

I

The Index



KIRKSVILLE CELEBRATES MARTIN LUTHER KING JR. THROUGH DINNER

The Martin Luther King Jr. Community Dinner brought students, staff and community members together to celebrate the legacy of Martin Luther King Jr. Jan. 25, and kick off Black History Month. There will be more events throughout February, including the Black History 101 Mobile Museum.

Find out more on page 8

Freshman becomes lead scorer on men's basketball team

Find out more on page 10

CONTENTS

- 5 Truman Showcase days change format
- 6 Nursing awarded with \$150,000 grant
- 14 Top 5 things to do in the snow
- 16 Truman students cover Iowa caucus
- 23 Opinion: 'Percy Jackson & The Olympians' fails to be a great adaptation

ABOUT THE COVER

Attendees of the Martin Luther King Jr. Community Dinner get food from the buffet Jan. 25. The dinner included speeches from John Gardner and Stephanie McGrew. (Photo by London Lamoureux)



Junior guard Trey Shearer looks to pass the ball. Truman State University men's basketball played against Drury Jan. 20. See more photos from the event on page 12. (Photo by Lillie Morisaki)



Editorial Board

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Attendees of the Iowa Trump rally take a photo. Truman State University students went to cover the Iowa Caucus. Find out more on page 16. (Photo by Lillie Morisaki)



The military science program, in conjunction with the Center for Academic Excellence, hosted a seminar Jan. 31 intending to increase retention and improve student's studying and management skills. (Photo by TMN archives)

Military science program hosts seminar to improve students' academic skills

Gracie Doolin
Assistant News Editor

The military science program's academic seminar took place in two one-hour sessions in Barnett Hall. Psychologists from Magellan Health, specializing in sports psychology and performance psychology, led discussions and activities about various academic and performance skills. The first hour focused on academic skills; the presenters talked about improving study habits, increasing memory retention, being more effective while studying and taking notes, and fighting procrastination. The second session focused on performance skills, and the second half featured group activities to cultivate and demonstrate confidence, attention control and energy management.

Master Sergeant Robert Points, a senior military science instructor at Truman State University, organized the seminar. Points has worked at Truman for two and a half years and has served in the military for 21 years. Points said he started working on the seminar during the summer of 2023.

Points said the event's main goal was to build academic skills in university students with a specific focus on the Army Reserve Officer Training Corp. Students. There are about 30 students currently participating in the ROTC program, and Points said ROTC is a requirement for students who plan to become commissioned officers.

"I can't commission my cadets into officers unless they get a degree," Points said. "I worry more about burnout than anything else, so that is my first goal. Any way I can make them more successful in their academics is better for me, it's better for them, it's better for the program and it's better for Truman."

Points worked with Ashleigh Harding, the director of student success at the Center for Academic Excellence. Harding said ROTC was funding the event since they had access to contractors from

Magellan Health, and the company had led similar seminars for historically black colleges and universities and other higher education institutions, so they had a history of working with students. Harding said the event was initially designed specifically for ROTC members before Points asked her to advertise the seminar to students outside the program. Harding started working at the Truman during 2019 and has occupied positions such as admissions counselor, graduate teaching assistant, academic advisor and now the director of student success. Harding said her previous positions gave her multiple connections she could use to advertise the event.

Harding said Points first approached her during November 2023. Since then, she has reached out to other academic success programs at Truman, such as Bulldog Scholars, Bounce Back, McNair Scholars, TRU Self and the Center for Diversity and Inclusion about the event. Harding said her hope for the seminar was that it would help students gain more skills to balance academics with the rest of their college experience and allow tutors from the tutoring center to gain more techniques for teaching and learning.

"Being a successful student is looking at your motivation, at the human side of you — not just the academic side. It's about having your brain work for you," Harding said. "A lot of our students put a high degree of pressure on themselves, and we have students come into Truman who did really well in high school. Some of those things came very naturally to them; they were naturally curious learners. But college is very different in how it operates... I think that this session is a good opportunity for Truman students to learn what they need to be doing to make them successful."

Points said this is the first time an event of this nature has been held at Truman. Points and Harding said they hoped this would be the first of many academic success seminars held at Truman and that the event could become an annual or biannual event.

UPCOMING EVENTS



Truman State University's annual Pizza Bowl will be Feb. 9 in Student Union Building

Local Kirksville pizza vendors will be competing for best pizza in a showdown located in the Student Union Building Georgian rooms. The event will be hosted by Spike, and students can stop in on Feb. 9 from 2-4 p.m. for a free sample from Kirksville

vendors. Truman's Instagram page will hold a poll where students can vote on their favorite pizza. Prizes and stickers will be distributed as well. (Story by Grace Potter)

Pizza vendors in Kirksville are encouraged to enter in Truman's annual Bowl. The vendor who wins the popular vote will hold the title of best pizza in Kirksville. (Photo from TMN archives)

February
22

What: Student worker fair

Where: Student Union Georgian Rooms

When: 1- 4 p.m.

February
16

What: Student Activities Board Carnival

Where: Student Union Building

When: 6 p.m.

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Truman trades smaller showcase days for one large accepted student weekend

Grace Potter
News Editor

Truman State University will be hosting one large accepted student showcase as opposed to smaller showcases throughout the semester.

Admissions counselor Joy Giedinghagen said the Truman Experience Weekend will consist of accepted students and their families getting to know Truman's campus through tours, meals and lectures March 22 and 23.

Tours will be given by student ambassadors, and anyone who wishes to volunteer is urged to visit the admissions office in order to find a job for the showcase. Clubs and organizations are also encouraged to be in the

mix, and show potential students what extracurricular activities students are involved in.

"We think students best understand the student life when they get that college experience," Giedinghagen said.

