

MAY 2017 / ISSUE 20

LUICID

MAGAZINE



FEATURING

LINDSAY ARNOLD

THE LUMINEERS • VINCE STAPLES • THE FRIGTS

FROM THE EDITOR:

Happy May! This month, Lindsay Arnold graces the cover of Lucid Magazine. I was able to interview her for the cover story and it was one of the coolest experiences considering she is one of my favorite pros on *Dancing With the Stars*! It also happened to be great timing considering how far she has made it on the show this season. Go #TeamLadyAndTheGramp!

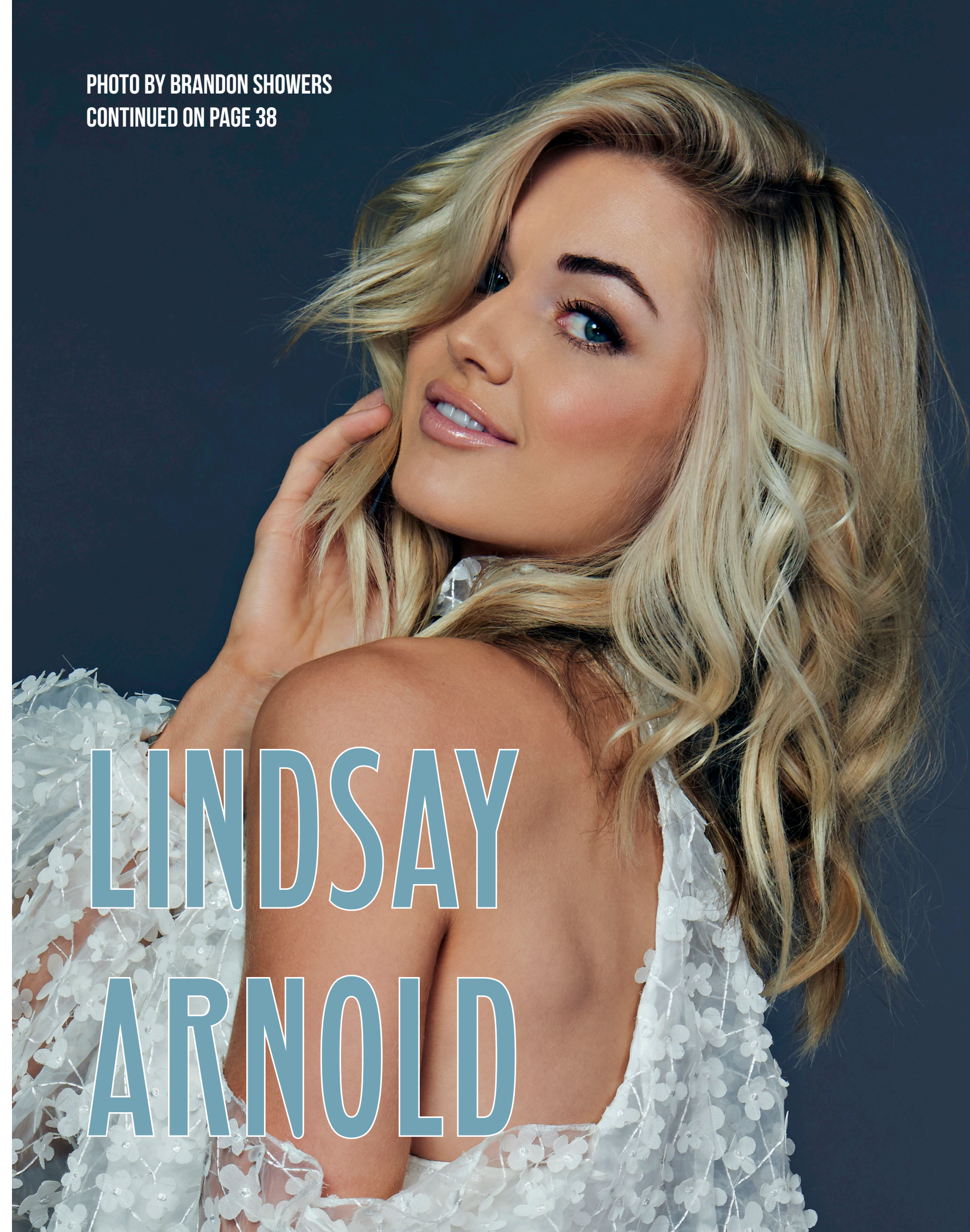
This issue contains two photosets and one concert review from a new team member of ours. I'd like to welcome Noah Witt to the Lucid family! His photos of The Lumineers and Vince Staples are definitely some of my all-time favorites and we're all so happy that he is a part of the team!

Along with a story on Lindsay Arnold, photos of Vince Staples' concert in Milwaukee, and a review of The Lumineers' show in Milwaukee, Lucid's May issue also includes a mini review on Starset's show in Baton Rouge, photos from a trip to New York City, an interview with the up and coming Bright Green, photos of The Frights performing in San Diego, four vegan recipes that will make you drool, a travel diary from a trip to Chicago, and a semi-formal #OOTD.

Turn the page and begin reading our May issue! And when you've reached the final page, don't forget to pick up your phone and vote for Lindsay and her partner, David Ross, by calling 1-800-868-3404!

Natasha

PHOTO BY BRANDON SHOWERS
CONTINUED ON PAGE 38



LINDSAY
ARNOLD

PHOTO BY BRANDON SHOWERS



CONTENTS

TRAVEL
A TRIP TO: CHICAGO 06

FOOD
VEGAN RECIPIES 12

FASHION
#OOTD 16

MUSIC
WHAT WE'RE LISTENING TO 18
A NIGHT WITH: STARSET 19
VINCE STAPLES 22
A NIGHT WITH: THE LUMINEERS 28
THE FRIGHTS 32
BRIGHT GREEN 36

FEATURED
LINDSAY ARNOLD 38

WHO IS THE TEAM?

