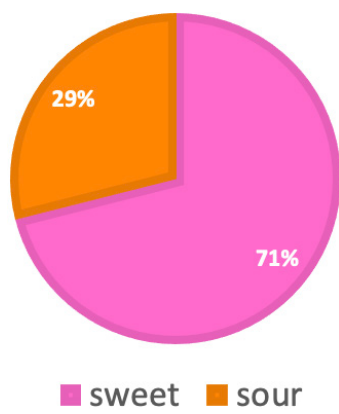


What's Your Opinion?

We asked students whether they prefer sweet or sour foods.

Out of 38 responses:
Sweet -- 27
Sour -- 11



Students can answer the poll on The Herald's Instagram page, [@astateherald](https://www.instagram.com/astateherald). Instagram polls are posted on Mondays. Previous poll results can be found on [astatetheherald.com](https://www.astatetheherald.com). 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.

Satisfyingly sweet over sickly sour

ANNA COX
COPY EDITOR



Anna Cox is a first-year English and global studies major from Paragould.

The age old question: sweet or sour? While some may say sour is the correct answer, I have decided that I want to enjoy life, and if you agree then sweet is the way to go.

After a long day, I don't want to pucker my lips and make a face. I want to savor the taste of something sweet. There is no denying that they both have their draws. Sometimes Sour Patch Kids do look very good, but sweet things just hit the spot so much more; plus, you can eat more without feeling like your tongue is being scraped off and you're drowning in your own saliva.

To prove my point about why sweets are superior I will show all the ways you can improve a dish using nothing but a good ole' Hershey's bar.

First, there is the brownie. With a Hershey's bar, it can be improved

tremendously. All you have to do is break up the Hershey's bar into little squares, then take them and add them into the batter or on top, whichever you prefer. After the batter is cooked the brownies come out more gooey than ever.

"... s'more. That honestly is all that needs to be said."

Now, if you did that with a Sour Patch Kid, it would be horrid, and I mean absolutely horrid. Having a nice fudgy brownie, taking a big bite, then getting hit with a Sour Patch Kid? Disgusting.

Secondly, there is the s'more. That honestly is all that needs to be said, but I'll prove my point anyways. A Sour Patch Kid, or honestly anything sour, would not be good on a s'more. A sweet, soft, melted marshmallow and sour flavor? That sounds rancid.

Lastly, although you could do so much more, one of my favorite things to do is put a Hershey's square in hot chocolate while it is brewing. It makes it so much creamier and is so yummy.

It is now time to get into some of the reasons sour candy just simply cannot top sweets. Which is obviously the fact that if you eat "too much" sour candy it will start to hurt your mouth. The raw feeling you get is honestly not fun coupled with the fact that a piece of candy is telling me to stop eating. So

that's minus two points for sour candy.

Next, there is the fact that it is so much harder to mix sour candy with anything in general. Yes you can throw it in with Sprite and maybe fruit but that's about it. With sweet candies you can add them to so much more.

Now onto the science, according to a study published in the National Library of Medicine by Astrid Nehlig, Ph.D., "Chocolate may interact with some neurotransmitter systems such as dopamine (chocolate contains the dopamine precursor tyrosine), serotonin and endorphins (contained in cocoa and chocolate) that contribute to appetite, reward and mood regulation."

To sum that up, eating chocolate can make you happy and/or help regulate your mood.

For sour, it has been known to

increase risky behavior, another study that was published to National Library of Medicine by Chi Thanh Vi, Ph.D., and Marianna Obrist, Ph.D., stated "In summary, from this first exploratory experiment, we learned that the effect of the five basic tastes on risk-taking behaviour is divided into three clusters, where sour promotes the highest and sweet and umami the lowest risk-taking, while no clear picture was obtained for bitter and salty."

So, not only is sour candy rubbing off your taste buds, but it also increases the likelihood of you doing something risky. Which if you're wanting to do that, of course that's good, but if you are trying to calm down for the night, sour candy does not seem like it would do the trick.

In conclusion, sweet is rad and sour is sad.



PHOTO COURTESY OF REUTERS.COM

Around 70 millions Hershey's kisses are produced each day.

Sour stays superior

REBECCA ROBINSON
EDITOR-IN-CHIEF



Rebecca Robinson is a senior multimedia journalism major with a minor in political science from Sheridan.

Candies, fruits and sour treats have long been the best and most complex flavor many chase. There is a reason most classic gummy candies have a sour counterpart. There's a reason behind why, as humans, we enjoy sour taste. Science has been linking sour candies and the chemical serotonin.

Previous studies have shown that when eating sour food there is a release of serotonin, but in new research, serotonin may be the reason we can taste sour in the first place. Serotonin releasing into the brain affects many bodily functions but more important in this case is mood.

The only way to interpret this data is the key to happiness found in a little sour candy.

"Our best moments in life are filled with the flavor. Sour candies on Halloween, a sour pickle at a baseball game and a sour lemonade at a county fair."

If perhaps you are worried about your teeth, there are plenty of other sour flavors to enjoy other than candy. Different vinegars, sides of kimchi, sauerkraut or kombucha paired with a meal can give you that sour flavor in your day to day diet without being just candies. There is a plethora of fruits like grapefruits, lemons, tart cherries, certain oranges and cranberries to snack on as well.

Sour pairs so well in dishes. Like sour fruit and cheese or kimchi on plain rice. There isn't one way you have to enjoy the flavor. One of the coolest parts about the flavor is that the reason you may enjoy it is due to years of evolution.

Rob Dunn, The North Carolina State University ecologist, and his

partners have been looking into why people are so fascinated with sour flavors. Dunn's research pointed toward the answer lying in evolution.

This is why certain animals only have certain taste receptors. For example, dolphins "appear to have no taste receptors other than salty;" however, acidic and sour flavors are enjoyed by some animals due to their evolutionary history. Like pigs who are "attracted to fermented corn."

Our best moments in life are filled with the flavor. Sour candies on

Halloween, a sour pickle at a baseball game and a sour lemonade at a county fair. The flavor has become so popular that in the past 20 years there has been an increase in sour marketed candies because children love them.

I can already hear the complaint about the sour flavor being so acidic that it burns gums and cheeks and erodes at the tooth enamel, but if everyday is Christmas it can't be Christmas. The flavor is a treat to have a little sour every now and then. It makes it a highlight and something to look forward to.



PHOTO COURTESY OF TASTINGTABLE.COM

The Department of Agriculture estimates that Americans eat 8.5 pounds of pickles per year.

THE HERALD

REBECCA ROBINSON: EDITOR-IN-CHIEF
rebecca.robinson@mail.astate.edu

RACHEL RUDD: NEWS EDITOR
heraldnews1921@gmail.com

BRAYDEN MORSE: SPORTS EDITOR
heraldsports1921@gmail.com

JACK BOND: OPINION EDITOR
heraldopinion1921@gmail.com

KARA CAMPBELL: LIFE EDITOR
heraldlife1921@gmail.com

CAROLINE AVERITT: PHOTO EDITOR
heraldphoto1921@gmail.com

GRAPHIC DESIGN EDITOR
heraldonline1921@gmail.com

SANDRA L. COMBS: ADVISER; ADVERTISEMENT SALES
scombs@astate.edu
astateherald@gmail.com

THE HERALD OFFICE IS IN ROOM 224 OF THE COMMUNICATIONS/EDUCATION BUILDING.

NEWSROOM: 870-972-3076

AD OFFICE: 870-972-2961

FAX: 870-972-3339

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