Giedinghagen said professors will be lecturing to families in order to give them a look into the different departments.

With a higher concentration of families coming to campus, some facilities may be a bit crowded because of tours. Families will have the choice of eating in the dining halls or the Student Union Building. Sodexo general manager, John Stewart said the extra bodies shouldn't be too much of a challenge.

"Ryle has held 900 people at one point, and now we can easily accommodate 500 to 600 people, so it shouldn't be too much of a problem utilizing two dining halls and the SUB," Stewart said.

He predicts the SUB will have a bit of traffic Saturday with Chick-Fil-A being the only open restaurant. Overall Stewart said the number of students is not concrete yet, but he is looking forward to the event.



MORE INFO

Look at a sample showcase schedule here:
bit.ly/IndexSC

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Truman awarded with Nursing Education Incentive Program grant

Mara Callahan
Features & Opinions Editor

The nursing department entered the spring 2024 semester with a \$150,000 grant that offers more opportunities for students pursuing nursing-related careers. 5% of Truman State University undergraduate students are active members of the immersive nursing curriculum. The nursing department at Truman strives to provide students with the knowledge and skills to enter the field with the ability to provide patients with safe and effective care in all healthcare settings.

The Nursing Education Incentive Program grant has been awarded to Truman in the past and will be used to broaden the career options for nursing students. Now with the benefit of the NEIP grant, the department has ample room to expand by allowing associate degree-prepared registered nurses the opportunity to pursue a Bachelor of Science in nursing degree.

Freshman Lydia Hackbarth said she has always known a career in the medical field was where she would thrive, but the exact job for her was unclear until she began researching various career paths.

"I chose nursing because it has a lot of job security and opportunity but primarily because it's what I'm passionate about," Hackbarth said. "I really like being helpful."

During the extensive college search process, Hackbarth said she had heard good things about the Truman nursing department, significantly influencing her decision to attend.

Hackbarth said she sent in her application to the program with high hopes of getting accepted and since then has felt more than welcomed by the faculty and other students active in the nursing program.

"I appreciate how everyone in the nursing cohort knows each other, and I have a lot of the same classes with the same group of people, which I enjoy because it allows me to develop closer relationships with them," Hackbarth said. "I always have someone to reach out to if I'm struggling because they're going through the same thing."

Cindy Waller, chair of the nursing department, has a long history in nursing management and has been a nurse since 1978.

Upon knowledge of the grant, Waller said she began looking into what she could do to best benefit the nursing department at Truman.

"With this being my first year at Truman, I wasn't completely familiar with the Kirksville area, and so I searched the area around Kirksville within a 50-mile radius and found about five critical access hospitals around Kirksville," Waller said.

Waller said she continued to look into these hospitals and the post-secondary options around the designated radius, finding that Truman was the only nearby university. Visiting these hospitals and meeting with their CEO's and Chief Nursing Officers gave Waller insight into what they sought in graduate nurses.

"What came out of that discussion was that they needed their



Nursing students work together before class starts. With the NEIP grant, the department can expand and allow associates degree-prepared registered nurses the chance to pursue a Bachelor of Science in nursing. (Submitted photo)

nursing staff to get their bachelor's degree," Waller said. "Consequently, the grant is intended to focus on an online RN to BSN program."

This new program will allow experienced nurses to continue their education and help ensure they graduate with the knowledge and skills to serve patients.

Hackbarth said she is honored by the grant and thinks the department will invest the money toward something amazing.

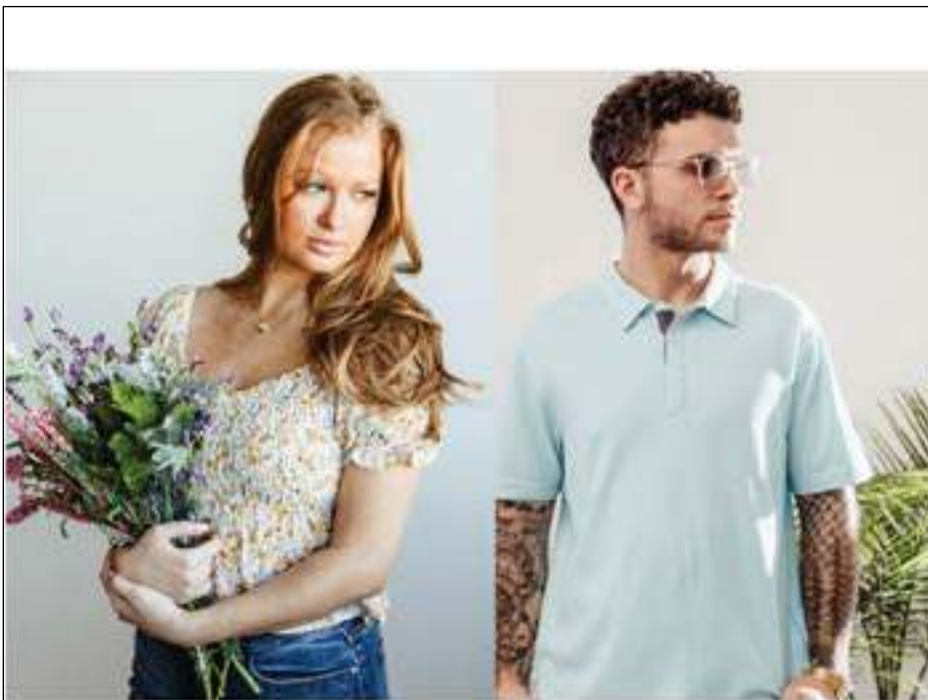
"I'm excited that the nursing department has received this grant because it shows that the nursing program at Truman is being recognized — something I think is really important because I believe it is a seriously good program and one that I don't hear a lot of people on campus talking about," Hackbarth said.