WHAT IS YOUR FAVORITE NETFLIX ORIGINAL SERIES?



SAVANNAH SEARS
photographer
Stranger Things



ELYZA REINHART
photographer
Grace and Frankie



ELILAI DAVIS
writer
The OA



NOAH WITT
photographer
Stranger Things

**MANAGER
EDITOR**

Jhanna Shaghaghi
Natasha Shaghaghi

**WEB CONTENT COORDINATOR
SOCIAL MEDIA COORDINATOR**

Natasha Shaghaghi
Natasha Shaghaghi

**COVER PHOTO
GRAPHIC DESIGNER**

Brandon Showers
Jhanna Shaghaghi

TEAM WRITERS

Elyza Reinhart, Olivia Scott, Savannah Sears,
Natasha Shaghaghi, Adam Vossen, Noah Witt

TEAM PHOTOGRAPHERS

Elyza Reinhart, Olivia Scott, Savannah Sears,
Lauren Spears, Adam Vossen, Noah Witt

FIND US ONLINE

lucidthemag.com
twitter: @lucidthemag
instagram: @lucidthemag
facebook: @lucidthemag
snapchat: lucidthemag
spotify: lucidthemag
contact@lucidthemag.com



A TRIP TO: CHICAGO

PHOTOS & STORY BY OLIVIA SCOTT

For those who have experienced the emotional rollercoaster that is college visits, you may be familiar with the significant impact the campus and its surroundings have over your final school decision (If you're like me). Traveling and experiencing what life would be like—if you attended that school—really allows you to either fall in love with the school or decide pretty quickly that the campus' location just isn't the right place for you.

Having developed a fascination with Chicago over the years from seeing numerous pictures of the city and watching travel vlogs/documentaries from some of my favorite content creators, the city quickly became one of the top places to visit on my bucket list. Fortunately, I got my chance in the beginning of April of 2017 when I went to visit a few colleges in the Chicago area.

My dad and I planned a two-day trip together, which essentially became a one-day trip after college visits. However, even with that small amount of free time to explore and experience the city, we were able to do so much and get the most out of our time there. We were able to do this by buying a pair of CityPasses and packing our days up. Each day of the trip, we left our hotel as early as possible and returned back around 11 P.M. or later.

Our first stop of the trip was at the Shedd Aquarium which is located along the shore line, south of Grant Park. Thanks to our CityPasses, we were able to skip the 1+ hour wait and go straight in! The aquarium is one of the largest in the world and houses over 32,000 animals for you to meet and even interact with in some habitats. Along with the large and diverse range of animals, the aquarium is also known for its eye-popping architecture making the visit even more interesting and visually appealing. As someone who loves aquariums with a passion, I really enjoyed the Shedd (Especially the jellyfish!) However, I fell in love with its location more than anything.

Just outside of the Shedd Aquarium sat the water line between Chicago and Lake Michigan. Wide walkways allowed you to walk right next to the water and, if you continued far enough, closer to Adler Planetarium. A breathtaking view of the city's skyline prominently stood out against the pigmented blue water and cloudy gray skies. My dad and I ended up staying there for almost half an hour alone, at my request, just looking out at the city and watching the waves as the violent winds caused them to spray up past the docks. In the end, we were crying— because of the wind—and my shoes were completely soaked from standing too close to the waves (Do it for the pics) but it was so worth it.

What I found to be a constant occurrence while walking around and exploring the city was by walking only a short distance away from one location, you were consistently presented with an entirely new environment; many of these new environments included beautiful parks. I was really surprised by the amount of green space Chicago had as well as how big they were. The incorporation of these areas right in the middle or next to clusters of high rises and other buildings made the city seem much larger and open, creating a unique cityscape. The integration between nature and the city was practically seamless which allowed for many public attractions and photogenic landscapes.



Millennium Park, one of the more popular tourist destinations, is a great example of this integration as one side of the park is surrounded by multiple highrises while on the other, there is a clear view that overlooks Lake Michigan. The park is home to multiple attractions including The Cloud Gate, also known as “The Bean”, which is a public sculpture by Indian-born British artist Anish Kapoor. I loved the sculpture and the energy the area had so much that we actually visited twice. First, in the morning around 7 A.M. because I wanted to see it without a swamp of other tourists, and then later in the day around 3 P.M.

When we visited in the morning, the atmosphere was extremely calm and relaxing. There were a few other tourists and a decent amount of joggers, but that was about it. We ended up spending a few extra minutes just sitting down, listening to the birds chirping, and admiring the highrises surrounding us. The second time was much shorter and louder. While we didn't have the luxury of really taking in the new dynamic of the park during a more crowded time, the same joyous atmosphere as before was present and could be seen on people's faces and heard through the energetic mumbling of the crowd.

Our next location was the Art Institute of Chicago, one of the oldest and largest art museums in the United States. The building is home to a LOT of famous paintings and unique exhibitions. For example, some pieces that I was able to capture were the extremely famous “Liz” by Andy Warhol (donated by Stefan Edlis), and dynamic and expressive painting “Fuck You: from the Liz Taylor Series (after Bert Stern)” by Kathe Burkhart. The museum houses works from all different periods in history, styles of art, and mediums, so no matter who you are or what type of art you're into, there's something for you. The architecture of the institute itself was also beautiful and set up very intricately to make the most of the space available while also staying very visually appealing.

After spending a couple of hours exploring the different floors of the Art Institute, we went to my favorite location of the trip, Skydeck Chicago located in Willis Tower (formerly Sears Tower) on the 103rd Floor. The enormous building is the 12th tallest building in the WORLD and the 2nd tallest building in the Western Hemisphere. Our CityPasses were especially useful here as we skipped a line that would have been over 2 and a half hours long and were up at the observation deck within 15 minutes. During the elevator ride up, a short video projecting above us on a screen explained that the elevator was actually moving at over 25 feet per second and that we would reach the 103rd floor in around 45 seconds!

