we all purposefully put that 'friend hat' away, you know, and take out that 'business hat' and put it on for a couple hours, so that we can have a successful service and get through those four hours without any hiccups. I think everyone's done a pretty outstanding job with that so far," he said.

Fry'd opened their doors in the beginning of March and have had an exceptional first month of business. They are operating as a "ghost kitchen" out of Wildcat Pizza, at 3 Madbury Road.

Even given their welcoming atmosphere, engaging social media content and clever business model, the food is the star of the show.

Serving late-night, American-style comfort food, the menu includes many popular munchies such as mozzarella

sticks and curly fries, as well as signature grilled cheese sandwiches and mac and cheese flavors. The item names were designed with college life in mind, such as their "U Up?" buffalo chicken grilled cheese or their "The One Night Stand" mac and cheese topped with BBQ pulled pork.

Of course, a college town with over 13,000 students can always use an option for late night food, especially when it's carefully designed by students themselves.

"People are kind of cooped up and we want to be viewed as 'that friend' who's there and you can relate to... We're trying to create that fun, inviting vibe and just be that person you can turn to, that's always gonna be there," said Landon.

In addition to the food, the marketing strategy at Fry'd has been crucial to their success. They've utilized social media and other online forms of advertising to get the word out like their newsletter, share behind the scenes clips, and advertise menu specials and options.

When the team was designing the menu, Gibadlo personally knew the struggle of going out for late night food while having dietary restrictions. Landon says they see a large amount of orders each night flagged with 'gluten-free intolerant,' 'gluten-free celiac,' and others. "That's definitely one of our big

themes about our company, and it seems to have boded very well... I think that the people really love it," Landon says.

Their brand is designed to be affordable, local and inclusive. These attributes can be seen in the food itself as well as the entrepreneurs.

From sitting around their living room on their laptops, brainstorming where to go, to doing taste tests for friends, to offering Super Bowl catering and finally their official opening, the business has been a long time in the making.

One fun project they have developed since opening is their "secret menu," which features unique, limited-time items.

Fry'd is open Wednesday through Saturday from 10 p.m. to 2 a.m. and offers both takeout and delivery, as well as catering.

So, what's next for the Fry'd guys? "We're at that point where we kind of need to decide where we want to go. We've definitely found that niche in the late night college market and that's something that we want to stay true to," Gibadlo said.

After graduation, they plan to move into Gibadlo's family home and continue working on their goals with the business. They are looking to have a food truck around the Seacoast area this summer, and will be back on campus for the fall semester.

Photos courtesy of Fry'd



TNHdigital.com

Saying goodbye to a community favorite

By Caitlin Staffanson
ARTS EDITOR

After seven wonderful years, Main Street Makery located on Durham's Main Street is closing its doors. On March 29, 2021, Owner Sarah Grandy announced the devastating news on the store's Facebook page and through an email newsletter. The store's closing date is April 30.

Grandy stated in the announcement that over the past year she has been looking to find ways to stay open and

continue her work within the Durham community, but the COVID-19 pandemic has caused many challenges for the small business.

"Life threw all of us obstacle after obstacle this past year, forcing us to redefine how we live and do business," stated Grandy. "At the Makery, we continually pushed/pivoted/changed to find new ways to stay open; the glimpses of success kept our hearts hopeful! Determined to make it through the 2020 holiday season, we saw many of our usual beloved

customers and were able to stay open. It was busy, reaffirming and heartwarming — but still, sales were down considerably. Then came a very slow start to 2021 which, coupled with the continued high Covid numbers in Durham/UNH, created a culture detrimental to a brick and mortar business."

Despite her best efforts, she said, "I need to close the shop permanently. It is time for me to stop, look around and find a different path forward."

Throughout its time in the Durham community, Main

Street Makery has been able to host over 300 artists, offer free crafts to the community, artist demonstrations and live music, collaboratively create three vibrant, colorful, community murals (which currently guide visitors right to the shop's doors), and countless other achievements.

"I want to thank all of you for seven years of Makery love," said Grandy. "It has been therapeutic reflecting on all of the fun we have had with our evening and community events, participating with Celebrate Durham, collaborat-

ing with other businesses, and countless shenanigans in the shop. This has truly been one of the most fulfilling and fun things I have done."

