# Searching for Quark Matter in Neutron Stars and Neutron Star Mergers: Challenges and Prospects

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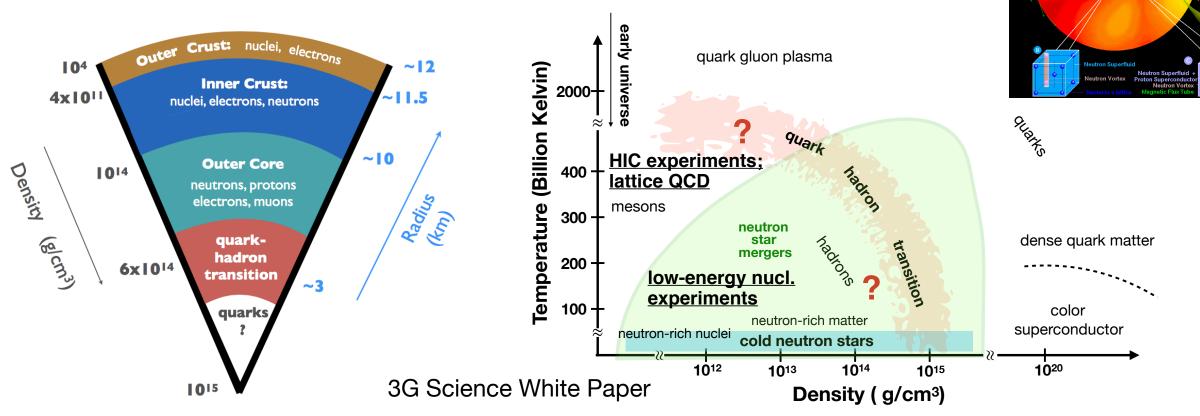
Nuclear Physics in Mergers - Going Beyond the Equation of State

September 8-12, 2025 @INT-25-94W

### Summary

Quark matter in neutron stars - current status

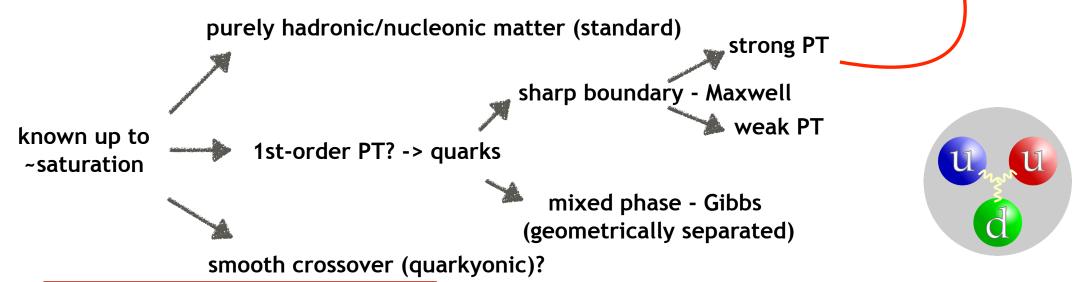
- 1) no evidence to either rule out or confirm QM; better understanding of nuclear matter improves constraints on QM
- 2) massless weakly-interacting quarks strongly disfavored
- 3) some hints that neutrons & protons are insufficient; QM might help



credit: Dany Page

## Paths towards the high density regime

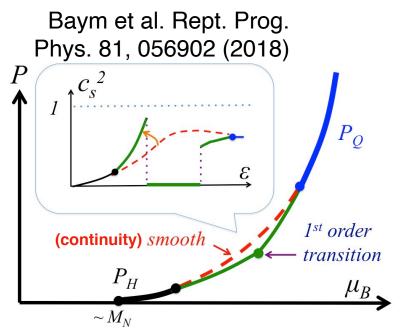
maximally distinguishable



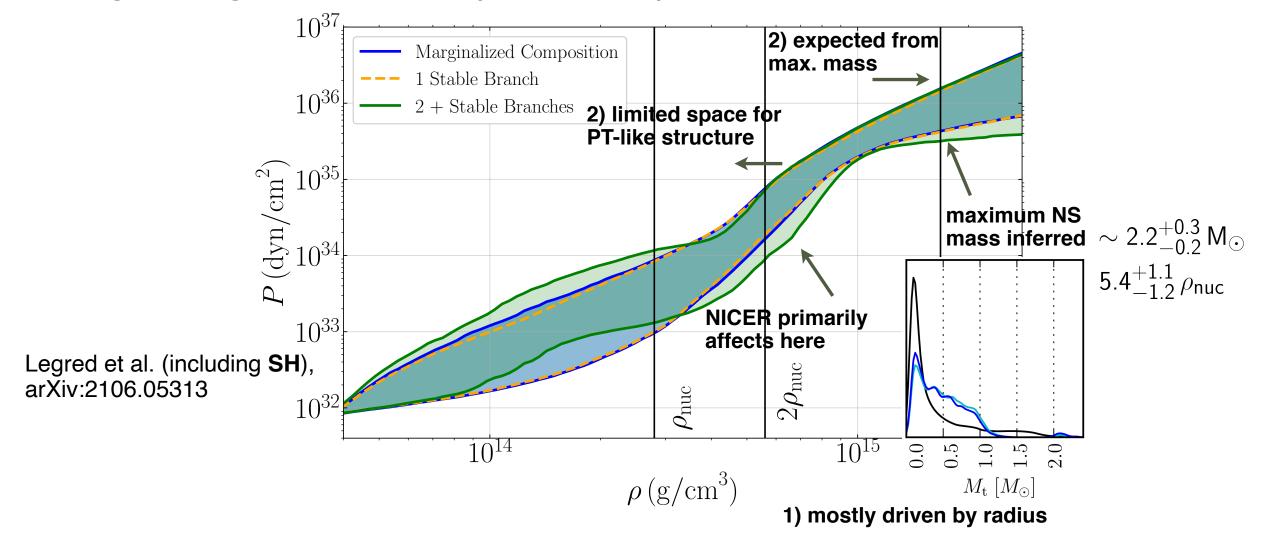
"golden window" in the vicinity of ~2\*nsat; hints from exp.?

**masquerade problem** - EoSs with or without PTs may hardly be distinguishable via observations that constrain *M-R* only

- crossover models motivated by e.g. lattice calc.
- 1st-OPT: mixed phase (Gibbs) favored if the hadron/quark surface tension is small

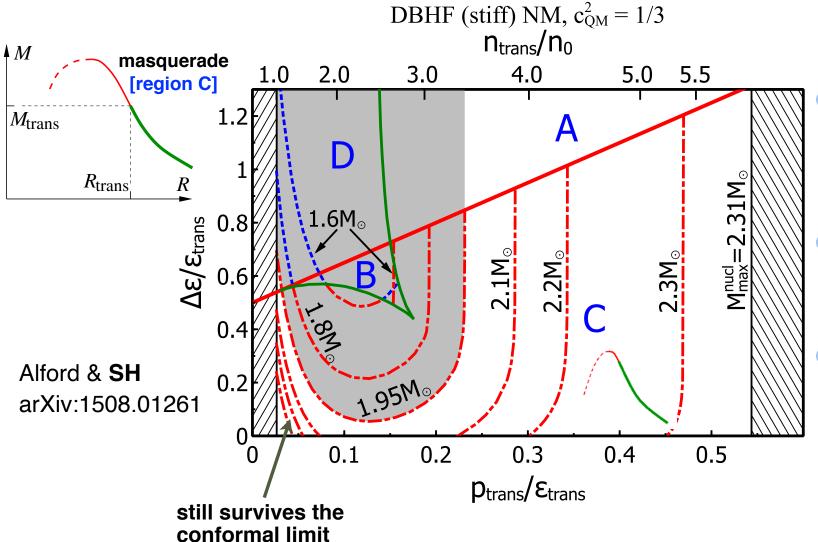


### e.g. single branch (minimal) vs. multiple branches



- 1) current data: full posterior is dominated by EoSs with a single stable branch
- 2) onset for the unstable branch i.e. extra softening pushed to two ends

### Generic constraints on 1st-OPT from heavy pulsars

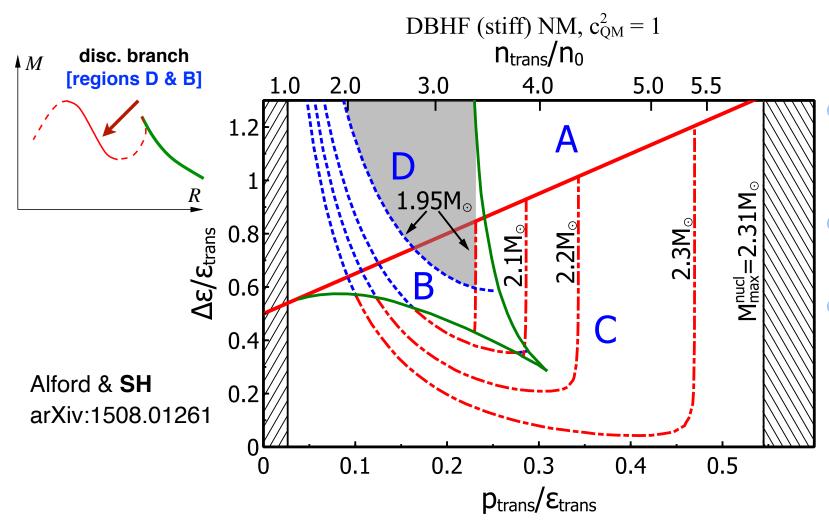


- with weakly interacting quarks (nearly conformal, pQCD-like matter), very limited para. space to reach two solar masses
- high transition density scenario
   resembles no PT; short
   extension
- low transition density scenario
   no twin / third-family stars

