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HARDING
UNIVERSITY



Eat around the world (Without crossing the county line)

THE FOOD EDITION

From ultra-American fast food chains like Chick-fil-A or Wendy's to higher-tier establishments like Colton's or Chili's, there is no shortage of options in Searcy.

But what if you want to sample culinary delicacies from beyond our borders without leaving the country?

Don't worry. Searcy has your back. Or more importantly, your stomach.

Take a journey with us as we review Searcy's exotic eateries. From Fuji's fiery Japanese grills to Greek House's gratifying gyros, Harding's hometown withholds no special selections from its residents.

see **EAT AROUND THE WORLD**, 3B

- Locker Talk talks chow, 2B
- Why go vegetarian, 3A
- Ramen round-up, 4B
- Whole30® Diet, 4B
- Pop-Tart Therapy, 4B

'WE KEEP WALKING, AND WE KEEP FIGHTING'



Relay For Life offers 'Passport to Hope' in 2016

GRAYSON PIERSHALE
 beat reporter

Harding University is hosting its annual Relay for Life event this Friday, Oct. 21, on the Front Lawn. Over 30 teams and 500 participants are currently registered. The event will begin at 5 p.m. and conclude the following morning at 5 a.m.

Throughout each year, Relay for Life is hosted by millions of people in dozens of different countries. The events are organized in partnership with the American Cancer Society and serve as one of the organization's primary sources of fundraising.

Harding University's Relay for Life raised more than \$16,000 last year. This year, the event coordinators have already raised \$3,000 before the event and hope to raise \$20,000 total. All money goes towards the American Cancer Society for the purposes of research, grants, supporting caregiver and prevention programs, and other initiatives.

The event will feature dozens of booths that are designed by teams representing different social clubs and Harding-affiliated organizations. Students interested in participating in the event past curfew are required to sign up with a team and request that the team's director put the student's name on the Relay for Life list to be submitted to the Office of Student Life.

This year's Relay for Life theme is "Passport to Hope." Each team's booth will model a specific country, such as Greece or Italy, in order to illustrate a globalized experience. Teams will also sell food, play games and host a variety of other activities. Music and larger games will be available outside of the team booths.

Relay for Life at Harding seeks to embody the American Cancer Society's purpose of "Celebrate, Remember, Fight

Back" — celebrating those either fighting or who have overcome cancer, remembering those who lost their lives to cancer, and fighting back against the disease through fundraising and promoting awareness.

The event will have participants walking around the premises at all times. Senior Student Director Drew Howerton says that this is in order to simulate the experiences of someone diagnosed with cancer.

"Cancer never sleeps," Howerton said. "It never stops, and so the fight never stops. We keep walking, and we keep fighting. For people who have cancer, it never stops for them until it's defeated."

Speaking on the purpose of Relay for Life for Harding students, Howerton, who has lost three grandparents to cancer, said that the event is entertaining, but also purposeful.

"Everyone has been affected by cancer," Howerton said. "This event is a good way to bring the whole student body together and be a part of something bigger than ourselves. It's a lot of fun, but it's also for a really great cause."

Faculty sponsor and assistant professor of education Lisa Bryant, who lost her mother to cancer and has been involved with Relay for Life for years, agrees with Howerton on the importance of the event.

"In my mind, you're not just involved in something fun, but you're also making a difference in the lives of people. Through Relay for Life, I believe I've seen God's miracles," Bryant said.

For more information on Relay for Life, visit the organization's Facebook page ("Harding University Relay for Life"). For more information on the effects of cancer, as well as opportunities to support efforts combating the disease, go to the American Cancer Society's website at cancer.org.

Mumps outbreak reaches Arkansas

Thirty schools report cases in student bodies

ALEX PETTY
 student writer

A national outbreak of the mumps virus is now spreading throughout Arkansas. As of Oct. 11, a suspected 427 cases were reported in Arkansas, making it the largest outbreak of the virus in 15 years, according to THV 11.

According to ABC News, a majority of the cases have been seen in children, with a total of 30 Arkansas schools reporting one or more cases within their student body.

The mumps virus is spread through the air by way of coughing and sneezing, as well as by contact with an infected individual, according to the U.S. Centers for Disease Control. Schools are urging students who are believed to be infected to stay home, while Arkansas Department of Health is encouraging parents to vaccinate their children against the virus.

Assistant professor of nursing DeeAnn Martin, said that getting the vaccine is the most effective way to prevent contracting the mumps virus.

"The CDC states that receiving one dose of the mumps vaccine is 78 percent effective, while two doses are 88 percent effective in preventing acquiring the disease if exposed," Martin said.

The vaccine is typically given to babies at 12 to 15 months of age, with a second dose at ages four to six. While schools throughout Arkansas require the vaccine for enrollment, there are exemptions available for medical or religious reasons. Schools are now requiring unvaccinated students believed to have the virus to remain at home for 26 days unless they receive the vaccine.

While outbreaks such as this are rare, they are easily spread among students because of close contact in classrooms and on campuses.

"Because of our vaccination programs in the United States, the incidence of mumps is uncommon," Martin said. "However, outbreaks do occur, especially when people are in close contact, such as dormitories."

Receiving the Measles, Mumps and Rubella (MMR) vaccine is the most effective way to avoid catching the virus, however, there are other precautions students can take to prevent the catch and spread of the mumps virus.

Lynn McCarty, registered nurse for Student Health Services, advised frequent washing of hands, avoiding touching the face, mouth and eyes and avoiding sharing drinks and food with those believed to be exposed to the virus.

Harding University requires the MMR vaccine before admission. However, they do allow State Health Department approved exemptions. Students are encouraged to receive the vaccine, if they have not done so already, in order to prevent the spread of the virus on campus.

RELAY FOR LIFE: OCT. 21, 2016, 5 P.M. - 5 A.M.

events and activities include:

- | | | | |
|------------|-----------|-----------|----------|
| Rock wall | Music | Kabobs | Coffee |
| Photobooth | Wii games | Apple pie | Chai tea |

In this issue



Category 4 hurricane hits Florida's east coast

Hurricane Matthew forces over 1.5 million Florida residents to evacuate their homes

LINDSEY LEDFORD
student writer

Hurricane Matthew, originally estimated to be a Category 4 storm, hit Florida's east coast on Oct. 7, 2016, according to the CNN. However, according to New York Magazine, the eye of the hurricane did not make landfall in Florida, but still proved to be deadly, claiming nine lives.

Matthew moved up the eastern coast of Florida for two days, leaving behind debris, power outages, flooded homes and eroded beaches. Over 1.5 million people in Florida were asked to evacuate and more than one million residents lost power, according to USA Today.

The cost of Hurricane Matthew's damage has been estimated at \$4 billion to \$6 billion overall, according to research and consulting firm CoreLogic. According to the Huffington Post, Hurricane Matthew is responsible for the deaths of over 1,000 people in Haiti. The death toll continues to rise as reports come in.

Among the many coastal communities affected in Florida are Daytona Beach, St. Augustine Beach and Jacksonville Beach.

Alumna Cassidy Mackey evacuated her home to avoid potential flooding. Mackey lives in Fleming Island, Florida, located approximately 30 miles from both Jacksonville Beach and St. Augustine, Florida. Despite the distance, Mackey still experienced power outages and fallen debris.

"We decided to evacuate Thursday morning to Pensacola, because we knew it would be challenging having small children without any power," Mackey said. "I know the biggest frustration for people has been the long power outages, but we realize technicians are working hard to repair the power lines."

In the Jacksonville area, around 500,000 people were ordered to evacuate, according to the Tampa Bay Times. Resident of Jacksonville Beach Allison Garapolo lives four miles



Wreckage piles up in St. Augustine, Florida, after a Category 4 hurricane hit Oct. 2016. The cost of Hurricane Matthew's damage has been estimated at \$4 billion to \$6 billion.

outside of the mandatory evacuation zone.

"Jacksonville Beach has always been my favorite place," Garapolo said. "But after Matthew hit, so many homes were damaged from flooding, it just doesn't feel the same anymore. The dunes are completely gone and our iconic pier divided in half. This pier meant a lot to the Jacksonville Beach community. It's just so sad."

Lisa Smart, resident of Daytona Beach, was ordered to evacuate by an email from

her property manager.

"I have owned a beach front condo in Daytona Beach Shores since 2007," Smart said. "Our community came together quickly with the news of Matthew. Our town hall offered free sandbags to residents and had trucks haul in dirt to fill sandbags. After Matthew, our beach and boardwalk was covered with debris, making them inaccessible. Over 75 percent of our pier was taken off due to Matthew."

Ronda Garner, resident of St. Augustine, manages over 300 rental properties.

"I was ordered to evacuate by officials that drove around our neighborhood on loud speakers," Garner said. "People have lost so much you can hardly drive down the streets. Their belongings are stacked on the curb, it looks like a complete war zone. It makes me sick to see everything so destroyed and in my home town of all places."