Main Street Makery has been a Durham staple and will be missed by community members. The arts and craft store is located in the alleyway between Hayden Sports and Durham House of Pizza (D-Hop). The current hours are 11 a.m. to 5 p.m., Wednesday through Saturday. With less than a month until close, be sure to stop by.



Photo courtesy of Main Street Makery

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Newington movie theater set to reopen in May

By Allison Musitano
STAFF WRITER

Regal Cinemas Fox Run and RPX theater will open its doors once again in Newington on May 7. The theater, which closed in October of last year in response to COVID-19, is one of many Regal Cinemas locations reopening across the country, according to the company's website. Regal Cinemas movie theaters are set to resume their operations

in locations nationwide at a staggered rate from April 2 to May 14.

The reopening of Regal Cinemas Fox Run and RPX, also known as Regal Cinemas Fox Run 15, was not guaranteed - when the theater initially closed in October 2020. Its closure was reported as indefinite, leaving the theater's fate uncertain.

Over the past year, the pandemic has taken its toll on the movie theater industry as other theater franchises have strug-

gled; in February movie theater chain Cinemagic announced that it would permanently close its locations across New England and AMC Theatres narrowly avoided having to file for bankruptcy in January.

In compliance with CDC, state and company guidelines, Regal Theatres will enforce new COVID-19 precautions at its theaters. "Cinemasafe" theater auditoriums will run at 50% capacity with distanced seating between groups of movie-goers. With the ex-

ception of food and drink consumption, face masks will be required at all times while inside, including in the auditorium. All employees will receive daily health screenings and be required to wash their hands frequently throughout their shifts.

Like many businesses across the country, left to toe the line between safe practices and staying afloat amidst bankruptcies and a decrease in clientele, Regal Theatres plans to adjust its guidelines

accordingly as the pandemic continues.

Although the return to normalcy may still be a long road ahead even with many New Hampshire residents receiving their vaccinations, local moviegoers can celebrate the fact that their Regal Fox Run and RPX theater is here to stay.

Staff and representatives at Regal Fox Run and RPX could not be reached for comment.



TNH Staff / Allison Musitano.

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SCOPE Hosts Pete Davidson for virtual Q&A



Photo courtesy of SCOPE Instagram.

By Aubrey Benoit
STAFF WRITER

Saturday Night Live (SNL) star, Pete Davidson, was welcomed to a Q&A hosted by the University of New Hampshire's (UNH) Student Committee on Popular Entertainment (SCOPE) and moderated by SNL's Alex Moffat this past Tuesday.

Advertised all over SCOPE's Instagram with a video montage and several reminders that the event was going live March 30 at 8 p.m., the Zoom was exclusive to UNH students who had access through their UNH login.

The self-made comedian and standup artist, Davidson did not let the student body down in his Q&A, which was very interesting – to say the least. Just under 1,000 UNH Wildcats, or as Moffat put it, “UNH Bulldogs,” had the privilege of experiencing all the joy that is Davidson.

The comedic duo deeply considered every question and answered with unfiltered and complete honesty. Students popped off in a previously made questionnaire to give Davidson a variety of “whopper questions” as he joined the Zoom with his inner-monologue theme song from The Billy Hill Show.

To start off the fiery conversation, Moffat asked, “People want to know if you would

rather fight a horse sized duck or 100 duck sized horses?” Immediately Davidson said, “A bunch of little horses. Yeah, a big duck is going to eat you immediately.”

There's more from where these hard hitting questions came from. After answering a question regarding what Davidson would take a bath in besides water, he honestly replied, “I don't know, what the f*ck guys. Maybe Peach Snapple. It's the best even though it gives everyone diarrhea, or maybe it's just me... I sh*t black for three days.”

Students also wanted to know what Davidson thought of their beloved UNH. “Well, as of today, I know it exists,” Davidson laughed. “I think it's great, I think it's near New England as well as Maryland and maybe it's also near New York and Boston and Jersey as well, so I think that's cool,” Davidson added.

Davidson had some deep thoughts on the university and where it may or may not be located. The students in Durham, N.H. would expect nothing less from the Staten Island local.

Despite his lack of knowledge on the students, he still offered some loving advice gifted by his own mom. “Drink beer before liquor,” Davidson said. Not only is he a comedian, but also quite the practical realist, offering words of wisdom to young adults attending university.

