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Public Transit in Worcester

By Noah Severance Scarlet Staff

Worcester is home to the longest-standing farefree transit system in the country. The Worcester Regional Transit Authority (WRTA) has 26 bus lines throughout Worcester and several surrounding towns, and has been fare-free since 2020. Additionally, Worcester is serviced by the MBTA Commuter Rail's Framingham/Worcester line, which runs between Union Station in Worcester and South Station in Boston.

Buses:

Bus stops are marked by signs indicating which routes the stop is for (although several are faded or do not have numbers). Some have a QR code that will show the upcoming arrival times for the stop. At most stops, the bus will not stop unless someone onboard requests it or if someone is waiting at the stop.

Along Main Street near Clark, outbound stops (away from downtown



A WWRTA Bus Stop, Photo taken by Noah Severance.

Worcester) are on the same side of the street as Clark, including the Main St + Gates St stop next to Higgins University Center. Inbound stops (towards the Central Hub in downtown Worcester) are on the opposite side of the street next to the Alumni Student Engagement Center (ASEC), such as the Main St + Crystal St stop in front of University Park.

These stops are located on bus routes 19, 27, and

33, which all follow the same path along Main Street between Clark and Central Hub. Additionally, routes 7 and 825 stop on Park Ave near Clark. To access most other routes, it is easiest to go to the Central Hub, where all routes start.

Bus schedules are listed at www.therta.com. The written schedules only show major stops, but further down the webpage there

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What's UP With UP?

By Sophia Lindstrom *News Editor*

The Scarlet connected with Lieutenant Kalah LaPlante, Sexual Assault Investigator and Rape **Aggression Defense** Instructor for CUPD, and set up a Teams meeting to discuss the parameters for the column. Following the initial Teams meeting, The Scarlet sent a series of general questions about CUPD to LaPlante and received a response on Aug. 15. We hope to be permitted an in-person interview for future editions.

This column will be ongoing, and its purpose is threefold: to increase transparency between CUPD and the student body. to inform Clarkies about what CUPD does around campus and what initiatives they are undertaking, and to closely cover oncampus events and events in Main South that CUPD might influence. The goal is to connect students to the institutions around them, and to keep them

knowledgeable about what those institutions are up to. As news unfolds—the annual Clery Report, changes in the department, whatever it may be—this column will cover it.

The Clark University Police Department (CUPD) is a team of certified Massachusetts State Special Police Officers based in the basement of Bullock Hall, a first-year dormitory at Clark. According to the University website, their services include Clark University Rapid Response (CURR), event detail, safety patrol, and lockout services.

So...What Is Up With UP?

Initiatives and Events CUPD is unveiling three new initiatives for the 2024-2025 school year. The first is the Blue Envelope Program, meant to offer a "safer and more understanding environment" for drivers with Autism Spectrum Disorder (ASD). The Blue Envelope Program is a collaboration between *"What's UP With UP?"*

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AUGUST 30, 2024



Leo Kerz Morgan Parisse

Established in its current form in 1939, The Scarlet is an entirely student-run newspaper covering Clark University and its campus in Worcester, Mass. Our publication is intellectually and editorially independent of the University.

Our paper strives diligently to serve as both a critical and objective fact-reporting publication and as a platform for student expression at Clark. We value truth, integrity and diversity in our practices and publications. We believe that journalism is a profession built on trust. To earn and maintain that trust with our community, we commit ourselves to these values – and to the promise that we will always seek to deepen their importance.

The opinions expressed in The Scarlet do not necessarily reflect the official position of the University or its faculty or staff. The Scarlet reserves the right to refuse any submission for any reason. The Editors may alter any accepted work or retract it at a later date at their discretion.

QUESTIONS OR TIPS? Please contact us at scarlet@clarku.edu FOLLOW US! thescarlet.org • @theclarkscarlet • @clarkscarlet

Editorial: Welcome to Clark!

Welcome new and returning Clark Students! The Scarlet is back for the year, and we couldn't be more excited. It is a privilege to inform the community once again!

The Scarlet is led by myself and Cyd Abnet, as Editor-in-Chief and Managing Editor respectively. With a ragtag team of editors and executive board members supporting us behind the scenes, and a phenomenal group of Scarlet Staff members creating content for The Scarlet, we hope to not only inform you, but to inspire you to ask questions and start conversations with your peers.

The Scarlet itself has two primary purposes: to publish a variety of media covering issues, ideas, and events that matter to the Clark and Worcester Community, and to showcase the student voice through different forms of expressionism.



We encourage you to submit whatever matters to you, in whatever form that may take – photography, comics, interviews, creative work, reviews or just plain opinions about the happenings around Clark!