#### **Generic ansartz**

$$arepsilon(p) = arepsilon_{\mathsf{trans}} + \Delta arepsilon + c_{\mathsf{QM}}^{-2}(p - p_{\mathsf{trans}})$$

#### Generic constraints on 1st-OPT from heavy pulsars

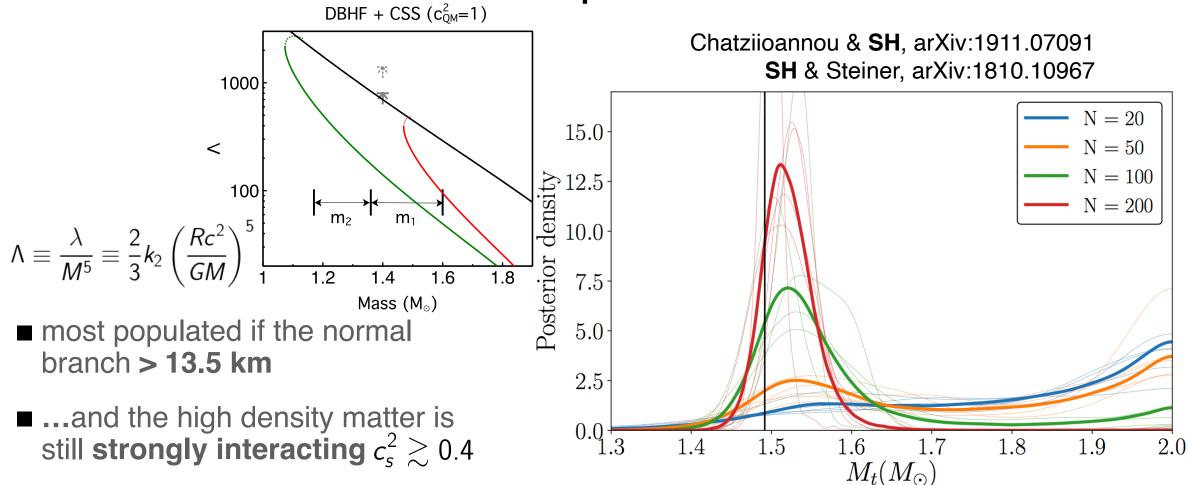


- with maximally stiff QM, a much broader range of the transition density is allowed
- distinct feature of the (twin)disconnected branch
- observability via e.g. future measurements of inspiral GWs from a population of events

#### Generic ansartz

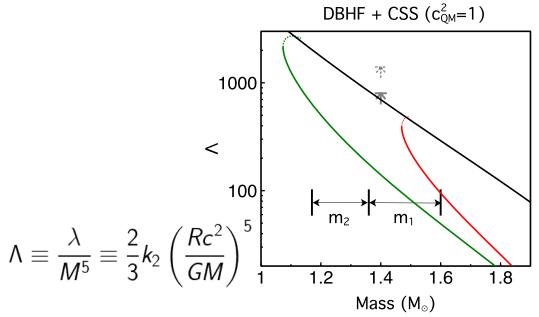
$$arepsilon(p) = arepsilon_{\mathsf{trans}} + \Delta arepsilon + c_{\mathsf{QM}}^{-2}(p - p_{\mathsf{trans}})$$

### Best scenario with multiple BNS detections

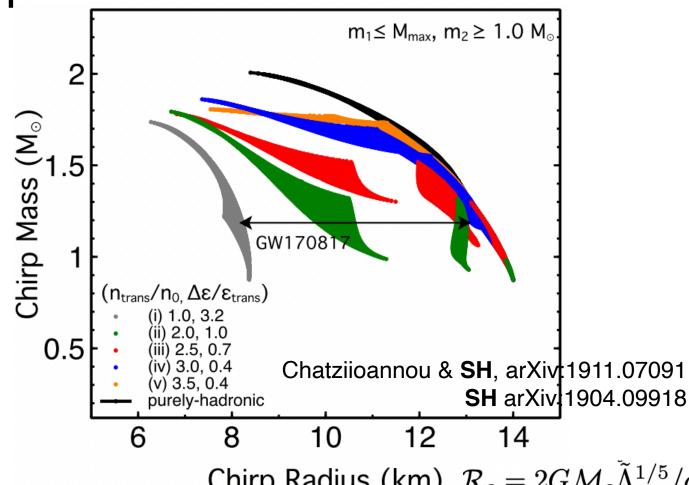


- might identify third-family stars (strong 1st-OPT) with inspiral GWs
- requires multiple [N~50-100] future detections to separate different families: NS-NS, NS-HS, HS-HS mergers

Best scenario with multiple BNS detections



- most populated if the normal branch > 13.5 km
- ...and the high density matter is still strongly interacting  $c_s^2 \gtrsim 0.4$



Chirp Radius (km)  $\mathcal{R}_{\rm c} = 2G\mathcal{M}_{\rm c}\tilde{\Lambda}^{1/5}/c^2$ 

- might identify third-family stars (strong 1st-OPT) with inspiral GWs
- requires multiple [N~50-100] future detections to separate different families: NS-NS, NS-HS, HS-HS mergers

#### Other static observables?

#### EoS-insensitive universal relations

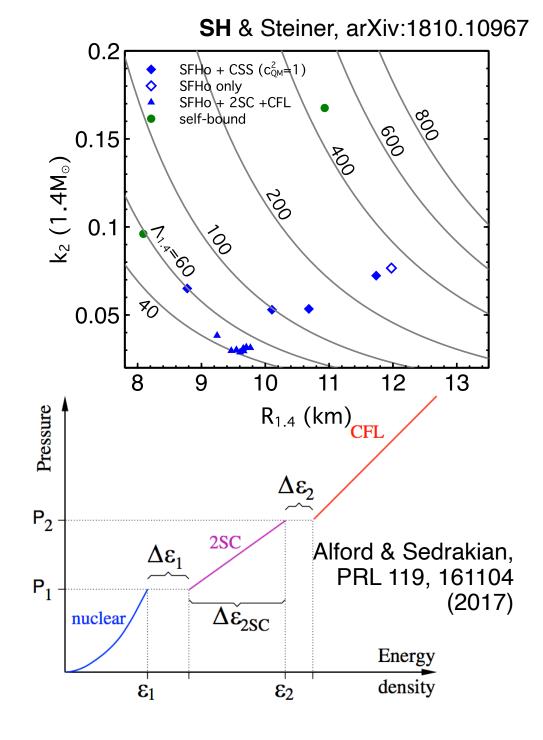
- moment of inertia vs. tidal deformability
- moment of inertia vs. compactness

#### Possible exceptions

- sequential first-order phase transitions
- (bare) self-bound strange quark stars (SQSs)
- novel solid phases e.g. crystalline colorsuperconducting (CCSC) matter

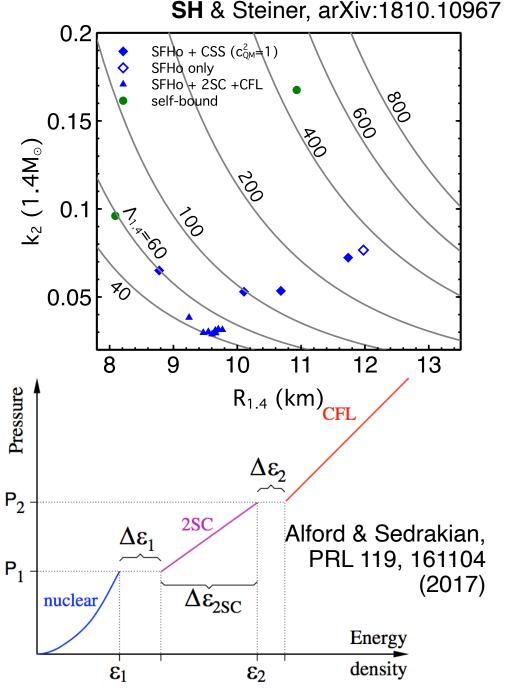
#### Even more exotic

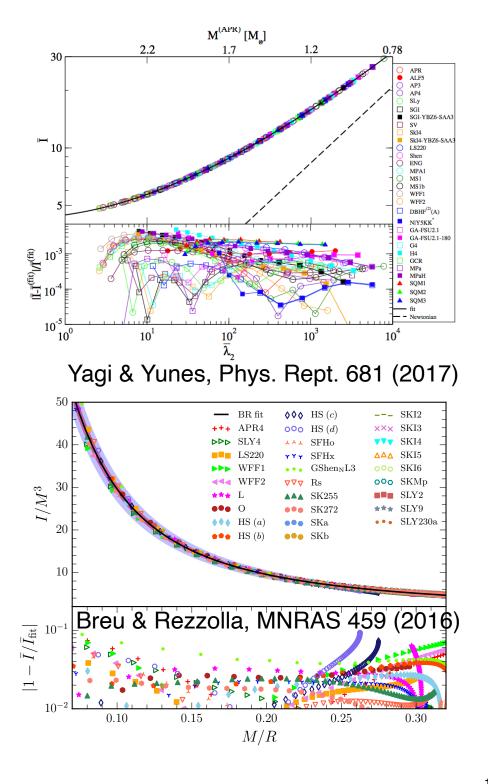
 dark halos, vacuum energy etc. can modify tidal properties