Largest ever smog-free tower built in Beijing

A 23-foot tower built to purify what is considered the deadliest air in the world

CLAIRE PATTON
head web editor

A 23-foot smog-free tower has been built in Beijing, China, to purify the city's polluted air, which is considered to be the deadliest air in the world, according to CNN.

The idea for the tower was conceived by Dutch designer Daan Roosegaarde in 2013 after he visited the city and noticed the thick smog.

According to Roosegaarde, the tower sends positive ions into the air and sucks in pollution particles. The particles then attach themselves to a negatively charged surface,

and vents flush out the clean air.

"It's the largest smog vacuum cleaner in the world," Roosegaarde said in an article published online Sept. 30 by CNN. "Since we installed it in Beijing, the tower has collected daily as much smog as it did over two weeks in the Netherlands (where the prototype was made)."

Junior Cloris Huang is from Shenyang, China, a city approximately seven and a half hours from Beijing.

"The air [in Shenyang] is not good because it is a big city and is focused on manufacturing," Huang said. "Most of the time the pollution isn't that heavy. You can

see the blue sky; (it's) just not that blue. The blue is grey. Most places the sky isn't as blue as it is [in Searcy]."

Huang said she wears a mask a couple of times a year when the pollution is particularly heavy.

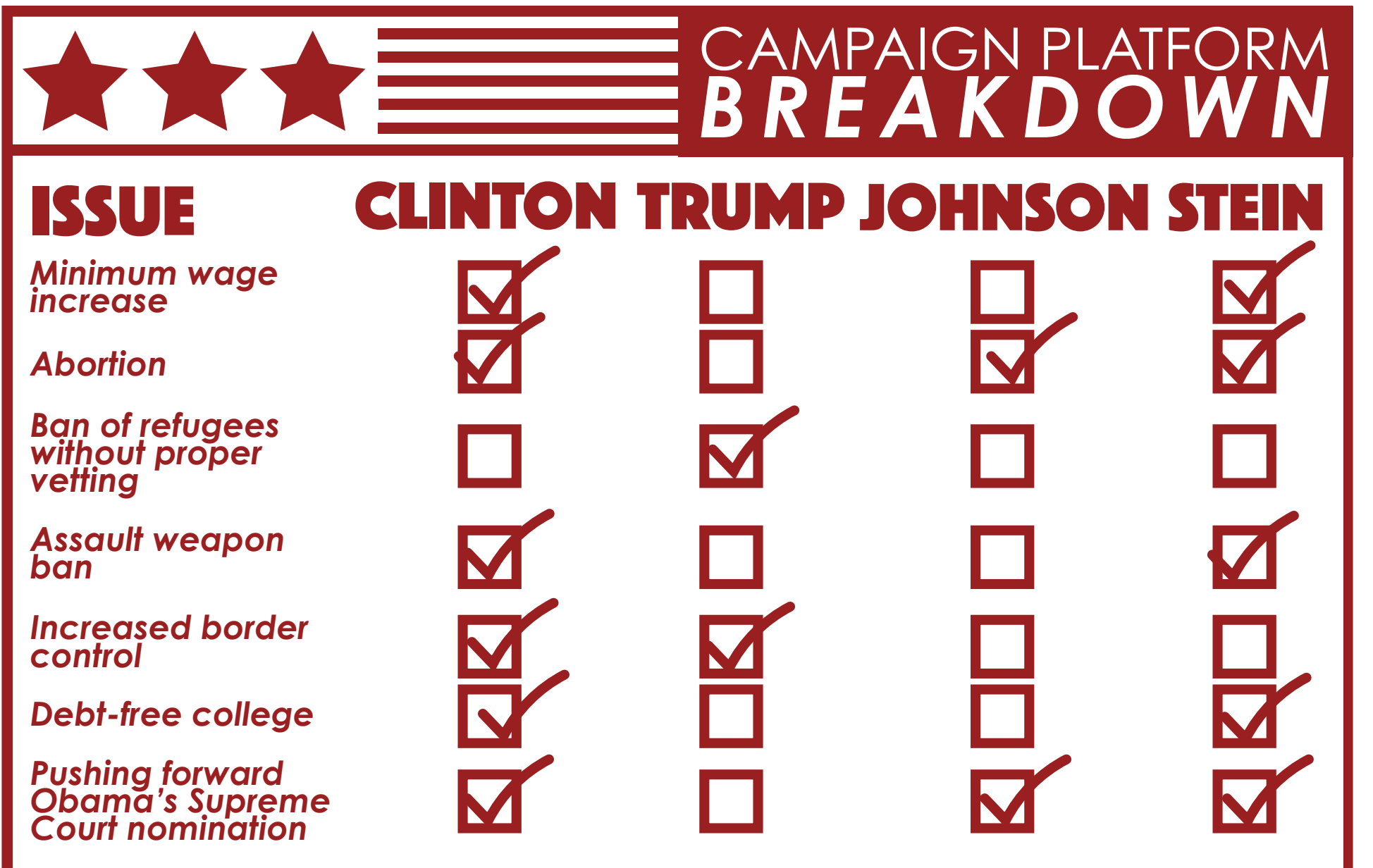
According to ABC News, the level of air pollution in China has reached nearly 50 times over World Health Organization's (WHO) recommended level. WHO considers 25 micrograms of polluted particles per cubic meter safe. However, Shenyang, China, had reached 1,157 micrograms in 2015.

"I feel (building the tower) is a good thing," Huang said. "At least they're trying

to do something with the air pollution and trying to protect the environment or to protect humanity itself."

Roosegaarde has also designed smog-free rings, cubes and cufflinks from the compressed smog particles collected by the tower, according to his website, studioroosegaarde.net. By purchasing one of these items, 1,000 cubic meters of clean air is donated to the city.

"I believe we should act now and do more, not less, in order to make modern cities livable again," Roosegaarde said. "Smog-Free Project is the beginning of a journey to create solutions together towards smarter and brighter cities."



hannah j. moore

No animals were harmed in the writing of this article

jaisa hogue

news editor



According to the American Dietetic Association, “vegetarians have a reduced risk of heart disease, obesity, colon cancer, adult-onset diabetes, osteoporosis, gout, gallstones, kidney stones, lung cancer and breast cancer.”

This is the Google-manufactured answer I received when I typed “reasons to be a vegetarian” into the search bar. There are so many health-related reasons that I could use to completely validate the fact that I haven’t eaten meat in almost four months. But it would be a lie to say I made this choice for those reasons alone.

It started as a challenge — a bet of sorts. But once I started paying attention to what was in the food I was eating and where it came from, I realized that being a vegetarian was an important decision for me. Soon, I couldn’t look at a piece of meat without thinking about where it came from and feeling a twinge of guilt, knowing that what I was about to eat used to be a living creature.

Now, this is where my Papa or Uncle Robert would butt in and say something about the food chain like, “It’s only natural,” or “God made the animals for us to eat.” I get that. I understand that meat is a staple of the American diet, and I’m not petitioning

to get rid of it. This article isn’t meant to say that everyone should become a vegetarian. Becoming a vegetarian was a huge personal decision for me, and even though I intend to continue with this decision, I don’t expect anyone else to. I write this article in hopes of proving the importance of being aware of the things that go into the food we eat.

This might be an exaggeration, but I feel like 80 percent of the times that I have driven through Batesville, Arkansas, I’ve found myself stuck behind one of those chicken trucks. I hate those trucks, not just because they smell like defecating chickens, but because I cringe at the sight of them. Those poor chickens can’t move. They’re forced into tiny cages, shoved in with thousands of other chickens. Some of them won’t make it to the chicken factory alive and the others are stuck chillin’ next to their dead chicken buddies for the entire ride.

Now, I know how good a chicken biscuit tastes. The only struggle I had quitting meat cold turkey was when my roommate suggested Chick-fil-A for dinner before realizing I couldn’t eat there. But, personally, I can’t get over the crazy, gross and cruel conditions those chickens are kept in. And it’s not just chickens. So many factory farms mistreat their animals, and those animals have no legal protection from cruelty that would be illegal if inflicted on dogs or cats. Those animals are just as capable of feeling pain as our pets are, so why do we see them so differently?

This is a cause I’m passionate about, but I understand that I’m a bit more

sensitive when it comes to animals than most people. Overall, I just think it’s extremely important for people to be aware of what goes into producing their food, meat or otherwise. And there is so much more to consider, like where the food came from and whether fair trade practices or GMOs were used to produce it.

I encourage everyone to look into the products they buy and the places they come from, but I also understand that college students don’t always have the luxury of making that choice.

I want to say a massive thank you to whoever was behind putting a vegan section in the cafeteria. Thank you for thinking about students with different dietary needs and providing an alternative to salads or grilled cheese. You have no idea how much I appreciate that extra effort. My only suggestion is to have a vegan or vegetarian option available at all times, or at least more often. In all honesty, there should probably be healthier food in the cafeteria, not just for special diets, but for students in general.