He also gave his own advice in reference to his 16 year old self. “I would say try to prepare yourself the best you can because [the press, media, anyone that's not you and friends] aren't going to be kind,” Davidson said. His dark and self-deprecating humor has taken Davidson far in life and clearly gotten him through some more deafening times. “Just buckle in and know that people are going to be sh*tty,” Moffat adds.

From raving about Ben & Jerry's Tonight Dough, to setting an elephant free on the Jersey turnpike, they still made time to discuss how Davidson got onto SNL in the first place. After doing stand-up for Amy Schumer, Davidson was able to meet Judd Apatow and Bill Hader. Hader recommended Davidson to audition for SNL, where he got his first shot at being a writer for the show. “I would do anything [for SNL],” Davidson said. A month later, Davidson was actually asked to be a cast member for the following Monday.

Moffat, “on the edge of his seat”, dove in deeper to find out Davidson actually admired Eddie Murphy and Adam Sandler, inspiring his job on SNL. The show encompasses a similar humor to that of Murphy and Sandler and is reflected in Davidson's style.

Above all, Bill Burr stands as Davidson's favorite comedian. “I saw him open for

Dane Cook at Madison Square Garden... He crushed so hard, me and my cousin left to try and go find him... I have been following him religiously ever since,” Davidson said.

Davidson is not only well known for his shows, but also by being covered from head to toe in a mass of tattoos. Rumors are true, as Davidson openly admitted he is burning off all but one tattoo. In the Zoom, he showed the tattoos he has already had lasered off and acted relatively satisfied with his decisions.

As a creative and extroverted person, Davidson has figured out how to express himself in unique and outwardly ways, even when it comes to his job.

“If it genuinely makes me laugh, I write it down and then I'll ask one of my friends that I trust their opinion and if they like it, I'll ask one more person and then if it goes three for three, I'll put it in the act,” Davidson said. In his creative process, he will even try out jokes that only he finds funny. “You've gotta try it, baby,” Davidson said.

There were a million more questions that were burning a hole in the student's brains. However, it was time for live questions to come through. Many students commented on how “fine” Davidson is.

“Tell that to the person who made my Wikipedia picture cause that guy does not think

I'm fine. He's putting up this picture of me from like 2014 where I look like, like a mush,” Davidson responded.

The transparent commentary from Davidson had students at a loss for words:

“I don't know what the yeet is, I just know that it skirts.”

“Can I sing you a lullaby? No.”

“Birds? I don't know. What are birds?”

“Chris Evans is great. He's America's captain.”

“The best pick-up line is to not use a pick-up line.”

Out of context and out of pocket, Davidson's sense of humor lives within the American comedy archives.

Davidson and Moffat made quite the duo and did a great job at keeping the students at UNH entertained during these uneasy times. SCOPE typically hosts events and concerts during the semester, but with the guidelines from the CDC, large gatherings are not permitted. The SCOPE team has done an exceptional job at retaining virtual events during the coronavirus (COVID-19). The fact they were able to get a hold of Davidson and Moffat in the first place is a once-in-a-lifetime experience.

The SCOPE Q&A did unfortunately come to an end after an hour of laughter. In the final words of Pete Davidson, “Thank you guys for paying for another rehab. Later!”



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From the *Editor's Desk...*

Lonely 20-somethings

The University of New Hampshire's 2020-2021 academic year has just over a month left.

This means a multitude of things, but perhaps the most obvious is that thousands of undergraduate students will be enjoying their last days in Durham, N.H. and will be joining the workforce.

With graduation comes uncertainty and anxiousness for many. You could be worried about a lack of a job opportunity, having to live by yourself, paying your own bills or a mixture of it all.

Just yesterday I was walking down Main Street in Durham and had a realization that I only have about 13 months left in this

but rather a realization that you should internalize and enjoy. Life will not be better or worse going forward, but it will be a learning experience.

After graduation day comes and goes, your whole world is briefly tipped upside down. You are faced with new challenges that will test your self-confidence, creativity, work ethic, among various other characteristics. To seniors that will be experiencing that feeling, it's okay to feel nervous. It's okay to feel alone.

In 2016, a study published by Development Psychology found that on average, an individual's loneliness peaks before they hit their 30s. Sociologists in the study

"After graduation day comes and goes, your whole world is briefly tipped upside down. You are faced with new challenges that will test your self-confidence, creativity, work ethic, among various other characteristics. To seniors that will be experiencing that feeling, it's okay to feel nervous. It's okay to feel alone."

beautiful, quaint town. It's truly a frightening thought that evokes a lot of emotion.