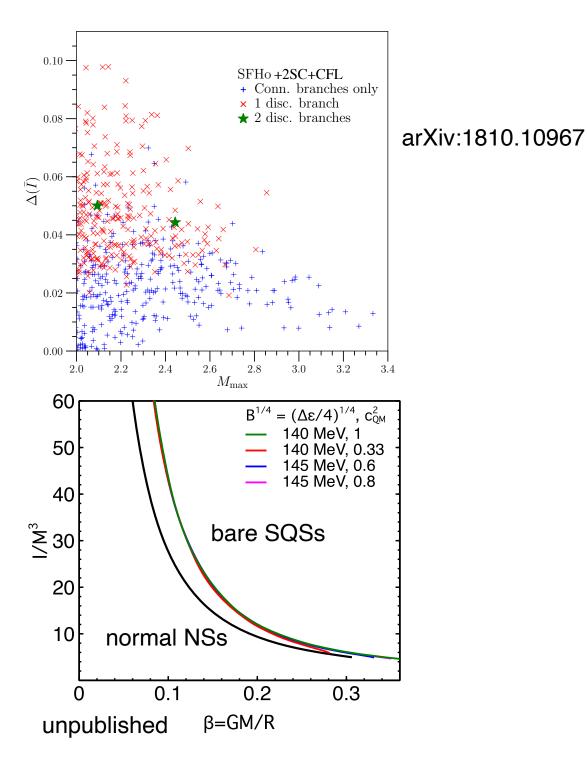


#### Some extreme values predicted

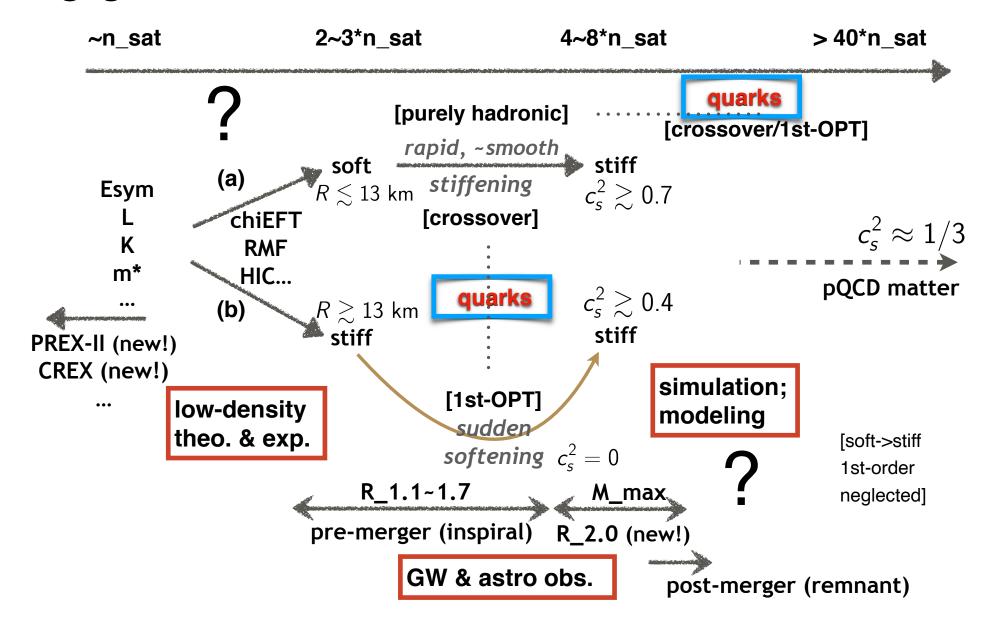
- smallest radius: self-bound SQS
- smallest tidal deformability & tidal Love number: sequential phase transitions (new!)
- largest tidal Love number: self-bound SQS
- largest moment of inertia: self-bound SQS
- largest deviation from quasi-universal relations: sequential phase transitions (new!)







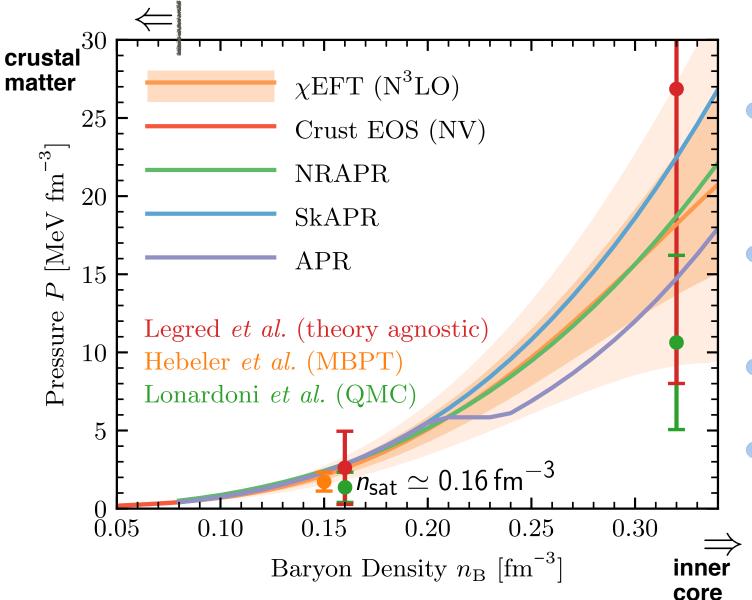
#### Limiting ground state EoS for dense matter



#### Challenges and prospects of finding quark matter - part A

- 1) 1st-order PT: stiff nuclear matter preferred for typical quark models; possible onset of deconfined quarks in the pre-merger components
- 2) crossover: soft nuclear matter required (limited by GW170817 & NS radius @~1.4 Msolar)
- 3) weakly interacting quarks are almost ruled out for canonical NSs, except maybe in the innermost region of most-massive ones, and/ or temporarily in hot explosive environments
- 4) distinguishability via M-R only possible for strongest 1st-OPT that leads to separate branches
- 5) generic bound on the sound speed in dense QCD highly sensitive to M\_max and/or large (?) radii @ 2 Msolar~J0740

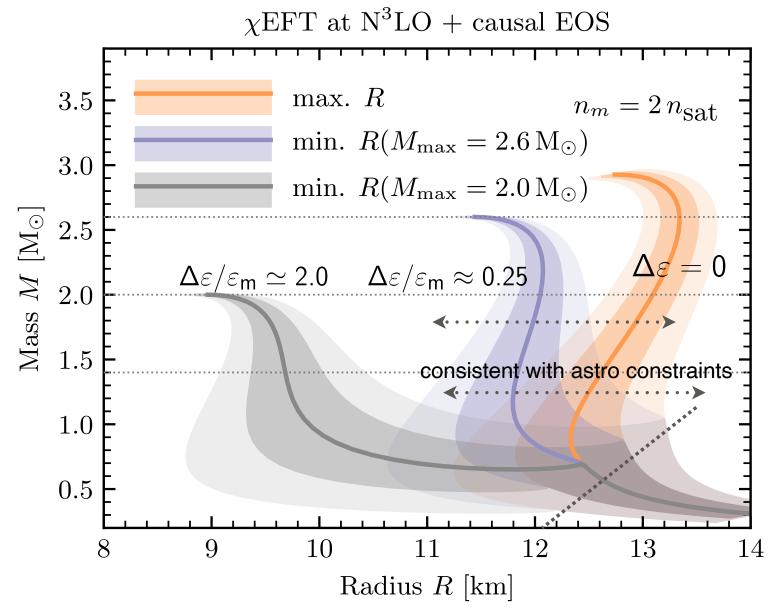
#### The "golden window" of nuclear matter



Drischler, **SH** & Reddy arXiv:2110.14896

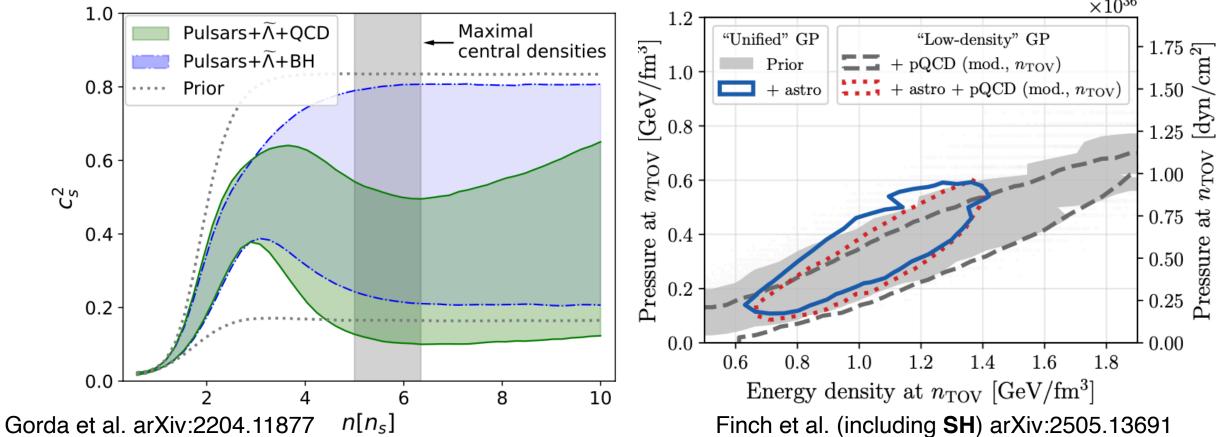
- pressure at low densities [outer core] controls typical NS radii: stiff or soft?
- reliably quantified uncertainties from chiEFT for beta-equilibrated NSM
- less than ~5% deviation from PNM pressures
- to extrapolate or match at higher densities in the inner core

