

A-State working to create allergen-free dining line

LAURA CARTER

SPECIAL TO THE HERALD

Arkansas State University has a total of seven dining options including the school's cafeteria, the Acansa Dining Hall, and various Flex options. A-State is working to create a safe dining experience for all students and faculty who have food allergies and diet restrictions.

"In the past three years I have not had to call campus security or emergency services due to an allergic reaction," said Micheal Wonderly, A-State Director of Dining Services. "The Simple Servings section offers all the components of a full meal, including a protein, a starch, a vegetable and a side."

The Simple Servings line is the one of the newest additions

to the Acansa Dining Hall. It opened when A-State renovated the dining hall in the summer of 2018. It is an allergen-free zone that deals with eight major allergens and diet restrictions including pork, dairy, soy, wheat and gluten.

Every item that comes from that line is prepped, cooked and served only in the Simple Servings area. The assigned cooks go through a series of classes on allergen training. To prevent cross-contamination, the staff are instructed to use specific cutting boards, pots and pans that are only to be used there.

Kinley Lamoreaux, a sophomore psychology and communications major from Little Rock, is one of the students the new Simple Servings line in

the Acansa cafeteria is catered to.

"Finding a good option other than salad was so hard," said Lamoreaux.

Another student with allergies, Avery Tackett, a junior, had issues in the past with food allergies in the dining options.

"There wasn't anything I could eat on a consistent basis," said Tackett. "I had to choose between eating and being sick, or not eating at all."

The Simple Servings line isn't open on the weekends, so in response, Wonderly and the Sodexo staff are willing to prepare a specific meal for an individual upon request.



GRAPHIC COURTESY OF SODEXO

International students speak about their A-State experiences

SHELBY RUSSOM

SPECIAL TO THE HERALD

Students from other countries often have vastly different college experiences at Arkansas State University due to language barriers, new people and their various cultures.

To Sofia Vdovychenko, a business administration major from Ukraine, the hardest part of being an international student is not being able to see her family regularly.

"I haven't seen my family in half a year already. I am not going to see them until summer so that's definitely a minus."

Yusra Alzahrani, from Saudi Arabia, also says that she gets homesick, but views moving to a different country away from her family as a chance to become more independent and responsible.

With different countries comes different cultures and ways of life. Vdovychenko says that the biggest difference she noticed between her home country and the United States is the people. Vdovychenko enjoys being able to be around new people, but for others, it can be intimidating to be around people who think, act,

and speak differently than they do. Louis Walker, a junior multimedia journalism major from Mainstone, England, said: "It was really hard to start with picking up my life and moving not knowing anyone."

Walker said that people in Arkansas are a lot friendlier than they are in his hometown and they do not give him funny looks when he asks questions. Walker also said that there is a real sense of community in the United States even though everything is much further away than it is in his home country.

Vdovychenko was homeschooled for most of grade school, but she said the classes in Ukraine are more intense with a strict dress code for both teachers and students to uphold a certain professional environment. Different cultures have different standards regarding things like how to dress, speak and who should be able to teach. Students and professors alike have the duty to others to actively try to understand and appreciate the differences between cultures to create unity and a better learning environment. Walker says that he does not believe there are massive differences

between the culture of Europe and America, but that he does notice a stark difference between the languages used.

"...There's certain words I use that do not exist over here or words that Americans use that leave me heavily confused," he said.

The use of American slang around international students can leave them confused and have them believing something totally different from what is actually being said. Alzahrani said that since she learned proper English in a very academic university, it is confusing to her when Americans use slang.

Local students and professors must take time to consider that the way they speak is not the way international students will speak. They cannot get angry when students simply do not understand because of language barriers and differences in vocabulary. This lack of knowledge from a professor's standpoint could land the international student in trouble.

CONTINUED:
JUMP, 4A

Arkansas State Museum hosts Saturdays at the Museum

GARRETT HATCHER

SPECIAL TO THE HERALD

Arkansas State University celebrated Black History Month with "Saturdays at the Museum," a weekly event hosted from 1-3 p.m. on the second floor of the A-State Museum. The event will end on Feb. 26.

The event is space-themed, taking inspiration from constellations and the North Star and their relationship to Black history.

"The North Star ties into Black History Month because it was so important to some of these escapes," said Michelle Friend, the tour coordinator.

Friend was in charge of the tinkering activities at the event, which included star and nebula art, teaching how stars are formed and finding constellations and the North Star. One activity involved using small mannequins and

shadows from a projector to visualize how slaves escaped, using the cover of darkness to avoid being recaptured.

"I feel like it's very informative to teach little kids and like people in general who don't understand or never heard about it," said Khalia Pugh, a sophomore computer science major from Little Rock. Pugh was the reader for the event, where she read "Follow the Drinking Gourd" by Jeanette Winter. The book tells the story of an abolitionist who teaches slaves how to hide and navigate to follow the underground railroad using the North Star.

"They've had a ball, they've enjoyed working with the different trinkets and the stars and all the other things that are here and seeing the memorabilia about all that's here and I think they've enjoyed themselves," said Marilyn Newsome, a

youth director at New St. John Missionary Baptist Church.

Newsome came to the event with a group of around 22 people from the church, many of them children from ages 5 to 16, in hopes to entertain and educate them. Newsome encouraged people to come to Arkansas State University Museum, not only for the next event, but whenever. Newsome said that the education it provides is a great resource that can allow people to do what they want to do in life.

Newsome said she wished there were more displays about Black history, but it was an overall enjoyable and educational experience for her and the group.

For more information about the Arkansas State University Museum or upcoming events go to www.astate.edu/a/museum.



PHOTO COURTESY OF LAURA CARTER

Khalia Pugh reads "Follow the Drinking Gourd" to children at the Saturday at the Museum event



PHOTO COURTESY OF LAURA CARTER

A young boy works on nebula art. The event's space theme involved star and nebula arts and crafts projects.

CAMPUS CRIME



RACHEL RUDD

NEWS EDITOR

Feb. 18 | 11:16 a.m.

Officer Takeem Bowman was dispatched to 2508 Honors Bldg Ave. in reference to a fire alarm. Upon arrival, he observed that the first floor was extremely smoky. The Jonesboro Fire Department arrived on scene and attempted to locate the cause of the smoke. They were unable to find the cause. The Jonesboro Fire Department used fans to air out the building.

Feb. 17 | 9:12 a.m.

Officer Sammy Williams received a call from dispatch

that a fire alarm was sounding at North Park Quads building one. Upon arrival, he checked the panel, where it was revealed that the smoke detector in room 1304 D was going off. At that time Ronnie Gilley walked in and looked at the panel, saying he was there to change out the base because they were having trouble with it the previous night. When the Jonesboro Fire Department arrived, Officer Williams relayed that information to them and advised them that Mr. Gilley was in the process of replacing the smoke detector. The JFD advised to let the students back in.

Feb. 16 | 2:31 p.m.

Officer Sammy Williams received a call from dispatch that a hit-and-run accident occurred in front of North Park Quads building one. When he arrived, he spoke to victim one. She stated that when she came back from class she noticed something had hit her car, causing dents and marks. The marks appeared to be white plastic. She parked in handicapped parking and nothing was beside her when she left and nothing was there when she returned.