CRIME ALERTS

1/18 Possession of marijuana/synthetic cannabinoid of 11-13 grams reported at Missouri Hall
1/17 Burglary reported at Ryle Hall
1/7 False impersonation reported at Baldwin Hall
12/22 Fail to maintain financial responsibility at Patterson St. / Franklin St.
12/20 Sodomy reported at Ryle Hall
12/18 Operate vehicle on highway without a valid license at Baltimore St.
12/18 2nd degree property damage reported at Greenwood School



DPS

12/18 2nd degree property damage reported at Greenwood School
12/15 Stolen bicycle reported at Blanton Nason Brewer Hall
12/13 Stolen bicycle reported at Campbell Apartments
12/12 Warrant arrest at Elson St. / Pierce St.
12/11 Stolen bicycle reported at West Campus Suites parking lot
12/9 Driving wrong direction on highway/road reported at Filmore St./ Davis St.
12/8 Sodomy reported at Truman Campus
11/30 Trespassing reported at Baldwin Hall



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Martin Luther King Jr. Community Dinner hosted on campus

Sydney Ellison
Editor-in-Chief

The Martin Luther King Jr. Community Dinner brought members of the community together for food and speeches Jan. 25. The dinner is presented by the Kirksville City Martin Luther King Jr. Planning Committee.

The dinner included a welcome speech by Stephanie McGrew and a keynote speech by John Gardner, both from ATSU. Gardner was the recipient of The Dr. Martin Luther King, Jr. State Celebration Commission of Missouri 2024 Distinguished Community Service Award.

"I think that the most beautiful way to bond with people is over a nice meal," said Vanessa Alexander, the Center for Diversity and Inclusion director.

The dinner was one of many events celebrating Martin Luther King Jr. and Black history.

Junior Khia Ingram said this was the first Martin Luther King Jr. Community dinner she has attended. She heard about the event through the CDI newsletter.

"I'm just looking forward to having more events and more discussion [throughout Black History Month]," Ingram said.

The Black History 101 Mobile Museum is coming to Truman Feb. 1 as a part of the Kohlenberg Lyceum Series. It will include a lecture from Rock and Roll Hall of Fame Recording Artist Professor Griff.

The CDI is also planning a Juneteenth event over summer.



Samantha Carraway presents the winner of the annual contest awarded by the Kirksville Martin Luther King Jr. Planning Committee.



John Gardner delivers the keynote speech at the Martin Luther King Jr. Community Dinner, Jan. 25. The event was hosted in the Student Union Building. (Photos by London Lamoureux)



Center for Diversity and Inclusion program coordinator Kerrion Dean introduces students Jan. 25. (Photos by London Lamoureux)



John Gardner enters the stage before his keynote speech at the Martin Luther King, Jr. Community Dinner.



Stephanie McGrew gives the call to action and closing speech.



Attendees at the community dinner clap for the speaker.

FEBRUARY
1

What: Black History 101 Mobile Museum
Where: Student Union Building Georgian Room
When: Feb. 1, 6:30 p.m.

FEBRUARY
15

What: Black History Month game night
Where: TBA
When: Feb. 15, 6 p.m.

Freshman becomes lead scorer on men's basketball team

Kaylee O'Dell
Sports Editor

At the beginning of the 2023-2024 season, the men's basketball team gained seven new players, one of them being the leading scorer, small forward and freshman Kobi Williams.

Throughout the 16 games the team had played, Williams has scored 221 points and has played a total of 450 minutes, as of Jan. 27.

Williams said he began playing basketball at age ten and, while at first, he did not like the sport, he said he kept playing because of his parents' encouragement and eventually fell in love with the game. He continued his career at Westminster Christian Academy, where he became the high school's all-time leading scorer with 1608 points.

Williams said that he has improved the most as a member of the basketball team in college.

"I don't want to praise myself because I know I can do a lot better, but as a freshman, I've played really well, and I've just been growing ever since," Williams said. "I've started to get a lot more comfortable on the court playing-wise, like shooting the ball and getting to the basket. I've felt like I've grown in my entire game."

To play at a collegiate level, Williams said it took a lot of time commitment during the offseason. When he was younger, Williams said he had his personal trainer to help him with developmental skills, and before coming to college, he lifted weights to gain muscle needed to play at Truman.

On top of his own training, Williams also had practice with the team six days a week, with each practice lasting around two hours. He said the team mostly worked on plays, scrimmaged together and scouted the opposing team's different plays during practices.

While Williams said practices helped him, he also said he owes his dedication to his teammates.

"I've only been playing this position because of my teammates. They really pushed me in the offseason because they knew how good I could be. We're all for each other, and we all play for each other. I give all the praise to them," Williams said.

On top of practices together, Williams said the team liked to do a lot of activities, whether it was getting a pregame meal or hanging out after a game. He said events like those have helped the team grow close and have made it more fun to play.

Williams said that one major activity the team does together is a Bible study, Monday nights at 5 p.m., where the teammates share outside struggles and work through them together.

Through these team bonding activities and games, senior guard CE Talton said it has been amazing to watch Williams bring a different energy to the team.

"It's exciting to see what he is going to do. A freshman playing like that — you don't see that a lot," Talton said. "He deserves it; he's a great guy, and he's humble. We all want to see each other win, and he is definitely one of those players who could take off and be something special."

Throughout the season, Talton said Williams has always gotten the team hyped up with his high plays. He said that playing with people like Williams helped him take pressure off himself and enjoy the game more.

Another teammate, junior guard Trey Shearer, said that Williams has done a great job of grasping new information and has been doing great things all year.

"It's really important that [Williams] has the role that he does because the team needs it. For him to have such a big impact, it helps the team a lot, and it's really important to the success. When he plays well, the team plays well," Shearer said.