### Generic bounds from causality



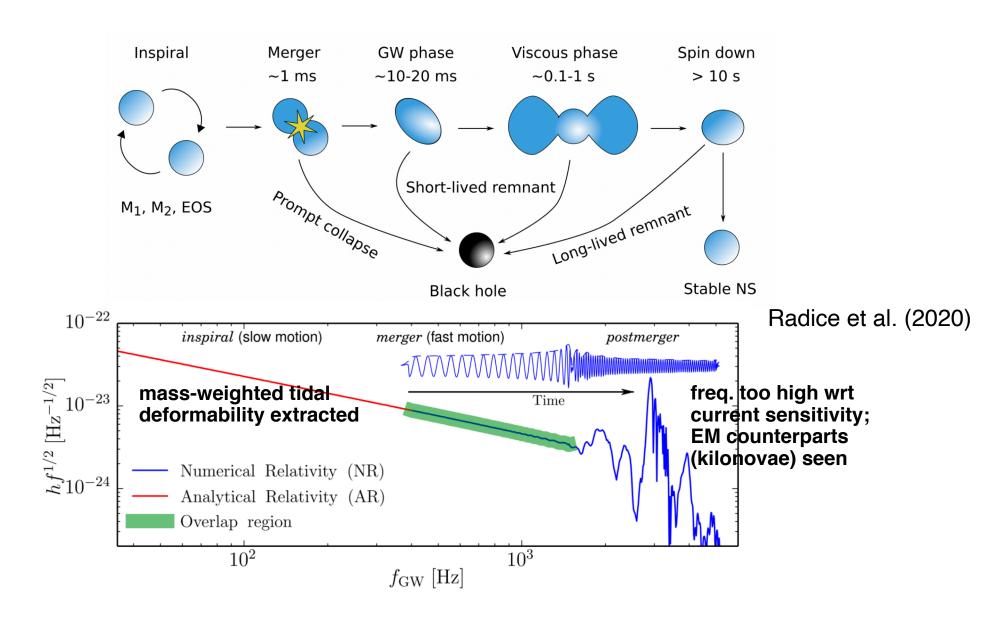
- Drischler, **SH**, Lattimer, Prakash, Reddy and Zhao, arXiv:2009.06441
- pressure at low densities [outer core] controls typical NS radii: stiff or soft?
- reliably quantified uncertainties from chiEFT for beta-equilibrated NSM
- absolute causal limits imposed at high densities
- confronted with data:
   interplay between M\_max and NS radii

Ultra-high density regime: affecting TOV-mass prop.?



- employing uncertainty band from pQCD EoS calculations at nonzero \mu (need to specify choice of renormalization scale)
- pQCD input seems to favor sound speed already decreasing around maximal NS densities, but little to no impact on macroscopic observables

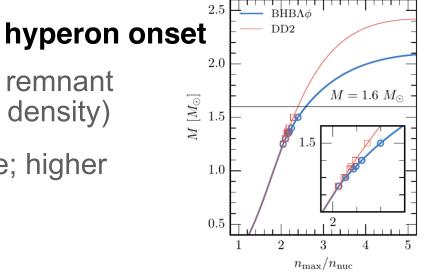
### Finding QM in BNS mergers?

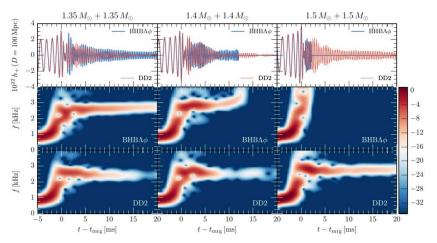


# Uncertainty wrt (degenerate) softening effects

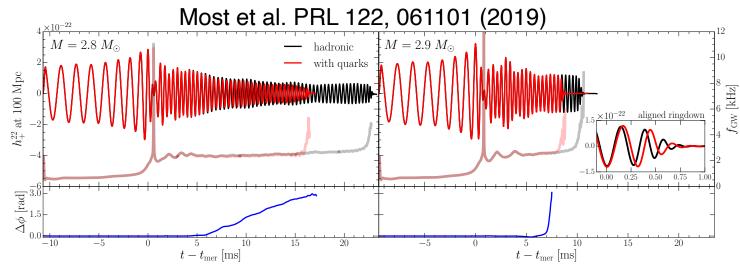


earlier collapse; higher frequency





Radice et al. ApJL 842, L10 (2017)

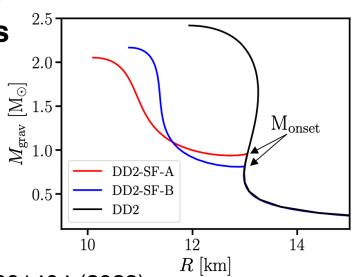


1st-OPT to soft quark matter after merger

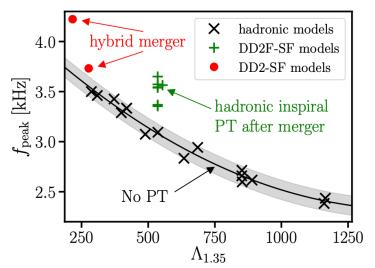
## Uncertainty wrt (degenerate) softening effects

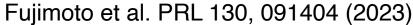
# third-family "twin" stars

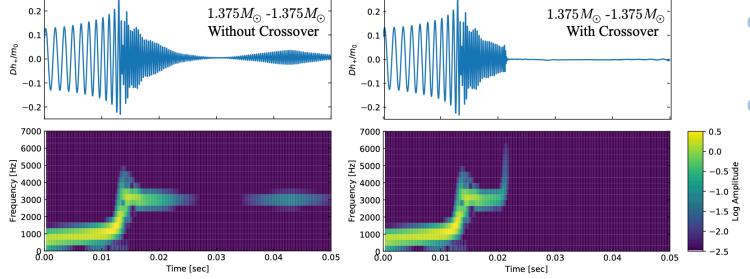
- <u>stiff</u> EoS at low density- DD2
- strong 1st-OPT to <u>stiff</u> quark matter before merger





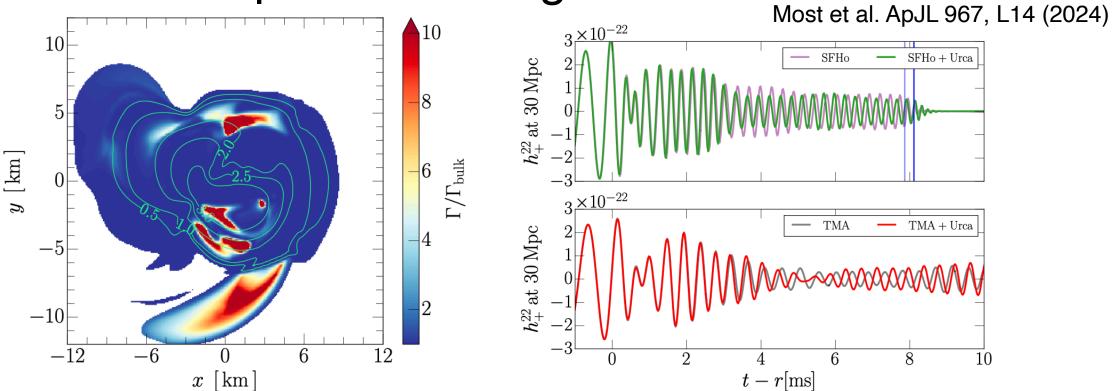






- <u>soft</u> EoS at low density ~N3LO chiEFT
- rapid <u>stiffening</u> within the crossover regime

crossover into <u>soft</u> quark matter after merger Bulk viscous phase in merger

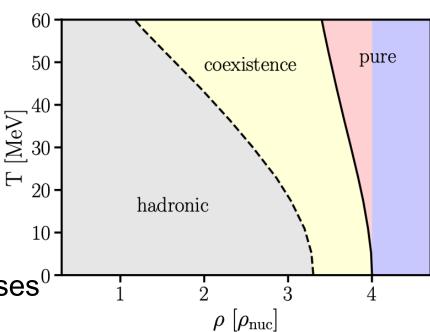


- remnant evolution: impact of weak-interaction driven out-of-equilibrium dynamics;
   potential phase shift of the gravitational-wave spectrum
- dissipation via nucleonic Urca processes on a millisecond timescale
- different channels of chemical equilibration for hyperons, quarks etc. -> bulk viscosities with different dependencies on temperature and density

#### Finite-temperature extension of EoS tables with PT

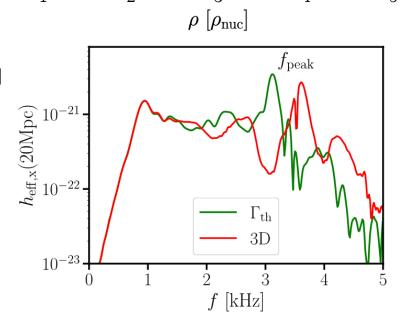
Hot Gibbs vs Maxwell corr. to thermal gamma law quarkyonic phase? polytropic parametrizations

