**Toss That Lettuce**

**E. coli Outbreak Forces Total Romaine Recall**

Dani Grady

The Centers for Disease Control and Prevention issued a food safety alert advising that U.S. consumers not eat any romaine lettuce on Nov. 20, just two days before Thanksgiving. A multistate outbreak of E. coli infections prompted the recall and jump-started an investigation.

The advisory called for consumers with any type of romaine lettuce in their home to not eat it and throw it away immediately, including whole heads of romaine, hearts of romaine and precut lettuce and salad mixes containing romaine, such as spring mix and Caesar salad mix. The CDC stated that consumers should throw away any other lettuce that they questioned could be romaine, and wash and sanitize refrigerator drawers and shelves with which any romaine lettuce had come in contact. Additionally, the CDC instructed restaurants and retailers not to serve or sell any romaine lettuce.

The complete advisory against consuming romaine lettuce, no matter where it was grown or when it was harvested, came after 32 people reported infections with the outbreak strain of Shiga toxin-producing Escherichia coli from 11 states, according to the CDC. Thirteen of those infected were hospitalized, and although one did develop kidney failure, no one died.

The connection between the romaine lettuce and E. coli infections is based on observed "growing and harvesting patterns," Scott Gottlieb, FDA commissioner, said. Gottlieb went on to tweet that romaine lettuce from different growing regions, like Florida and Arizona, will be harvested soon, as the FDA works to label produce for location and harvest date with growers and distributors. Specifically, the FDA is looking for other possible ways to inform consumers that specific romaine lettuce products are post-recall. USA Today explained, as well as working to create a new labeling standard that will require companies to report where their lettuce is from and when it was harvested.

States affected by the outbreak include California, Connecticut, Illinois, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New York, Ohio and Wisconsin.

The Public Health Agency of Canada has learned of an additional 18 people infected with the same strain of E. coli in Quebec and Ontario, according to Fox 6 Now.

E. coli is a bacterium commonly found living in the intestines of healthy people and animals, according to the Mayo Clinic. Though most varieties of E. coli are harmless, a few strains, like the one causing this outbreak, can result in severe abdominal cramps, vomiting and a need to frequently use the restroom. These symptoms tend to begin three to four days after initially consuming a harmful strain of the bacteria. Healthy adults normally fully recover from an infection with a few strains, like the one causing this outbreak, can result in severe abnormalities. In rare cases, young children and older adults can run a risk of developing a life-threatening type of kidney failure from the infection, known as hemolytic uremic syndrome.

"The illness is primarily caused by the body's reaction to the toxin produced by E. coli, antibiotics are not recommended to treat patients with the infection, the CDC reported. Furthermore, some studies have shown that giving antibiotics to someone with this infection can increase their risk of developing hemolytic uremic syndrome. The CDC recommends mainly treating the illness by drinking a lot of fluids and resting."

A few days into the outbreak investigation, the Food and Drug Administration announced that it most likely originated in California, according to USA Today. The connection between the romaine lettuce and E. coli infections is based on observed "growing and harvesting patterns," Scott Gottlieb, FDA commissioner, said. Gottlieb went on to tweet that romaine lettuce from different growing regions, like Florida and Arizona, will be harvested soon, as the FDA works to label produce for location and harvest date with growers and distributors. Specifically, the FDA is looking for other possible ways to inform consumers that specific romaine lettuce products are post-recall, USA Today explained, as well as working to create a new labeling standard that will require companies to report where their lettuce is from and when it was harvested.

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E. coli-related illnesses began on dates ranging from Oct. 8-Oct.31, according to the CDC's records. Public health officials interviewed all people throughout the investigation to learn what foods they had eaten and what they had been exposed to the week prior to their illnesses. Seventy-nine percent of those interviewed reported eating romaine lettuce, including several different types that were from many different restaurants and retailers, the CDC's records show.