Journalism starts with a question: Have you recently attended an event at Clark that you really enjoyed? What works well on campus? What doesn't? What do you wish you knew more about? What do you think other students should know about the community? What surprised you about Clark or Worcester?

If you find yourself asking these questions (or others), then come to The Scarlet's General Interest Meeting on September 11th, at 7:15 p.m. Bring your ideas and bring yourself, and be ready to become student journalists. Good luck with your semester, Clarkies!

Best wishes,

Ava Orofino '25 Editor-in-Chief

CORRECTIONS:

WE ARE ACCEPTING LETTERS TO THE EDITOR!

Do you want to talk to The Scarlet and our readership directly? The Editors will consider signed letters of 250 words or fewer to be published in print and online.

"What's UP With UP?" continued the Massachusetts Chiefs of Police Association, the Massachusetts State Police, Advocates for Autism of Massachusetts, and The Arc of Massachusetts. According to LaPlante, people with ASD and their families were also consulted in the creation of the program.

Drivers with ASD who enroll can receive a blue envelope, along with assistance printing copies of their driver's license, registration, and a contact card from the CUPD office. The envelope contains "communication guidelines and instructions" for the driver and the officer in the event of a police encounter.

The second initiative is "education around calls for service regarding 'suspicious persons."" Many suspicious persons calls are made simply because the person appears "suspicious" without viable evidence, LaPlante wrote. Callers will now be required to report suspicious behavior to the dispatcher, such as "pulling on car door handles" or "looking into vehicle windows." Officers will not be dispatched to calls where no suspicious behavior is provided.

The final initiative is a collaboration with the Center for Counseling and Personal Growth (CPG) through a tabling event "at the beginning of the semester."

LaPlante added that CUPD is hosting or participating in multiple oncampus events this fall: the RAD program for women



Photo of the University Police Sign, taken by Leo Kerz

and non-binary individuals, National Coffee With a Cop Day, a beer and drug goggle event to "promote awareness and education around alcohol and drug use," game night during winter break, and a bicycle safety session. CUPD will also provide snacks in the Academic Commons during exam periods, as well as bi-weekly tabling in the University Center.

CURR and CPG

Clark University offers alternate emergency services through Clark University Rapid Response (CURR) and the Center for Counseling and Personal Growth (CPG). CURR is run by student first responders and EMTs, though the CUPD advisor to CURR assists in more serious medical situations on Clark's campus. LaPlante wrote that the CUPD officer "assists with evaluating the patient" and "providing real-time information to the responding medical personnel" in these circumstances.

CUPD officers are

always dispatched for allergic reactions, cardiac events, head injuries, or alcohol and drug use.

In the case of a mental health emergency, students can call CPG at 508-793-7676 from 9:00-5:00 on workdays and the 24-hour hotline Uwill at other hours. LaPlante recommends also calling CUPD in a mental health emergency (508-793-7575).

CUPD will be notified if a student on campus calls 911 for any reason.

Police Bias

The Scarlet asked LaPlante about how CUPD has responded to concerns raised by various student groups regarding police bias in previous years.

LaPlante first cited a "bridge the gap" event in which students and officers "engage[d] in open dialogues between members and officers sharing their experiences with law enforcement throughout their lives."

"This provided a safe space to engage in less formal conversations in

a comfortable setting," LaPlante wrote. "We are open to planning a similar event in the near future."

LaPlante wrote that she and Sergeant Michael Sabatalo worked with Clark University Identity, Student Engagement, and Access (ISEA) to present to Advancing Clark Excellence (ACE) and Connections students in the past. Police Chief Lauren Misale "worked closely" with the Task Force on Campus Safety and Security over four listening sessions to "review overall campus police practices and explore alternative policing models." CUPD also hired a civil rights officer, and adopted a "single officer response" in certain situations. It is important to note that the author attempted to find the civil rights officer in the university's director, but was unable to do so.

LaPlante wrote that the Campus Ambassador Program has taken over some duties that previously fell to CUPD. Further,

student-run clubs and athletics programs no longer receive their building keys from CUPD, but instead from the Kneller and the University Center, among other locations.

"When feasible, we now wear 'soft uniforms' which are comprised of a polo shirt, cargo style pants and minimal equipment," LaPlante wrote. "We recognize that seeing a fully uniformed officer can be intimidating and triggering based on your lived experiences."