After reflecting on my three years, I couldn't help but think of all the great people I have come across. College is a truly unprecedented time in life where you get to figure out how to be an adult, where you want your life trajectory to go all while getting a great opportunity to become a more educated individual. And this is all while spending it with new, great friends that you could know for the rest of your life.

Try to keep in mind that this is a time in your life that probably won't be replicated. That shouldn't be a scary or sad thing,

include that friend-making opportunities directly lead to proximity, repeated and unplanned interactions, and settings that encourage people to let their guard down. These conditions are inherently less frequently in life after your dorm room days are over.

Contrary to long-standing stigmas about the 20-somethings, you are not always surrounded by friends, parties and an extravagant social life. A lot of your early adult years are challenges disguised as isolated black holes of loneliness, which become blessings that help you grow and progress. Through these times, you have the opportunity to decipher who you are as an adult; what

your core values are, what you value in others and how you're going to conduct your life.

Social media has become a hub for the fear of missing out (FOMO) phenomenon, where it's easier to believe that others are living "better," more exciting lives than you. While it can be used to help spur more communication and interaction when physically alone, it can prevent you from really listening to yourself, and having meaningful self-communications.

Truly being alone and taking a deep dive into your inner child can help you eliminate your social guard, something that limits your ability to be introspective and cultivate your own thoughts. In the education system, you are constantly being pummeled with information and knowledge and you don't necessarily have much time to think for yourself. Also, constantly being around people can cause your thoughts to be skewed closer to their ideals. It's like the old saying "you become who you are around."

The point I'm trying to make is that you shouldn't be ashamed if you feel lonely during your process of finding your place in the world. You don't need to have your life figured out at 22 years old. Embrace the loneliness and use it to try to accept yourself as you are, while deciphering what you want out of relationships and the things that fulfill you.

Loneliness is not a "one-size fits all" experience, but wherever and however you may experience it, there is always a reason...always a light at the end of the tunnel.

Josh Morrill
Executive Editor

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Send yours to tnh.editor@unh.edu

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GYMNASTICS

Four Wildcats compete in NCAA Regional Championship



PHOTO COURTESY OF UNH ATHLETICS

Wildcats junior goalkeeper Cat Sheppard making one of her career-high nine saves as she dives towards the Binghamton forward

By Jared Gustafson
SPORTS WRITER

Four Wildcats competed for the University of New Hampshire (UNH) this past weekend in the NCAA Regional Championship. Junior Hailey Lui and sophomores Kylie Gorgenyi, Robyn Kelley and Alyssa Worthington were the only UNH gymnastics (9-3, 5-1) athletes able to compete in regionals after the teams ranking fell to 38 in the nation with only the top 36 advancing to the championship. Coronavirus (COVID-19) protocols

kept UNH from competing in the EAGL Championship on March 20 and ended the rest of the team's season.

Head coach Lindsey Ayotte said after the meet that taking just four athletes was a new experience.

"It was kind of brand-new; Hailey [Lui] was the only one who's ever been to a postseason, you know it's different when you go as individuals versus as a team, and you have your whole team's support," explained Ayotte. "It's a different feeling and a different atmosphere when it's just a few of us."

The highlight of the match came from Lui. She scored a 9.875 on the beams which tied for first place against UCLA's junior Norah Flatley.

Lui said she wasn't focused on the outcome during her routine noting that she, "wasn't really paying attention to the competition much. So even after the meet was over, I really didn't even know."

Coach Ayotte backed her junior's performance.

"It's something I knew she could do, and I still think the score itself was a little bit lower than what her performance was. It's something she

has been training in the gym every day."

Kelley scored her personal best on the floor with a score of 9.920 the last time UNH competed in a meet versus Towson and Temple University. However, that success didn't continue over to the weekend's match and she placed 24th on the floor with a score of 9.725. Kelley did find more success on the beams though and placed 12th with a score of 9.775.

Gorgenyi competed on the vault and uneven bars this weekend. She placed 27th on the vault, scoring 9.600 and

28th on the uneven bars, scoring 9.225.

Similar to Lui, Worthington only competed in one event this weekend, the beam. Worthington recorded a 9.425 which placed her at 22nd overall in the match.

The performance wasn't what UNH was looking for in a season marred by the pandemic's restrictions. Still the results are something for the team to build on as they look to the 2022 season.