Williams and the rest of the men's basketball team will continue their season in a home game against the University of Missouri-St. Louis Feb. 3.



Kobi Williams makes his way to the basket before shooting Jan. 20. While Williams said the team started off a little slow this year, he thinks the team has finally gotten their chemistry flowing. "We're starting to figure out each other's comfort zones and what we like to do. We're starting to get each other," Williams said. (Photo by Lillie Morisaki)

UPCOMING EVENTS

BASKETBALL

MEN'S

- Vs. McKendree University Feb. 1, 7:30 p.m.
- Vs. University of Missouri - St. Louis Feb. 3, 3 p.m.
- At University of Indianapolis Feb. 10, 3 p.m.
- Vs. Maryville University Feb. 15, 7:30 p.m.
- Vs. Missouri University of Science and Technology Feb. 17, 3 p.m.
- Vs. University of Illinois Springfield Feb. 22, 7:30 p.m.

WOMEN'S

- Vs. McKendree University Feb. 1, 5:15 p.m.
- Vs. University of Missouri - St. Louis Feb. 3, 1 p.m.
- At Lewis University Feb. 8, 5:30 p.m.
- At University of Indianapolis Feb. 10, 1 p.m.
- Vs. Maryville University Feb. 15, 5:15 p.m.
- Vs. Missouri S&T Feb. 17, 1 p.m.
- Vs. University of Illinois Springfield Feb. 22, 5:15 p.m.

TRACK AND FIELD

- Men's, women's at Bearcat Invite at North West Missouri State University, Feb. 2 - Feb. 3
- Men's, women's at Washburn Open, Feb. 2 - Feb. 3
- Men's, women's at 9th Annual Gorilla Classic at Pittsburg State University, Feb. 9 - Feb 10
- Men's, women's at Hilltop Classic at Illinois College, Feb. 16

SWIM

- Men's, women's at GLVC Championships

ATHLETE — OF THE WEEK —

Sophomore Hayden Long recorded a personal best with a score of 3,985 points in the men's Heptathlon held at the Dutch Winter Multi, Jan. 24-25. During the event, Long gained 2,391 points on the first day alone because of his first place finish in shot put, throwing 12.19 meters, and a personal record of 6.15 meters in the long jump. Overall, Long placed eighth in the Heptathlon. Earlier in the season, Long achieved a personal record of 9.03 seconds in the 60 hurdles preliminaries. The Bulldogs will continue their season at the Bearcat Invite at Northwest Missouri State, Feb. 2-3.



HAYDEN LONG
men's track and field

Men's Basketball wins 68-63 against Drury University



Sophomore guard Xavier Hall dives for the ball. Hall had seven assists and three steals. (Photos by Lillie Morisaki)



Above: Sophomore forward Brennan Lovette dribbles around the Drury player. The Bulldogs won against Drury 68-63.



Right: Senior guard CE Talton shoots the ball. Talton had six rebounds for the Bulldogs.



Freshman forward Matt Haefner goes up for the shot Jan. 20. Haefner scored 20 points, a career high.

Season Highlights

MEN'S BASKETBALL

Men's basketball started their season 7-11 as of Jan. 31. Freshman guard Kobi Williams is leading the team in points, averaging 12.3 per game, and is followed by junior guard Trey Shearer averaging 11.6 points per game. The Bulldogs will face McKendree University Feb. 1 in Pershing Arena. Read more about the basketball team on page 10 and see the photo gallery on page 12.

WOMEN'S BASKETBALL

Women's basketball started their season 5-13 as of Jan. 31. Senior guard Claire Rake has played the most minutes, with a total of 497. Graduate student forward Ellie Weltha leads the team in points, with 301 in total and averaging 16.7 per game. During their game against William Jewell College, the Bulldogs won 61-58 Jan. 27. Junior guard Gracie Neff had three assists, while junior center Maddie Niemeier had 14 rebounds and Weltha scored 16 points. The Bulldogs will face McKendree University Feb. 1 in Pershing Arena.

MEN'S SWIM

Men's swim finished their regular season against Missouri University of Science and Technology in a 66-176 loss Jan. 20. Senior AJ Kohler won the 200 Free with a time of 1:43.91 and the 500 Free with a time of 4:54.42. The team will compete in the GLVC championships in Evansville, IN Feb. 7-10.

WOMEN'S SWIM

Women's swim finished their regular season against Rockhurst University with a 174.5-65.5 win Jan. 19. Sophomore Chloe Myers won three individual events, the 100 Breast with 1:10.54, the 200 Breast with 2:33.68 and the 200 IM with 2:15.10. Junior Emily Traube won two individual events, the 50 Free with 24.61 and the 100 Free with 54.03. The team will compete in the GLVC championships in Evansville, IN Feb. 7-10.

MEN'S TRACK

Men's track competed in the Dutch Winter Multis at Central College Jan. 25-26. Sophomore Hayden Long had a personal best in the heptathlon with 3,958 points and finished eighth overall. Sophomore Ryan Gustafson placed 17th in the 800 meter with 1:59.39 and freshman Nolan Meara finished 12th in the 3000 meter with 9:04.65. The Bulldogs will compete in the Bearcat Invite at Northwest Missouri State University Feb. 2-3.

WOMEN'S TRACK

Women's track competed in the Dutch Winter Multis at Central College Jan. 25-26. In the 400 meter dash, sophomore Raina Baker finished 12th with 1:00.85 and senior Kendall Dascher finished 15th with 1:03.12. Junior Lydia Lehbeck finished sixth in the mile with 5:26.31. The Bulldogs will compete in the Bearcat Invite at Northwest Missouri State University Feb. 2-3.