Becoming a vegetarian was a decision I made after becoming more aware of what went into the making of my food, but that was a bit of an extreme outcome. Simply being aware of the food you consume can make you think healthier and make better decisions about what you eat.

JAISA HOGUE is the news editor for the Bison. She may be contacted at jhogue@harding.edu.

it’s complicated



‘How the turn tables’

If you haven’t already thought of me as an overly-emotional hipster or an old lady stuck in a 21-year-old’s body, this will be the article that puts you over the edge. I have a few collections, such as movies, books and the paper slips that you get from fortune cookies, but I think my favorite one has to be my vinyl record collection.

I have an emotional attachment to each of my 28 vinyl records and I remember how I got each of them specifically. Earlier this week, I bought the album “Reflektor” by Arcade Fire on vinyl from a friend. Arcade Fire was a huge contributor to the score of my favorite movie, “Her,” and the band wrote the song “Supersymmetry” for the movie and this album. I bought my first vinyl record, Sleater-Kinney’s “No Cities to Love,” at Barnes and Noble with guitarist Carrie Brownstein’s memoir about a year ago. This band and this album revitalized my passion for all types of punk music.

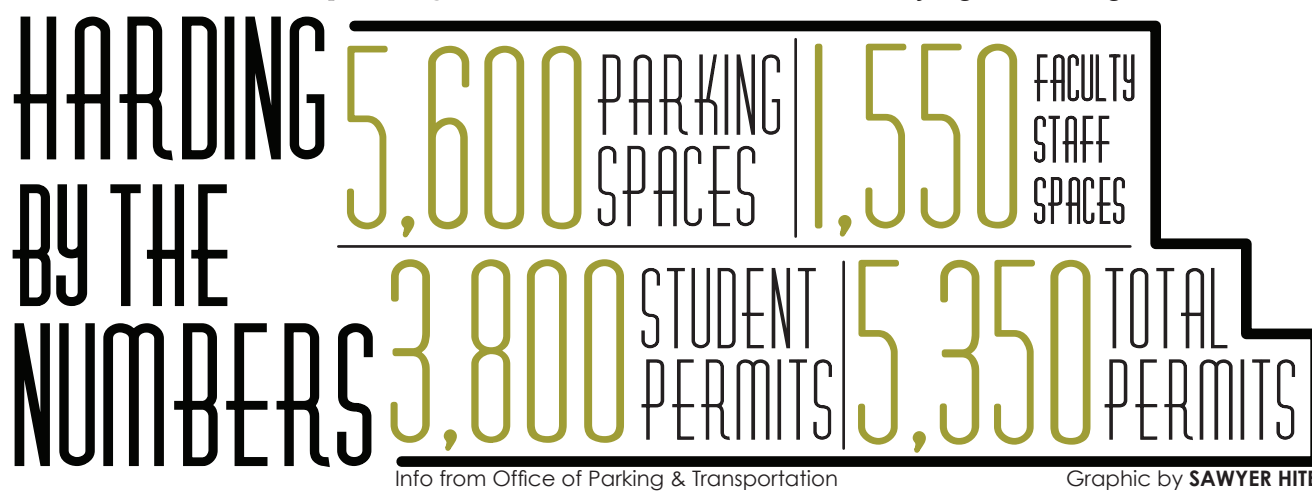
Is my moderately-sized collection pointless? Are vinyl records antiquated and irrelevant? No, trends recycle. Some recent pop albums like Justin Bieber’s “Purpose,” Taylor Swift’s “1989,” and Justin Timberlake’s “The 20/20 Experience” have even been pressed on vinyl. Vinyl records are no longer just for the guy with the man bun and messenger bag that you always see in the coffee shop or your crazy uncle Dave who can’t just let go of his childhood. In fact, according to the Recording Industry Association of America, vinyl record sales in 2015 were up 32 percent to \$416 million, the highest level since 1988. Older generations are nostalgic, gathering huge collections and bringing them to flea markets and swap meets to share what they’ve compiled over the years. Younger generations have sparked interest, patronizing the struggling record stores and building a collection of their own with both old and new genres of music.

I’ve found that vinyl is much more communal in nature than digital. They’re large enough for many people to look at them at once, decide what to listen to and enjoy together. For example, my dad gave me lots of his old albums this summer, and one of them was Blackout by the Scorpions. While we were listening to it I looked at the album sleeve and thought the guitarist’s name, Rudolf Schenker, was familiar. He told me that Rudolf was the brother of one of the best guitarists of all time, Michael Schenker, who has been a part of the Scorpions previously and went on to form the Michael Schenker Group. I love learning little snippets of music history, even if they are mainly from my dad who listens to mostly classic heavy metal.

Vinyl records have a richer, fuller, inexplicably warmer sound than digital files. Everyone that I’ve talked to who owns and regularly spins records will agree to this point. Digital files are technically clearer in sound and are definitely cheaper and quicker to produce, however I don’t think the goal of any type of art is perfection or convenience. You make art or consume art for the sake of expression, for the joy or sadness, exhilaration or heartbreak found within the creation.

There’s just something very special about interacting with art in a physical space that immerses all of the senses. You pick up the record and carefully slide it out of its sleeve, touching only the smooth edges. You watch the needle bounce up and down on the grooves, spinning round and round. You listen to the melodies, harmonies, crescendos and diminuendos. If your records are old, you can smell the dust and paper that may be older than yourself, akin to the smell of your grandparent’s study filled with hard-bound books or the VHS tape you haven’t watched since you were a child. I try to explain it in words, but I don’t think I could ever accurately and fairly describe the extraordinary experience of listening to and collecting vinyl records.

HANNAH J. MOORE is the opinions editor for the Bison. She may be contacted at hmoore@harding.edu. Twitter: [hannah_j_moore](https://twitter.com/hannah_j_moore)



To vote, or not to vote: it’s not really a question

drew ericson

guest writer



When I think of this election cycle, I involuntarily roll my eyes.

This will be the first presidential election that many of us are able to cast a ballot in, and it is certainly a piece of work. With the historically unfavorable candidate choices, many are choosing simply not to vote in this election. Stop right there. If anything, that should make you want to vote more. But not for the reasons one would think.

Everywhere I turn, I hear things like “I couldn’t stand it if he got elected, so I’m voting for her,” or vice versa. That is not the way to look at it. Elections should be about voting for a candidate you believe in, not voting against one you despise. I think that may be what is wrong with the current two-party system.

Let’s assume for a moment that there is someone you feel like you could support, but they are not from either major party.

What do you do? Most people would say your chosen candidate has no shot of winning and is therefore irrelevant. I strongly disagree. Just because a candidate cannot win does not make them irrelevant, not in the slightest. I believe there is no such thing as a wasted vote, especially not in this election. Voting for someone you believe in is never a wasted vote.

Third parties have difficulty gaining ground because they lack voters, not ideological followers. The problem is that many refuse to vote third party because they lack the number of voters necessary for political success. This circular logic leads people to perpetually choose between the lesser of two evils.

With so much dislike for both of the major party offerings this year, the time is right to vote third party. If you don’t like any of the offerings, find a candidate and write them in. Not only are you making sure your voice is heard and exercising your right, you are casting a vote for additional options. It is not about “winning” and “losing,” instead it is about expressing your dissatisfaction with the current political process.

If a third party candidate receives 5 percent of the popular vote, they become eligible for funds from the Federal Election Commission’s Presidential Election

Fund. Libertarian Gary Johnson, who is currently polling at 7 percent, is the highest polling third party candidate, and he raised only \$2.3 million for this election. If the libertarian candidate had received the necessary 5 percent in 2008, Gary Johnson would have had access to a war chest three times as large for this election.

If we can get federal funding for a third party, we can end the two-party domination and start seeing a range of candidates from which to choose, instead of this disastrously dichotomous decision. With equal access to federal funding, there will be more opportunity for campaign ads, TV interviews, and name recognition, which will all work together to ensure there are three or more podiums at the debate in 2020.

So take a stand and vote for someone you truly believe in, rather than simply trying to keep someone out of office. By choosing to vote for a third party as I have, we may just create our best America yet. So what do you say, Harding? You in?

DREW ERICSON is a guest writer for the Bison. He may be contacted at aericson@harding.edu.

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joshua johnson



same song,
second verse

Only 21, but my mind is older

I don't always forget things. However, this semester has been more challenging than usual for the old ramen noodle mass I call my brain.

To be fair, this noodle is almost 22 years old. Even the putrescent sodium seasoning that Maruchan conveniently includes in the package can only go so far — and as much as I love the cost, price and affordability of ramen noodles, I don't think even I would eat demi-pasta that is pushing two decades old.

From this introduction, you might think that my noodle is, indeed, quite far gone. Bear with me.

I've been wondering lately about the finite capabilities of the human brain. My laptop computer can hold around 200 gigabytes (GB) of data. So how many GB is my brain capable of storing?