Once we got up to the top, though, the height truly became realistic as we could overlook the skyline and see the tops of essentially every skyscraper around us. It was absolutely stunning and provided us with a unique perspective of the city and the surrounding area. It was really clear where the city ended, and from there on, it looked like the ground went along forever.

The main reason I was so excited to visit the Skydeck was because of The Ledge, which is a special part of the deck 1,353 feet up. Essentially, it is a protruding glass box on the side of the building that allows you to look up and out towards the city as well as down at the busy streets and buildings below your feet. The container is made out of 1,500 pound glass panels that extend 4.3 feet out of the building. The panels are made of 3 layers of half inch thick glass which are seamlessly laminated into one final unit.

As someone who's not really afraid of heights, I absolutely loved The Ledge. Seeing a part of the city from almost a bird's eye point of view was eye opening and gave me a whole new perspective of the city. The cars below your feet quite literally looked like ants and everything seemed to be moving in slow motion. It was definitely a bucket list item checked off as well, and I hope to one day come again with friends—maybe at night to see the city light up beneath our feet.



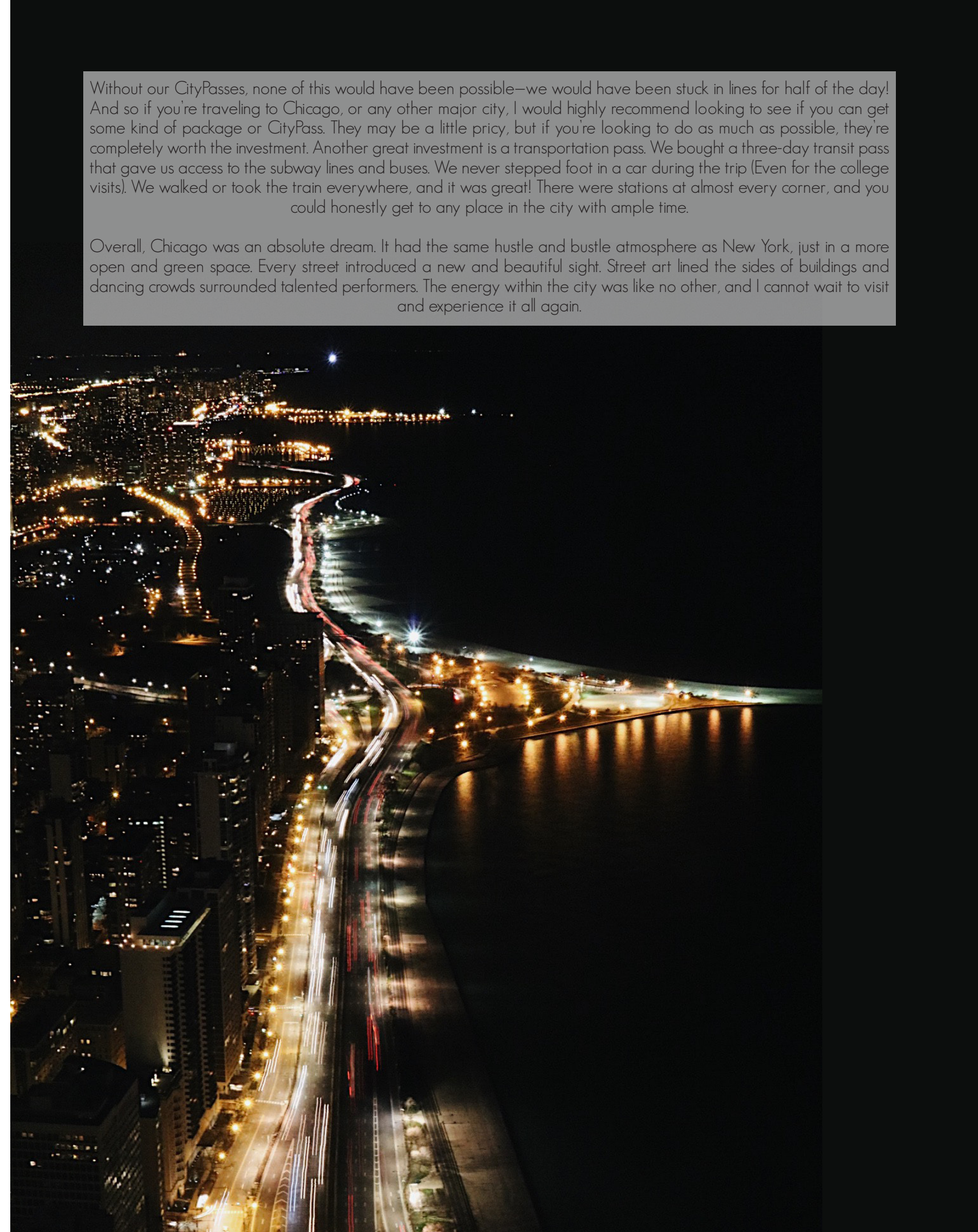
Keeping with the theme of observatories, after eating dinner, our final tourist location was the 360 CHICAGO Observation Deck, previously known as the John Hancock Observatory. The observatory was opened in 1969 on the 94th floor of The John Hancock Center. We got there around 8:30 and waited in line for about 30 minutes before being sent up the elevator. Similar to the The Skydeck, the main lobby area around the perimeter was open for people to walk around and peer out of the tall, glass windows overlooking the city. The whole city was lit up and illuminated against the black sky; it was stunning.