LaPlante provided several avenues through which students can file complaints against CUPD officers: speaking with a supervisor either by calling CUPD, visiting the University Police station, or emailing universitypolice@clarku. edu; completing the online form on their website; and contacting Human Resources or the Dean of Students Office. Submitted complaints are reviewed by Chief of Police Lauren Misale, Executive Vice President and CFO Danielle Manning, Associate Vice President and Chief Human Resources Officer Randi Nichols, and the Director of Human Resources.

LaPlante encouraged students with questions or concerns to contact CUPD at universitypolice@ clarku.edu or the Dean of Students Office.

That's it for this month's column! Stay tuned for upcoming additions throughout the school year.

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"Public Transit in Worcester" continued

is a map that shows all stops on the route, as well as upcoming arrival times after clicking on a stop.

Each route has different schedules and frequencies, but on average routes operate between 5:00 AM and 11:00 PM from Monday through Thursday. Many routes have different schedules on Friday throughSunday, which are generally around 8:00 AM to 5:00 PM. On weekdays some buses are as frequent as every 20 minutes, with other routes having up to an hour between buses.On Fridays and weekends, many buses run every two hours.

The bus schedule can be difficult to understand, but using Google Maps to get directions to any specific destination gives an accurate schedule, even on trips where you need to take multiple buses.

Commuter Rail: The Framingham/ Worcester line commuter rail schedule is at www. mbta.com/schedules. The full trip from Worcester to Boston with 15 stops takes about an hour and 40 minutes, but there are many express trains that do not make each stop, shown by blank spaces on the timetable. There are frequent trips on weekdays from around 4:00 AM to 12:00 AM, and on weekends there are trains every two hours.

Tickets can be bought on the mTicket app, or onboard with cash or card when conductors check tickets. Fares are based on distance, and a one-way ticket from Worcester to Boston (or back) is \$12.25. On weekends, you can buy a \$10 weekend pass which gives you unlimited rides from Saturday morning to Sunday night, in addition to some holidays.

r Rail: ngham/ Worcester Politics Recap

By Rowan Compton *Opinions Editor*

Although school stopped over the summer, local politics did not! Here are five quick highlights from the summer:

City Council complicit in continued traffic violence

There have been several notable examples of pedestrians being hit by drivers around Worcester this summer. City Manager Eric Batista and Mayor Joseph Petty proclaimed a "traffic violence and road safety crisis" after rising traffic violence over the past couple years. However, words are not enough we will continue to see these tragic incidents as long as the city remains committed to a car-centric worldview. Over the coming months, we will see if the city council continues to value the convenience of drivers over the lives of pedestrians. Large changes to infrastructure are needed, or deaths and injuries will continue.

Massachusetts Government to evict homeless from shelters

Governor Maura Healey signed several bills making finding shelter even harder for homeless Massachusetts residents. Stays in overflow shelters will now be limited to a maximum of 5 days. Additionally, 150 families will be evicted from shelters weekly, and only 7,500 individuals will be able to stay in family shelters statewide. These changes will force thousands out into the streets where they can be arrested at the will of police officers. Make no mistake, these changes are about criminalizing poverty even more than it already is.

Worcester Rental Registry made useless

Apartments here in Worcester suck, they're often aging, poorly maintained, and unsafe. It's a good thing the city council created a centralized rental registry that contains basic information and can be the basis for scheduling safety checks right? Well, good news and bad news. Good news: this does actually exist, with about 22,000 units currently registered. Bad news: the city council $(\frac{1}{3})$ of whom are landlords) elected to have all owner occupied buildings of three units or less removed from the registry. This means that thousands of Worcester residents will not receive the kind of protections their peers will.

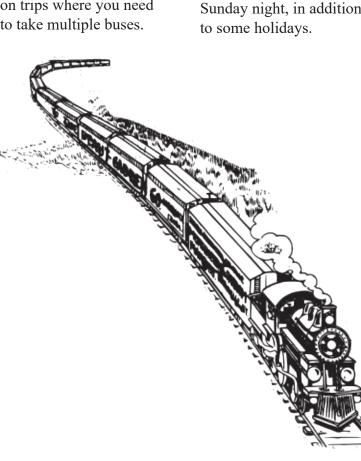
Polar Park neighborhood developments

The neighborhood surrounding Kelly Square, Green Island, has changed dramatically over the past few years and will continue to do so this coming year. Just this summer a 6-story apartment building with 83 "affordable" units opened, and plans for other buildings in the neighborhood were released, bringing more five-over-ones to the area. Thoughts on the developments are mixed (mine included); many claim this is enabling or causing gentrification, while others claim that these developments are the best thing we have to attack the housing crisis in Worcester.

