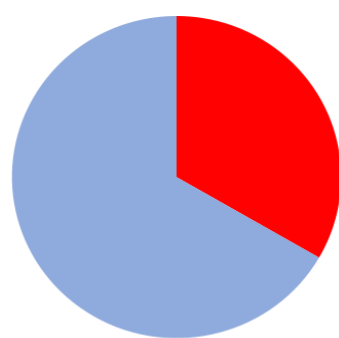


What's Your Opinion?

We asked students if social media companies should be held accountable for their users' content.

Out of 30 responses:
Yes, they should be held accountable -- 10
No, they should not be liable -- 20



■ yes ■ no

Next Poll:

Sexually explicit books
Should sexually explicit books be banned in schools?

Students can answer the poll on The Herald's Instagram page, @astateherald. Instagram polls are posted on Mondays. Previous poll results can be found on theherald.home.blog/category/opinion/poll/. 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.

Section 230 needs to be revised

JACK BOND
OPINION EDITOR



Jack Bond is an English major from Marion

On Feb. 28 and March 1, the Supreme Court will hear two cases that could change the way internet content is moderated: Gonzales v. Google and Twitter v. Taamneh.

Both cases will look into the part of section 230 which states websites that host user-created content cannot be held liable for the content said users post. They will address whether the respective companies can be sued for promoting terrorist content by allowing it to be on their social media platforms.

The bill has garnered bipartisan controversy. Democrats condemn the bill for allowing companies to get

away with promoting hate speech. Republicans condemn the part of the bill that allows websites to remove content which they deem offensive, with many saying that it is an excuse to silence conservative viewpoints.

"The bill is a relic of an internet that no longer exists. It needs to be changed and it needs to be changed now."

So the big question: Should websites like YouTube and Twitter be held accountable for hosting terrorist content? Absolutely.

It is up to them to remove such content from their services, yet they failed to do so. But because the law gives them immunity to liability, the law can do nothing to hold them accountable.

Granted, there is one problem with trying to do so regardless of what the law says. The problem is the near endless amount of content on the platforms. With the myriad of worldwide users, it is inevitable that dangerous content will

fly under the radar of moderators.

It may also be difficult in certain cases to determine what constitutes potentially dangerous content. With the amount of insane people who use the internet, it's sometimes impossible to differentiate between irony and sincerity.

Take YouTube's recommendation algorithm for example. It is an automated process that, while able to be monitored by humans, runs so frequently that it would be impossible to control it completely.

The bill needs to account for this in its revision. It needs to acknowledge that a moderator can only do so much to make sure they host safe content. It needs to require moderation while accommodating for potential slip-ups.

As it stands now, the bill is contradictory. It allows companies to moderate user content, but removes any incentive to do so by giving them immunity to liability.

The bill is a relic of an internet that no longer exists. It needs to be changed and it needs to be changed now.



PHOTO COURTESY OF FOX29

Living cheap and healthy is easier than you think

JACK BOND
OPINION EDITOR

People tend to think of living healthy and living on a budget as a venn diagram with no overlap. "Fruits and vegetables are just too expensive!" they say. This is doubly true for us broke college students.

But what if I told you that the overlap between the two lifestyles not only exists, but is probably bigger than you imagine? Yes, even for said broke students like myself.

The first, and most important keystone of this plan is beans. Beans are the perfect food. They're easy to make, great for your heart and muscles and, most importantly, dirt cheap. One can of Great Value beans at Walmart is only 78 cents. They make great ingredients and meals by themselves.

However, due to the high sodium content of canned beans, it's better to dig out that extra 40 cents for the organic version. The no-salt versions are also good and cost the same as regular, but not all beans have that option unfortunately.

But we can't live off protein alone. We also have to have grains. Thankfully, most rice and noodles are also dirt cheap. A box of Zataran's jambalaya rice, for instance, is only \$2.52 and, when combined with other cheap ingredients,

can last you for quite a few days.

The next step is to make sure you have your fruits and vegetables. Buying a bag of apples is an absolute must. They're only about \$3-5 per bag, and if you put them in the fridge, they last for 2-3 weeks as a quick and easy nutrient-rich snack.

But that's not enough to cover all your vitamins, and most other produce is not that cheap. The solution? Frozen fruits and vegetables. A Great Value 48 oz. bag of frozen berries is \$11.98, but will make enough smoothies for about a month or two.

Their 12 oz. bags of steamable frozen vegetables are much cheaper at 98 cents per bag, and they make a great addition to a recipe for the week. Just throw them in with rice and beans and you've got a healthy meal to last the week.

The last food group to touch on is dairy. As a vegan myself, I find this food category requirement to be, for lack of a better word: B.S. The fact that over 68% of the world has lactose intolerance just proves this further.

If a majority of people literally can't eat it, then why is it still a recommended food group by the FDA? Tangent aside, there are still quite a few health benefits to plant-based milks. They are also, however, the most expensive thing in this article.

While not necessary, I still highly recommend buying a healthy cereal and some plant-based milk for quick, easy and healthy meals. Most plant milks will range from \$3-6 with most cereals in a similar range.

The hardest part, as with any healthy

lifestyle, will be the discipline to not give in to greasy and sugary foods. Living healthy as a busy college student with a minimum wage job is no easy task, but it is easier than you think.

To see the full article go to astateherald.com



Tofu and noodles

Photo by Jack Bond | Opinion Editor

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