360 CHICAGO's special feature was an attraction called the Tilt where guests would stand in front of the glass windows, in a select area, and hold the bars on either side of them. As the attraction progressed, guests would quite literally be tilted forward, a couple degrees at a time, as the floor beneath them and the window in front of them started jutting forward, allowing them to see the city below them. At the end, the container was probably at a 45 degree angle. Unfortunately, we didn't have enough time to experience the Tilt, but from the loud screams and cries of joy, I bet it was exhilarating.

TRAVEL

Without our CityPasses, none of this would have been possible—we would have been stuck in lines for half of the day! And so if you're traveling to Chicago, or any other major city, I would highly recommend looking to see if you can get some kind of package or CityPass. They may be a little pricy, but if you're looking to do as much as possible, they're completely worth the investment. Another great investment is a transportation pass. We bought a three-day transit pass that gave us access to the subway lines and buses. We never stepped foot in a car during the trip (Even for the college visits). We walked or took the train everywhere, and it was great! There were stations at almost every corner, and you could honestly get to any place in the city with ample time.

Overall, Chicago was an absolute dream. It had the same hustle and bustle atmosphere as New York, just in a more open and green space. Every street introduced a new and beautiful sight. Street art lined the sides of buildings and dancing crowds surrounded talented performers. The energy within the city was like no other, and I cannot wait to visit and experience it all again.



LETTUCE MAKE SOME VEGAN FOOD!

PHOTOS & STORY BY ADAM VOSSEN

Below, I've listed some of my *favorite* vegan recipes. All of these foods are super tasty and make being a vegan as easy as can be!

SOUTHWEST PASTA SALAD

Ingredients:

- 4 cups cooked pasta
- 1 cup Vegenaise
- 1 cup corn
- 1 cup black beans
- 1 tomato (diced)
- 2 tsp maple syrup
- 2 tbsp lime juice
- 2 tsp chili powder
- 1 tsp cumin
- 1/2 tsp onion powder
- 1 avocado (optional)

Directions:

Add the 4 cups of cooked pasta to a large bowl. Add the Vegenaise, corn, black beans, tomato, maple syrup, lime juice, chili powder, cumin, and onion powder to the bowl and mix it completely. Top with avocado, if desired. Refrigerate for 1 hour, then serve.



Ingredients:

Stir Fry

- 7 oz wide rice noodles
- 8 oz sliced white mushrooms
- 2 cloves garlic (minced)
- 1/2 lb frozen broccoli florets

Stir Fry Sauce

- 1/2 cup soy sauce
- 1 tbsp toasted sesame oil
- 1 tbsp chili garlic sauce
- 1 tbsp brown sugar
- 1 tbsp water
- 1 tsp cornstarch

Directions:

First, make the sauce, so it's ready for later. Mix together all the ingredients in a small bowl and set aside. Then, cook the noodles in a large pot. While the noodles are cooking, heat a large skillet with cooking oil and add the mushrooms until they lose moisture. Then add the frozen broccoli and continue cooking until the noodles are ready. Strain the noodles and add to the skillet. Pour the sauce on the noodles and mix until it thickens. You're ready to eat!



SPINACH DIP

Ingredients:

- 3/4 cup cashews
- 3/4 cup water
- 1/4 cup chickpeas
- 3 tbsp nutritional yeast
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 2 tsp lemon juice
- 2 handfuls chopped spinach
- salt/pepper

Directions:

Chop the spinach. Then, add the cashews, water, chickpeas, yeast, onion and garlic powder, and lemon juice to a blender and blend until smooth. Next, add the spinach to a pan on medium heat. When the spinach becomes wilted, add the blended mixture to the pan. Stir until the sauce thickens, and serve with tortilla chips, pita bread, or whatever is desired.



Ingredients:

- 2 large tortillas
- tostada shell
- handful of shredded lettuce
- half of tomato (diced)
- 2 tbsp Daiya cheese
- 3 tbsp refried beans

Directions:

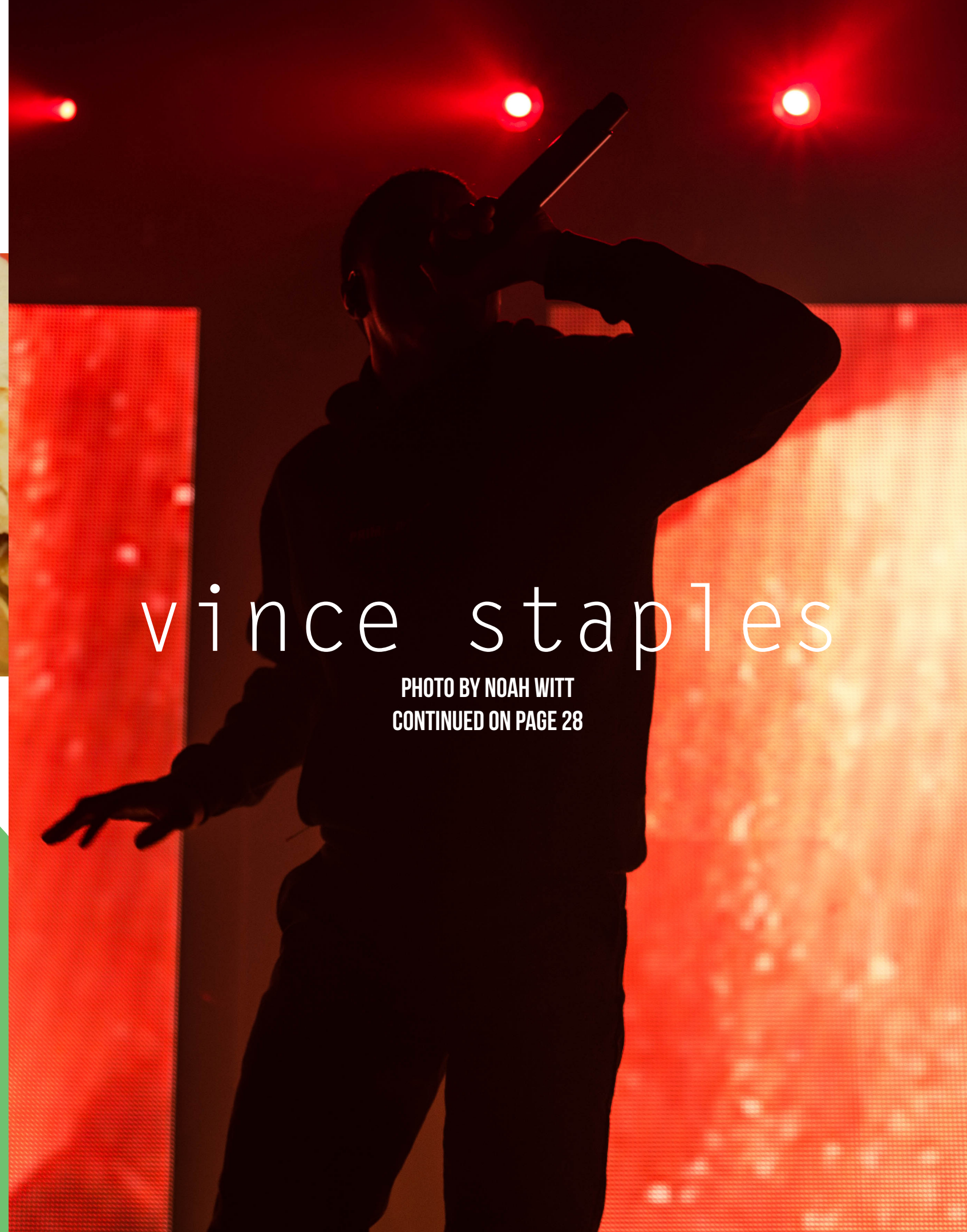
Lay out one of the tortillas and put the tostada shell in the middle of it. Trace the shell with a knife on the tortilla and cut it out. Lay out the other large tortilla and spread refried beans and Daiya cheese in the middle of it (roughly the size of the tostada shell). Then, put the tostada shell on top of the beans and cheese. On top of the tostada shell, add lettuce, tomatoes, and the small tortilla. Start folding the edges of the large tortilla towards the center until completely wrapped. Heat a large pan with olive oil to medium heat and carefully set the wrap seam-side down on the pan. Heat for 3-4 minutes, then carefully flip to the other side and continue heating for 3-4 minutes. Take the crunch wrap off of the pan, set it on a plate, and serve it with your favorite hot sauce!



WE HOPE
YOU ENJOY
THESE MEALS
BERRY MUCH!

vince staples

PHOTO BY NOAH WITT
CONTINUED ON PAGE 28



#OOTD



MODELED BY ELILAI DAVIS
PHOTOS BY DEZIRAE DAWN



DRESS: SHEINSIDE
SHOES: LULUS

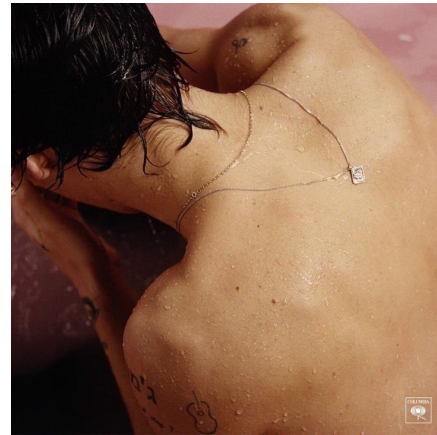


what we're listening to

BY JHANNA SHAGHAGHI



Sir Sly - **You Haunt Me**
Favorite Track: Ghost



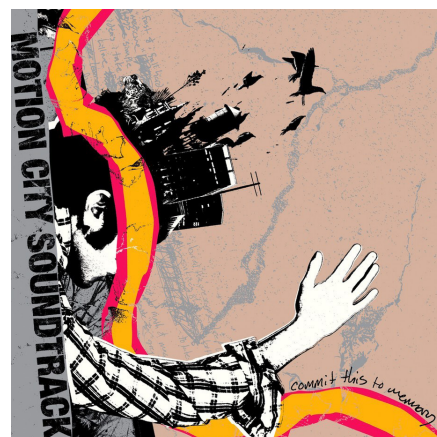
Harry Styles - **Harry Styles**
Favorite Track: Woman



Shapes & Colors - **Lately (single)**



Smallpools - **Smallpools**
Favorite Track: No Story Time



Motion City Soundtrack - **Commit This To Memory**
Favorite Track: Everything Is Alright

PHOTOS & REVIEW BY SAVANNAH SEARS



a night with: STARBEST



If you are into extraterrestrial or extra-trippy stuff, you must check out this AH-MAZING band, Starset! This crazy band even goes so far as to make their official website and social media hit total geek mode with talk about the galaxy and missions!

Of course, at first glance, this band seems nothing like you would expect. With high-tech equipment and their intense stage attire, I would only guess techno rave music would be their thing. But to my surprise, and I am sure to the surprise of many first time listeners as well, Starset came out with some sick rock music with upbeat tracks including the violin and piano leaving an orchestra vibe lingering in my mind.

When Starset's set began, I was in total shock. The lights dimmed, leaving only a blue-ish glow and a silhouette of a man in a black hood strolling across the stage towards the crowd. The ambiance of pure terror and adrenaline coursed through my veins and I couldn't help but back up. The hooded man came forth to the front row of the crowd (Which is where I was...Yay) and presented us with a black light stamp on our foreheads, leaving a bright glowing symbol on our faces. Super awkward and embarrassing? Of course! But that's what made the entrance so enticing and reeled me in to the show.



Pushing the entrance aside, let's talk about the whole show together. With the incredible lighting, catchy music, their stage attire, and their "Starset Computer" (Basically a HUGE clear glass computer in the center of the stage), everything tied together to create a perfect show that left me SHOOK.