Corruption in WPD

The Worcester Police Department has been accused of being racist, sexist, and corrupt for years. In another example of this trend, we can see that current Interim Police Chief Paul Saucier applied for a job at SoundThinking, which makes the controversial surveillance system ShotSpotterTM. This is after Saucier campaigned to adopt the sonic surveillance system in Worcester and headed the department's drive to acquire other new technology, including drones. Saucier attempted to leverage public dollars, which paid for the adoption of the system, into a lucrative position for himself at the company. Saucier interviewed at SoundThinking while still a member of WPD, though he retracted his candidacy when he was promoted to Interim Police Chief.

The Scarlet



First Things for First Years

By Ava Orofino *Editor-in-Chief*

Welcome, New Clarkies! As an incoming senior, I have learned a few things that I didn't know coming into university. I have decided to share a quick guide with some things you probably already know, and some things you may not know, in no particular order. But if you follow this guide or if you don't, you will still be okay! You are all going to kill it.

1. Set timers for your laundry!

Laundry at Clark is free!!! If you go onto your ClarkYOU portal, you can use the laundry tracking app to see how much time is left on the washers and dryers in your building! And make sure you keep track of your own laundry timers. It will make everything easier for you and other people in your dorm. You also don't want strangers touching your laundry if you leave it in there (Just like you don't want to touch theirs).

2. Don't spend all your dining dollars in the first week!

No matter how many you have, don't spend it all in one week! Try to budget as much as you can, even though I know how tempting it is to buy out the Ben and Jerry's in the Bistro. Your future self will thank you during midterms/ finals if you can stretch them out!

3. Take advantage of the free food!

From Late-Night to Spree Day, there are so many opportunities for free food! When you can, visit the food trucks and stop by events with treats and goodies! You may get tired of the same old dining hall options, so they are great chances to get a little bit of a change! The Grilled Cheese and Waffle trucks are my personal favorite.

4. Clark Engage is going

to be a great friend! Make sure you keep an eye out for an email from Clark Engage– it will tell you all the events that are happening on campus that week! There are so many options during the first few weeks of the semester.

5. Use your resources!!

Your professors, advisors, peer mentors, and academic offices are there to support you, and they really want to help. Especially during your professors' office hours, for homework questions, reviewing material, or even if you just want to get to know them a bit better! The resources in the Academic Commons (located in the library) will be your best friends when it comes to Wi-Fi issues, research essays, and upcoming exams – so use them!

6. Do not be afraid to ask for help

It can be scary to admit you are struggling or even if you need help, but there will also be some people in a similar boat. Try and use those resources listed above right when you start struggling – you'll thank yourself later! Help can be just you and some friends going to office hours, having a study party, or coming up with questions and topics you are confused about together; you are never alone.

7. Give yourself grace

This is a transition, and it takes time! If you are not adjusted by the first week/ month/semester, that is okay. The transition and adjustment look different for everyone, so if your friends seem adjusted and you are not, it is not on you. It may take a minute to find your people as well.

8. Take breaks when you need them

Sometimes, there might be days when you just do not feel like going to class or need an hour-long nap at 3pm. That's okay! If you burn yourself out too soon, you will be miserable. Take breaks, your mental health is important. You don't have to socialize all the time, alone time is awesome for resetting your brain and your energy!

9. If you want to be comfy, be comfy!

Many people will show up to class in sweats, pajamas, or even with blankets! On the opposite end, if you want to look cute, look cute! Literally, whatever vibes you are feeling that day, go with it. No one is going to judge you.

10. Branch out of your roommate box

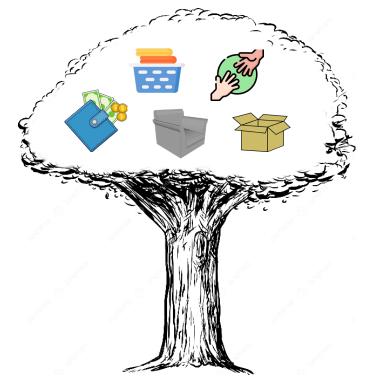
Your roommate is going to be awesome, and you guys will get along! But try and branch out of your dorm box, find other friends and people to hang out with. You will get tired of each other and much more annoyed at little things if you spend every minute of every day together! Also it is important to remember that your first-year friends may not be your sophomore year friends, and that's okay!

11. Get involved, even if its just one thing!

I know your Peer Mentors and Advisors and everyone has been telling you this. But really, truly, find one club/sport/thing that you can participate in on a semiregular basis (or more if you feel so inclined!). It is a great way to make friends and take a break from academic stressors. You will also very often get lots of perks like free food and swag. Also, try one event a semester, like a show or movie screening from a different club or hosted by the school! Also, it's a really great way to get free food and new friends!