MARCH MADNESS

After a year without, 2021 March Madness fails to disappoint

By Dan Marshman
SPORTS WRITER

The 2021 NCAA men's basketball tournament was one for the ages. Cinderella stories and juggernauts like Gonzaga and Baylor facing off on the biggest stage in college hoops. After a year without a tournament, the anticipation for this year's tournament was palpable. The tournament certainly didn't disappoint with moments like Jalen Suggs game-winning three pointer for Gonzaga versus UCLA, and Sister Jean willing Loyola Chicago to another improbable Sweet Sixteen appearance.

The first round produced some of the most unpredictable games in recent tournament history including nine victories from double-digit seeds. Ranking the teams was quite task for the committee given the

discrepancy in the number of games played in the shortened season. Duke and Kentucky were both noticeably absent from the tournament leaving the spotlight for other schools to shine. Oral Roberts was able to make a run to the Sweet Sixteen after beating Ohio State and Florida giving the school the national attention they haven't often received. Syracuse raised their level of play behind Buddy Boeheim, son of legendary Syracuse head coach Jim Boeheim. The Orange fell to the Houston Cougars with Houston eventually advancing to the Final Four.

Despite the number of double-digit seeds in the Round of 32, the cream of the crop showed up in the later rounds. The unquestioned favorite heading into the tournament was Gonzaga based on their undefeated record and star players Drew Timme and

Suggs. They rolled over their opponents on their way to the Final Four where they met the UCLA Bruins coached by Mick Cronin and led by Johnny Juzang.

The Bruins run was as improbable as any in the tournament. After being down by 14 points in the play-in game against Michigan State, the Bruins ripped off four straight wins to reach the Final Four. The Zags realized early on in the game against UCLA that things weren't going to be as easy as they had been so far. UCLA jumped out to an early lead and kept the game close heading into the final seconds. Juzang was called for a charge at the end of regulation sending the game to overtime.

In overtime, the Zags were up 90-88 before Juzang finished a layup to fall tying the game at 90. Before anyone could blink, Suggs, the Zags

star point guard, dribbled the ball just beyond half court and launched a jump shot. The ball came down on a perfect arc banking off the backboard and in to give Gonzaga the win and keep their perfect season alive. The Zags survived to face the second best team in the tournament, Baylor University.

Baylor faced Houston in their Final Four matchup in a battle between two Texas teams. The Bears were dominant in that game winning 78-59 with five players scoring in the double digits. Both teams were on a collision course for the National Championship with Baylor hoping to spoil Gonzaga's perfect season.

The Bears came out of the gate hot against Gonzaga with an unquenchable thirst for victory. They scrapped on the offensive boards showing why they were ranked No. 6 in that category all season. The Zags

were unable to muster up any comeback against Baylor and consistently left points on the board with careless turnovers. The Bears played a flawless 40 minutes on their way to winning their first men's basketball championship 86-70. Baylor's Jared Butler was named most valuable player in the Final Four after scoring a total of 91 points in the tournament.



Wildcats rise to No. 11 after clinching playoff berth

By Shaun Petipas
SPORTS EDITOR

DURHAM, N.H. — No. 12 University of New Hampshire (UNH) men's soccer (5-0-1, 4-0-1) defeated a struggling UMass Lowell team (0-6-0, 0-4-0) by a score of 4-1 on Friday afternoon at Wildcat Stadium. With the dominating win the Wildcats punched their ticket to the four-team America East Championship to defend their status as America East Champions.

The Wildcats have one remaining game against a tough Vermont (4-0-1, 4-0-1) team which held UNH scoreless earlier in the season in a 0-0 tie. A win or another tie in the season finale will solidify UNH as the top seed. This means both America East Championship Semifinal games would have to come through Durham.

UNH got on the board quickly just five minutes into the game when first-year midfielder Yannick Bright buried his first collegiate goal. Bright was able to poke the ball free from the Riverhawks defense and rip a shot to the top left corner from 25 yards out. He went on to add an assist later in the game which helped earn him the title of America East Rookie of the Week.

UNH kept the pressure up and again broke through the UML defense this time coming from one of their leaders, se-

nior midfielder Linus Fallberg. Fallberg received a pass from sophomore midfielder Rory O'Driscoll and ripped a shot past the UML goalkeeper adding to the UNH lead.

