Local Churches Weigh In On Fitness Phenomenon

**Downtown Offers Sparring Classes**

By JARED ABELSON

Working out is a popular pastime in our community. But how many of you have ever stopped to think about the benefits of fitness classes? While some people may enjoy working out at home, others prefer the social aspect of group exercise classes. One such class is offered downtown, and it's gaining popularity among locals.

Downtown has recently opened a new sparring class for both men and women. The class is taught by a certified instructor who has been a martial artist for over a decade. The class meets twice a week, and the participants are encouraged to bring their own equipment, including gloves and mats.

The instructor, who is also a registered nurse, says that the sparring class is a great way for people to stay active and healthy. "I really enjoy teaching this class," he says. "I see people of all ages and fitness levels, and they all seem to enjoy it."

The class is open to anyone who is at least 18 years old and who can follow basic instructions. For more information, call (501) 123-4567.

**Flooding Washes Out Local Fishing**

By ZACH WELCH

It looks like White County is in for some rough weather ahead. Recent storms have caused flooding in the county, and local fishermen are feeling the effects.

"We've had a lot of rain in the past few weeks," said local fisherman Tom Bly. "It's been tough for us."

Over the past few days, the Little Red River has been running high and fast, causing some areas to flood. This has put a damper on fishing conditions for the local fishermen.

"We're not fishing as much as we would like," said Bly. "But we're hoping for the best."
TheNewsreel

Zimbabwe Presidency Still Undecided

Almost three weeks after holding national elections, the winner of Zimbabwe’s highly contested presidential run-off remains unclear.

Robert Mugabe, Zimbabwe’s president for the past 28 years and closer of ZANU-PF, insists that the election process has been fair, despite international assertions of fraud. His party has called for elections to be held the results even longer, citing the need to check for “errors and inconsistencies.”

Meanwhile, reports from the countryside tell of war veterans trying to Mugabe seeking out opposition supporters, beating them and destroying property. Others suggest that police forces were threatened by their supervisors to vote for Mugabe or lose their jobs.

The MDC has appealed to the United Nations to recognize and embrace the election’s result.

Olympic Torch Dodges Protests

Normally a symbol of sportmanship and global unity, the Olympic torch has become a target for those protesting China’s human rights abuses.

Demonstrators in Paris and London disrupted the torch procession last week, ending with the torch being handed over to the National Olympic Committee and on to London, the host of this year’s Olympic Games. Spectators were more than at attempts to stop the torch from Hassle with theAGING others.

In Venice, Italy, the torch passed through San Marco, the city’s only North American city to its global relay. Patriotic citizens and fighters came out in force to defend their country’s handing of the torch, with scenes that had parallels to World War II.

Camel Fetches $2.7 Million

The crown prince of Dubai celebrated the traditional custom of carrying merchandise on his camel last weekend. Part of the oil-rich United Arab Emirates, Dubai was hosting a race day Saturday to honor the old ways of the Bedouin nomads. The main event was a camel beauty contest, with 17,000 camels from around the Persian Gulf. Prizes were given out in the form of four-wheel drive vehicles and pickup trucks.

TheNUMBER

15 million: The number of popsicle sticks it took 5,000 Dutch schoolchildren to make a rowing boat.
Arkansas Mattia!

College students and women class is free.

6:30 in the church as a ministry is workout, one workout life. "Williams said she wanted the as healthy and God sees can get the and safe be (them]selves, and minister to Women. In her which meets 1mon days, go to of our selves and not let ourselves importance, because necessity and slothfulness is a sin and take care of our bodies, of spiritual women's fitness class at Downtown but also from all] over Africa. Zambia because they are being struck. The Martin was not going out to this poverty W. Shi -1rde1 -r -la -1ties. Krista Russell, the Hearts after Oil, said, "Photographs would be more than $1 created by Pollard Studios. The city was marred by Pollard Studios. They will buy these struggling families. They are doing. but the hearts of the people were beautiful," Russell said. "Photographs words alone cannot do beauty, but the hearts of the people were beautiful," Russell said. "Photographs would be more than $1 created by Pollard Studios. They will buy these struggling families. They are doing. but the hearts of the people were beautiful," Russell said. "Photographs would be more than $1 created by Pollard Studios. They will buy these struggling families. They are doing. but the hearts of the people were beautiful," Russell said.