12. Be yourself

Be yourself – I know, it is cheesy. Even if it takes you a while to figure out who you are, and what you want, just be you! Please just listen to this corny message.



AUGUST 30, 2024

obama's and it's ie same but the scarlet staff made it's



The Scarlet Staff and Editors put together their summer anthems to create the greatest playlist ever made.



Ava: Close to You by Gracie Abrams Phenomenal, no notes.

Cyd: To Live and Die in L.A. by Wang Chung I lived and died this summer. Not in LA but in Rhode Island, so close enough.

Rowan: Eve Know by De La Soul fresh, upbeat, banger. infinitely replayable

Morgan: *Girl, so confusing* featuring lorde by Charli xcx feat. Lorde Sometimes you just have to work it out on the remix.

Sophia: It Was Coming All Along by Maggie Rogers Favorite artist, great album, out in time for summer.

Nic: RRRate MY KAWAII CAKE by Saya Gray I love saya gray. Enough said

Kennedy: Lights Turned **On by Childish Gambino** Almost crashed on West Main to this one sorry to all my friends who saw their life flash b4 their eyes that day.



Ali: Gimme More by **Britney Spears** A timeless classic, stuck in my brain.



Gabe: The American Dream is Killing Me by Green Day I mean are they wrong? Also the first song played during their summer tour

Morgan: A Bar Song (Tipsy) by Shaboozey Listened to all summer in the car with friends. Know all the lyrics.





Leo: Kid Charlemagne

Learned the solo. Was hard.

by Steely Dan

Pat: Heart of Glass by Blondie. It's been a Blondie summer

Andrew: Front Load by Arca

I like how the song sounds. In a vision an Angel led me to a splinter of the True Cross. It is in Worcester. Find it. I give this song 5 star



Porter: Britpop by AG Cook. Its an electro-pop banger!



By Gabe Schmick *Opinions Editor*

Mountain Dew is a carbonated beverage brand that has recently built a reputation by adding as many inexplicably named flavors as possible (as long as there is an equally inexplicable glow-sticklooking food dye to match it). The original expansion of the Mountain Dew product family included classics such as the red "Code Red" and the blue "Voltage". However, in recent years it seems as if they have run out of ideas. Many of the new flavors released taste like slightly worse versions of already released flavors. This summer, Mountain Dew has released three July 4th flavors with patriotic names because there's nothing more American than downing a bottle of aspartame. Will these flavors be gas or ass? **Liberty Chill**

I can't decide what flavor this drink is, and I don't think the creators can either considering it is marketed as "50 flavors in 1." The chemical tomfoolery that is this drink has resulted in a blue concoction that looks like the deepest part of the Mariana Trench. Upon smelling this drink, it smelled of nothing other than a generic fruit candy with not even a hint of the original citrus that Mountain Dew is known for. After

tasting the flavorsome fluid, I still could not comprehend the flavor. Initially, I tasted lemon-lime, but then the flavor shifted into something that tasted like sour Trolli gummy worms. Whatever the taste was, I thought it was overall a "meh" flavor. Most of the online soda community found this soda disgusting. Personally, I'd give it a 5/10.

Rating: 5/10



Star Spangled Splash

Probably the one with the stupidest name, Star Spangled Splash offers a similar red tone reminiscent of "Code Red". Unlike the other red soda which is often described as cherry flavored, Star Spangled Splash claims to be "red berry flavored", whatever the hell that means. The drink smelled like kool aid and to some degree even tasted like it. I could hardly taste the Mountain Dew flavor that at least has a presence in the various other alterations of the signature formula. If you gave me this drink blindfolded, I wouldn't have guessed this was Mountain Dew. The soda instead tastes like strawberry-flavored Crush which I actually think is an OK soda. As Mountain Dew



Star Spangled Splash and a gardening rake. Photo courtesy of Gabe Schmick.

though, it's a bad beverage.

Rating: 5/10



Freedom Fusion

This is one of those flavors that looks like a cleaning solution. Ever since the release of the "Cherry Glacier" Gatorade, other companies have been producing this white, opaque color in their sodas that I find quite unappetizing. I assume this is to make the drink look cold on account of the "icy" effect the color gives off. The flavor claimed to be peach lemonade flavor,

which sounded pretty good as Mountain Dew has always handled lemonade flavors well (my personal favorite Mountain Dew is "Spark", which is raspberry lemonade). The smell of the sodapop was reminiscent of the original lemon-lime variation of the drink but the flavor was quite pleasant. The drink actually tasted like peach lemonade. In other words, you get what you pay for with this bottle of fizz.