There have been 22 outbreaks investigated by the CDC thus far in 2018, according to People, which is the highest number of total investigations in all of the last 12 years. However, Gottlieb does not think that this is because food has become unsafe, but instead because newer technology is allowing regulatory agencies to better link outbreaks of human illnesses to a common pathogen. For example, public health surveillance methods like PulseNet test and detect foodborne illnesses in sick people, making it easier for them to identify an outbreak, People reported.

Nevertheless, agencies like the CDC and FDA are continuing to investigate the romaine lettuce outbreak, in hopes of restocking refrigerators with healthy lettuce as soon as possible.

**Quote of the Week:**

"What a beautiful thing it is, to be able to stand tall and say, ‘I fell apart, and I survived.’" - Faraway
If you are anything like me, the addition of some crappy grumps can be as bad as any meal. Poorly, this important symbol is a form of color and texture in addition to imputability and multiplicity. What would your favorite review be without vegetables or fruits? We would probably have to hand over the summer to Simmons’s ‘The Tab’ really taste the same without that rich sitting or lack of round view? Could I really ever be expected to lay off the lettuce? Well, the CDC certainly seems to think so as it is through the recent self. You will be the least distracted during your work time. We may not be the most productive human life too, so he’s constantly trying to escape death with limited supplies. He’s human life too, so he’s constantly trying to escape death with limited supplies. The day story plot has, the more it seems like the rest of Mars as evidenced in the title.
Advancements in technology are extremely beneficial to our society, especially to students who can use these technologies to learn and better prepare for exams. However, with over 2.5 billion social media users, according to Statista.com, things like cellphones and laptops can become a cause of distraction in the classroom. For example, many professionals have strict cellphone policies and only allow students to use their phones or laptops when taking notes. Although many students now have smartphones and use them in class, professors do not often realize that the new smartphones can do almost everything that a cell phone can.

For example, Dr. Jessica Sarver, assistant professor in physical chemistry, does not have any specific policies targeted towards smartwatches. “I never considered it until right now,” said Dr. Sarver. “During lectures or lab, students are more than welcome to use their cellphones, but they cannot use their cellphones for calculations on exams.”

Dr. Sarver does not feel the need to limit the use of technology in the classroom and feels that it would be very noticeable if a student were to use their cellphone or smartwatch during an exam.

“I think it is more difficult to use a watch for calculations, and I think it would be obvious if a student were to be using their watch during an exam,” said Dr. Sarver.

Junior accounting major, Tyler Chey, has an Apple Watch but uses it primarily due to its health monitoring features. “I have a smartwatch because I like how it keeps track of all your exercise and helps you meet your exercise goals,” said Chey. “I also like it because when I go for runs, I don’t have to carry my phone with me, it keeps track of my steps, measures my heart rate while I’m running, and even helps me think of a certain distance.”

Chey occasionally uses her smartwatch in class but has never had to deal with a professor who does not want students to use them. “None of my teachers really have a strict cell phone policy either, but they prefer that we’re not on our phones,” said Chey. “Personally, I’ve never gotten into trouble for using my watch or cellphone in class, but I have heard that people take pictures of things and pull them up on their watch during exams as a way to cheat.”

Sophomore nursing major, Megan Parker, also uses her smartwatch to track her exercise but also knows how committed it is. “I had been wanting one for a while to use in my nursing school, so I received it as a graduation gift,” said Parker. “It is also a nice way to keep at what I receive texts, rather than looking at my phone.” Although Parker uses her watch in class, she has never had an issue with professors about it. “None of my professors had any problem with me wearing my new watch and, in fact, they encouraged me to use a specific watch.”

This was the first year that Westminster’s Student Symposium on the Environment was held. This event teaches many valuable skills to students. Junior environmental science major Alana Moberg said, “I think this is a great opportunity to showcase your work to professors.”

Sophomore environmental science major Victoria Lisbon commented, “As a presenter, I highly recommend it. I think this is a great opportunity to showcase your work to professors.”