If you look at my track record this semester, it might lead an analytical observer to assume I have "maxed out" my capacity. For example, I scheduled a Constitution Quiz in the testing lab and then completely forgot to go. I ordered Papa John's for delivery and then was surprised 25 minutes later when someone knocked on my door. There are eight student writers who work for this newspaper, and their names are still very much a mystery to me.

I'm afraid I have never been more forgetful in my young adult life than I am now.

Yet the human noodle is a strange thing. Because despite evidence to the contrary, I have also never been more knowledgeable. I can rap "Satisfied" from Hamilton without missing a single Schuyler sister syllable. I can tell you the names and style classifications of more fonts than you even knew existed. I can describe — in no small detail — the laws of the Trade Federation and the manipulation that led to senatorial anarchy in Star Wars Episode I (I'm a millennial, I have nothing against Episodes I-III).

Is it possible that my brain is so full of "garbage" that I simply have no room for new material? I want this to be the case. If my noodle is simply "maxed out," then I am certainly not losing my memory or proving myself incapable of juggling adult responsibilities (i.e., doing more than one thing at a time).

Unfortunately, according to a Feb. 18 article in Live Science, this in-house theory falls flat.

"The human brain's memory could store the entire Internet," the headline reads, in a nice Helvetica Neue font. Writer Tia Ghose continues with, "Researchers discovered that, unlike a classical computer that codes information as 0s and 1s, a brain cell uses 26 different ways to code its 'bits.' They calculated that the brain could store 1 petabyte (or a quadrillion bytes) of information."

That's a lot of GB. If the text had not been laid out in such a pleasant Cambria font, I would have been most discouraged.

"What's more," Ghose said, "the human brain can store this mind-boggling amount of information while sipping just enough power to run a dim light bulb."

I clearly have no excuse. The limitations on my brain are nonexistent — which means I am just a forgetful old man with a dilapidated noodle for a brain.

All this to say, don't ask me hard questions. Don't ask me what street I live on, or when my birthday is, or what I've learned in American National Government ... unless the answer can be found in the Hamilton soundtrack. Then I've got you, fam. Because I've been reading "Common Sense" by Thomas Paine.

JOSHUA JOHNSON is the editor-in-chief for the Bison. He can be contacted at jjohnson4@harding.edu. Twitter: [joshjohnson146](https://twitter.com/joshjohnson146)



There's isn't just one 'Harding Experience'

sarah dixon



head copy
editor

Spring Sing. Social Clubs. Swings (x3). The perceived and widely accepted "Harding Experience" is made up of rituals and norms, some passed down through generations and some created by our current culture. To those who claim that the Harding bubble doesn't exist, I would kindly ask them to explain the process of social clubs to someone outside our world of jerseys, while of course making sure it's known that they are not fraternities or sororities. It's a fun time.

By Harding bubble standards, I've failed at having the "Harding Experience." Currently in the hectic throng of junior year, I can honestly say that I have never had a romantic encounter involving one (or three) of the Front Lawn swings. I confess that I have never danced in

a Spring Sing rehearsal, as much as I enjoy being made to layer shorts and leggings. And it is with a humble heart that I admit I have never once had the urge to join a social club. Please forgive me, friends.

You see, I'm not a Harding legacy. I never attended Honors Symposium and my wardrobe was never adorned in black and gold Bisons shirts. I didn't know much about Harding at all before moving here. In my senior year of high school, I planned on attending another university and ended up choosing Harding before graduation. I am incredibly glad that I did, but it did not change the culture shock I experienced upon entering as a freshman. I was (and sometimes still feel) unaccustomed to the culture of which we are a part. I was unfamiliar with the chanting and strange names and non-hazing hazing of these so-called social clubs. I was intrigued by the power complex and societal ladder that these clubs made up. I probably still can't explain the process of social clubs, and to be honest, I thought the whole thing was a little bizarre two years ago. So, I decided it wasn't for me.

I would never write this to discourage

anyone from participating in clubs. I have seen how incredible they can be for students here. I've witnessed the deep, powerful friendships that have come out of these groups. But I've also seen the other side of them. I've seen friends deeply hurt or rejected by clubs, completely altering their self-perception and college experience. I've seen so many discouraged because they didn't fit what this Harding culture declares as normal.

There may be a bubble, but I've learned there isn't just one "Harding Experience." I chose not to join a social club, and surprisingly, I have friends. I have a whole host of great memories from my time here, even if they're not the norm. If I have any nugget of wisdom to give, it's that your worth is not found in jerseys or letters. And you are enough with or without them. Go create your own experience.

SARAH DIXON is the head copy editor for the Bison. She can be contacted at sdixon2@harding.edu.

Interested in writing a guest column?
Contact Hannah J. Moore at hmoore@harding.edu.

Just the Clax



michael
claxton

It's been a while since we've had "Uncle Michael's Storytime" in these pages. So grab a cup of hot cocoa and some warm socks and gather around in a semicircle. Is everybody settled? Good. Does anyone need to go potty? Splendid. Now let's begin the story.

"Once upon a time in a faraway land, there was a handsome prince who lived by himself in a magnificent castle at 509 Live Oak Drive. He wasn't entirely alone, since underneath the castle there lived a family of moles, who loved nothing more than creating unsightly tunnels on his nice green lawn. But the prince wasn't angry. He was on peaceful terms with the moles. In fact, they had co-signed for his castle."

But this is not a story about the moles. In fact, don't raise your hands to ask questions about them. Let's keep our focus on the prince and his striking red moustache.

"The prince was a man of very regular habits, and, like many men who live in castles, he kept to the old ways. These ways made him happy. He read newspapers. He wrote letters and mailed them with stamps. He bought books with pages and drove to the video store to rent movies that he viewed on a 16-inch TV screen. He ate the same lunch almost every day. He collected vintage toys that reminded him of his childhood.

"The Prince liked network television and once spent seven years, week after week, watching a crime drama one episode at a

time. He used his landline to call his mother every Saturday, but he also loved having conversations with people who were in the same room with him. He was a teacher of some renown, and he recorded his students' grades in pencil in a spiral-bound notebook, which the other teachers regarded with great curiosity.

"The much-beloved prince had many friends. He ate tortilla chips with them once a week and was very happy. But then, the world around him began to change. People started acting oddly. They stopped reading newspapers and sending letters. They dropped their landlines and stopped talking out loud to each other. They watched seven whole seasons of a TV drama in one weekend and read books that had no pages to turn.

"And strangest of all, they bought shiny new devices called smart phones, around which they began to reconstruct their lives. They sent silent messages to each other and felt empowered. Then they grew bold and quit using commas and periods. As they did all this, they took endless pictures of themselves and insisted that the prince look at them.

"The prince was bewildered. He tried to talk to his friends. He walked up to them and said "Hi" as he always did. But now they said, "We cannot talk to you like this. You must get a smart phone and send us messages with poor spelling. Then we will talk to you." The prince grew lonely. He liked his life and did not want to change. He thought punctuation made things better. And he worried about his friends. He would wave to them, but they would not look up. Even when they walked into the sides of buildings.

"Soon the prince was all alone. The book-sellers and video stores closed down. The letters stopped coming. He tried sending emails, but that was out of style, too. His

A grimm fairy tale

friends called him a Luddite, which they misspelled. Even his students began to shun him, demanding to know why their grades were not on something called Canvas. They did not trust the spiral-bound notebook. They started throwing water bottles and sleeping in class.

"OK," shouted the prince. "I give in! I will learn the new way of doing things. I will get a smart phone. I will try to rub my finger across a screen and seek happiness and fulfillment in that gesture. I will adopt a less literate writing style. I will watch one TV show for 36 hours and will take more pictures of my own head. Then I will not be alone anymore," said the prince, "for I will win back all of my friends."

"So he went out and bought a Samsung Galaxy Note 7. But when he turned it on, the phone burst into flames, setting fire to his beautiful castle on Live Oak Drive. His precious books went up in smoke. The old plastic toys melted. The spiral-bound notebook curled and turned to ashes. Everything he loved was now burning.

"I was right after all," the prince cried, as the flames scalded his turkey sandwich and scorched his noble moustache, "and now I must write to the Consumer Product Safety Commission to warn them." But alas, as he searched his desk for a stamp, the roof of the castle came crashing down, and the handsome prince was no more.

"The moles, on the other hand, simply tunneled into another yard and lived happily ever after. You can follow them on Twitter." The End.

MICHAEL CLAXTON is a guest writer for the Bison. He can be contacted at mclaxto1@harding.edu.

