

Rapid-Fire Opinions

Best Fruit?
Bananas.

Favorite MCU hero?
Spider-man. I grew up with Maguire's spider-man.

PC or console?
Console. PC's are too complicated and too expensive.

Guac or salsa?
Salsa. This one hurt to write because they're both great.

Mac or Windows?
Windows purely for the mouse.

Favorite food?
Chickpeas. They're the chicken of beans.

Best season?
Winter. I'm tired of this Arkansas heat.

Next Poll

Tea vs. Coffee
Which do you prefer: tea or coffee?

Students can answer the poll on The Herald's Instagram page, [@astateherald](#). Instagram polls are posted on Mondays. Have an idea for a poll? Send your ideas to heraldopinion1921@gmail.com.

These and future articles can be found on the Opinion section of The Herald's website. All comics and memes can be found in the Comics section.



Jack Bond is a senior English major from Marion

JACK BOND

OPINION EDITOR

College campuses like Arkansas State University are host to a wide variety of different lifestyles. With these different lifestyles comes different diets – including veganism, so it would only make sense to have a large selection of food options on campus.

And with veganism on the rise, the demand for plant-based options is higher than ever. Restaurants and fast food chains across the country are opening up their menu to include more vegan options.

As someone who has been vegan and living on campus for roughly 3 years, I can say with confidence that while the plant-based food options on campus aren't terrible, there is definitely

room for improvement.

Since the cafeteria has the biggest menu, it has the most room for improvement.

The most noticeable thing about its menu is the lack of good vegan proteins. There's usually plenty of vegetables and fruits to fill up on, but only maybe one serving of beans – two on a good day. Even then, their beans aren't always vegan. For example, the baked beans do not have the vegan symbol that other foods have.

The dressings are also not indicated to be vegan friendly. Although it's safe to assume that most of them aren't (they likely have egg and/or milk like most dressings), it would be nice to know for certain. After all, what's the point of a salad without dressing?

For breakfast, vegans can enjoy oatmeal or potatoes. That's it. None of the cereals are vegan – although only a few had labels, so maybe the unlabeled ones are. Regardless, there are no plant based milks,

so you'd have to eat them dry.

While the menu on the app does show whether some of the desserts are vegan, it doesn't indicate whether they all are or not. Not all vegans do it for their health, and those that do still need a cheat day every now and then.

On top of all this, the menu shown on the app doesn't always match what's on the menu in person. I understand that sometimes food runs out due to high demand and options end up having to be swapped out with something else, but it's disheartening to see a tasty looking option online being replaced with something that you can't eat. However, this is a minor gripe seeing as the menu on the app usually does coincide with the food they offer.

As for the other food joints on campus, there's really not much to say. Mainly because there's not many vegan options offered. Einstein's has a few bagels that you could

get and Chick-fil-A's fries are vegan, but that's pretty much it.

Freshens is the best option mainly for its smoothies. It also has a build your own bowl option that can be used to make vegan meals. It even has a plant-based chicken that you can put in your bowl. However, much like the salad bar in the cafeteria, the dressings are a toss up.

As for improvements, I'd mainly like to see more vegan proteins offered. A plant-based burger or chicken would make a great addition to both the cafeteria and Howl's Campus Grill. For the healthy vegans,

something like tofu or a black bean burger would be more than welcome. Maybe even tempeh or more lentil and bean based dishes.

In the meantime, vegans on campus should learn to cook for themselves if they haven't already. Beans are your best friend, particularly garbanzo beans because they taste the best. Just season them and toss them in your favorite sauce and you're good to go.



Photo by: Jack Bond | Opinion Editor

Access Codes Are Overpriced

JACK BOND

OPINION EDITOR

If you've taken a foreign language class, then you probably already know all about access codes. For those who don't, they're essentially codes that give a student access to a digital learning tool. It provides them with a digital textbook, homework, videos and more.

It's also a great help to professors. The tool automatically grades most student work, leaving professors more time to focus on creating lesson plans and graduate assistants more time to study.

It sounds pretty great so

far, so what's the catch? The catch is their staggering price of usually over \$100. The access code for Spanish classes at Arkansas State University costs over \$200 – and that was without the physical textbook that they usually come with.

Normally, this price would be bearable considering most college textbooks are either rented or sold after being used, which reduces the price. This option is not available with access codes, because they are a one-time use and can only be purchased new. That's right; that whopping \$200 dollar code is your only option.

My main issue with this is that all of the things that are

accomplished by the online learning tool are already being done by a free counterpart – Blackboard, or the soon-to-be Canvas. Both of these sites make buying an access code feel pointless, especially when considering that some courses use both the access code site and Blackboard.

The final kick to the gut is that they expire. Yes, you read that right. After a certain amount of time, students will no longer be able to access the online learning tool.

While this is bad for students who might want to brush up on their knowledge later down the road, it is especially terrible for students

who fail a course and have to retake it later. Instead of being able to save the book for later, they have to pay full price all over again.

Considering that free alternatives exist and are readily available, the hefty price of access codes is sketchy at

best. At worst, it's a predatory way of sucking more money out of students who are already struggling to afford the already insurmountable price of higher education.



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