UMass Lowell showed some fight towards the end of the first half. UML's Denis Petro had a great opportunity to bring the Riverhawks within reach but UNH graduate student Alejandro Robles charged out of his net making the save and keeping the UNH lead at two.

With UML fighting back UNH decided to throw a coun-

ter punch of their own after some added pressure. UNH was able to force a corner kick in the 42nd minute and score on the opportunity. The ball sent in bounced around the box after a header from grad students Paul Mayer and Diego Toribio. The ball never touched the ground and eventually found the head of senior back Victor Menudier. Menudier increased UNH's lead to three with a header past the sophomore goalkeeper Jacob Heihsel. UNH had a little fun with their celebration of the goal, wishing Menudier's brother a

happy birthday while posing for a photo.

UML didn't go down without a fight, however, as just before halftime UMass Lowell's Abdi Shariff-Hassan found sophomore forward Mario Mora Perez who potted UML's first goal of the game. The goal gave some life to UML. This wasn't enough to comeback in this one as UNH was too strong controlling the possession and flow of the game.

Exiting halftime UNH kept the pressure going generating chances but not making anything of them until the 80th

minute when Bright found Fallberg for his second goal of the game. He blasted the shot and it deflected off a UML defender and into the back of the net. With the 4-1 lead the 'Cats cruised to the win.

UNH dominated play all game and it showed on the shot totals with the 'Cats tallying 14 compared to UML's four. Seven of UNH's 14 were on goal forcing Heihsel to make three saves compared to Robles' one. UNH continues to love home cooking, outscoring opponents in Wildcat Stadium 12-3. Fallberg enjoyed a stellar day on the box score his first multi-goal game of his career netting his 2nd and 3rd goals on the season.

UNH will travel to Vermont for their next game against the Catamounts. This should be a high-tension contest as the last game was very physical with multiple altercations after the whistle. Vermont will look to play spoiler and rob UNH of the No. 1 seed in the America East Championship.

The Wildcats will travel west riding the high of being named the No. 11 team in the nation according to the United Soccer Coaches Poll. UNH tied their program's best ranking ever a week ago when they were named No. 12 and the 2021 Wildcats now hold the best national ranking in program history in the final week before postseason play.



PHOTO COURTESY OF CHINA WONG

WOMEN'S SOCCER

Wildcats head into season finale searching for a playoff bid

By Brackett Lyons
STAFF WRITER

DURHAM, N.H. — It all comes down to Friday at 2 p.m. in Wildcat Stadium. That's when the University of New Hampshire (UNH) women's soccer team (5-2, 2-2) will face off against Stony Brook (4-3, 4-1) with playoffs on the line. The 'Cats sit at second in Division A of the America East (AE) behind UMass Lowell (5-1-1, 4-0) and just in front of Vermont (1-3-1, 1-2-1). The Wildcats edged out Vermont in a double-overtime thriller earlier this season and hold the tiebreaker if the two sides finish with the same conference record.

UNH controls their own destiny going into Friday's matchup. Thanks to Vermont's tie against Maine, the Wildcats can claw themselves into the playoffs with a win or a draw. The Catamounts have the taller task of the two feline foes. Vermont must get a win versus UMass Lowell, something no AE team has managed to do this season. The Wildcats will also need to lose for the Catamounts to sneak into the playoffs.

Vermont's matchup comes

as a relief to Coach Steve Welham and his team. Welham pointed out that a Vermont loss was as good as a UNH win in his postgame remarks Sunday. A victory against Stony Brook won't be easy, so the insurance of a Vermont loss would be massive.

The Seawolves are top dogs in AE Division B with several impressive wins on the season, including a 5-0 trouncing of the New Jersey Institute of Technology (NJIT). Stonybrook isn't invincible, however; they fell 1-0 to UAlbany Sunday, April 4. UNH is mortal as well but have kept their losses on the road with a perfect 4-0 record in Wildcat Stadium to this point.

UNH's final road game of the season was canceled when Hartford canceled their season, giving the 'Cats a much-needed bye week. UNH is tied for the most games played in the conference this year. Had the Hartford game been played, UNH would have been alone with eight games on the season. Coach Welham said the break in action was a nice rest and recovery period for his team.

"We need to recover. We played hard, and we have some knocks that we're carrying, so this [break] is a little bit of a

silver lining for us," he said.