Overall, this selection of flavors isn't the worst Mountain Dew has ever released but these are certainly not the best sodas in the world. Overall, I wouldn't bother going anywhere near these sodas with the exception of Freedom Fusion. However, because these sodas are pretty generic and uninspiring, on the gas or ass rating scale these sodas are complete ass!

Navigating Sad Girl Summer Coping Strategies for Tough Transitions

By Cyd Abnet Managing Editor

I did not have an easy summer. I lost someone important in my life in June and as much as I'd like to sav I had a hot girl summer after that, I didn't. I had a sad girl summer. I lived by myself the entire summer on a somewhat isolated island. and cried myself to sleep most nights despite having a great job in a beautiful location. Ironically, even though I'm starting my last semester of college, this summer felt a lot like my first semester of college. Freshman year is difficult for everyone (yes, even the people posting a bajillion pictures with their new friends), and it can feel like you're completely alone even if you're surrounded by a campus full of new people. There are very few resources out there for this feeling, and I did endless amounts of googling that got me nowhere. I'm going to share some of the tips that helped me get through a myriad of tough moments this summer. Hopefully, if you're a freshman (or honestly anyone) and you're in a tough spot you can draw on these strategies to get through the feeling.



Get a night light (or twinkle lights or ceiling stars)

One of the hardest parts of this summer for me was having my mind race every time I had a quiet moment, especially right before falling asleep. I found that having on a string of twinkle lights while I was going to bed made things feel a lot less lonely. Whatever was bothering me, the soft light made my room feel less empty. If you're having a difficult time at night I'd suggest looking on Amazon (which yes, ethically isn't great but it's cool to have two day shipping when you need a night light so you can sleep well) for a night light, twinkle lights or even those glow-in-the-dark star stickers.



Call or message actually everyone you've ever known

The first few weeks after the loss were incredibly difficult, as are the first few weeks after any big life change. I was barely making it through the day, spending a lot of time crying in the bathroom at work and then collapsing in bed when I made it home. To feel less alone. I would text or call people. These small points of contact were incredibly important in getting me through the first month. You don't necessarily have to tell the person how you're feeling; just having a conversation with someone, especially someone you might not consistently talk to is powerful. There are more people out there supporting you than you know!



Eat 'easy' foods When I am in any kind of emotional turmoil, I'm immediately nauseous. It's important during times like this to eat foods that are easy to eat. Personally, I like to eat foods that are either pre-prepared (frozen burritos, boxed mac and cheese), drinkable (smoothies) or my favorite foods (sushi is a big one for me here). It's also a lot easier to eat and drink when you aren't alone, so invite a roommate, sit near other people or FaceTime your mom. Whatever works.



Listen to podcasts When you're really not feeling it, it's perfectly okay to just put one airpod in

and go about your daily life listening to podcasts. The constant talking helped me to not feel alone, provided me with a distraction and by the end of the summer I'd learned about the guy who stole Einstein's brain (G: Relative Genius -Radiolab), how casinos are the best place to go into cardiac arrest (How to Save a Life - Radiolab) and Bibb County, Alabama (S-Town). Podcasts will set you free in a way music may not.



Lean into routines

A saving grace for me was falling back on my daily routines. When you feel like you can't do anything, it's nice to have a set 'schedule' (waking up, going on a walk, having breakfast, going to work, etc) to keep you moving. My hardest times were right when I woke up and before I went to bed, so my morning and bedtime routines were incredibly important for me.



Sit in public places or go on a walk

I spent a lot of time alone in my room both during freshman year and this summer, which almost always made me feel worse.



One way to mitigate this is to force yourself to go out. Just sitting in a public area and being around people can completely change how you feel and cut through that sense of isolation. Another great way to do this is to take a walk around campus. Directing your attention to what's going on around you combined with movement can make feelings feel all the less intense.



Plan something fun

I spent all summer planning out what I am going to do after graduation, which really helped to get me through. During my freshman year of college, I bought concert tickets for a concert that was happening in a couple months, and used that as a motivator. It doesn't have to be something big or far away to work; you can plan to get a croissant after class or call a friend and have that be a bright spot to help you get through the day.

Campus Hours For Uninformed Frosh

Student Mailroom

Monday - Friday: 10 a.m. - 5 p.m Saturday: 11 a.m. - 3 p.m.

ITS Help Desk

Monday - Thursday: 8 a.m. - 12 a.m. Friday: 8 a.m. - 5 p.m. Saturday: 12 p.m - 5 p.m. Sunday: 12 p.m. - 12 a.m.