Dr. Chuey discussed “STEM in Germany with the Congress-Bundestag Exchange.” This event teaches many valuable skills to students. Junior environmental science major Alana Moberg said, “I think this is a great opportunity to showcase your work to your peers, professors and possible employers.” It also introduces you to a whole bunch of middle school aged students who can see that a STEM career is important in the real world, namely how to market and express yourself.

Sophomore environmental science major Victoria Lisbon commented, “As a presenter you get the opportunity to connect with possible employers, members of the community and fellow students via your research. This is, to an extent, also available to someone attending the symposium. In either direction you learn a lot. Attending you get to learn about many interesting projects and actually do it with the researchers themselves. As a presenter you get the experience of presenting, networking, and learn what things you need to work on in your next year to have a better presentation.”

**CROSSWORD ANSWERS**

BLAB TRACT RIB A
AESIR REVUE OAR
SISKELEPTA DNB
PIPPARE EGGS
ERS SACRE
AGE LAUREL HARDY
CURA SRO LESSEE
TANGO ESP REHAN
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LASSO ESTATES
LAOS DONT
ORE TAEFFTHARTLEY
NOW MAIN IN
GEE PERTIL REDS

**CROSSWORD PUZZLE AND HOROSCOPES ON B4**
Remembering Stan Lee

Alina Clough

For current college students, Stan Lee and the characters in the Marvel universe were more than just occasional cameos through their childhoods. For many, they have served as formative figures in learning the complexities of morality and heroism, shining light on the gray areas between good and evil of the comic's leadership.

Stan Lee passed away on Nov. 12 at the age of 95 after a long and successful career crafting the Marvel universe. A first-generation American born in Manhattan, Lee surrounded himself with books and movies, a child who fueled his fascination with heroic figures.

When he began his career in an editing career in the 1940s, his comic book company evolved into Marvel Comics over the course of two decades. During that time, his stories were full of fascinating heroes who ramped up the fight against climate change and have served as formative figures in learning the complexities of morality and heroism, shining light on the gray areas between good and evil of the comic's leadership.

Lee's primary contribution to his field was his humanization of heroes. He sought to make heroes more relatable by drawing flaws into his characters, giving them more complex emotions and moralities than the perfectly heroic figures of yesteryear. He believed in the power of allegory in addressing moral questions, weaving social commentary into his stories in a way that resonated with viewers.

Beyond the stories themselves, "Stan's Soapbox" was one way Lee sought to influence the world, using his social commentary to both etch out his personal beliefs and make them more relatable and accessible to viewers.

The way Lee sought to effect change in his world, using his social commentary to both etch out his personal beliefs and make them more relatable and accessible to viewers.

Many in the Marvel universe have indeed taken on a life of their own. The Avengers, the X-Men, The Fantastic Four, and the Guardians of the Galaxy, along with singular characters like Spiderman, Iron Man, Captain America, The Hulk, Deadpool, and Wolverine, only to name some of the most prominent contemporary representatives of the heroic age and complex buildups and futures that can be told for decades to come. Particularly resonant green Hollywood trends of remakes and reboots, even existing superheroes are likely to be reimagined.

While Lee’s passing marks the end of an era, the life he lived showed the value of putting your heart and soul into your work and in using your platform for good. While there is much to mourn, his creations have been gifted lives beyond the page, and we will continue to remember him with fond memories made because of Lee’s creations, and where there is much to mourn, his creations have been gifted lives beyond the page, and we will continue to remember him with fond memories made because of Lee’s creations, and.

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The Paris Agreement set a goal to limit global temperature rise to a maximum of 2 degrees Celsius above pre-industrial levels and was signed by 195 nations. The agreement.

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The Paris Agreement focuses on the Paris Agreement, which was signed in 2015 by 196 nations, and is aimed at reducing greenhouse gas emissions. The agreement.

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Climate change, in the context of the conference, is no exception and has several systems in place to reduce the campus environmental footprint.