At the Bison, it is our goal to serve the Harding University student body with integrity, truth and open ears. However, we believe that meeting that goal is a two-way street between our staff and the public it serves. We pledge to keep our eyes and ears open to what our community has to say and hope that, in return, that community will be an interactive audience, sharing its stories with us. We also pledge to do the basics: Report accurate and relevant information, check our facts, and share them in a professional, timely manner. If you have any story ideas, questions, comments or concerns for the Bison staff, please email Joshua Johnson, the editor-in-chief, at jjohnson4@harding.edu. "The Bison (USPS 577-660) is published weekly (except vacations, exams and summer sessions), 20 issues per year, by Harding University. Periodicals postage paid at Searcy, Arkansas 72143. POSTMASTER: Send address changes to The Bison, Harding University 11192, SEARCY, AR 72149-0001." BYLINE POLICY: The Bison provides an opportunity for class writers to contribute work under the byline "guest writers." Due to this arrangement, staff writers may rewrite a portion of the guest writers' stories as they deem necessary, while still identifying the work as the guest writers' own.



caleb rowan

October 21, 2016

Vol. 92, No. 6

Hurler
on the
Ditch



The CFP

Having reached the halfway point of the 2016 college football season, coaches, players and fans are just two weeks away from getting a look at the first College Football Playoff rankings, set to be released on Nov. 1. Perennial powers Alabama and Ohio State both have a championship-caliber look, but with the likes of Notre Dame, Michigan State, Oklahoma and Stanford out of the picture, a few playoff spots seem to be up for grabs. So, without further ado, here are the College Football Playoff favorites, contenders and sleepers.

Favorites:

Alabama — They have probably the best offense of the Nick Saban era and have yet to be challenged. Maybe that will change tomorrow when the Tide host No. 6 Texas A&M, but I doubt it.

Ohio State — Two years ago a broken ankle prevented J.T. Barrett from playing in the playoff, which the Buckeyes ultimately won. If he can carry his team past undefeated Michigan in the season finale, he'll get another shot at a National Championship.

Clemson — Let's be honest, the Tigers have looked awful during parts of 2016. But they're 7-0 (thanks to NC State's kicker), have a vital win over Louisville, and have playoff experience in the form of Deshaun Watson.

Contenders:

Michigan — I'll be the first to say I can't stand Jim Harbaugh. But he's a good coach, and the Wolverines have been relentless against Big Ten opponents this year. I can't stress enough the enormity of the Nov. 26 showdown with Ohio State.

Washington — If they keep demolishing everyone they face (see respective 44-6 and 70-21 drubbings of Stanford and Oregon), Chris Petersen's team will put the Pac-12 back in the CFP. If they slip up against a sneaky good team like Utah, their terrible non-conference schedule will keep them out.

Texas A&M — 6-0 for the first time in over 20 years, the Aggies will play their biggest game in recent history tomorrow at Alabama. If they somehow win, don't be surprised to see them in the top two on Nov. 1.

Sleepers:

Louisville — A sleeper solely because they need some help. Everybody's pulling for electric Heisman frontrunner Lamar Jackson and company to find a way in, but since they probably won't play in the ACC Championship, it's just not that likely.

Nebraska — The chances of the under-the-radar Cornhuskers finishing the year undefeated are slim. If they do it, or win the Big Ten with just one loss (at Ohio State), Mike Riley better unanimously win Coach of the Year.

Baylor/West Virginia — As the only two undefeated Big 12 teams, they both have an outside shot. We're not sure how they good they are because, well, neither has played anyone even remotely good. Let's see what happens in the next month.

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RYANN HEIM | The Bison

Sophomore midfielder Matheus Ribeiro takes a shot during a 3-2 win over Southern Nazarene University on Oct. 12. The Bison's 12 wins this season are the most in program history.

Bisons overcome 3-0 deficit, defeat OBU

THELMA MARTINEZ
student writer

On Wednesday, Oct. 12, and Friday, Oct. 14, the men's soccer team defeated Southern Nazarene University (SNU) 3-2 and Oklahoma Baptist University (OBU) 4-3 respectively.

In Wednesday's game, senior forward Barry Foster opened the scoring for Harding's team in the 14th minute and sophomore midfielder Matheus Ribeiro scored in the 26th minute to defeat conference opponent SNU.

According to Ribeiro, who played only 30 minutes in Wednesday's game due to an injury, finding a good scoring spot was the greatest

challenge for the game. Foster said the strategy was to make the field small in defense and bigger in offense. Both players said there are also things that the team could improve on during games.

"As a team we could improve our communication on the field," Ribeiro said. "Personally I think I need to rest more, prepare myself more before the game and focus more during it. Playing in Brazil was different, so I think I can improve my skill here."

Friday's game saw the Bisons go down 3-0 early in the second half before sophomore forward Jason Diaz scored Harding's first goal in the 58th minute. After junior midfielder Van Thang tied the game at 3 in the 86th minute, sophomore

forward Jeremy Nwonumah's goal over two minutes into double overtime secured the victory for the Bisons. The win was the largest comeback in soccer program history.

According to Foster, an improvement in the team's discipline could have prevented the early deficit.

"In Friday's game we did all the right things," Foster said. "But we had one moment when there was no discipline when the opposite team scored, and that has been the problem in the last four or five games. Individually, I think I could be more efficient. If I have the opportunity to score, just go and do it."

Diaz said the victory over OBU was special.

"Usually teams give up after two goals, but three is really hard to come back, especially in the second half, and we just didn't give up," Diaz said. "We got a couple of free kicks that we capitalized on, and that's how we got back in the game and kept pushing."

According to the soccer players, Friday's game was the most exciting game they have ever been part of.

"The game was insane," Foster said. "I've never been part of a game like that in my life. I can't even believe it; I can't put it on words. I don't think anybody can really describe it."

The Bisons play Christian Brothers University tonight at 7 p.m. in Memphis, Tennessee.

THIS WEEK IN SPORTS

- The football team moved up to No. 7 in the AFCA Top 25 poll after its 63-17 victory over Southeastern Oklahoma State University.
- The volleyball team defeated non-conference opponent Williams Baptist University 3-0 on Oct. 17.
- The golf team concluded its fall season, finishing 5th at the TVA Credit Union Invitational on Oct. 17-18.
- Senior golfer Alex Williamson finished 3rd individually at the TVA Credit Union Invitational on Oct. 17-18.
- The men's soccer team defeated Central Baptist University 5-0 on Oct. 18 behind 3 goals by freshman midfielder Christian Ramos.
- The men's soccer team is ranked No. 4 in the NCAA Division II Central Region Rankings.
- Sophomore Jeremy Nwonumah was named GAC Men's Soccer Player of the Week on Oct. 19.
- The men's basketball team was picked 3rd in the GAC Preseason Coaches' Poll on Oct. 19.
- The women's basketball team was picked 1st in the GAC Preseason Coaches' Poll on Oct. 19.
- The football team played at East Central University on Oct. 20. Results were not available at press time.
- The volleyball team will host Southern Nazarene University tonight at 6 p.m. in the Rhodes-Reaves Fieldhouse.
- The men's soccer team will take on Christian Brothers University tonight at 7 p.m. in Memphis, Tennessee.

Volleyball wins one of two

ELI ANDREWS
student writer

The women's volleyball team played two games on the road in the Great American Conference (GAC) this weekend, losing to Southwestern Oklahoma State (SWOSU) Friday before beating Northwestern Oklahoma State (NWOSU) Saturday. They played SWOSU on Friday in their second five-set match of the season, losing 3-2 with 58 kills, before they came back the next day and swept NWOSU in three sets with 44 kills. This puts the Lady Bisons at 14-6 overall this season and 6-3 in the GAC.

Women's volleyball coach Meredith Fear said the team recovered very well Saturday after their loss the day before.

"I'm proud of how the team responded ... after a tough five set loss on Friday," Fear told Harding Sports in an interview Saturday. "We put together a phenomenal defensive effort. Two players had break out matches ... but it was a full team effort."

Lady Bison sophomore middle blocker Zoe Hardin, who made 16 kills and 10 blocks overall this weekend, said she is pleased with how well the team played.

"It's the middle of conference and we're traveling, so it's hard to compare it to earlier in the season, but we have seen progress looking around," Hardin said. "I definitely think we're looking better in certain areas and we're playing better as a team, so I'd say we're pretty good."

Sophomore outside hitter, Emily Clayton, who tied her



AMANDA FLOYD | The Bison

Sophomore outside hitter Madison Poen hits a serve during a match on Sept. 20.

personal record with 17 kills Friday and led Harding on Saturday with 15 kills, said for the most part she felt very successful in her abilities and collaboration with the rest of the team.

"I always try to bring my A-game to every match, both as an individual player and as a teammate, and I was mostly successful in doing that this weekend," Clayton said. "I also matched my record of kills Friday, so ... I feel like I benefited the team in that way. But as always, there is room for improvement in fixing the mistakes I make on the court."

Hardin said the team could improve on starting stronger earlier in the match, although

on Saturday they made up in the second game what they lacked in the first.

"Specifically we sort of wait till we're losing to step up our game, instead of starting off strong," Hardin said. "But Saturday we came out with a vengeance ... and helped us get our motivation back. I think we're definitely getting better at our defense, and it's really contributing to our ability to get more kills."