FIND STARSET ONLINE:

 **@STARSETONLINE**

 **@STARSETONLINE**

 **@STARSETONLINE**

STARSETONLINE.COM

YOUTUBE.COM/STARSETONLINE

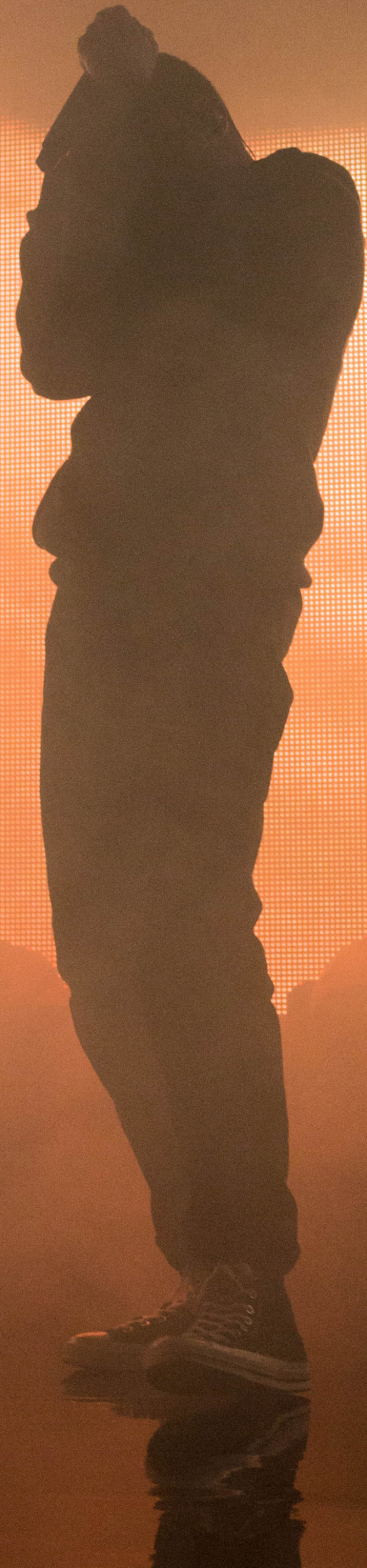


vince staples

The Life Aquatic Tour

The Rave (Milwaukee, WI) - 03/17/17

PHOTOS BY NOAH WITT





LINDSAY ARNOLD

PHOTO BY BRANDON SHOWERS
CONTINUED ON PAGE 38



A NIGHT WITH:

THE LUMINEERS

PHOTOS & REVIEW BY NOAH WITT



Five years ago, I saw The Lumineers play a 500 person venue in the city of Green Bay, WI. I didn't know much about them prior to their release of their debut album, but after seeing them live, I truly fell in love with their sound and the feeling that I got while the entire room sang along. Seeing them in such a big setting was very surreal to me since it was also my first time shooting in an arena.

Today, The Lumineers are the biggest per say folk band of our generation, in my opinion. If a band has the ability to sell out 20,000 cap venues and yet are still able to make it feel like an intimate performance—they are something special. Despite being in such a large arena, the entire venue was on their feet from the moment The Lumineers opened with "Submarines".

One of the best bands, Kaleo, opened the show with a remarkable set. Their rock culture really got the crowd excited for The Lumineers! They were able to get plenty of the people in the crowd to sing along to a couple of their well known songs such as "All The Pretty Girls" and "Way Down We Go". We're sure that you know how hard it is to wait patiently for your favorite band to take the stage, but Kaleo successfully made the long wait enjoyable.

When The Lumineers took the stage, they played most of their more popular hits early on in the show, such as "Ho Hey" and "Cleopatra"; this made the anticipation of the crowd really settle so everyone could just relax and enjoy the entire experience. Halfway through the concert, the band moved out to a small, raised stage in the middle of the floor surrounded by fans. This made their show have that aforementioned intimate feel.

There were a few moments when the lead singer, Wesley Schultz, told us about some of the songs from their new album; there was one very emotional speech really stood out to us which was about their song, "Gun Song". Schultz revealed to the crowd that it was about how his father passed, and when he went into the drawer of his dad's dresser to find a pair of socks, he found a gun that his father never admitted to having. He shed a few tears, and I'm pretty sure that most of people in the audience did, too. I, personally, love when artists do this because it really shows that the song is theirs by illustrating how important it is to them.



