Upcoming Lev Events

- **Out of South Africa Culinary Event**— Fri, 1/29
  Sebastian’s Interactive Kitchen, Boston. Cooking demonstration, a hands-on cooking class, and authentic South African dinner.
- **Chocolate Bar**— Every Sat 11-3, Langham Hotel, Boston
- **3rd Annual A Cappella Fest**— Sat 1/31 8:00p
  Congregation Kehillath Israel, Brookline. Featuring BU, BC, Brandeis Harvard, Tufts, Yale, a South Indian Group, and more!
- **2009 Boston Beanpot**— Mon 2/2, 5:00p
- **Muhammad Yunus discusses his new book**— Tues 2/3, 7:00p
  First Parish Unitarian Church, Cambridge
- **Returning To Harvard**:
  A Discussion Group with Diane Weinstein. Dates & times to be determined.

Courses not listed in the Course Pack

- **Historical Study A-34. Medicine and Society in America**
  Catalog Number: 1552  Jeremy Alan Greene
  Half course (spring term). M., W., at 11, and a weekly section to be arranged.
  Surveys major developments in the history of American medicine since 1500.

- **Historical Study A-88. The British Empire - (New Course)**
  Catalog Number: 9910  Maya Jasanoff
  Half course (spring term). Tu., Th., at 10, and a weekly section to be arranged.

- **Historical Study B-43. (formerly History 1629). Slavery/Capitalism/Imperialism: The US in the Nineteenth Century**
  Catalog Number: 5470  Walter Johnson
  Half course (spring term). M., W., (F.), at 11, and a weekly section to be arranged.
**Shop ‘Till You Drop: Addiction**

**Oniomania:** (Greek onia: ‘for sale’; mania: insanity)
1. A maladaptive preoccupation with buying, shopping; impulses to buy that is/are experienced as irresistible, intrusive, and/or senseless; frequent buying of items that are unnecessary or unaffordable. Compulsive desire to shop; estimated to affect as many as 17 million Americans, roughly 1 in every 20 individuals. Commonly referred to as Shopaholism and Compulsive Buying.

(FYI) **Buying as distinctly different from Shopping:**

**Buying:** Acquisition in exchange for payment.

**Shopping:** Purchase of goods from stores.

**Non-Exhaustive List: Indications of Oniomania**
- Shopping or buying as result of disappointment, anger, or fear.
- Purchases triggering simultaneous rush of euphoria and anxiety.
- Purchase of items on credit that would not otherwise be bought with cash.
- Many purchases going unused or forgotten.
- Denial or concealment of precisely how much was bought or spent.

**Aftereffects of Oniomania**
Consequences of oniomania, which may persist long after a splurge include, but are not exclusive to, consumer debt, theft, embezzlement, defaulted loans, general financial trouble, among other effects.

**Coping: Self Help Groups**
- Debtors Anonymous
- Stopping Overshopping Group Telephone Coaching Program
  - wikiHow: ‘How to buy nothing’
  - Shopping Addicts Only (Yahoo! group)

**As Consolation: Famous Shopaholics**
- Princess Diana (clothing)
- William Randolph Hearst (antiques)
- Jacqueline Kennedy Onassis (clothing)
- Mary Todd Lincoln (gloves: owned 84 pairs)
- Marie Antoinette (everything)

**Important Campus Dates**
- Deadline for ARTs First Mon Feb 2
- Study Card day: Feb 4th
- President’s Day: Feb 16th

**Breakfast Cereal, A History**
- Breakfast cereals originated with the vegetarian movement at the end of the 19th century. The typical breakfast at the time consisted of eggs, bacon, sausage, and beef.
- The first cereal was Granula, invented in the US in 1863. The cereal never achieved popularity, as its heavy bran nuggets required soaking overnight before they were edible.
- Battle Creek, MI, known as Cereal City for its claim to fame—Kellogg—is home to the first popular cereal: Granola. Originally named, like its predecessor “Ganula,” a lawsuit led to the switch in title for this wheat, oat, and cornmeal concoction designed for its inventor’s patients suffering from bowel problems.
- Kellogg’s greatest invention was an accident, after Kellogg left a batch of boiled wheat soaking overnight. His brother would invent corn flakes from a similar method.
- Introduced in 1953, Kellogg’s Sugar Smacks were 56% sugar by weight.
- Breakfast cereals did not target children until after WWII
- Breakfast cereal restaurants, such as Cerealicious in the Philippines and Cereality in the United States and Canada, address the craving for cereal anytime, anywhere.