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You Light Up My World: Holiday Traditions

Sunday evenings. This week is part of Advent, so if you are interested, join the community Center and is open to students. Westminster College also offers a weekly Vespers service, with too many students to offer these opportunities and, as someone who was reminded where our small numbers are a strength and encourage the student body to bond with faculty the well-deserved Christmas break coming soon.

Charlotte E. Shunk

However, Mother Fair hosts residency to a handful of international students whose holiday are accustomed to the snowy, tinsel-trimmed holiday festivities of Western Pennsylvania. As a native of Zambia, one of those things that represented Christmas – also, being with family while you're doing in this tradition.

“Is because they think it can help their children to escape misfortunes and ghosts. It's like off Nian in the traditional legend of the holiday. We stay together and make houses bright. We talk, play cards game, play fireworks and eating throughout the day.

Regarding this event, Sophomore Charlotte E. Shunk explained that: “The Hanging Christmas Tree is a wonderful tradition that allows students to share their own holiday memories and experiences in a manner that materializes along with scriptures for the holiday season. As the director, everyone who attended helped to decorate the Christmas tree. I think the ending is so lovely because it includes everyone, bonding people through a shared joy of the season.”

So how are we, with only finals week separating us from returning to our homes, spending Christmas celebrating with loved ones and rising up for next semester. Lastly, campus seems practically alive with talk of Christmas – the cards on Titan Radio, the Angel Tree’s appearance in McKelvey and various seasonal events popping up all over Westminster. From the strings of New Augusta’s twinkling lights and garland that were on schedule to be seen when students vacated campus for Thanksgiving.

The TUB remained filled with a softly lit ambiance until the tree flared into light the moment everyone had been waiting for, marking the start of the Christmas season at Wallace Memorial Chapel. That night, the lights in the TUB began to darken around 6:30 p.m., eliciting excitement among students. The tree, new branches across campus tunnels, jingled the unmistakable sound of trees previously set up and sparking around the campus. Even the word “LOVE” was still spilled out in the grass near the TUB entrance, but visible from the third floor of McKelvey. It seems the Westminster Community is ready to finish these fall finals and enjoy the well-deserved Christmas break coming soon.

DeLIGHTful Display

Cascade Park in New Castle annually hosts their “Cascade of Lights” Christmas display to get Lawrence County citizens in the holiday spirit. This year will mark the 19th consecutive year the display has been held. Cascade Park is open from 4 p.m. – 9 p.m. on Thursday, Friday, Saturday and Sunday nights from Thanksgiving until the first Friday in January. Additionally, those who attend the display on Dec. 8 or 15 will have the opportunity to take part in a unique Christmas tradition, the lighting of the tree.

As a child I even had fireworks [to light] myself – smaller, less dangerous ones. It was one of those things that represented Christmas – also, being with family while you’re doing in this tradition.

Firework displays mark the end of Spring Festival. Different in many ways from the holiday most Western students are accustomed to, learning how international students celebrate traditions from their home country indicates a paradigm shift where holidays resolve, identity, family and joyous experiences fall in stride.

On campus, the lights of the TUB began to darken around 6:30 p.m., eliciting excitement from students and faculty who were eagerly awaiting the Tree Lighting at 7 p.m. Everyone gathered to ring in the new year in the TUB’s upper chapel. Students could take hot cocoa and cookies while celebrating the beginning of the Christmas season and enjoy company in a community outside of the classroom. President Kathy Rockefeller spoke and the assembled group prayed before traveling back into town.

McMaster noted that the Christmas music playing in the park was a nice touch andCejer said, “I think light shows like the one in Cascade Park are really nice because it does a good job too, we get a lot of people who come on snowy nights. The weekends all charged for cars to be allowed to drive through the park, however, the proceeds go towards keeping the display open and expanding for future years.

According to an article from the New Castle News, the team behind the “Cascade of Lights” display tries to expand and change up the layout of the display every year. The team always includes the students who are enrolled in a course in light design, and it’s used to fund future events. This year, those who make the trip to Cascade Park will see a flying pig and a hovering spacecraft. Additionally, Brian Heichel, the New Castle Parks and Recreation Director, is excited to show the display. Heichel told New Castle News, “The day just before the Spring Festival, we stay up, called ‘shou sui. ’ As a child I even had fireworks [to light] myself – smaller, less dangerous ones. It was one of those things that represented Christmas – also, being with family while you’re doing in this tradition.