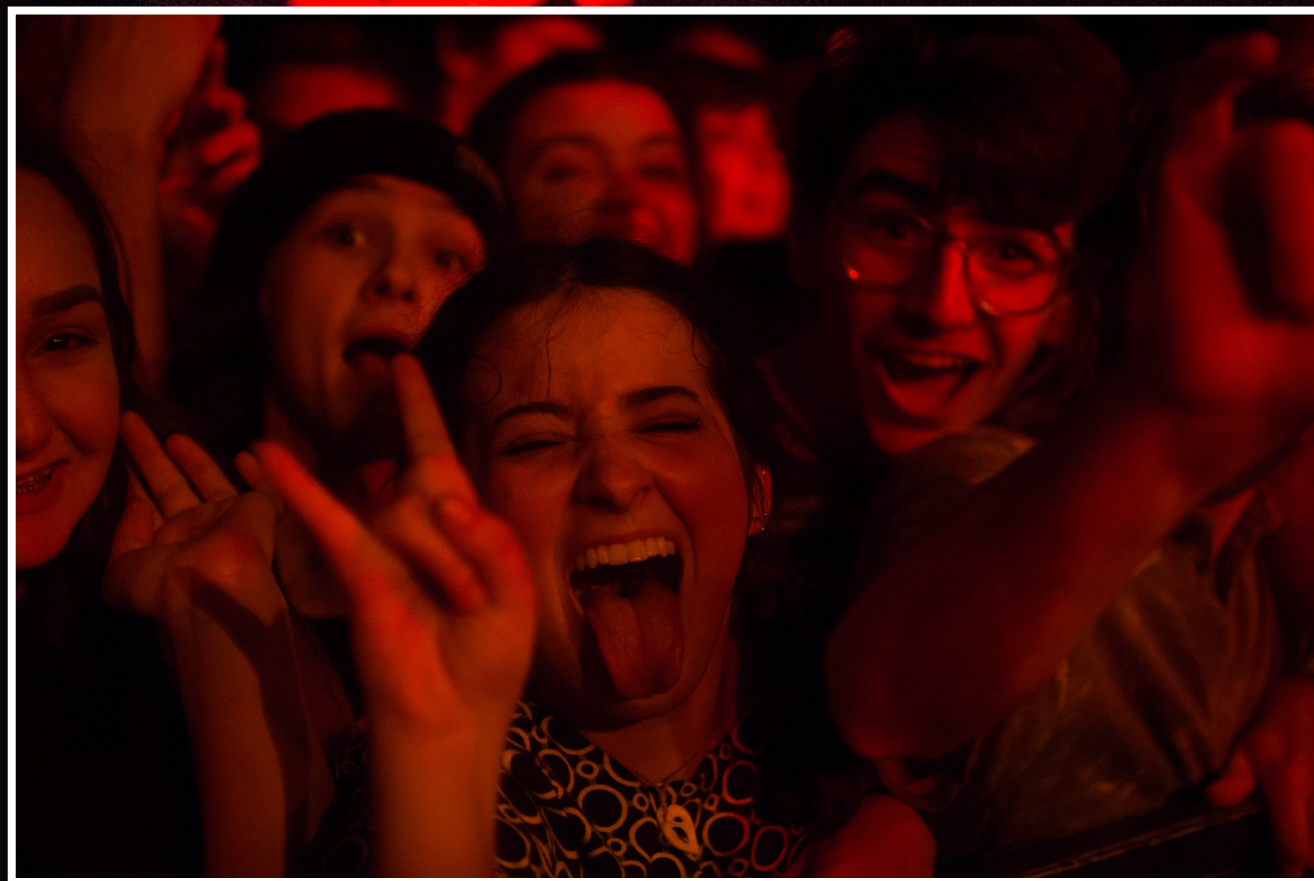
PHOTOS BY LAUREN SPEARS

THE FRIGHTS

YOU ARE GOING 2 HATE THIS FEST

SOMA, SAN DIEGO, CA

02/18/17





BRIGHT GREEN (ZAC EISENSTEIN)

PHOTOS & INTERVIEW BY ELYZA REINHART

WHAT INSPIRED YOU TO START BRIGHT GREEN?

"I really had to. I, personally, never really wanted to go on a hiatus with Man Overboard at all. I am scared of what will happen to me if I don't play music."

WHAT ARE YOUR GOALS FOR BRIGHT GREEN?

"I just want to be able to tour and release music and not really have to depend on anyone else. It's not a knock at the guys in MOB. They have lives, I don't. It's fine."

WHAT IS YOUR FAVORITE SONG THAT YOU'VE EVER WRITTEN?

"That's impossible for me—it's like picking a child."



FIND BRIGHT GREEN ONLINE:

 @ZACOVBOARD

 @ZACOVBOARD

 @BRIGHTGREENMUSIC

 BRIGHT GREEN

BRIGHTGREENMUSIC.COM



TAKE US THROUGH YOUR CREATIVE PROCESS WHEN FINDING INSPIRATION BEHIND WRITING NEW LYRICS.

"There isn't really a process. Usually, I don't write unless I have something to say or express. I get my feelings down on paper, I do the best I can to make it rhyme (sometimes)... I really just write lyrics like a journal and try not to get too deep into analyzing what I am doing."

HOW HAS MUSIC HELPED YOU?

"Well, I would probably be homeless by now without it—that is for sure."

WHO OR WHAT INSPIRED YOU TO PURSUE A CAREER IN THE MUSIC INDUSTRY?

"Every musician who ever captivated me as a child. I have known since I was four years old playing the drums in my parents garage that it's what I want. I used to love concerts and concert videos as a child."

HOW WOULD YOU DESCRIBE YOUR SOUND IF YOU COULDN'T USE A GENRE?

"Catchy rock that's rooted in romantic emotions, usually."

WHAT IS YOUR FAVORITE PART ABOUT TOURING?

"That when I am on tour, I feel like I belong."

WHERE IS YOUR FAVORITE PLACE TO BE WHEN YOU'RE NOT BUSY MAKING NEW MUSIC OR TOURING?

"My room playing video games probably, LOL."

IS THERE ANYTHING ELSE THAT YOU'D LIKE TO ADD?

"Not really. Thanks for talking. I'll have a new EP soon—stay alert for it. I literally love anyone who ever supported me in the past. Thank you."

LINDSAY ARNOLD

In between preparing for her performance in the semifinals of season 24 of Dancing With the Stars, Lindsay Arnold sits down with Lucid for a chat about her experience on both SYTYCD and DWTS, her background in ballroom dancing, how her career has helped her, and more!

PHOTOS BY BRANDON SHOWERS

HAIR BY J ZILKEN

MAKEUP BY CHAUNTAL LEWIS

STYLING BY NATALIE SAIDI

STORY BY NATASHA SHAGHAGHI





When Lindsay Arnold was only 4 years old, her mother decided to enroll her in her very first dance class. Lindsay says that she has never been sure why her mother did so because she is not a dancer herself, but she's never questioned it. By the time that she was 8 years old, she was ready to start learning ballroom dancing! *"I remember watching the older girls at my dance studio training in ballroom and getting ready for competitions and I told my mom that that is what I want to do,"* Lindsay tells Lucid. She recalls that that was when she really started to get serious in her dancing career.