(derivatives of) effective masses<sup>0</sup>



Blacker et al. arXiv:2304.01971

- traditional approach for thermal pressures (ideal-gas gamma law) fails for Maxwell construction substantially
- impact on NS merger dynamics and observables GW freq. and spectrum, remnant lifetime, threshold mass



T=0

 $= P_{\rm cold}(\rho) + P_{\rm th}$ 

 $\epsilon = \epsilon_{\rm cold}(\rho) + \epsilon_{\rm th}$ 

 $\Gamma$ =30 MeV

 $\Gamma_{\rm th} = 1.75$ 

 $[10^{35} \text{ dyne/cm}^2]$ 

DD2F-SF-1 EoS

 $P_{\rm th} = (\Gamma_{\rm th} - 1)\rho\epsilon_{\rm th}$ 

#### Finite-temperature extension of EoS tables with PT

Hot Gibbs vs Maxwell
corr. to thermal gamma law
quarkyonic phase?
polytropic parametrizations

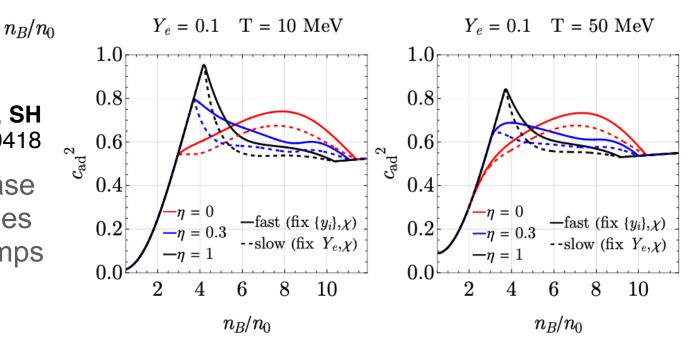
 $Y_e = 0.1$  T = 10 MeV T = 50 MeV $Y_e = 0.1$ 1.51.50.50.5n=0n = 0.1n = 0.1 $\eta = 0.3$ -n = 0.3- n = 0.6 $-\eta = 0.6$ +n = 1-0.5-0.510 2 10

(derivatives of) effective masses

. . .

Constantinou, Guerrini, Zhao, **SH** and Prakash, arXiv:2506.20418

 more complicated for the Gibbs mixed phase scenario: both ends of the phase boundaries shifted to different densities at different temps with detailed structure in between



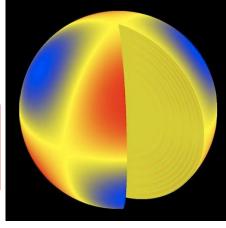
#### Stellar vibrations

#### matter imprints in transient GWs

- tidal effects on pre-merger (inspiral) waveform of BNS mergers
- tidal disruptions in NS-BH mergers
- oscillations of merger remnant
- oscillations in supernova postcollapse phase

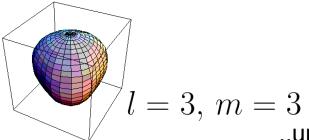
©NASA/Kepler

promising sources for XG detectors



# stable oscillation modes ("ringing") -> continuous GWs

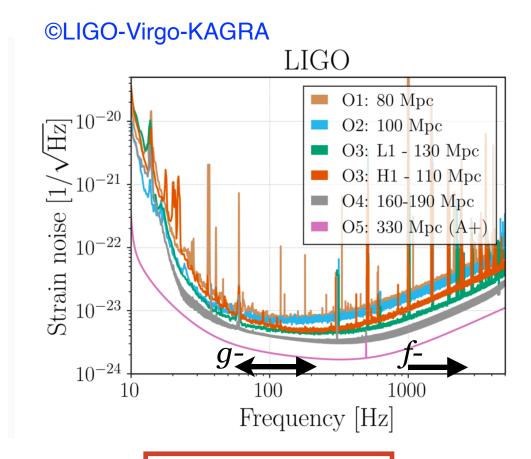
- **f-mode (fundamental mode)** scales with average density
- p-mode (pressure mode) probes the sound speed
- g-mode (gravity mode) sensitive to composition/thermal gradients
- w-mode, s-mode, i-mode/r-mode...



small amplitude oscillations -> weak (continuous) emission of GWs

..unless they become unstable

## Restoring forces and typical frequencies



promising sources for XG detectors

oscillation modes ("ringing") -> continuous GWs

 p-mode/f-mode: main restoring force is the pressure (>1.5 kHz)

$$u \approx \sqrt{\frac{GM}{R^3}}$$

• inertial modes (*r*-modes): main restoring force is the Coriolis force

$$\nu \approx \Omega$$

 w-modes: pure space-time modes i.e. only in GR (>5 kHz)

$$\nu \approx \frac{1}{R} \left( \frac{GM}{Rc^2} \right)$$

shear-/torsional-; many other more

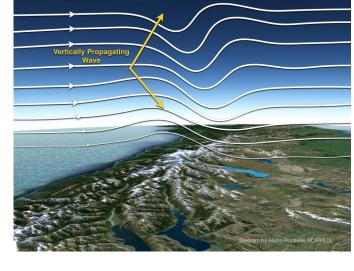
# g-modes (gravity modes)

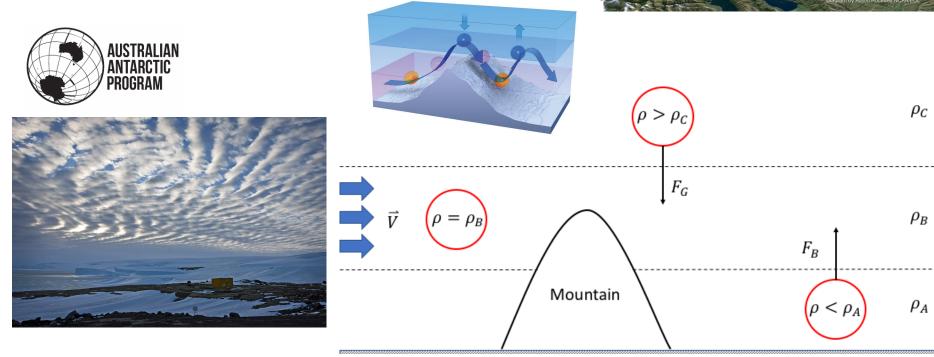
restoring forces from buoyancy/gravity

e.g. atmospheric/ocean waves

 hydrostatic equilibrium: gravitational force balanced by pressure gradient force

 perturbed from equilibrium -> gravity or buoyancy pulls/pushes it back -> oscillation





### Brunt-Väisälä (buoyancy) frequency

- pressure instantaneously equilibrated, but not for composition and density
- continuity equation & the equation of motion
- "adiabatic" (composition frozen) sound speed vs. "equilibrium" sound speed

$$\Delta 
ho = -
ho rac{\partial^2 \xi}{\partial t^2}$$
  $P_1, 
ho_1' P_1, 
ho_1$   $P_2, 
ho_1$  credit: Andreas Reisenegger  $rac{\partial^2 \xi}{\partial t^2} + N^2 \xi = 0$   $P_0, 
ho_0$   $P_0, 
ho_0$ 

$$\frac{dp/dr = -\rho g}{N^2 \equiv g^2 \left(\frac{1}{c_{eq}^2} - \frac{1}{c_{ad}^2}\right)} e^{\nu - \lambda} \qquad \text{local metric coefficients}$$
 
$$c_{eq}^2 = \left(\frac{dp/dr}{d\varepsilon/dr}\right) \qquad \qquad c_{ad}^2 = \left(\frac{\partial p}{\partial \varepsilon}\right)_{y_i}$$

### NS core g-modes

$$N^2 \equiv g^2 \left(rac{1}{c_{eq}^2} - rac{1}{c_{ad}^2}
ight) e^{
u - \lambda}$$

#### local Brunt-Väisälä (buoyancy) frequency

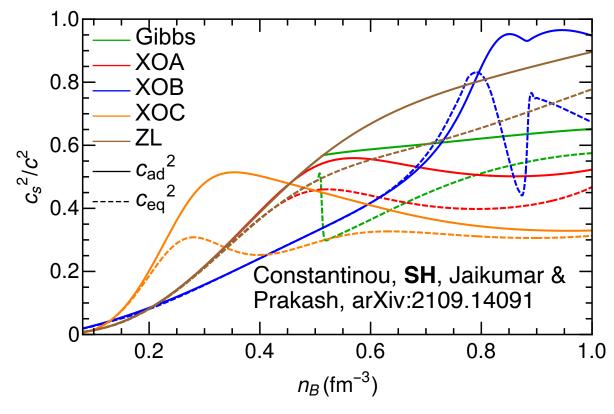
- stability criterion:  $N^2 > 0 \leftrightarrow$  stable stratification
- assuming cold NS (zero temperature/ entropy); no convection or turbulence

osc. amplitude 
$$\sim e^{i\omega t}$$
,  $\omega \propto \sqrt{N^2}$   $c_{ad}^2 \geqslant c_{eq}^2 \Rightarrow$  mode stablized

- in bulk region of the NS liquid core: restored by buoyancy due to the chemical composition gradient e.g. proton fraction
- crustal modes behave differently and are expected to be quite small