This victory comes on the heels of a 1-3 defeat to University of Arkansas at Fort Smith in non-conference action Tuesday. The Lady Bisons will play Williams Baptist at home on Monday Oct. 17. Williams currently stands at 8-11 overall.



EVAN SWEARINGEN | The Bison

Sophomore quarterback Terrence Dingle prepares for a snap from sophomore offensive lineman Bryce Bray during the Bison's 63-17 win over Southeastern Oklahoma State University on Oct. 15. The Bisons played East Central University on Oct. 20 in Ada, Oklahoma, but results were not available at press time.

Cross country eyeing GAC title

JACOB ARDREY
student writer

The men and women's cross country teams are preparing for the upcoming Great American Conference (GAC) Championship in Durant, Oklahoma, this weekend after their sweep at the Ozarks Invitational on Oct. 8.

According to head coach Steve Guymon, both teams have a shot at winning the GAC Championship meet, led by sophomore Camden Barrett for the men and senior Amber Webb for the women.

After the Ozarks Invitational, Guymon said that both teams received a boost of confidence for the anticipated conference meet.

"Those meets are good preparation," Guymon said. "We tried some different things. I had some girls that did not go all-out that stayed back and tried to help the others. I had the guys team-up as a pack and run together."

According to Guymon, among the toughest opponents for the GAC Championship will be East Central University (ECU) on the men's side and Oklahoma Baptist University (OBU) on the women's side. Senior Daniel Evans said that ECU has been their biggest competition since the GAC started. Evans also said that since the Bisons haven't won the conference since his freshman year, he is looking forward to a chance to defeat ECU, which has dominated the conference for the past two years.

"We recently had the most important practice that consisted of nine or 10 1,000 meter dashes," Evans said. "The conference is supposed to be the peak



Courtesy of BETTY EVANS

Junior Jordan Turney runs in the Chile Pepper Festival at the University of Arkansas on Oct. 1.

of the season so we must be in shape."

Evans said being a senior team captain has given him a different perspective.

"As seniors, we get to lead the team with attitude, morale, the workouts we do (and) the pace," Evans said. "I think it (made) me work harder from my sophomore year on. I hope that I'm more of a morale guy instead of a pace guy because I don't have a watch," Evans said.

Senior Amber Webb earned her first victory of her career at the Ozarks Invitational. According to Webb, her senior

year on the cross country team has been drastically different due to losing many seniors last semester.

"The seniors were people that led me and this is the first year without them," Webb said. "I felt lost at first with all the incoming freshmen, but now I've become a leader, and the new girls have really stepped up."

With Barrett, Webb and Evans leading the way, it will be a close race as the men and women's teams face their rivals on Saturday, Oct. 20.

landry shipman



guest
writer

A dedicated soccer fan

Over the past decade, an increasing number of Americans have begun following their favorite soccer teams as popularity for the game continues to grow. Whether it be a club team located in one of the big cities across the U.S. or in Europe, fans of all ages here in the U.S. have chosen to dedicate their fandom to a professional soccer team.

One such avid soccer fan who resides right at Harding is fifth-year senior Tyler Slawter. Slawter hails from Joplin, Missouri, where he grew up playing soccer until college. But his interest in soccer continued once he came to Harding. Slawter quickly became one of the Harding soccer program's most dedicated fans, so much so that he never missed a home match for both the men's and women's teams from his freshman year through his fourth year of college.

"I began supporting Harding soccer because my passion derived from playing my whole life," Slawter said.

He also attributes his commitment to watching the soccer programs play because he enjoyed the competitiveness between the players. A true, dedicated fan, Slawter has spent four years sacrificing academics and enduring Arkansas weather conditions for not only one soccer team, but both the men's and women's teams.

Unfortunately, Slawter has been unable to go to all home games this semester due to his job, but Slawter still keeps up with the success of both teams. Specifically, the men's program has had an unprecedented season in Harding soccer history. The men's team has never had a winning record since their inception in 2000, but this year the team has an outstanding record of 12-3.

"I believe a lot of Harding's success this year has come due to discipline and teamwork," Slawter said. "It seems like the Harding (men's) soccer team in the past few years has had the talent to be this good, but was just missing something. The new coach knows how to make the team mesh well."

Coach Jon Ireland, who was a player on the first men's team at Harding, certainly has done something magical in his first year, turning around a squad which finished the 2015 season with a record of 4-12-2.

Senior defender Phillip White said the team's emphasis on fitness and high pressure defense is one of the main reasons the team has experienced success. White also looks forward to the future growth of soccer in U.S.

"It's amazing to see the support of friends who, regardless of whether or not they play soccer, cheer on the national team in the World Cup," White said.

The beautiful game of soccer is here and more importantly, here to stay. Not only are there exciting times ahead for soccer in the U.S., but right here at Harding University. Let's tip our caps to the men's team for a wonderful season so far, and continue to loyally support both the men's and women's programs as Tyler did. Both the men's and women's teams have a few more matches before ending the regular season and continuing on into the conference tournament.

LANDRY SHIPMAN is a guest writer for the Bison. He may be contacted at lshipman@harding.edu.
Twitter: @land_ship

LOCKER TALK

Our Athletes' Views on Pop Culture

questions

Cameron Murry
Golf



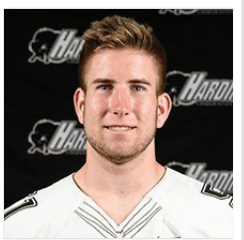
McKenna Smith
Soccer



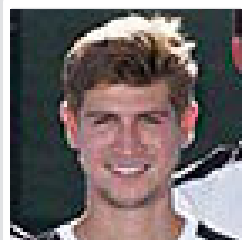
Abigail Glosup
Volleyball



Dylan Hendricks
Football



Neto Cacace
Tennis



What is your least favorite food?

Anything with cinnamon in it.

Pickles.

Pickles.

Anything with mint and chocolate mixed.

Indian.

You are most excited when the caf makes:

Chicken nugget day is what I live for.

Chicken nuggets, even though I don't eat in the caf.

Chocolate chip cookies.

Chicken tenders or nuggets.

Chicken nuggets.

If you had to eat at one restaurant every day for the rest of your life, what would it be?

Chik-fil-A hands down. They have the best chicken.

Probably Mi Pueb.

Cracker Barrel.

Chili's.

McDonald's.

What is in your refrigerator right now?

Four bars of Galaxy Chocolate and a two-liter bottle of Starbucks caramel macchiato.

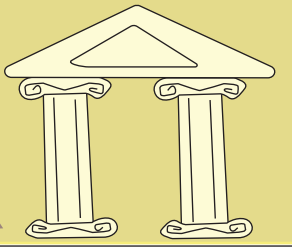
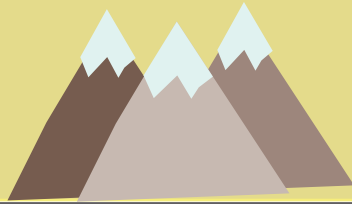
Some lunch meat, breakfast stuff, and drinks.

Sandwich stuff, apples, avacoados, cuties and leftovers I never end up eating.

Chocolate milk, strawberry yogurt, applesauce and a mixed vegetable bag I use for an ice pack.

Lots of fruits.

EAT AROUND THE ~~WORLD~~ SEARCY



GARRETT HOWARD
lifestyle editor
JOSHUA JOHNSON
editor-in-chief

PIZZA WUT

With Searcy offering residents a grand total of zero authentic Italian restaurants to choose from (RIP Pasta Grill), I struggled to find a proper Italian experience.

After desperately searching the town's limited list of restaurants, I stumbled upon the holy grail of Americanized Italian establishments.

Pizza Hut, located at 906 E. Beebe Capps.

I wasted no time in placing my order: a medium pepperoni pizza with an order of breadsticks and marinara sauce, the most authentic of Italian eats.

I sauntered through the Hut's glass doors, greeted by the intoxicating 1-2 knockout punch of cleaning detergent and grease. The cashier smiled politely as I told her my order number. When my feast was ready, I wasted no time digging in.

My custom cuisine welcomed me with a face full of steam as I opened its rough cardboard vessel. The mozzarella melted in my mouth, perfectly contrasted with the crisp crust supporting the slice; and the tender slices of pork adorning the layer of mozzarella added the perfect kick to compliment the sweet marinara holding the piece together. After eight gloriously greasy slices, it was time to devour the breadsticks.

A crispy outer layer coated in spices and herbs quickly gave way to a soft, steaming inside soaked in butter. The sharp bread met the sweet marinara sauce to physically embody the perfect relationship, a match made more perfect as it met my eager lips.

"Mama mia," I whispered in sweet ecstasy.

Five sticks later and my Italian craving was satisfied. Never in my life did I assume Searcy could procure such an authentic eating experience to rival the likes of Italy's own Da Vittorio for only an eighth the price.