Sophomore guard Casen Lawrence scores a three-pointer with 0:48 left to get a 66-63 lead. Lawrence scored six points Jan. 26. (Photo by Lillie Morisaki)



The Truman State Showgirls perform during a timeout Jan. 20. The Showgirls perform at the home basketball games. (Photo by Lillie Morisaki)



Junior guard Trey Shearer enters the court. Shearer was 3-4 on free throws Jan. 20. (Photo by Kaylee O'Dell)

Top 5 things to do in the snow

5. Snowball fight



Another good way to warm up in the cold weather is to get moving through a snowball fight. The more people involved, the better the snowball fight. Gather as many people as you can and find a large snowy place to begin your snowball fight. Incorporating other outdoor games into your snowball fight is a great way to make things more interesting. Play capture the flag or freeze tag with the addition of snowballs! *Story by Sydney Ellison*

Illustrations by Mara Callahan

4. Build a fortress

Building a fortress is one of the most underrated activities to do in the snow. Building a snow castle is a rewarding creative outlet on a snow day. There are endless possibilities of builds. From castles to sculptures, snow is an excellent building material. These forts also work well for snowball fights or a DIY wreck-it room.



3. Build a snowman

A classic winter activity. The best snowmen are the ones with accessories. Find branches, buttons, food or old clothes to dress yours up. Seeing snowmen with some personality always makes me happy, more so than building one of my own! This activity is ranked low because the conditions are not always right to build a snowman. Sometimes the snow is too powdery and all that snowman-making effort results in nothing.

2. Shovel

As sad as it may be, with snow also comes the need to shovel. But, it might be time to change the general mindset around this activity. It can be fun with friends if you aren't afraid to dance to some music. Shoveling is also a great way to exercise when the gym could be closed because of the weather. It has a bad reputation because it can be seen as a chore, but it still has winter charm.

1. Go sledding

The best snow day activity is sledding. It's a free roller coaster and a nice rush of adrenaline. There are many great places to sled in Kirksville too. Try the hill at Rotary Park or the hills near Spur Pond. Sledding is like an amusement park at your doorstep.



Quiz: What planet are you?

What planet best matches you? Are you bold and cool like Uranus, or shy and curious like Neptune? Find out through this quiz.

1. What is your favorite new music release of January?

- A) "yes, and?" by Ariana Grande
- B) "Saviors" by Green Day
- C) "Untouchable" by ITZY
- D) "Not My Fault" by Reneé Rapp (with Megan Thee Stallion)

2. Where is the best place to take a nap?

- A) On a couch
- B) Cozy in bed
- C) I don't take naps
- D) In the car

3. What is your favorite color to wear?

- A) Neutrals
- B) Earthy tones like green or brown
- C) Dark moody reds and purples
- D) Anything bright and bold

4. How can someone make your day?

- A) Holding the door open for you
- B) A nice compliment
- C) A professor bringing candy to class
- D) Treating you to coffee

5. Choose a word that best describes your friends:

- A) Loyal
- B) Trustworthy
- C) Spontaneous
- D) Intelligent

6. It's a Friday night, what are you doing?

- A) Going to a big party
- B) Next week's homework
- C) Hosting a small gathering of friends
- D) Having a self-care night

7. What was your first pet?

- A) Dog
- B) None
- C) Fish
- D) Cat



Find out your result here:

If you answered mostly A) You are Mars! Like Mars, you are captivating and draw the attention of people around you. You enjoy seeing what the next big trend is and aren't afraid to voice your true feelings on it.

If you answered mostly B) You are Neptune! Like our outermost planet, you sometimes feel disconnected from the world around you. You prefer to listen and observe rather than be the star of the show.

If you answered mostly C) You are Venus! This planet's namesake is the goddess of love and, like her, beautiful things enrapture you. Never one to rush through things, you know what it means to slow down and enjoy life.

If you answered mostly D) You are Uranus! Like this ice giant, you can be cold to people you don't know. But, your close friends see the warmth and kindness underneath your surface. *(Story by Sydney Ellison)*



Vivek Ramaswamy speaks at his campaign event Jan. 15. Ramaswamy ran for the Republican nomination, but dropped out the night of the Iowa caucus. (Photo by Lillie Morisaki)

Students travel to Iowa to cover the caucus

Lillie Morisaki
Managing Editor

Eight Truman State students traveled to the Iowa caucus as a continuation of a communication course they took during the fall. The group had the opportunity to gain journalism experience acting as an extension of the Truman Media Network. Communication students Abigail Knabe, Ali Werner, Ben Henderson, Colleen O'Reilly, Kathryn Hammock and Stephanie Nau were joined by Index staff Kaylee O'Dell and Lillie Morisaki.

Communication professors Jay Self and Don Krause work together to teach the course while Self focuses on the political science side and Krause focuses on the impact of the media. Self is the chair for the communication department and Krause is the advisor for the Index.

The course is taught every four years alongside a presidential election in order for students to attend the first event in the primary nominations. In the class, students learn about the significance and process of the Iowa caucus as well as the effect the media has on

politics. The trip to Iowa is the summation of the content and gives students a chance to apply what they had been studying all semester.

"I think trips like the Iowa caucus are important because it gives students real life experience, and we had very hands-on learning. It also gave us an opportunity to get closer with our classmates and with the faculty," Hammock said.

Truman has been sending students to the caucus since 2004. Self and Krause were involved in the 2008 trip, with Krause leading a team of students through Iowa and Self helping anchor the coverage in Kirksville.

After realizing students didn't have much political background in the caucus, Self created the course students would take before the trip. Self and Krause have taught the class together twice.

"I think it is a great opportunity to take what we learned in the classroom and see it happening in real life and to — this seems cliché, and you've heard this from other people — but you get to see Democracy in action," Krause said.