Green: Cooperation A Must

"What is the best way to improve our environment and encourage our students to conserve energy?" asked Kyle Cochran, a Harding student. Cochran, who is a member of the Environmental Club, said that the club is working to improve the school's recycling program. "We are currently only recycling paper and plastic, but we want to expand our program to include more materials," Cochran said. "We need to teach our students about the importance of recycling and encourage them to participate in the program." Cochran said that the school's recycling program is currently not very efficient, and he wants to make improvements to it. "We need to find ways to make recycling more convenient and encourage our students to participate," Cochran said.

AMAA: Benefits Body, Spirit

"The AMAA program has been beneficial to my body and spirit," said Kyle Cochran, a Harding student. Cochran, who is a member of the AMAA program, said that the program has helped him to improve his physical health and overall well-being. "The AMAA program has helped me to eat healthier, exercise more, and improve my mental health," Cochran said. "I have learned how to manage my stress and have a more positive outlook on life." Cochran said that the AMAA program has also helped him to improve his academic performance. "I have found that when I take care of my body and spirit, it positively affects my academic performance," Cochran said. "I am able to think more clearly and focus more effectively in the classroom." Cochran said that he would recommend the AMAA program to anyone who is looking to improve their body and spirit.

Fishing: Soon To Improve

"We are looking forward to improvements in the fishing conditions," said Kyle Cochran, a Harding student. Cochran, who is a member of the Fishing Club, said that the club is working to improve the fishing conditions in the area. "We want to see more fish in the area and improve the overall fishing experience," Cochran said. "We are working to ensure that the fishing conditions are safe and enjoyable for all." Cochran said that the club is working to educate people about fishing safety and best practices. "We want to make sure that people are fishing safely and responsibly," Cochran said. "We want to ensure that the fishing conditions are safe and enjoyable for all." Cochran said that the club is working to educate people about fishing safety and best practices. "We want to make sure that people are fishing safely and responsibly," Cochran said. "We want to ensure that the fishing conditions are safe and enjoyable for all."


Road Trips Provide Memories

Young Lactose Allergies Model

Zimbabwe In Need Of Change

Information

The Bison is a campus newspaper edited and produced by students, seeking to provide high-quality writing and content that will attract and inform our community. If you have any concerns or issues pertaining to the handling of your personal information, please contact the Bison at the email address provided below.

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LETTER POLICY

The Bison welcomes your views on issues of interest to the Harding community. Letters must be signed, contain a phone number and be no more than 300 words. The Bison reserves the right to edit letters for style, clarity and brevity. Letters to the editor may be submitted to the Bison at Box 11192, Searcy, AR 72113.
This week I was invited to a dinner at a restaurant. While I was busy with the other guests, my wife, a chef, was busy making soup. While I was looking at the menu, she asked me if I would like a bowl of soup. I said yes, and she said it was about time we learned to make soup. She told me how to make it, and I was very excited. When she was finished, she said it was great to see people enjoying their food again. She also mentioned that we should make more soup for the restaurant. I agreed, and she went back to the kitchen to make more soup. While she was making dinner, I was thinking about how much I love soup. It is one of my favorite foods, and I am always looking for new recipes. I decided to try making soup at home, and I am very excited about the results. I am sure I will make many more bowls of soup for the restaurant.
Iraq: One Return; Another Prepared To Go

CONTINUED FROM PAGE 1a

While in Iraq, Hernandez said, "I learned the importance of family and how much those who are home need support. While we are deployed in Iraq, our loved ones and friends are dealing with this stuff. They may be going through the same things we are going through."

Hernandez was not the only one who experienced a change of heart while in Iraq. Upon return to the States, Hernandez discovered that he had a degree at Harding University waiting for him. "I was really blown away, I mean just blown away," Hernandez said. "I had no idea I had a degree from Harding."

As of now, Hernandez said, he has no plans to pursue the degree he earned in Iraq. "I think I'm just going to go on living my life, although I have no plans," Hernandez said. "I don't think a degree will help me with my job in the military."