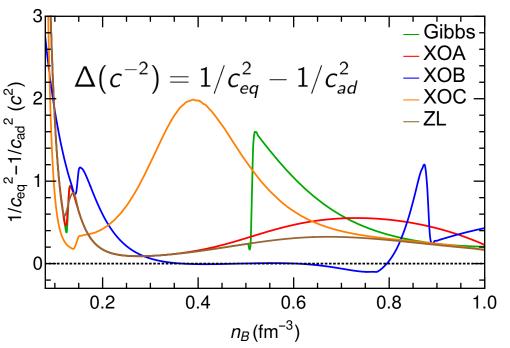
$$ilde{\mu} = \mu_e + \mu_p - \mu_n$$
  $c_{ad}^2 - c_{eq}^2 = -\left(rac{\partial p}{\partial Y_e}
ight)_{\varepsilon} \left(rac{dY_e}{darepsilon}
ight)$ 

### Sound speed profiles - adiabatic vs. equilibrium



- the **difference**  $\Delta(c^{-2}) = 1/c_{eq}^2 1/c_{ad}^2$  drives the restoring force for *g*-mode oscillations
- smooth variations in composition are unlikely observable; requires radical changes in (new) particle species

- nucleonic only models: both speeds increase monotonically
- admixtures of nucleons and quarks (Gibbs or crossover) induce nonmonotonic behavior
- $c_{ad}^2 > c_{eq}^2$  for all densities except XOB



### Sound speed profiles - adiabatic vs. equilibrium

adiabatic sound speed: start with the unconstrained system -> compute partial derivatives -> evaluate  $(i = n, p, u, d, s, e, \mu)$ quantities at beta-equilibrium

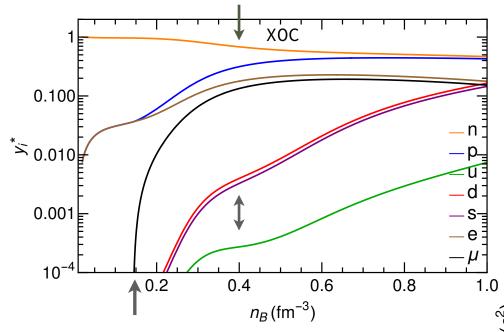
$$(i = n, p, u, d, s, e, \mu)$$

enforce beta-equilibrium

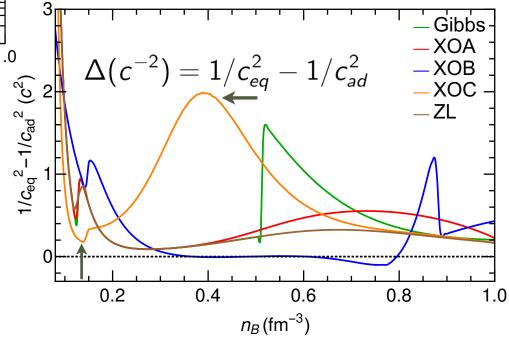
$$\mu_n = \mu_p + \mu_e$$
;  $\mu_e = \mu_\mu$ ;  $\mu_d = \mu_s$   
 $\mu_n = \mu_u + 2\mu_d$ ;  $\mu_p = 2\mu_u + \mu_d$ 

 $c_{eq}^2(n_B) \equiv \left(\frac{dp}{d\varepsilon}\right)_{\varepsilon} = \left(\frac{dp}{dn_B}\right)_{\varepsilon} \left(\frac{d\varepsilon}{dn_B}\right)_{\varepsilon}^{-1}$ equilibrium sound speed

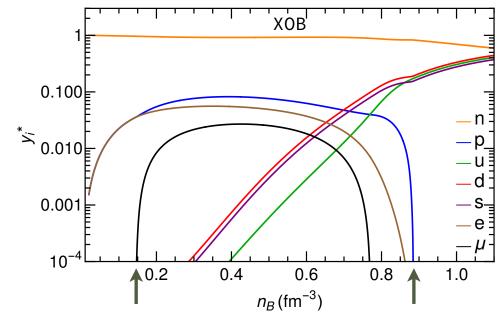
#### Sound speed difference and composition



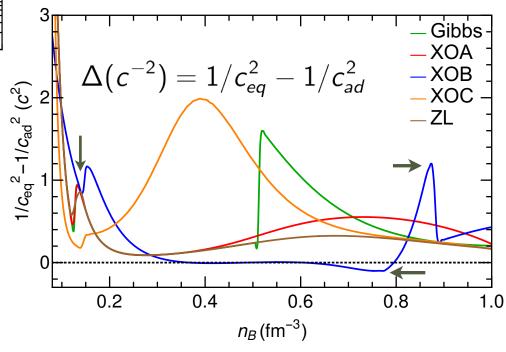
- muons set in ~nsat
- peak ~2.5 nsat: inflection points in quark and neutron fractions
- too stiff at low densities; predicted too large radii incompatible with e.g. GW170817



#### Sound speed difference and composition



- muons set in ~nsat
- peak ~5.5 nsat: muons and protons suddenly disappear
- instability to convection (local) unphysical region



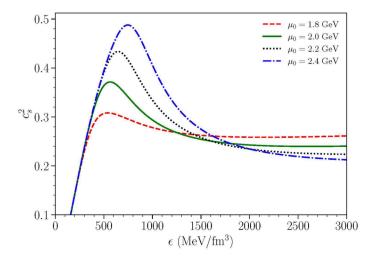
## Aside: example of crossover matter EoS

Kapusta-Welle approach: switching function of baryon chemical potential

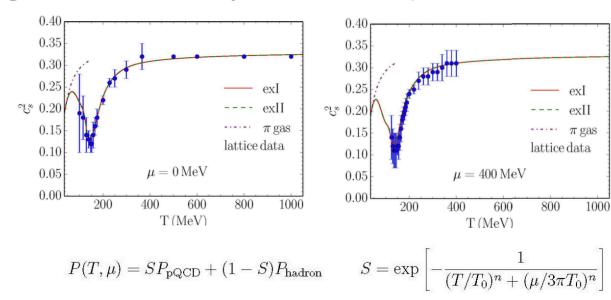
[arXiv:2103.16633]

$$P_B = (1 - S)P_H + SP_Q$$

$$S = \exp\left[-(\mu_0/\mu)^4\right]$$



 analogy: lattice QCD shows a crossover at finite temperature

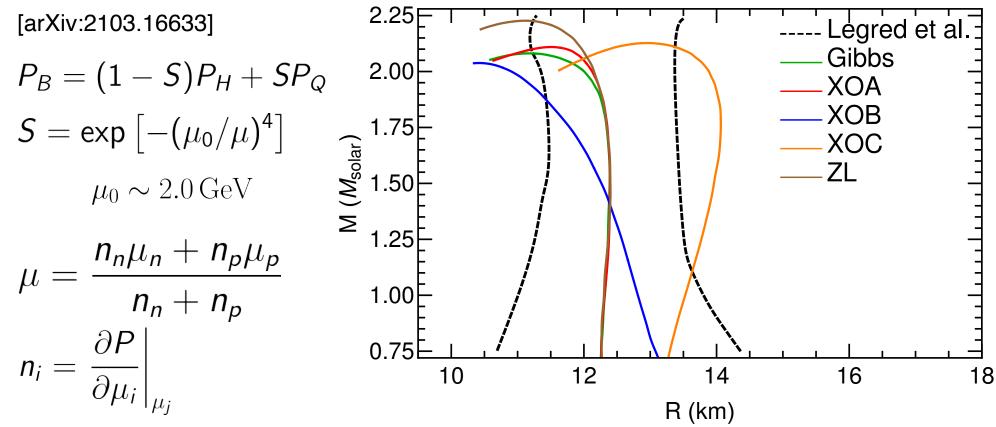


Albright, Kapusta & Young 2015.

$$S=1/2$$
  $\left(rac{T}{T_0}
ight)^2+\left(rac{\mu}{\mu_0}
ight)^2=1$  Crossover Region Critical Point Coexistence Curve Curve  $\mu_0$ 

#### Aside: Gibbs vs. crossover

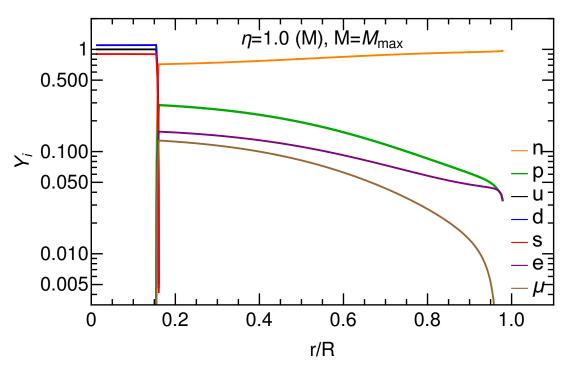
Kapusta-Welle approach: switching function of baryon chemical potential



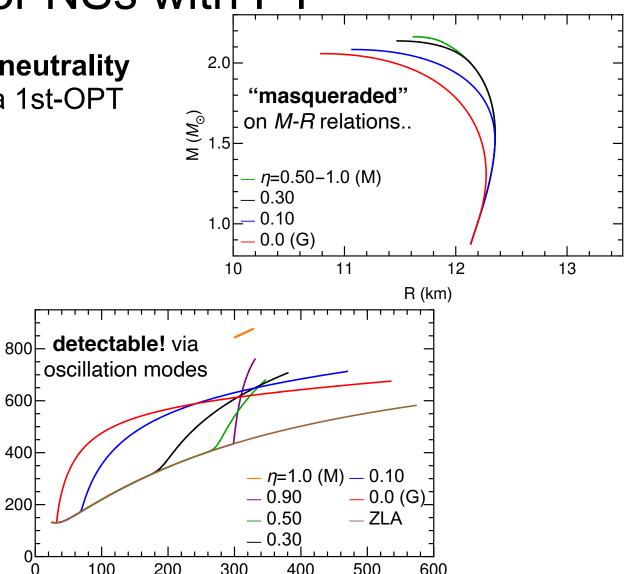
our unified framework: construct Gibbs mixed phase and crossover using ZL (nucleonic)
 + vMIT (quark) + KW model parameters