Students were in Iowa Jan. 14-Jan. 16 where they had the opportunity to attend rallies and events for the candidates, visit the media center and sit in on a caucus in the Des Moines area. The group attended rallies for Vivek Ramaswamy and Donald Trump. The media center is the hub for major news outlets to broadcast their coverage.

"I got to see what my major was in the real world because we talk about communication and what it's like in classes and all the theories and the media and what not, but to actually see it in the real world has given me more perspective of what I want to do and how I want to go on with my life," Henderson said.

While on the trip, students were tasked with writing a story about the event in order to practice their journalism skills. The stories can be found at tmn.truman.edu under the Iowa Caucus Coverage tab.

"I love watching [students] get excited and become more civically engaged," Self said. "It's why I took this gig, it's why I do this job, and to see that happen, it's always exciting."



American political activist Blake Marnell speaks to a French news outlet at a campaign event in support of Donald Trump. Marnell is known as 'Brick Suit' or 'Brick Man' because of his suit in support of the border wall. (Photos by Lillie Morisaki)



Republican Vivek Ramaswamy embraces a supporter at his event the day of the Iowa caucus. Ramaswamy dropped out of the race while results were being published.



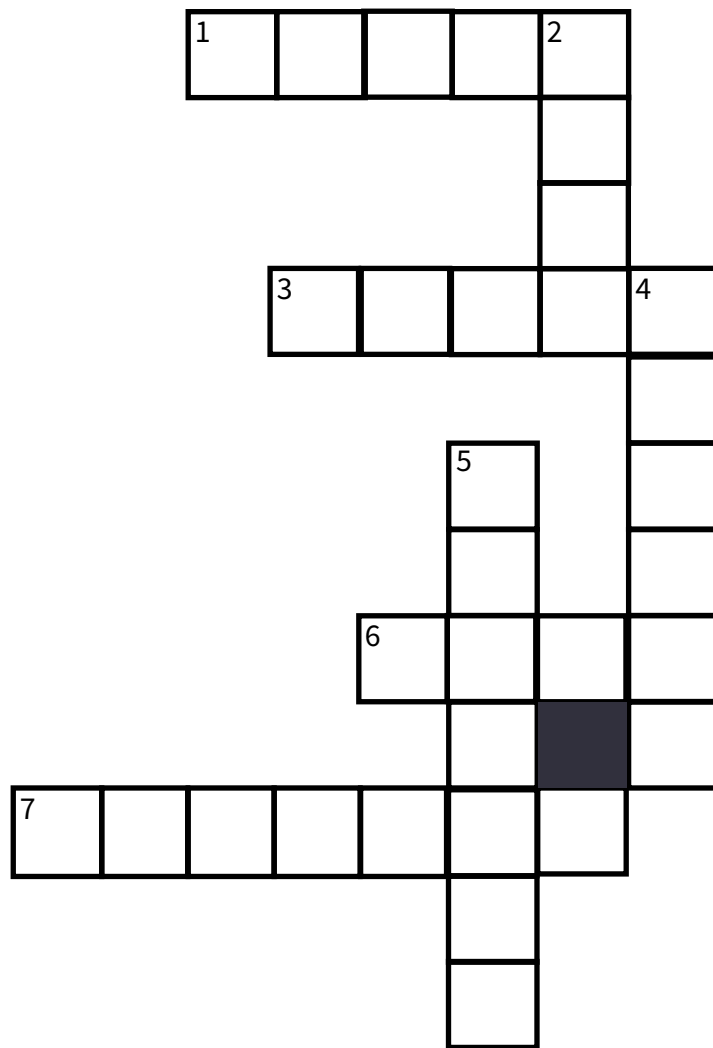
Republican presidential candidate Donald Trump supporters gather at a Trump rally Jan. 15. Donald Trump Jr. was over two hours late to the event because of the weather.



Attendees at Vivek Ramaswamy's rally take a photo. The event was at Iowa Machine Shed, a restaurant and event space Jan. 15.

A Valentine's crossword

Use knowledge about all things Valentine's day to solve this puzzle. Find the answers on page 20



Across

1. Shoots arrows of love
3. Valentine's favorite birds
6. A reason to celebrate Valentine's day
7. Another word for lover