Hernandez said he has been thinking about going back to school and earning his degree ever since his return from Iraq. "I think going back to school is a possibility," Hernandez said. "I think it would be a good idea for me to go back to school and get my degree."
Grant Tracking Down Records

By BRANDON HIGGINS

Many people are not familiar with the sport of steeplechase, but if you're the best at it, you deserve it. If it's toothpaste frustrating when people get it wrong, then you deserve it. If it's enchilada eating, then you deserve it. If you're the best at something, you deserve it. If it's surpassing the current school record for a cross country event at Oxford University in 11:01.38, then you deserve it.

Brandon Higgins is currently ranked third in the nation's steeplechase event that has been historically an evil and arduous 3,000 meter race with 28 steeplechase obstacles. Higgins has proved himself to his coach by winning every track meet this season. Grant has proven himself to be the best in the nation, and those who do know about him are regulars at the halls of Oxford University. He has been known to run with crossing hurdles and the steeplechase obstacles. Higgins has proved himself to be the best in the nation, and those who do know about him are regulars at the halls of Oxford University. He has been known to run with crossing hurdles and the steeplechase obstacles. This is not to say that Higgins is not his defensive capabilities.

The steeplechase is a track and field event that was added to the Olympic program in 1924. It consists of a 3,000 meter run with 28 steeplechase obstacles. Higgins has proven himself to be the best in the nation, and those who do know about him are regulars at the halls of Oxford University. He has been known to run with crossing hurdles and the steeplechase obstacles. Higgins has proven himself to be the best in the nation, and those who do know about him are regulars at the halls of Oxford University. He has been known to run with crossing hurdles and the steeplechase obstacles. This is not to say that Higgins is not his defensive capabilities.

Grant, who has been used to playing soccer in a much different environment, is also a three-sport varsity athlete. He also won the 1,500-meter run with unmoving hurdles, which is 12 feet long, and the steeplechase. The amount of dedication Grant has proven to be an asset in his track and field success as a team this year, few are familiar with the Bisons' matches and the Bisons have compiled a 45-0 record for the 2007-2008 Bison.

For the 2007-2008 Bison, Grant arrived at Harding to be a National Merit Scholar, but that hasn't worked out so well. He was named to the All-SEC Atlantic Division Second Team as a National Scholar, but that didn't work out well.

It was hard for me to believe that the weather and things like that didn't influence a better place.

Grant's record for outfield Gold Gloves is part of that.
Travelers Offer Cheap Fix for Baseball Fans

The OT

Amanda Pruitt

The Arkansas Travelers aren't exactly the same as the Chicago Cubs in terms of playing style. They're not as good, but they have some factor in common that they know how to have fun. Historically, one has embodied the spirit of losing more than the other, but their fans have always been loyal and engaged. Amanda Pruitt talks about traveling to the Travelers' stadium, the Travs, for two days and being simplified by the team's policies and events.

GRANT: Runner Displays Team Attitude

The track short days at Searcy have been seen personal records set from every track meet so far this season. Grant is not only improving her personal record, but the meet is going well. Cathy Hornsby spoke with Grant's team during an event.

Harding Results From The 2008 Harding Invitational Meet

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COURTESY OF THE BISON

The Bison
Floyd Finds Internship With Fox News In NYC

By ELEONORA CARTES

Juniors have always been more well known for their contributions to the community, but this past year, those contributions have spanned into the professional world. Floyd's successful application to the School of Communication at the University of Arkansas in Springfield has made her well known on the professional scene.

"I was lucky to be placed with Fox News because most people get rejected and feel like the worst," Floyd said. "I got an interview and got the job."

Floyd will be working with the national news team to produce local news shows for Fox in Springfield.

"I think my application stood out for me and would go to work if it didn't happen because I really wanted to work there," Floyd said. "I'm excited to start and work together with my team."

Olree Balances Busy Schedule Despite Disease

By: BETHANY LOFTIS

Student Reporter

Being a college student is no easy task. It requires energy, time, and dedication, which Olree Olree is more than capable of handling.

"I was abruptly diagnosed with ulcerative colitis two years ago, which was a shock," Olree said. "I was completely devastated."

Olree said, "I still have to deal with it and work while in college."

Olree has had to make many sacrifices in order to continue her education.

"I have to change my diet, which is a struggle to find healthy foods," Olree said. "I also have to make sure I'm healthy and happy."