Health Services Monday - Friday: 9 a.m - 5 p.m. (by appointment)

University Center Info Desk

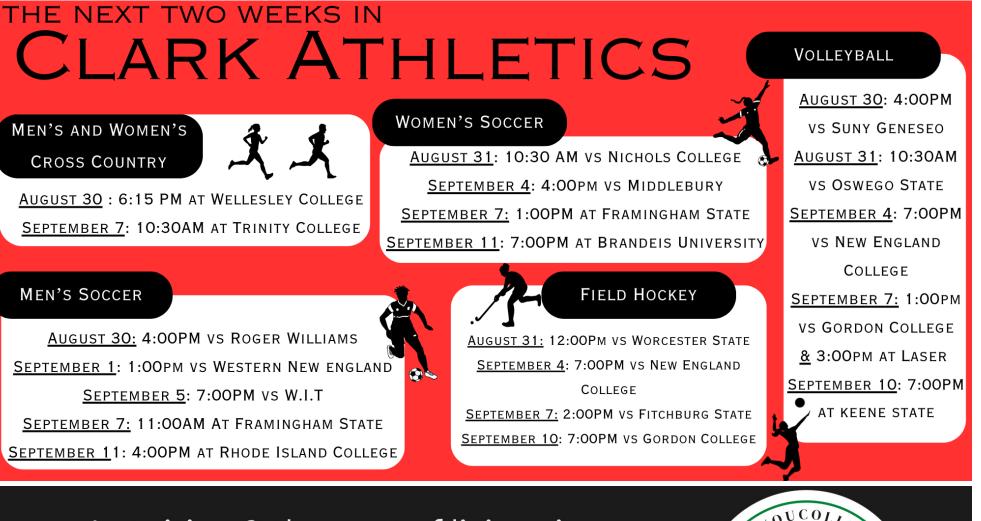
Monday - Friday: 9 a.m. - 5 p.m (by appointment)

The Table at Higgins

Monday - Friday: 7 a.m. - 8 p.m. Weekend: 8:30 a.m - 2:30 p.m and 5 - 8 p.m.

> The Bistro Monday - Friday: 8 a.m - 9 p.m Weekend:11 a.m - 9 p.m

University Police (UP) 24/7



As tuition & the cost of living rise... **students take care of each other.**



Our **mission** at the **See You Collective** is to combat financial insecurity in our campus community, guided by the principles of **radical equity, respect, & dignity**. Our **work** is to **redistribute funds directly to Clarkies** who use them to pay for

housing, tuition, medical expenses, transportation, & food.



LEARN MORE **@THESEEYOUCOLLECTIVE** ON INSTAGRAM **REQUEST AID** AT THE LINK IN OUR INSTAGRAM BIO

DONATE TODAY!



The Future of Clark Athletics is Expanding

By Morgan Martin Sports Editor

On August 6th, Clark University Athletics announced that Paige Tolan would be named the new Athletic Communications Assistant specializing in Broadcast and Video. This is big news for the athletics department, as their fiveyear partnership with FloSports was announced at the end of last year. FloSports is a sports broadcasting company that will allow families and supporters of Clark's athletes with subscriptions to the service to acquire a higher-quality streaming service than was available in the past. This is a massive change for Clark Athletics, and holds the potential to raise interest in Clark sports both on campus and elsewhere.

With a change as significant as this, it is important that it is being led by people who are dedicated to presenting Clark Athletics in a positive light. This is exactly what Tolan aims to do as Clark begins the fall athletic season with FloSports. I reached out to Tolan to learn more about her role, aspirations and experience in order to gain insight on the future of Clark Athletics' multimedia appearance.

Tolan graduated from Ithaca College in 2023 where she studied Television and Digital Media Production. Tolan says she plans to combine aspects of her life experience to advance the future of Clark Athletic's media presence.

"Growing up as both an athlete and creative, I knew I wanted to do something where I could merge my life passions, and this new role at Clark does just that," Tolan wrote. "While in college, I learned and strengthened my skills in live events and television/ broadcast production, sports photography, videography, graphics and much more. I am thrilled to bring these skills and passions to Clark to expand upon the Athletic's program's growing potential."

As the Athletic **Communications Assistant** for Broadcast and Video, Tolan's role for Clark Athletics is centered around uplifting athletics through their appearance on different forms of media. Tolan reported that her position mainly makes her responsible for producing the live streams that FloSports will broadcast of Clark's Varsity Athletics as well as creating content for the department's social media.

"I hope to overall increase engagement on multimedia platforms by highlighting the Athletic department's growing potential and success and highlighting the student-athletes and team cultures at the



Photo of Paige Tolan, Taken by Morgan Martin

University," Tolan wrote. As an alum of a Division III school, Tolan understands the possible divides that can exist between student athletes and non-student athletes on a campus such as Clark. When asked about the possibility of "soothing" this divide through athletic communications, Tolan responded optimistically about the potential changes the department can make.