Down

2. A couple goes out on a...
4. A Admirer
5. A common gift on Valentine's day

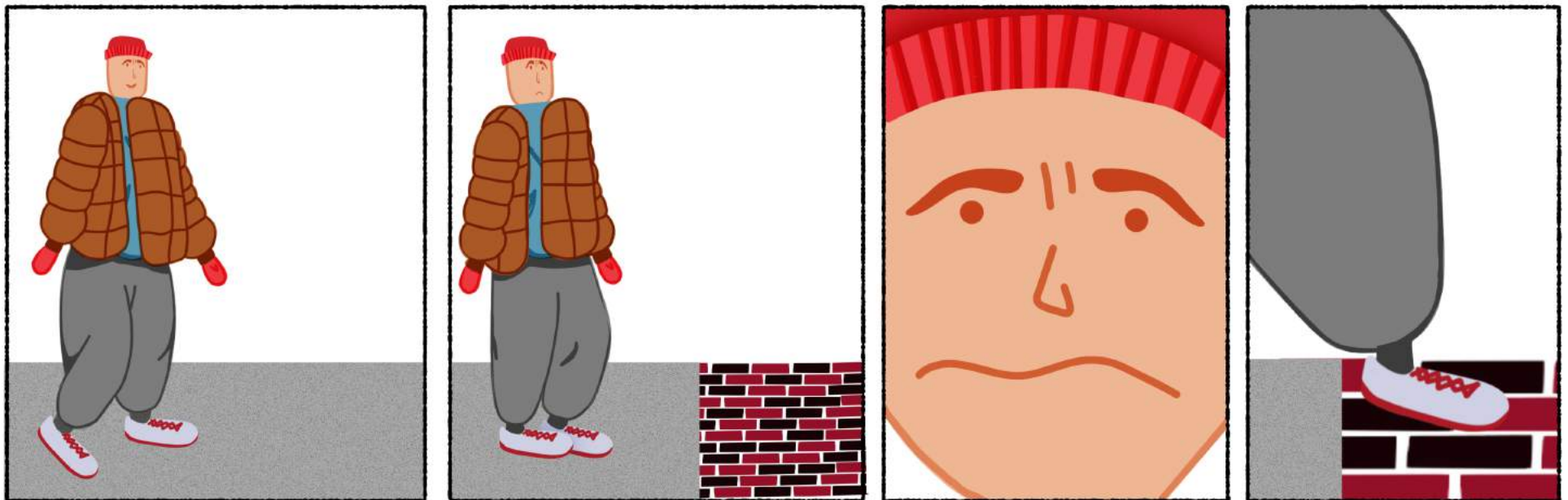


COMICS

Cold for Kirksville by Maddie Morris



Braving the Bricks by Heather Beard



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The Superbowl word search

Find the Superbowl themed words in this word search

A I L R I A C O R K P O L C
 E K N O L R H O E C A I A R
 L L I U E O A T F I E L D B
 A S T F E R M G A A O C F C
 R U R T I O P B C O A C H C
 T P F G I T I I A O N E O F
 F E O T E K O C A R E T T O
 C R O W D H N F D A D E D O
 C B T S F I S H A F H I C D
 E O B P L I H S A N K O K T
 O W A O R O I H R E S F E S
 A L L E A K P T O O K T L R
 A H L Q U A R T E R B A C K
 T A I L G A T I N G I H E G



WORD BANK

Crowd
 Football
 Kelce
 Fans
 Kittle
 Field
 Lombardi
 Championship
 Tailgating
 Food
 Quarterback
 Superbowl
 Coach

Crossword Answers

Across

Down

1. Cupid

2. Date

3. Doves

4. Secret

6. Love

5. Flowers

7. Partner

Hottake: Bleeding is uncomfortable



Mara Callahan

Fetures and Opinions Editor

Red-stained underwear is dirty to talk about. People flinch at the use of the word “period” when it is not found at the end of a sentence. When I rummage through my backpack and a blue-packaged tampon falls at my feet, I am greeted with laughs and snickers – seemingly immature, but this experience occurred in my 8:30 a.m. Public Speaking class just this year. Menstruation is shrouded in stigma and often deemed taboo to talk about amongst those who don’t menstruate as well as those who do. The effects of a period on an individual are far more severe than the media portrays them to be, and individuals

managing symptoms deserve greater credit than they are given.

The Psychology of Women Quarterly conducted a study on the effects of menstruation on attitudes towards women. They found that dropping a tampon in front of others resulted in the perception that that individual was less competent and exceedingly emotional. The shameful nature of periods has led to a lack of education surrounding the topic, resulting in misconceptions and ignorant familiarity. Without access to reliable information on menstruation, it becomes easy to push the topic further under the rug and allow room for more shame to spread. Knowledge translates to empathy, and a lack of knowledge offers no room for understanding.

It is no secret that individuals experience physical discomfort when going through the menstrual cycle, PMS is the butt of almost every one of Matt Rife’s horrible jokes. In addition to the common and commonly joked about symptoms of Premenstrual Syndrome-bloating, headaches, nausea-the hormonal shift taking place during menstruation can mimic symptoms of major depression. Throughout the menstrual cycle, an individual’s hormone levels go through a predictable and recurrent fluctuation. To pinpoint the exact levels of estrogen and progesterone

in various phases of the menstrual cycle would result in a graph similar to a rollercoaster reaching peaks and valleys within a matter of seconds.

I often find myself reflecting on phases of intense anxiety or depression and arrive at a common denominator: my period. Blaming these emotions on my menstrual cycle is not the purpose of this statement; I recognize that these fluctuations in feelings of mood shifts can occur in the absence of a period as well. The addition of hormone fluctuation that occurs during the menstrual cycle is not the sole proprietor of depression and anxiety, but it certainly amplifies and adds to these mood disorders. Estrogen is the primary hormone that fluctuates during the menstrual cycle and is the primary downregulation of dopamine transmission, equivalent to the antidopaminergic action of antipsychotic medications. Throughout menstruation, an individual’s estrogen levels drastically decrease which results in vulnerability to depression, suicidal thoughts, anxiety, stress, and other mood shifts.



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The Index is published Thursdays during the academic year by students at Truman State University, Kirksville, MO 63501.

The production offices are located in Barnett Hall 1200. We can be reached by phone at 660-785-4449. The Index is a designated public forum, and content of The Index is the responsibility of The Index staff. The Editor-in-Chief consults with the staff and adviser but ultimately is responsible for all decisions.

Opinions of The Index columnists are not necessarily representative of the opinions of the staff or the newspaper. Our View editorials represent the view of the Editorial Board through a two-thirds majority vote. The Editorial Board consists of the Editor-in-Chief, Managing Editor, section editors, copy chief and assistant copy chief. The Index reserves the right to edit submitted material because of space limitations, repetitive subject matter, libelous content or any other reason the Editor-in-Chief deems appropriate. Submitted material includes advertisements and letters to the editor.

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Submissions must contain a well-developed theme and cannot exceed 500 words, except at the discretion of the opinions editor and/or Editor-in-Chief. The Index suggests that submissions be written about current events or public issues that need to be brought forth, and should offer a valid argument. Submission does not guarantee publication, especially when submissions fail to add something to the current discussion. Letters containing personal attacks, libelous attacks or inaccurate information will not be published. All letters to the editor must be typed and submitted by email to index.editor@truman.edu or online at tmn.truman.edu. Include the words “letter to the editor” in the subject line of the email. Letters which are not submitted digitally will not be taken into consideration.