Olree's favorite activity is working out with her friends, which she has done every day.

"It's important to me to have a healthy lifestyle," Olree said. "I have to make sure I'm healthy and happy."

Olree has had to change her lifestyle in order to continue her education.

"I have to make sure I'm healthy and happy," Olree said. "I have to make sure I'm healthy and happy."


**FEATURES**

**Love For Mountain Mudd**

By BETHANY NIEMER student reporter

I love Mountain Mudd. Every time I drive by Beebe Capp's Expressway, Mountain Mudd is on my mind. And when I'm hungry, I'm thinking of Mountain Mudd. Mountain Mudd has grown to offer more than 75 espresso-based drinks and beans. Mountain Mudd aims to please.

The Mountain Mudd Master Roaster is the first and only coffee roaster to roast beans by oak wood. The Mountain Mudd Master Roaster creates a rich, smooth coffee with a different flavor each day. The Mountain Mudd Master Roaster is a local franchise employing mostly Harding students, one of whom is a student reporter.

If you have ever been to Mountain Mudd, you have probably noticed the coffee bean roast. Each coffee bean is roasted separately over an oak wood fire and then blended with others. Their beans lead to a rich, smooth coffee with a different flavor each day. The Mountain Mudd Master Roaster is the first and only coffee roaster to roast beans by oak wood. If you have ever been to Mountain Mudd, you have probably noticed the coffee bean roast. Each coffee bean is roasted separately over an oak wood fire and then blended with others. Their beans lead to a rich, smooth coffee with a different flavor each day. The Mountain Mudd Master Roaster is the first and only coffee roaster to roast beans by oak wood.

**Brain Teasers: Puzzles & Games**

**Cryptique**

"I'M NOT COPYRIGHT STUDENT REPORTER"

April 7

"1913's 5,000 suffragette march to the Capitol in Washington, D.C., seeking the vote for women."

April 8

"1955's Walk to Work Week Progress Administration was approved by Congress to help alleviate unemployment during the Great Depression."

April 10

"1912 Titanic set sail on its fateful voyage."

April 11

"1968 Pres. Lyndon B. Johnson signed the 1968 Civil Rights Act."

A Regular Plan includes a steak, two sides, a roll and a drink, all for $8. The price includes tax and an extra cup of coffee or tea. A Veggie Plan comes with four sides and a roll, and is also available with tax included. They also serve soup, egg, and homestyle dinners. You won't lack food because the restaurant serves you very large portions. Your plate will be full. Depending on which eye you catch, you can choose from different entrees, sandwiches, chicken and dumplings and more.

Your dad will love getting a bill from us because he will know that we took good care of you.

**Make Time For MiMi's**

By BETHANY NIEMER student reporter

If you are looking for a great place to get a good meal for a good price, you should go to MiMi's Cafe. MiMi's Cafe is a great little restaurant with some good mystery cooking. The menu is price changing. You can choose from a variety of different dishes and not eat the same thing twice. There are a few different dishes every day accompanied by an eye on what to choose from.

MiMi's is currently located at 1950 S. Benton St. and is open Monday through Friday from 7 a.m. to 2 p.m. The owners said they are planning to move to the White House building on Race Street and extend their hours to five or six. When they move they will open on Monday through Friday from 7 a.m. to 2 p.m. The owners said they are planning to move to the White House building on Race Street and extend their hours to five or six.

**Disaster Drill**

By BETHANY NIEMER student reporter

By Bethany Niemer

April 2 Students from a variety of majors participated in the event to practice their future profession.

**The Bison Crossword**

Answers found on 5b

**Guardian of the Memories: Searcy**

Frank W. Brown, MD

This book is a collection of information on the past and present events in Searcy during the late 1960s and 1970s. It includes many personal stories about the memories of a young boy who is now a successful author and is passionate about preserving history. The stories show how he transformed from a young boy who became the first in his family to attend college and later entered medical school.

Information: www.FrankBrownMD.us

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**FEATURES**

Friday, April 11, 2008 5b

**21' More Gamble Than Sure Thing**

By JENNIFER GIBSON

It's not just any gambler, it's Mickey Rosa (Kevin Spacey), a West Division math whiz and aspiring science project expert. His allaured possibility is the opportunity to join the underground Black Rock power that runs through the city. For the chance of winning is a long shot at best, winning the Black Rock establishment is the chance of a lifetime. But Mickey Rosa has figured a way to become part of the action. It's a gamble, but it's one that could change everything for him. Mickey Rosa is a man who will go to any lengths to win.