MO FUJI FO MI

The glaring afternoon sunlight drastically transformed into an eerie darkness as I strode into Fuji Japanese Steak House, located at 3545 E. Race Ave. I was quickly seated at an empty grill and placed my drink order: water on the rocks.

It did not take long for the rest of the grill to fill up around me with other hungry patrons, and I was asked to choose between soup and salad for my appetizer.

I settled on the soup, which tasted of stale mushrooms buoyed by warm dishwater, and looked about as appetizing. In need of something with a little more kick, I settled on the Hibachi chicken with a double portion of rice. After 30 minutes of waiting and 10 minutes of masterful preparation, our meal was ready to serve.

The chicken — drowned in soy sauce and peppered with sesame seeds — was grilled to perfection. The taste tickled my tongue with a voluptuous vigor, and Fuji's procured me a perfect portion of poultry to leave me craving more. The rice — sprinkled with onion, carrot and egg — was divine, made all the more heavenly by my quadruple ration of shrimp sauce.

I soon felt the filling effects rice has on the human body and struggled near the end of my meal. I fought to the finish line, but alas, one bite remained that I could not finish.

If possible, grab a friend and catch Fuji's Saturday afternoon lunch menu. A filling feast that fantastic for under \$10 could be considered stealing in some countries.

Despite sharing a building with a guns and ammo store, the

soft yellow and green interior of Whilma's Filipino restaurant, located at 703 E. Race Ave., gave a more comforting tone than its exterior suggested.

FILLIPINYO THIS FOOD IS GOOD

I spent at least 10 minutes determining how to best pronounce each menu item while one of my associates ordered an antipasto of lumpia for the table. Essentially a crisp spring roll filled with tender vegetables and pork, the lumpia's contrasting textures and soft taste created a welcome pre-meal experience.

I settled on the adobosilog for my entrée: chicken served in a thin soy and vinegar sauce with a small hill of rice and crowned with a fried egg. When our waitress allowed me to choose the spiciness level of the meat, I selected spiciness level five, the hottest option available.

I did not have to wait long for my adobosilog to arrive, and while the egg and rice were delectable, they were too similar in texture and taste, desperately needing the spicy kick the chicken was waiting to unleash.

I delicately nibbled into my tart first piece of poultry, which offered nothing in the way of level five spiciness. It wasn't until about five minutes into the meal that I received Satan's sweet kiss. Billowing from the back of my mouth like a prehistoric geyser, level five's deceptive blow took hold with greater force than I anticipated.

Whilma's Filipino restaurant became a surprising favorite of mine. If you can, get in before 2:00 p.m. When the prices double — they deliver a sucker punch almost as lethal as Whilma's spice level five.

CASA BRAV-OH

A pair of imposing oak doors greeted me as I approached Casa Brava's dark entryway. By tugging aside the great wooden sentinels, a seductive waft of liquefied tomatoes and cilantro invited me inside to dine. I was immediately seated and provided complimentary chips and salsa.

The salty tortilla slices were baked to perfection, and while the coveted salsa was a tad too chunky for my taste at times, it provided a distractingly perfect kick of spice without forcing me to drown myself for relief.

Within 15 minutes, my rancheros were prepared: a delectable dinner of shrimp or chicken served on a bed of rice, decorated with onions, peppers, tomatoes and topped off with a nectarous queso sauce.

The tomatoes and peppers added little in the way of flavor or texture, so I opted to ignore them in favor of a light drizzling of salsa across the dish. The onions crunched with a zesty contrast to the cheese-soaked rice, and the meat of the meal added the perfect palatable punch to tie the dish together.

Checking in at \$10, the rancheros are one of the cheaper items on Casa Brava's menu, a disappointment considering Mi Pueblito's student-acclaimed signature dish is available for nearly half the price.

Casa Brava is located at 1801 Beebe Capps Expy.

SLAYING ALASKAN DELICIOUSNESS

In a world of overwhelming options, flavors and portion sizes, Slader's Alaskan Dumpling Co., located at 301 E. Center Ave., has a unique advantage. With only three options on the menu, SAD Co. is the essence of culinary minimalism. Upon entering this simple blue and yellow building, all of life's choices can be reduced to one cathartic decision ...

Beef, chicken or potato?

On this particular day, I chose the beef dumplings. I'll be honest with you: visually, Slader's dumplings are certainly nothing to write home about. Served in a cavalier to-go box with a chunk of wheat bread tossed aimlessly inside, about eight to 10 dumplings were all I received for \$9 (\$8 with a Harding ID).

Yet what SAD Co. lacks in appearance and affordability, they make up for in texture and taste.

Drizzled with tangy hot sauce (conveniently provided by the staff) and a healthy misting of vinegar, the beef-filled orbs are packed with warmth and flavor. Dry curry sprinkled with gusto atop my meal was complemented nicely by the spicy liquid broth in which the dumplings were bathed, and the bread — although initially seen as a careless afterthought — became the perfect tool with which to absorb the piquant, meaty sauce. Accompanying each dumpling to my mouth with a healthy dollop of sour cream only served to enhance the experience by bringing a chilly tinge to the homey Alaskan delight.

GEEKING WITH FLAVOR HOUSE

It was 4:30 on a Wednesday evening, and apparently I was the only one interested in Mediterranean food. My server was Cierra, who greeted me with a smile and an especially accommodating spirit when she realized how very ill-informed I was on traditional Greek foods. Upon her recommendation, I ordered a traditional gyro with a side of sweet potato fries.

Gyro meat, according to the lovely Cierra, often consists of 75 percent lamb meat and 25 percent beef. To me, this description sounded very Frankenstein — consequently, when my meal was placed before me, I resembled a scared farmer, holding my fork in an attack-ready position.

However, I was pleasantly surprised at both the texture and quality of the mashed-up mixture that is traditional gyro meat. The lamb taste was prevalent, as one would imagine, and the meal was preluded by a pleasant aroma and concluded with a subtle beefy aftertaste. The sweet potato fries were a perfect mid-meal dessert, smothered in caramelized pecans and leaving one's fingers gloriously sticky.

Greek House is located at 1211 E. Beebe Capps Expy.

ARA-HIT-THE-MARK

While Aramark sports a wide variety of attractive entrées on a daily basis, one snack in particular stands out above the rest.

You know what I speak of. The chocolate chip cookies.

These holy half-circles of cocoa and dough raise the bar to immeasurable standards — head and shoulders above anything else Harding's cafeteria has to offer.

Carefully peeled from their Nestlé packaging, these tender teardrops from God are delicately placed onto an enormous sheet for 10-12 minutes at 400 degrees. After time and heat have pressed the savory spheres to perfection, Aramark layers the baked beauties on a crisp plate and serves for pure satisfaction.

However, chocolate chip cookies need not come only in shades of black and white. Add some variety by grabbing some heavenly M&M cookies when they're available.

Of course, "Man shall not live by (cookies) alone." For students on the go, Aramark's juicy burgers and crisp fries are the perfect eat-on-the-run combination. Quick and friendly service speed up the process, and the cafeteria's quick disposal system makes getting quality cuisine a fast and effortless process.

But, on your way out, don't forget those cookies. Better yet, grab a to-go box or two. A few stocked boxes usually last me about 20 minutes.

Professor takes sabbatical to begin written project

The first installment of the 'Significant Others' series based on the book by Dr. Monte Cox

SAVANNA DISTEFANO
features editor

"There was a time when I was growing up when people like me, people in my circle, Christian people — especially in the South — would have very little contact with (varying world religions), but now, that contact is going to be routine," Dr. Monte Cox, dean of the College of Bible and Ministry, said. "My concern is that too often we are intimidated by the difference, so we don't ask questions."

Cox is presenting sections from his book, "Significant Others," during several chapel periods throughout the school year. Cox said he is still writing the book, which will be directed to a Christian audience to help them better understand and learn to communicate with people of varying religions and will be published by Abilene Christian University Press in fall 2017.

Judaism, Islam, Hinduism, Sikhism, Buddhism, animism, and religion in China and Japan will be included in his book, which Cox said is designed to help Christians become more comfortable with non-Christians and know how to interact with them more naturally. Each chapter of the book is being proofread by a follower of the religion associated with each section.

"I hope this book helps people really listen better," Cox said. "Take this book as a starting

point so you don't feel so intimidated."

President Bruce McLarty said he saw "Significant Others" as an opportunity to bring pieces of Cox's world religions class to a larger audience. Harding purchased two new video cameras to create a four-angle shot of Cox's chapel presentations. Each presentation is recorded and given to Cox to use in conjunction with the final book.

"I think ('Significant Others') is marvelous, and I think it's very timely," McLarty said. "It is something that I can imagine becoming hugely popular because there's such a vacuum and there is such a need and there's such a confusion about the whole issue, and I think (Cox) brings a lot of clarity to it."