Global g-mode frequency for NSs with PT

hybrid system under local vs. global charge neutrality in Maxwell (M) vs. Gibbs (G) construction for a 1st-OPT



- "discontinuity" g-mode observed when there exists a **sharp** boundary (+ slow-conversion)
- distinct signature of exotic phases: higher frequency implies larger fraction of quarks



600

Constantinou, Zhao, SH &

Prakash, arXiv:2302.04289

400

 $P_c$  (MeV fm<sup>-3</sup>)

600

200

100

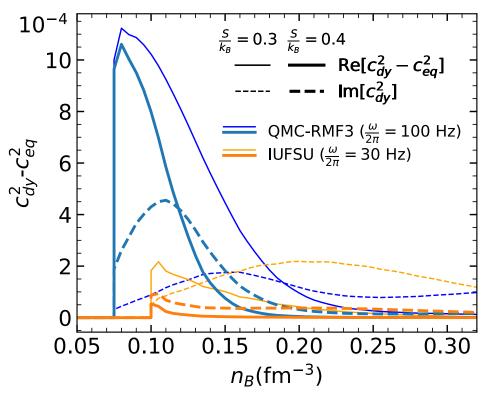
(ZH) 6 400

# Bulk viscous damping of g-modes

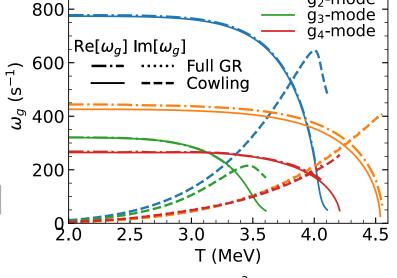
 $c_{\mathrm{dy}}^2 = rac{p}{arepsilon + p} \, \Gamma = c_{\mathrm{eq}}^2 + rac{c_{\mathrm{ad}}^2 - c_{\mathrm{eq}}^2}{1 + rac{\gamma}{i\omega}}$ 

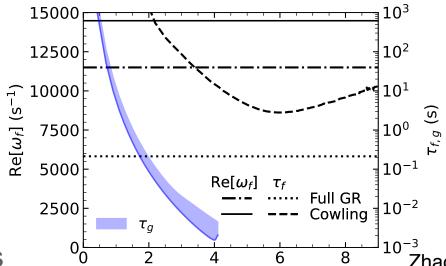
g<sub>1</sub>-mode g<sub>2</sub>-mode

complex, frequency-dependent generalization of the adiabatic sound speed - "dynamical" sound speed



$$\zeta = \frac{\varepsilon + p}{\omega} \operatorname{Im} \left[ c_{\mathrm{dy}}^2 \right]$$





T (MeV)

little impact on f-mode (semi-divergent free)

 dissipative effects can completely suppress composition g-modes in warm NSs

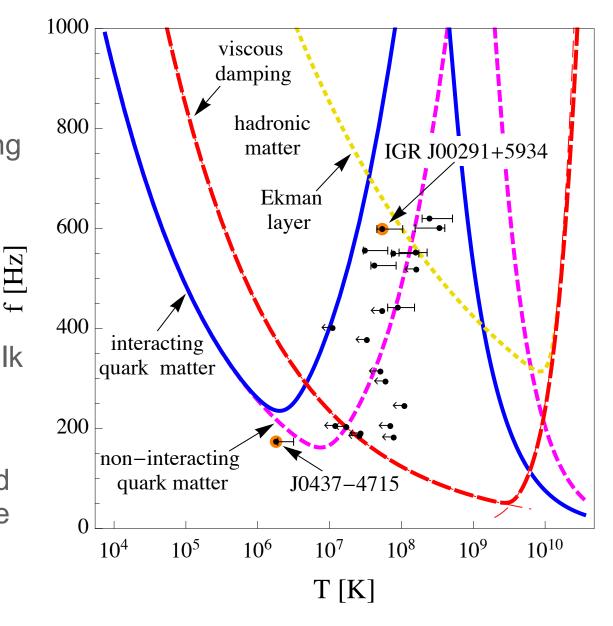
Zhao, Rau, Haber, Harris, Constantinou & **SH** arXiv:2504.12230

#### Spin evolution

 many unresolved puzzles: long periods of young NSs; fast-rotating NSs in r-mode instability window of hadronic matter; glitches..

#### e.g. *r*-modes

- transport properties of dense matter: shear [particle scattering; strong/EM interaction] & bulk [particle transformation; weak interaction] viscosities
- r-modes both heat and spin-down NS: standard (minimal) model inconsistent with temperature and frequency data of LMXBs
- promising saturation mechanisms: superfluid mutual friction? crust resonance? phaseconversion at hadron/quark interface?



Alford & Schwenzer, PRL 113, 251102 (2014)

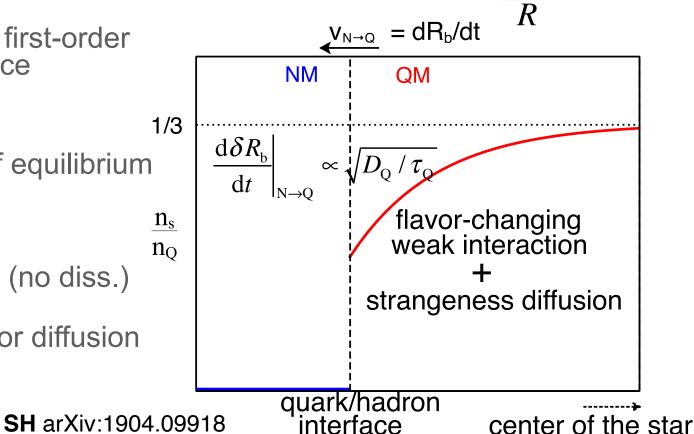
### e.g. dissipation at an interface

Ekman layer damping from shear rubbing of a fluid core along a solid crust

Phase-conversion dissipation (PCD)

- between fluids in different phases with first-order transition separated by a sharp interface
- quark/hadron conversion
- 1) **flavor-changing** process  $d \leftrightarrow s$  out of equilibrium due to global oscillations
- instantaneous restoration ⇔ phase boundary moves arbitrarily fast (no diss.)
- 3) finite rate of weak interaction and flavor diffusion
  - → a phase lag in system response
  - dissipates energy

toy model: steady-state transport no acceleration/deceleration effects a no turbulence no leptons; no superfluids  $K_{\rm b}(l)$ 



1/3

 $n_{\rm s}$ 

 $n_{\rm O}$ 

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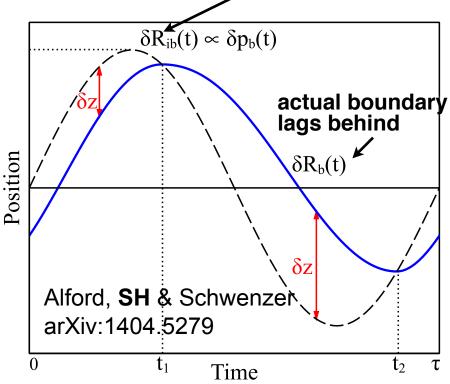
$$dW = -dS \left( \frac{n_{\rm N}}{n_{\rm Q}} - 1 \right).$$

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 $\int_0^\tau \delta p_{\rm b}(t) \frac{{\rm d}\delta R_{\rm b}(t)}{{\rm d}t} {\rm d}t$ 

"ideal boundary" fully in sync

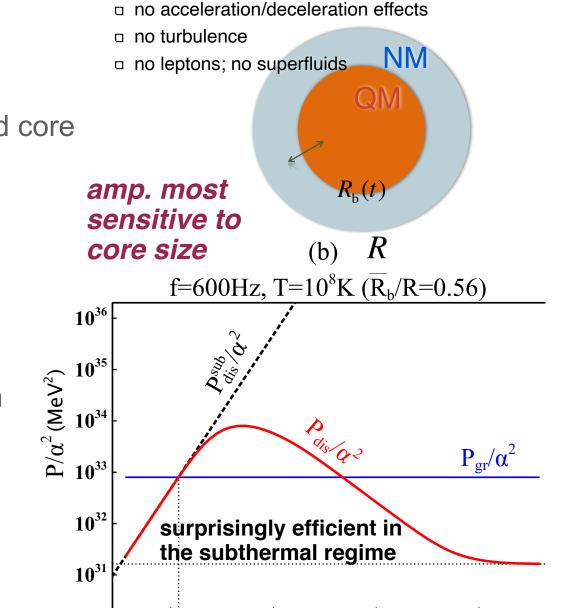


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10<sup>-12</sup>

 $10^{-9}$ 

 $10^{-6}$ 

α

 $10^{-3}$ 

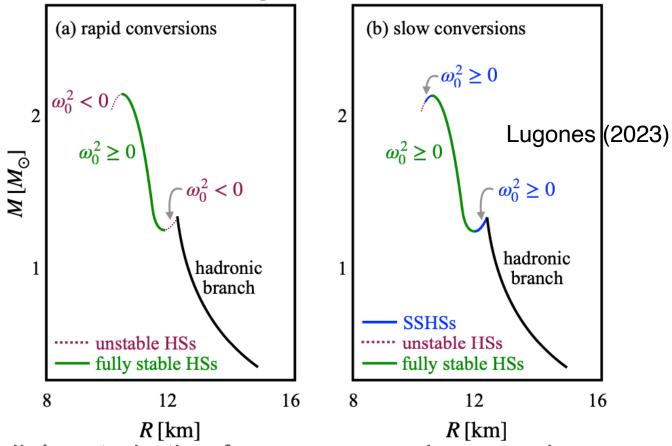
toy model: steady-state transport

Rapid vs. slow conversions: reacting interfaces

discontinuity *g*-modes can be excited in SSHSs (shorter damping time & higher frequencies ~1-2 kHz)

but not in hybrid stars with rapid conversion interfaces as buoyancy force is absent

viable mechanisms for populating both branches?



