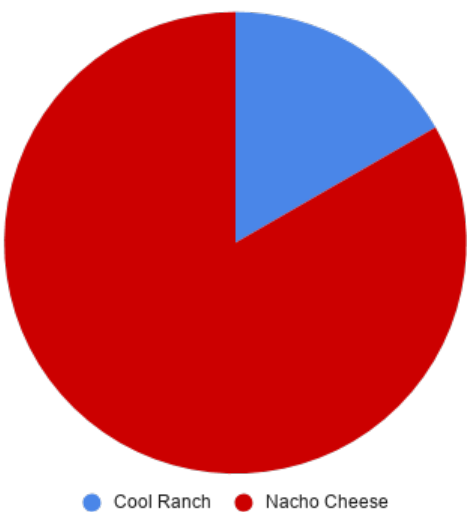


What's Your Opinion?

Last week we asked students whether they preferred Cool Ranch or Nacho Cheese Doritos.

Out of 18 people who responded, here are the results:
15 - Nacho Cheese
3 - Cool Ranch



● Cool Ranch ● Nacho Cheese

Next Week's Poll:

Registered to Vote?

Arkansas will hold primary elections on Super Tuesday, which happens March 3. Are you registered to vote?

Vote on The Herald's website (theherald.home.blog) to voice your opinion! Polls are also posted on The Herald's Instagram ([@astateherald](https://www.instagram.com/astateherald)) on Mondays at 4 p.m. Results will be posted in next week's Herald.

These and future articles can be found on the Opinion section of The Herald's website.

Nevada Gives Sanders Momentum

ERIC MCGEE
STAFF WRITER



Eric McGee is a senior journalism major from Woodbridge, Virginia.

Sen. Bernie Sanders of Vermont handily won the Nevada caucus on Saturday. The win makes him the

clear frontrunner in the race to be the Democratic Party nominee for president. Most significantly, for the first time in American history, a self-avowed socialist is a serious candidate for president of the United States.

With the first three primaries in the bag, Sanders leads the delegate count with 45 pledged delegates. Pete Buttigieg, former mayor of South Bend, Indiana, is in second with 25 pledged delegates followed by former vice president, Joe Biden, who has 15 delegates. A candidate needs 1,991 delegates to win the nomination on the first ballot.

Obviously it is early in the primary process with 47 state primaries to be determined. However, momentum is essential in the primaries. In Iowa and New Hampshire, Sanders and Buttigieg practically tied in the delegate counts.

Nevada was the first state where there was a clear winner. Sanders took 24 of the 36 delegates up for grabs in Nevada.

Most argue, this gives him a great deal of momentum going into the South Carolina primary being held Saturday.

South Carolina has 54 delegates up for grabs on Saturday. At presstime, the Real Clear Politics poll has Biden, leading Sanders by 5 percentage points. The Real Clear Politics poll is an average of all the top polls in the country.

Meanwhile, the African American vote is very significant in the South Carolina Democratic Primary. It is common knowledge that Biden is popular with African American voters. However, in Nevada there was clear evidence that Sanders has been closing the gap with Biden with African American voters.

In 2016 Hillary Clinton clobbered Bernie Sanders in the South Carolina primary. She took over 73% of the vote to his 26%. In 2020, the dynamic is completely different. At present, the RCP poll has Biden with 26.8%, Sanders with 21.7%, Steyer with 14.7

followed by Buttigieg and Warren with just under 10%. It is essential for most of the candidates to do well in Tuesday night's debate prior to South Carolina. I am sure all the candidates will be gunning for Bernie in the debate.

Nevertheless, Sanders' success so far can be attributed to two factors. Like Donald Trump in 2016, Sanders has chosen two or three issues in which he is rock solid on and will not compromise. In 2016, Donald Trump's issues were immigration, trade and cutting corporate taxes.

In 2020, Bernie Sanders' issues are Medicare for all, the Green New Deal and a free college education. As a result, like Trump in 2016 with Republicans, Sanders has locked up at least 20 to 25 percent of the Democratic electorate. In a crowded field of candidates, that wins primaries. None of the other candidates have this base. The nomination is Bernie's to lose.

How to Make Your Banquets Properly Inclusive

LILY CABIBI-WILKIN
OPINION EDITOR



Lily Cabibi-Wilkin is a sophomore music composition major from Hot Springs.

Last week, The Herald's editorial staff went to a journalism conference in Mississippi. Since one of our party members is vegan and another gluten-free and lactose intolerant, we asked the president of the conference if there would be dining options for them at the awards banquet. "Sure," he said. "It's a buffet," he said. And we believed him.

You can imagine our surprise when we arrived to find that the buffet consisted of a salad covered in cheese, breaded chicken, bread pudding, buttermilk mashed potatoes and a beef dish. The only "option" without meat, cheese or bread was a tray of unseasoned

boiled vegetables.

A 2018 article from Food Insight found that, of American consumers surveyed, 24% followed a diet that was "at least somewhat restrictive of carbohydrates." According to a 2012 article from Verywell Health, gluten sensitivity affects 6% to 7% of the U.S. population.

In 2019, Vegan Bits surveyed 11,000 adults in the U.S. and estimated that 0.5% of the U.S. population is vegan. These numbers may seem small, but remember that 0.5% of the U.S. population is still about 1.62 million people.

A list from Happy Cow found 164 different vegan and vegetarian restaurants in the state of Arkansas (of which Jonesboro has 12). The fact of the matter is that we can't simply ignore the presence of people with dietary restrictions.

I said in an article last year that we can't expect everyone on the planet to suddenly become vegan. But I also don't think that we can expect every vegan to magically come up with their own dining options for every event.

Unless you expect every person with a dietary issue to carry around a lunch box full of food to every banquet event, you should plan your banquets to be friendly to those with dietary issues, especially if you know that people with dietary issues will be attending.

"But Lily," you ask, "how can we possibly accommodate every single dietary issue?" Well, the first step when planning a food event is to ask the people in attendance if they have any restrictions -- a no brainer.

The second step is to actually take those restrictions into consideration when planning your menu. The thought on your mind should be, "If I had X restriction, could I have a full meal with what's on this menu?" If the answer is no, fix your menu. If you would still be starving after a meal where the only

thing you can eat is boiled vegetables, then don't make that the only option for the vegans who already warned you they would be attending.

If you really want to make things easy, make your dishes as customizable as possible. A bowl of plain lettuce with bacon bits and cheese on the side leaves salad options open for everyone.

Above all, remember the Golden Rule: Treat others as you'd like to be treated. Or, in this case, feed others as you'd like to be fed.

Me: Mom can we get carrots for dinner

Mom: We have carrots at home

Carrots at home:



Meme by Jaiden Pense

CORRECTION: On last week's photo page, the pianist should have been credited as Emily Jenkins. The singer of "Weepin' Mary" should have been credited as Kori Denison. The singer of "Keepin' Out of Mischief Now" should have been credited as Travis Moore. The Herald regrets the errors. A corrected version of this page can be found at theherald.home.blog.

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Story ideas or news tips may be emailed to heraldnews1921@gmail.com. The Herald welcomes comments, criticisms or ideas that its readership may have. We encourage you to send a Letter to the Editor to melissa.palumbo@smail.astate.edu.

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