During the summer, Cox took a sabbatical to travel and study world religions to begin the project. Though he had wanted to write the book years prior, Cox said his travel was essential to better understand the content he would publish.

Cox visited major religious sites in India, Thailand and Japan over the summer to conduct research for the book. In the past, he had been to China, the Middle East and Europe, and had spent 10 years doing mission work in Africa. Cox said he traveled to the places where he felt he had least experience.

In Thailand and Japan, Cox met with Christians and missionaries. He said being able to speak with new Christians and non-Christians studying the Bible in those



AMANDA FLOYD | The Bison

Dr. Monte Cox, dean of the College of Bible and ministry, is writing a book titled, "Significant Others," to inform Christians about non-Christian Americans. He is presenting sections of the book in chapel throughout the year.

settings taught him more about those cultures, helped him critically answer difficult questions, and helped him feel better positioned to teach on the different sects of Buddhism.

Cox has taught Harding's Living World Religions class for 18 years and occupies the Fulks Distinguished Chair for the College of Bible and Ministry, which was established by William and Doris Fulks to enhance the level of study of world religions. According to Cox, the funding from the Fulks Chair

has allowed him to conduct research for the book and subsidize the class field trips.

"I think if (a non-Christian person) read this book they would appreciate that it is respectful and informed," Cox said. "I'm trying to be a role model on how to be respectful, informed and persuasive."

This is the first installment of the "Significant Others" series. The second installment will appear in the next issue of the Bison, on stands Oct. 28.

Smelling with all the flavors of the wind

LIBBIE TURNER
asst. pr/marketing

Each day is said to be an adventure, and for a Harding student, occasionally those adventures unfold in a blueberry or chocolate-scented landscape.

Schulze and Burch Biscuit Company, located around a mile south of Harding's campus, specializes in producing baked goods for brands like Kellogg's and Quaker, as well as generic brands for Kroger and Wal-Mart. The factory's close proximity to Harding means anyone in the area is subject to the occasional sensory surprise.

One of the most notable products Schulze and Burch produces is Pop-Tarts — a Kellogg breakfast toaster pastry filled with a variety of flavors. Jessica Pratt, head of Human Resources at Schulze and Burch's Searcy location, said they make strawberry, brown sugar cinnamon, blueberry, wildberry and peanut butter Pop-Tarts, to name a few.

students could catch a whiff of an array of pastries baking at almost any hour from the minute dorm doors open until curfew.

Thousands of products are baked at Schulze and Burch each day, but their production schedule is entirely dependent on the demand of their clients. Clients like Kellogg's and Quaker take inventory and order more Pop-Tarts and granola bars as needed. The Searcy factory then whips up baked goods that are eventually shipped to stores nation-wide.

Pratt said that although it is impossible to predict what flavor of toaster pastries Schulze and Burch will be producing from week to week, it may be possible to track what days good smells will be heading towards campus.

"It's all about the wind," Pratt said. "If it's blowing in the right direction, campus is going to catch some of whatever we're making that day. It is kind of exciting because people recognize that the place where I work is the source of all these good smells."



"Now, sometimes you might smell cranberries or bananas," Pratt said. "That's coming from our B line, which produces hard granola bars."

Schulze and Burch run three lines of production over the course of two shifts, which means the ovens are running from 4 a.m. until 11 p.m. Consequently, Harding

Weekend desk clerk for the Heritage Inn and clinical mental health counsel major Scott Lacy worked at Schulze and Burch during the fall of 2014. Lacy remembers the production floor being filled with the smell of whatever flavor of toaster pastry was baking during that particular shift. However, Lacy said a full

day's worth of the smell made it all a little less enchanting.

"After 10 hours of either smelling or stepping on Pop-Tarts, they start to lose their appeal," Lacy said. "I would still get positive comments all the time about how the factory would flood Searcy with the smell of blueberries or chocolate."

So on those whimsical days when the wind is blowing north, students become the recipients of a serendipitous perk of living in Searcy, and Harding University becomes the recipient of thousands of dollars worth of atmospheric aroma marketing — and we have Pop-Tarts consumers nation-wide to thank.

New noodle combinations to fight ramen fatigue

Survive the semester's halfway slump with these affordable ramen hacks



Courtesy of **KATIE MCDONNELL**

KATIE MCDONNELL
student writer

The point in the semester where bank account numbers dwindle is here. A night on the town turns into a night in the Student Center or the caf. Ramen noodles may or may not make up most of your diet, but it can start to look pretty dreary during those late night study sessions. Here are some tried and true ramen hacks to add some spice to your sodium-filled life.

For breakfast I tried the ramen omelet, and it was surprisingly delicious. This recipe is filling and tasty (not to mention cheap and easy to make), and I definitely plan on repeating it in the near future. Place unseasoned cooked noodles in a small pan, and in a separate bowl mix two eggs and the flavor packet together, then add egg mixture to cooked noodles and cook until combined. I added some cheese and

green onions to add a little something extra. Served with some coffee, this meal lasted me through lunch.

For lunch, I made some mac and cheese ramen style. I cooked and drained the unseasoned noodles, then combined them with my favorite cheeses and a little milk for creaminess. I suggest using pepper jack and then topping with a little hot sauce for flavor, otherwise it is a little flat. This recipe is great, especially if you love mac and cheese as much as I do.

For dinner I made stir fry, which was the most expensive dish I made only because of the veggies and chicken I added. An easy alternative to buying fresh chicken and veggies is to buy frozen. Cook the chicken in a pan, and then set aside. Cook veggies in the same pan and combine with an egg once the veggies are cooked through. Dice the cooked chicken and add to veggie/egg mix, as well as

cooked unseasoned ramen noodles. You can add bottled stir fry sauce if you choose.

Even after three meals of ramen-based entrees I decided I just hadn't had enough yet. I decided I needed dessert. I combined a few cups of Teddy Grahams and a few cups of Golden Grahams with two packages of broken up uncooked ramen. I placed the mixture on a cookie sheet and drizzled melted butter and honey on top, then baked the mixture at 375 degrees until the ramen was browned. I broke up the mixture into pieces and put it in a serving bowl, and let my roommates make fun of my newly found ramen addiction.

I didn't really follow any recipes for my day of ramen, I mostly just tried what sounded good. Like Thomas Edison creating the lightbulb, don't be afraid to experiment with different recipes. You never know what fantastic concoctions you'll cook up.

Whole30 Diet offers healthy lifestyle changes

LINDSEY LEDFORD
student writer

According to International Society of Sports Nutrition certified (ISSN) sports nutritionist Melissa Hartwig, it takes 30 days to hit the reset button on your body's bad habits. According to Hartwig, thousands of people have adopted a new way of clean eating: the Whole30 diet.

According to graduate student Carlee Hodge, the Whole30 diet can be used to combat allergies and chronic pain while promoting weight loss.

"Whole30 is a diet made to reset your body," Hodge said. "It helps reduce inflammation and alleviate allergies. Essentially, it replaces your bad habits with healthier habits over a thirty-day period. I went through phases, by day 15 I felt pretty great. In the two weeks I went through some serious

withdrawals, despite having a pretty good diet."

The Whole30 diet helps individuals remove toxins that come from grains and artificial sweeteners from their body. Hodge attempted the diet and made it to day 19 of 30.

"The first five to eight days I felt like a train hit me," Hodge said. "But after day 15 I felt very healthy and energized. I would not recommend the Whole30 diet to anyone, because it is not realistic. Well, unless you are just trying to remove cravings. I think you can eat brown rice, whole wheat bread and a piece of dark chocolate, and still be healthy."

Junior Kami Adams completed the Whole30 diet with her friends and family.

"Whole30 is a great way to learn about the foods you are putting into your body and what effects they have on you," Adams said. "The Whole30 diet is different because you absolutely under no circumstances can cheat."

Adams said she would recommend the Whole30 diet to everyone.

"It is not just a diet, it's a lifestyle change, and it can help you in all areas of life," Adams said. "I used to work out more before I tore my ACL, but now I am pretty limited. If I cannot work out then I definitely need to eat well, which is one reason why I chose to do the Whole30 diet. I felt so good after it was all done, my skin was better, I slept better and I even lost weight."

According to senior dietetics major Rebecca Sanders, the Whole30 diet is commonly referenced in her class discussions.

"We talk about diets in class because we are likely to be faced with questions in our line of work," Sanders said. "We need to be familiar with all diets and lifestyles. For many people, Whole30 can lead to a long-term lifestyle change. Other diets generally teach a quick-fix approach, rather than teaching how to live healthy lifestyle. The quick-fix method almost always leads to a relapse. I would suggest this to

someone who wants to be educated on what they are eating, or someone who wants to change unhealthy eating habits."

For more information regarding the Whole30 diet, visit Whole30.com.



RYANN HEIM | The Bison

Examples of foods and drinks not allowed on the Whole30 Diet. Whole30 is said to help individuals remove toxins that come from grains and artificial sweeteners.

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