Ten years later, Lindsay found herself being a contestant on FOX's ninth season of *So You Think You Can Dance!* Arnold reveals that she almost didn't audition for the show, *"I didn't think that it was even a possibility that I would make it."* She says that it was her family that pushed her to audition, just as they always have, *"I have had many doubts as a dancer, but I have always had my family and husband pushing me to continue to work hard and reminding me that sometimes things don't happen the way you might want them to, but the way that is gonna be best for you."* It's a good thing that she ended up auditioning, too, because not only did she end up being in the top 8 dancers, but *So You Think You Can Dance* also kickstarted her professional career.

Today, Lindsay Arnold is a 23-year-old professional dancer on ABC's *Dancing With the Stars*. She was first admitted to the show only a year after her departure from *SYTYCD*. In fact, at the time, she was the second youngest professional dancer in the show's history! *"I was only 19 when I joined the show and had to move out to L.A. and live on my own for the very first time,"* she says, *"It was definitely a lot to handle, but that time in my life truly taught me so much about who I am and what I want to be."*

Arnold even still remembers the phone call that she received from the producer telling her that she was chosen as a pro! *"I was sitting at my home in Utah and the producer called me and said, 'Guess what! We want you as a pro this season on DWTS!'"* Lindsay reveals that from there, everything changed. She needed to be in Los Angeles the very next day and reside there for the rest of the season, *"I literally packed everything in my room up and flew out to L.A. early the next morning with no car and no apartment and met my partner a few hours later and started training.. It was a crazy time and so much was happening, but I was so happy and excited!"*

**“I REMEMBER WATCHING THE
OLDER GIRLS AT MY DANCE
STUDIO TRAINING IN BALLROOM
AND GETTING READY FOR
COMPETITIONS AND I TOLD MY
MOM THAT THAT IS WHAT I WANT
TO DO.”**

FEATURED





Lindsay's spot on *Dancing With the Stars* is made even more special by the fact that she's been an avid watcher of the show since season 1! She gushes, "I was (still am) a die hard fan—watched every week and even voted!" The thing that she liked most about the show is the ambition that it gave her, "As a young dancer, watching the show gave me hopes and dreams that if I worked hard enough, I could be there one day." Arnold discloses that she never imagined that she would one day be a part of the show herself, "I had always had the dream, but as I got older, I started to doubt myself and sort of talked myself out of believing that it was possible," she adds, "Such a testament to me that you truly can accomplish anything and to not count yourself out!"

After four years on *DWTS*, Lindsay can confidently say that her favorite thing about being a pro dancer on the show is meeting a new partner each season, "The connection and relationship I have gained with every partner I have had on the show has been incredible." She even believes that her partners are often the ones that inspire her when creating new choreography! "Music gives me so much inspiration as well as whoever my partner is at the time. I always try to choreograph routines that will make my partner shine—a lot of what I do choreographically is based around their abilities and movement."

Of course, in order to base dance routines around a person, you need to bond with them first. This is not a problem for Lindsay as she tells us that she is a huge talker, "I just like to start with chatting with them and listening to who they are as a person," she continues, "I think respect is a huge part of feeling comfortable enough around someone to let them in, so I try to focus on that."

"AS A YOUNG DANCER, WATCHING THE SHOW GAVE ME HOPES AND DREAMS THAT IF I WORKED HARD ENOUGH, I COULD BE THERE ONE DAY."



FEATURED

Dancing With the Stars has helped Lindsay grow as a dancer and a person in ways that she can't even imagine. She gathers that her time on the show has taught her endless lessons about life and about hard work. "I have also learned that who I am as a person should never be altered to please someone else or to gain success. I have learned to be proud of who I am and never let fear keep me from going after what I want," Lindsay adds.

One of the many opportunities that *DWTS* has given Lindsay is the ability to go on tours! Her favorite part about touring is meeting her incredible fans in person, "It truly is so special to see the support and love from every single one of our fans. I know that I would not be where I am without them!" Her best memory on tour is from last year in West Palm Beach, Florida, "All of the cast rented jet skis and went cruising around in the ocean—it was so much fun! My husband had come to visit, so he was able to come, too. It was such a great day."

Lindsay doesn't think that she will ever get used to the reality of her life, "It is still so mind-blowing to me that I am able to do what I love and make a living at the same time." She believes that she is blessed to be able to say that her job is her passion and it inspires her to work harder every day. Dancing has taught her many things about herself including who she truly is, so it's only fitting that she has turned it into her career, "I have gained so much of my confidence through dancing and have learned to love my imperfections and be grateful for everything I have."

When Arnold isn't dancing she can be found alongside her husband. "I am so busy during the season that anytime I have downtime, I spend quality time with him," she reveals. And where will they be? In nature, of course! "I love everything outdoors! Hiking, fishing, swimming, skiing, boating—pretty much anything out in the sun and fresh air."

Arnold was born and raised in Provo, Utah. She feels that her hometown has greatly influenced her to where she is today. "Where I was raised and the people that surrounded me gave me the values that I try to live by every day," she states. She has learned that success is great, but not if you aren't happy with who you are as a person. "That perspective has gotten me through all of the ups and downs of my career, and I am so grateful for the people in my life who have taught me that."

We wrap up our talk with Lindsay by asking her what she would like to say to the readers of *Lucid*, and she exclaims, "Thank you for your support! I can't put into words how grateful I am for the love I receive from each of my fans!"

FIND LINDSAY ONLINE:

 @LINDSARNOLD

 @LINDSAYARNOLD

 @LINDSAYARNOLDDANCE

LINDSAYARNOLD.COM



LUCID

CONNECT WITH US:

lucidthemag.com

[twitter/instagram/facebook/snapchat/spotify: @lucidthemag](#)

contact@lucidthemag.com

(760) 659-0583