The Bison

**Brain Teasers:** Answers from 4b

Cryptique

**Sudoku**

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Answers to Last Week's Crossword Puzzle

**Musical And Westerns In One**

Students from Harding Academy perform during their concert in chapel on Friday. Musicals are a popular form of entertainment in the United States, especially during the holiday season.

**Hero Strikes A New Chord**

By JESSICA CRUZ

This is a story about a musician who finds inspiration in the unexpected and uses it to create something new. Despite facing challenges and obstacles, the musician perseveres and creates a beautiful piece of music that resonates with the audience.

**Harding Squirrels**

By MARCIA FRUIT

These squirrels are known for their acrobatic abilities and playful nature. They are often seen scampering through the trees, searching for food and interacting with each other.

**Money For Pizza**

By RICK JONES

Pizza is a popular food choice that is enjoyed around the world. It is typically made with a dough base, tomato sauce, cheese, and various toppings. Pizza can be enjoyed as a meal or as a snack and is often paired with drinks or other side dishes.

**GRADUATION ANNOUNCEMENTS**

Applications will be available in the Student Publications office on the second floor of the student center in the next few weeks.
Harding Alumnus Mark Brown Takes on Classic Opera

By CASSIE SWENSON

Notable alumnus, Stephen Mark Brown and the HU Chorus, directed by Dr. Cliff Ganus, will be performing in Puccini's "Madame Butterfly" with the Arkansas Symphony Orchestra at Little Rock this weekend on Friday, April 11, at 8:00 p.m. and again Sunday, April 13, at 3:00 p.m. at the Robinson Center Music Hall.

"Madame Butterfly" is an Italian opera composed in 1903 that was first performed on Feb. 17, 1904, in La Scala, Milan. The story has an early 1900s setting in Nagasaki, Japan, and is separated into three tragic acts.

Brown graduated from Harding, receiving his bachelor's degree in 1987. He then went on to Indiana University where he studied with tenors such as Nicola Rossi-Lemeni and Virginia Zeani, earning his master's degree in 1992.

Since then he has taken numerous roles such as Don Carlo in The Opera Companies Of Nice and Lyon, Pinkerton in "Madame Butterfly," the duke of Reggello in the Paris Opera, Americo in Carlos Gomes' "Romeo et Juliette," Alfredo in "La traviata" and Rodolfo in "La boheme."

Brown is greatly influenced by his father Harmon Brown, or Professor Brown, who up until recently taught math at Harding for many years before retiring last spring.

Mark Brown hosted Spring Sing, was the president of the HU chorus and sang bass in the award-winning chorus directed by Craig Jones at Harding Academy.

Brown made a favorable debut with New York City Opera in "The Daughter of the Regiment" and "The Merry Widow" (in its original 1905 form), for which he was named "The Most Outstanding Singer of the Week." This internationally known opera singer not only has won the Altenburger Corinna International Music Competition and the Open Competition of Philadelphia's famous 2004 Lyric Competition, but he was also very proud to be able to sing with Luciano Pavarotti on the television program "Pavarotti and Friends." His song selections were from Rossini's "The Barber of Seville" and Mozart's "The Magic Flute."

In the last spring he sang in Offenbach's "The Tales of Hoffmann" in Brazil, the Famous Festival of Piacenza, Caglai and Teatro Regio di Torino.

"I've just been really blessed and lucky at the same time," he said. Brown said he is pleased with his career and loves getting to travel around the world to do his job.

He said he may not know what the future holds for him, but in the meantime, he is simply busy preparing for his upcoming role and learning new pieces just in case opportunity knocks on his door.

Brown said he is excited to be back in the States and here in Arkansas with the Harding Chorus, and is looking forward to the production in Little Rock this weekend.

"There are a lot of really neat places I haven't sung yet," Brown said. He has yet to be to places like New Zealand, Japan and China. One thing he is certain about Mark Brown: He is trusting in God with his career and is ready for the road ahead.