It has been a season like no other for the Wildcats; UNH is playing in the spring and amid a pandemic. The team has found remarkable success despite the challenges of the coronavirus (COVID-19) and all while fielding a squad comprised mostly of first and second-year athletes. Welham gave all the credit to the mental toughness of his team.

"We have a wonderful team

spirit and culture about us, and that's going to be the big piece that's going to help drive us forward in this playoff run and in this playoff hunt. So that's what we're really happy with, and they play for each other, they go out, they leave everything they have on the field. We couldn't ask them more in that regard the energy and the effort is there," explained Welham.

Game time Friday will prove if spirit and effort are

enough to propel UNH into the postseason. Welham is confident his team can get it done one last time before the playoffs.

"We've been outstanding at home, and we're looking forward to playing the defending champs at home," he said.



PHOTO COURTESY OF JACK BOUCHARD

UNH Wildcats celebrate one of their five goals versus Merrimack College.

FOOTBALL

ONE-AND-DONE

UNH opts out of final weeks after playing just one game



PHOTO COURTESY OF ANDREW YOURELL

The University of New Hampshire football team opts out of the remainder of the season after postponing three games.

By Cameron Beall
SPORTS EDITOR

DURHAM, N.H. – After only competing in one of their six scheduled games this spring, University of New Hampshire (UNH) football (0-1) has opted out of their final two games of the regular season. The decision came after ongoing coronavirus (COVID-19) concerns within the program caused the postponement of three games.

The announcement came by way of a Tuesday afternoon press release which included comments from both UNH head coach Sean McDonnell and Director of Athletics Marty Scarano. McDonnell noted how proud he is of his players throughout all the difficulties of the spring season.

“But like so many other programs around the country, the virus took its toll on us,” McDonnell added. “I am con-

stantly reminded that the virus controls us, we don’t control it. While I am very disappointed for the team, their families, and our staff, I know in my heart that sometimes the right decision is the hardest decision.”

Scarano continued, explaining how tough of a decision this was but the team wasn’t left with much of a choice while keeping the health and safety of all parties in mind.

“This is not the outcome we hoped for, but unfortunately, we could not get on the right side of the COVID numbers, and we will never forsake the health of our students. This is incredibly heartbreaking, but I am so proud of how hard everyone fought to give themselves a chance to get back on the field,” said Scarano. “This should be a reminder that this pandemic is still very much a part of our lives.”

McDonnell met with the media Wednesday afternoon, a little less than 24 hours after

the news came through. He explained that after about a week back on the practice field, cases began to spike again this past Friday. He went on to note that the worst part about breaking the news to his team was that he wasn’t able to be face-to-face with his players when it happened; the team met on a Zoom call. Senior defensive end Brian Carter explained that the team found out the game scheduled for this Saturday was canceled right before they had a second meeting to explain the team was going to be opting out of the remainder of the regular season.

“It’s not a lot of fun. There’s no blueprint on how to do this stuff,” noted McDonnell about the emotions of the coaching staff as they attempted to navigate the season.

A lot remains up in the air about the seniors on the roster and who will return for the fall 2021 season. The only thing that is known to this point is

Carter has played his final game as a Wildcat.

The co-captain explained how he had to sit down last week and think about what was best for his future and made the decision that moving forward with his career was the best option for himself right now.

Carter had six tackles in the team’s lone game this spring. Throughout his career he’s tallied 79 tackles, 10 sacks and two forced fumbles. He was also named to the 2020 Phil Steele Preseason All-CAA Second Team.

The Wildcats are joined by UAlbany (1-3) and No. 22 Rhode Island (2-1) as teams who have officially opted out of the remainder of the season. UNH and Rhode Island’s decision stemmed from COVID-19 issues. UAlbany, however, made the decision to opt out due to “the extraordinary amount of injuries that have occurred this season and the overall health of our football

program,” according to the school.

Maine (2-2) and Stony Brook (1-3) are among other schools effected by teams opting out of the season as they have now had their final two games canceled. No. 8 Delaware (3-0) and No. 11 Villanova (2-1) each have one in-conference game remaining against one another and are the only school in the CAA North with games left on their spring slate.

The Wildcats will kick-off their 11-game fall schedule on Sept. 4 and pick up their season where they left off this spring. The team will head to Stony Brook in week one as one of their six road games.

McDonnell and the rest of the team are disappointed, but “can’t wait to bounce back and get going again and prove to everybody that we’re not an 0-1 football team.”