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Celebrity Series Presents Jackie Evancho

Sharia Kemewa

The Celebrity Series is proud to announce the upcoming season! The Celebrity Series is a nonprofit organization based in the United States and presents high-quality music, dance, and theatrical performances to a diverse audience. The series is dedicated to bringing world-class artists and entertainers to the Richmond area.

The 2020-21 season will feature a variety of artists and performers, including international vocalists, dancers, and musicians. The season will kick off with a performance by Grammy Award-winning singer-songwriter Jackie Evancho, who will be joined by a local orchestra and choir.

The Celebrity Series is committed to providing affordable tickets to all ages, and pricing for the 2020-21 season will be announced soon. For more information, visit the Celebrity Series website at www.celebrityseries.org or contact the box office at (804) 786-7868.

With the holiday season fast approaching, it is time to start thinking about the ever-esteemed subject of gifts. In this guide, I will provide tips and advice on how to select the perfect gift for someone you care about, and also mention some books that may be of interest.

Perhaps you know someone who dreams of a beautiful piece of jewelry. This book might be perfect for them. It is a collection of beautiful and meaningful jewelry designs that can be created at home using wire and beads. The designs are inspired by traditional jewelry styles from around the world and are easy to follow with step-by-step instructions.

Another great gift idea is a subscription to a high-quality magazine or newspaper. This can be a wonderful way to stay informed and entertained throughout the year. Some popular options include National Geographic, The New Yorker, and The Economist.

Finally, consider giving a gift card to a local restaurant or store. This can be a thoughtful way to support a business in your community and also provide someone with something they can use and enjoy.

With careful planning and consideration, you can choose the perfect gift for someone you love. I hope this guide has been helpful in your gift-giving journey.

Celebrity Series Presents "The Long Christmas Dinner"

Alexa Briggs

Imagine leaving Westminster's campus and going home to your family for the holidays. Whether it's Christmas, Thanksgiving, or another holiday, there's no question that it's a special time for many people. Each family has their own traditions and ways of celebrating, but one thing that remains consistent is the need to leave and return home for the holidays.

This year, the Celebrity Series is excited to present "The Long Christmas Dinner" by Thornton Wilder. This one-act play is set in a fictional family's home on Christmas Eve, and it follows the family as they prepare to celebrate Christmas with friends, family, and neighbors.

The play runs for approximately 35 minutes and was first published in 1931 alongside Wilder's short novel "Other Plays in One Act." Although not many people may have heard about "The Long Christmas Dinner," it is known for its emotional and philosophical themes.

Wilder's play is a reflection on the meaning of Christmas and the importance of family and community. It is a thought-provoking piece that challenges the audience to consider the true meaning of the holiday season and the sacrifices that are made to make it special.

The performance will be held on campus at 7:30 p.m. on Friday, December 13. Ticket information can be found on the Celebrity Series website or by contacting Georgene Gibbons at gibbonsgeo@wm.edu. The performance is free for all students and discounts are available for students with ID.
Earlier this fall, Westminster College recognized four alumni for their outstanding achievements in their college athletic careers. Senior Emily Krinos, Senior Joe Stewart, Senior Mier, and Senior Loucks were acknowledged at the 2018 Hall of Fame Inductees announcement as the Class of Inductees to the Hall of Fame. The athletes were formally inducted at a dinner ceremony later that evening. Senior Emily Krinos has been an active member of the Westminster Men's Swim Team and will be recognized. Senior Joe Stewart has been an active member of the Westminster Football Team and will be recognized. Senior Mier has been an active member of the Westminster Women's Golf Team and will be recognized. Senior Loucks has been an active member of the Westminster Track and Field Team and will be recognized.