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OUR VIEW

Truman Experience Weekend could limit student engagement

We, the Index Editorial Board, are hopeful for the changes being made to the Truman Experience Weekend, but we are concerned for the prospective students who now have extra responsibilities to attend the weekend. The event used to be a one day showcase. Now, families need to book a hotel room and spend two days in order to participate in every event. This has the chance to make it difficult for families to stay for the weekend and pay for a hotel room. There are also concerns regarding hotel room availability.

Since the event is only taking place during one weekend, Truman's facilities might become crowded. The Student Union Building and Pickler

Memorial Library are popular places to tour. Although the dining halls can accommodate a large number of people, seats are still hard to find even without tour groups.

Additionally, this event will only take place once during the spring semester. This limits the amount of students that could be reached if people are not able to attend those dates. The showcases used to be around three times each semester, whereas this event will only happen once.

We are excited to see if the change becomes positive for the University and does help showcase Truman to help boost admission numbers. We look forward to see the attendance at the event.

Club Connection



ACES seeks to connect campus

Allies Connecting Everyone in Society seeks to bring awareness to disabilities as well as advocating for greater accessibility on Truman's campus. Speaker presentations, volunteering at Special Olympics practices and accessibility scavenger hunts around campus are some of the events that we participate in during our meetings.

Every spring, ACES organizes the Northeast Missouri Special Olympics Track Meet. This provides leadership, management, communication, delegation and event planning experience, all of which are skills easily transferable to any resume.

We hope to involve the athletes in event

planning as well as engage more with the Kirksville community by hosting joint events with Chariton Valley and local school districts. Additionally, we hope to bring the inaccessibility problem to the attention of Truman leaders to better our campus for those wishing to attend here.

During my first year in the club, we went bowling with the local Special Olympics bowling league. We got to joke around with the athletes while they beat us horribly at the game. Then we got to see some of them at the track meet participating in their events, which was super cool to see their work pay off.

Emma Whittenburg
ACES president

REVIEWS

‘Percy Jackson and the Olympians’ fails to be a great adaptation

Sydney Ellison
Editor-in-Chief

The television series “Percy Jackson and the Olympians” premiered on Disney Plus Dec. 19. The show is based on the highly popular book series of the same name by Rick Riordan. After a widely disliked movie adaptation, many people had high expectations for this TV show adaptation. Unfortunately “Percy Jackson and the Olympians” fails to be a great adaptation.

The show has three main problems that drive it straight into its grave. The most apparent being the show’s addiction to killing all sense of suspense or tension. Mysteries that take pages or chapters in the book are now told to the viewer within the first few seconds of the scene. It is not a crime to deviate from the book, but it is a crime to take away any sense of emotion from the characters and the readers. When Percy, Annabeth and Grover first encounter Medusa they instantly know who she is and what dangers she presents. The concurring battle scene feels detached because of the lack of tension. The show is committed to giving these three demigods all the answers, and it takes away all sense of urgency. The characters know what the Lotus Hotel and Casino is, and they know who most — if not all — of the monsters are. Everything is revealed, and it is exhausting to watch.

Another issue that compounds the show’s lack of showing versus telling: The TV show puts all its cards on the latter. Everything is explained to the viewer, and it makes the characters appear dull. Percy and Annabeth frequently talk about how they argue and disagree with one another, but there is not a substantial amount of them actually arguing in the show. The characters are

constantly telling the viewer exactly what they feel, instead of interacting with the world around them.

As said previously, adaptations can and should be made differently than the source material. It is two different formats, so it makes sense that the books and the television show would not be identical. That said, the changes in the television show don’t make much sense. The choices tend to highlight the lack of urgency and completely ignore some of the major themes of the book.

In the books, these characters have a very strict deadline to finish their quest. In the show, the deadline is extended by Zeus. This isn’t a homework assignment. It instantly weakens the world-building to have these powerful figures cowering at the thought of three 12-year-olds. Zeus is supposed to be the king of the gods, but the show barely gives him power. Other changes completely wipe away any characterization found in the books. Annabeth wants to visit the Gateway Arch because she loves architecture, but in the show, its only significance is to create a weak emotional dilemma in Annabeth. The effect doesn’t land because the show hasn’t explored Annabeth’s character.

The show is unable to create the same sense of emotion that the books brought forth so well. It takes away any sense of intrigue and excitement. Moments that should be serious are repainted as funny and vice versa. The show doesn’t seem to understand how to balance the silliness and seriousness that was so well done in the books. The television adaptation was a disappointment, especially as the author was so involved. After two failed adaptations, “Percy Jackson and the Olympians” should just stick to its original format.



Disney Plus

Asking Truman students: What are you most looking forward to with the Superbowl?



"I think the Chiefs have dominated for a long time, and it would be nice to see another team win or even two new teams at the Superbowl. So I'll probably be rooting for the 49ers even though I am a Missourian. I think the Chiefs will have enough support from the Swifties."

Grace Gibson, junior



"I don't think the Chiefs will have that many blunders, especially with Andy Reid coaching. I feel like it's kind of an open-shut game, and Chiefs are gonna win pretty easily which really sucks coming from a Packers fan. And the Halftime Show... it's Usher."

Vincent Jones, freshman



"Honestly I don't care if the Chiefs win or not. They've kinda had their time I think. I'm excited for the Halftime Show. I don't know if Usher is going to bring out any guests, but I'm pretty pumped for it anyway."

Jesse Phillips, sophomore