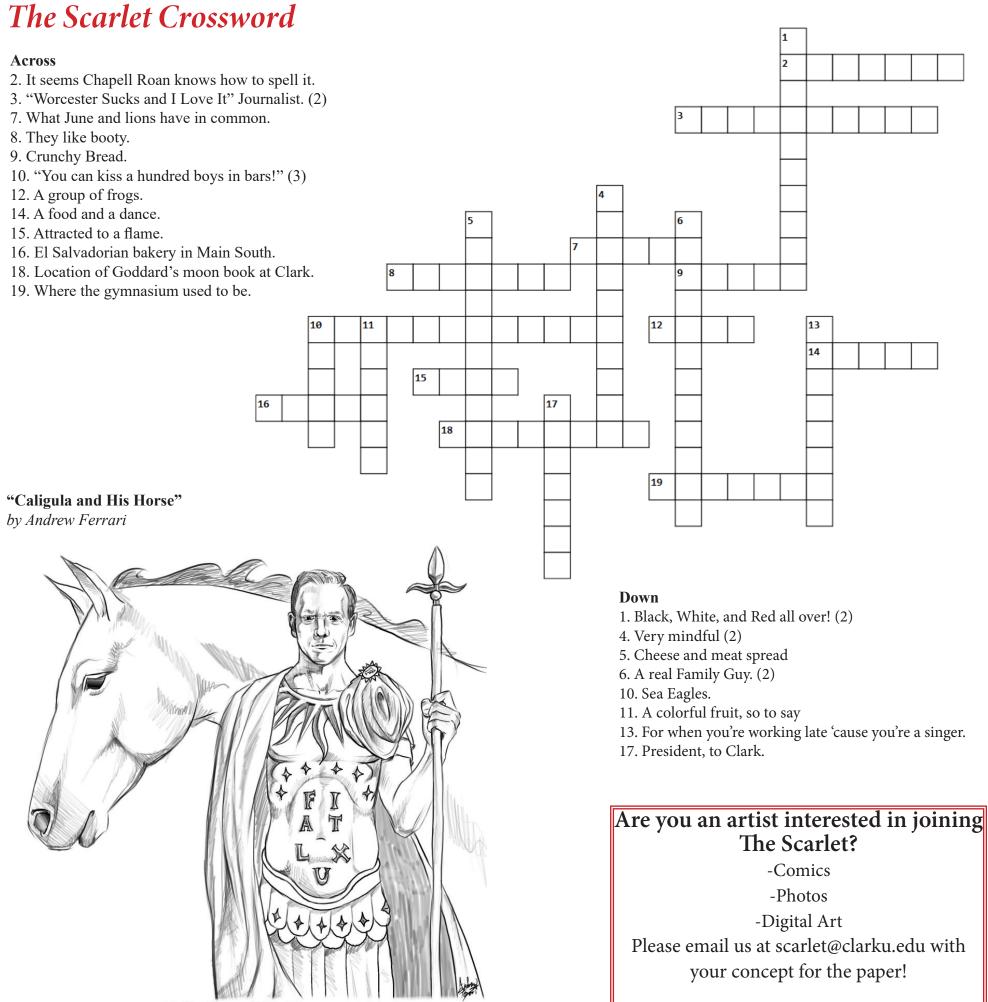
"I am looking to form and build a program of student creatives from all over campus for more crossdepartmental collaboration," Tolan wrote. "Athletics not only highlights the athletes on campus but also the talented individuals behind the scenes of a production." Through collaboration, Tolan hopes that different skills and talents are emphasized through athletic media coverage.

"Photographers, designers, editors, filmmakers, engineers, audio techniciations, and much more all go into a successful Athletics broadcast and media coverage," she continued. "There is a lot of refreshed energy in the Clark Athletics department, and by utilizing strengths from students all over campus, we can all help each other out and grow."

"I want to express how excited, thrilled, and grateful I am to be a part of such a welcoming community," Tolan concluded. "This career is truly my passion, and I hope to build upon the Athletics department's energy and share my knowledge to create success that impacts all of campus. If you have any interest in athletics or creative outlets, please do not hesitate to reach out!"

The Athletics department is going through a lot of changes this semester, many of them exciting, and hopefully will provide more of an inclusive environment to Clark's campus. It will be interesting to see how Tolan and the production team she builds will work towards accomplishing their goals.

Morgan Martin is employed by Clark Athletics



Caligula and His Horse