- green branch remains stable against radial perturbation for any conversion speed
- blue branches only stable for slow conversions (dynamically stable)
- critical density of transition between hadronic and quark phases may vary low vs. high;
   affects the mass-distribution of hybrid stars

#### Thermal evolution

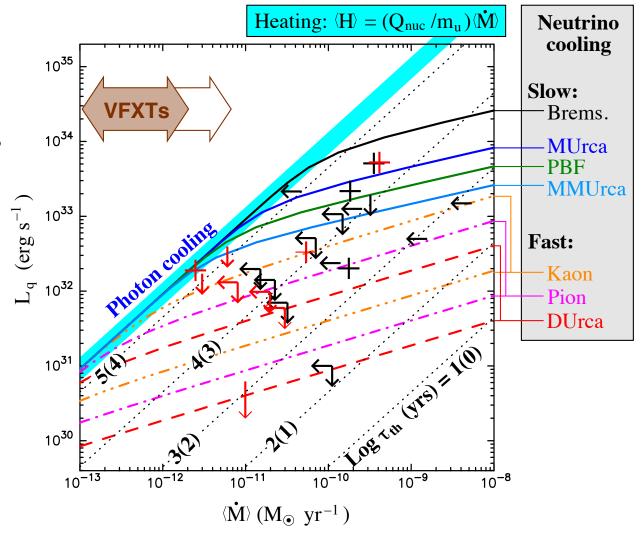
observables: surface luminosity of isolated NSs (long-term) and accreting NSs (transient); age estimation; mass accretion rate

#### Dense matter input

- dominant channel of neutrino emission: standard or enhanced cooling?
- heat capacity, thermal conductivity
- superfluidity
- modeling of crust and envelope

#### Candidate DM particles?

constraints on axion-cooling, annihilation heating etc.



Wijnands et al. MNRAS, 432, 2366 (2013)

### Long-term cooling of isolated NSs

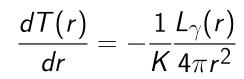
Core: neutrino losses; isothermal

Crust & envelope: dominates early evolution of young NSs <~100 yrs

- heat flow (inwards & outwards): conduction
- heavy vs. light elements
- crust thickness

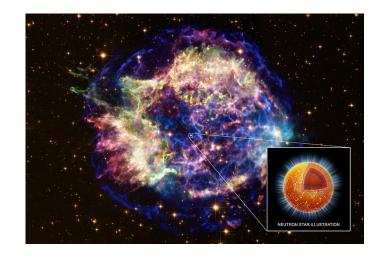
Surface: photon emissions; observable

- enhanced (core dUrca)
- slow: mUrca, brems.
- medium: pair-breaking-formation





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$$au_{\mathsf{th}} \sim \frac{C_{\mathsf{v}} I^2}{\mathsf{K}}$$



 $\frac{dE_{th}}{dt} = C_{\nu} \frac{dT}{dt} = -L_{\nu} - L_{\gamma}$ 

## Soft x-ray transients (SXRTs)

in LMXBs with low magnetic fields

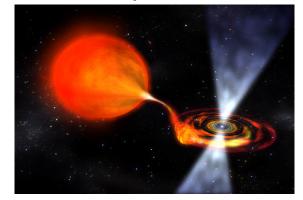
Surface, ocean & envelope

thermonuclear bursts; shallow heating (?)

Deep-crustal heating Brown et al. (1998); Haensel & Zdunik (1990, 2003)

- electron capture; pycnonuclear rexns; neutron emission, transfer & absorption
- time-averaged accretion rate

$$L_{\mathsf{dh}} = Q imes rac{\dot{M}}{m_{\mathsf{N}}} pprox 6.03 imes 10^{33} \left(rac{\dot{M}}{10^{-10} \, \mathsf{M}_{\odot} \, \mathsf{yr}^{-1}}
ight) rac{Q}{\mathsf{MeV}} \, \mathsf{erg} \, \mathsf{s}^{-1}$$



accreted crust replaces original (catalyzed) crust

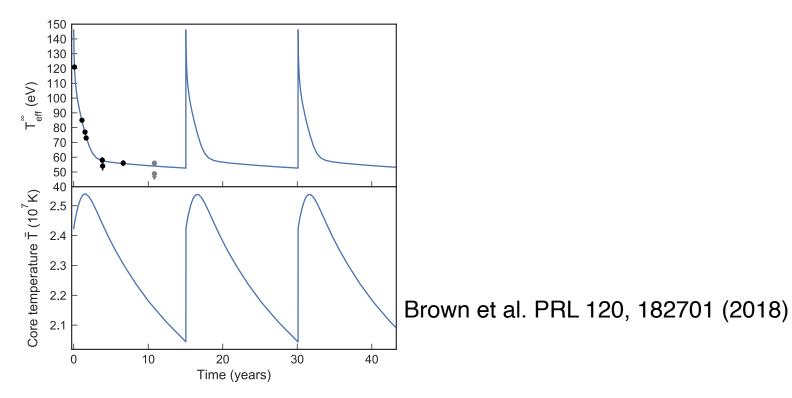
Quiescent NSs: thermal equilibrium

quasi-stationary state

observables

$$L^{\infty}_{\mathsf{dh}}(\dot{M}) = L^{\infty}_{\gamma}(T_s) + L^{\infty}_{\nu}(T_i), T_s = T_s(T_i)$$

### e.g. evidence for enhanced cooling from transients



- MXB 1659-29: during accretion interior heated out of thermal equilibrium
- significant late-time crust cooling observed after outburst requires fast neutrino emission; yet the origin remains unknown: i) nucleonic dUrca (large Esym at high density) or ii) emergence of exotica
- able to derive constraints on the core heat capacity: limiting superfluid phases

### Cooling of isolated vs. accreting NSs

#### Minimal scenario (Page et al. 2004)

- npemu-matter, no dUrca, mild neutron/proton superfluidity
- weak dependence on NS mass: assumed below dUrca

#### Alternative scenario (Gusakov et al. 2004)

- npemu-matter, dUrca + strong proton superconductivity
- varying EoS models shifts dUrca onset

#### Both agree fairly well with INSs data, but extremely cold, transiently accreting NSs infer

- fast cooling ~dUrca operating at some level
- vanishing superfluid gaps in the core region
- little/zero light-element (hydrogen or helium) residue in the heat-blanketing envelope

### Challenges and prospects of finding quark matter - part B

- 1) (large portion of) phases with too small specific heat ~CFL probably ruled out by the late-time crust cooling of transiently accreting NSs
- 2) unpaired quark matter unlikely to dominate highly efficient neutrino emissions that tend to cool INSs much faster than needed
- 3) normal hadrons insufficient to explain the *r*-mode puzzle; shifted bulk viscosity resonance in bulk quark matter (unpaired) could help; PCD at sharp boundary might effectively work as a saturation mechanism
- 4) GW and neutrino signals in mergers/ CCSNe/ proto-NSs: beyond current detector sensitivity; largely model-dependent (& diverging..) results from different numerical simulations
- 5) composition *g*-modes are particularly sensitive to prominent changes in particle species promising for XG detectors!

### Takeaways: astrophysical signatures of quark matter

- 1) Static observables based on the EoS mass, radius, moment of inertia, tidal deformability and density profile etc. not in general particularly sensitive to the phase of the material, although 1st-OPT between phases of very different density could verifiably affect the mass–radius relation
- 2) Neutron star mergers dynamic material properties varying greatly between hadronic and quark phases greatly influence the evolution of the highly excited merger product and the future GW signal of the actual merger phase; could be degenerate with thermal/OoE/DM effects..
- 3) Oscillation modes, spin-down, **glitches** particularly promising method to distinguish phases and/or their mixtures; next-gen detectors
- 4) **Astro solids** high ellipticity of very rigid crystalline phase like CCSC at high density can be relevant for continuous GWs; shattering of strange(let) crust? EM band signatures?
- 5) Thermal evolution tends to be dominated by the fastest neutrino emission channel; phase space of Urca reactions can be arbitrarily reduced by momentum restrictions due to the Fermi seas of the involved particles or by pairing; hard to distinguish hadrons vs. quarks confidently
- 6) **Neutrinos** from CCSNe? PT-induced explosion mechanism
- ▶ That said, **low-density nucl-th/exp, intermediate-energy HICs** can play an instrumental role in constraining high-density QM

# THANK YOU!

Q & A