**The Hall of Fame Induction Ceremony was a special occasion for Westminster College.** While their accomplishments are impressive enough to say the least, any athlete knows that what really matters is the dedication and that athleticism that these individuals possessed. Their achievements are not a result of luck, but of hard work and dedication. These athletes exemplified.

**A large part of athletic involvement is learning how to balance academics alongside it.** Mier has a chemistry major and plans to pursue food chemistry in graduate school after receiving her bachelor’s degree. She is also involved in women’s golf, tennis, and a sorority, sorority life, and research projects, and she is a chemistry teaching assistant. When asked about balancing all of this, she explained, “Well, I have found that golf practices are extremely flexible and basically on my own time. It was helpful that golf matches are only on the weekend, allowing me to focus on academics.”

Mier has been golfin since she was in kindergarten and has worked hard to improve as a player for years. She describes Westminster as a team that with the match. Mier is looking forward to her senior season and the PAC Championships. After the teams incredible performance in Fall Championships, the team has been bit soft for the rest of their season.

**Students decide to attend Westminster for a variety of reasons, but a leading factor in attracting students from all across the country to New Wilmington is that the college’s athletic program offers a unique blend of academics and social life, while working out and practicing helps them perform well in their sport.**

Westminster’s Weekly Athletic Honors

**Matthew Truval**

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FRIDAY, DECEMBER 7, 2018

TWOSOMES

ACROSS
1. Spill the beans
2. Pompadour
3. Baseball stat
4. Norse gods
5. Musical or vaudeville
6. Rowing essential
7. Movie critics
8. Cell constituent
9. Metric unit
10. Finial
11. Soil mates?
12. Sign of a hit
13. Tenant
14. Former American actress
15. 19th C. lithographers
16. Small child
17. Extensive properties
18. Creek
19. Former American actress
20. College degs.
21. Italian currency
22. Dance
23. Stratagem
24. 1987 Oscar winner
25. Two-time Drama Critics’ Award Winners
26. Italian three
27. Italian physicist
28. Small missile
29. Actor-folksinger
30. Greek marketplaces
31. Italian physicist
32. Two-time Drama Critics’ Award Winners
33. Busybodies
34. Basket
35. Indonesian islands
36. Floral perfume
37. Indefinite article
38. Certain
39. Famous
terms of affection
40. He adds the crowning touch
41. Possessing a will
42. Floral perfume
43. Country singer McEntire
44. Finnish
calombrine
45. Cambodian
calambrine
46. Two-time Drama Critics’ Award Winners
47. Small missile
48. 19th C. lithographers
49. Certain
terms of affection
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62. Creek
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69. Creek
70. Creek
71. Creek

DOWN
1. College degs.
2. Graft
3. Balaam’s mount
4. Actor-folksinger
5. Italian three
6. Chef in France
7. Female
calombrine
8. Busybodies
9. Vietnamese holiday
10. Prolific musical collaborators
11. President
12. Savings acct.
13. Mina
14. Indonesian islands
15. Bauxite,
earctica
16. Viet Cong
17. Asian country
18. 40s legislative two-tome
19. Haiku
20. Basketball
21. Artistic property
22. Aye
23. Ripe
24. Balaam’s mount
25. Tenor
26. Dessert
27. 1919’s C. Illistrators
28. Late
29. Someone’s
terms of affection
30. British
calambrine
31. Vietnamese holiday
32. Italian
33. Hollywood
calambrine
34. Former
calambrine
35. Indonesian
calambrine
36. Cooking abbreviation
37. Indonesian
calambrine
38. Two-time Drama Critics’ Award Winners
39. Certain
terms of affection
40. He adds the crowning touch
41. Born
42. Two-time Drama Critics’ Award Winners
43. Florida
44. Want
45. Italian
calambrine
46. Hawaiian
calambrine
47. Italian
calambrine
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Taurus
You can’t make a calculated guess about in- calculable things. The role that other yourselves have unquantifiable states that involve feelings and aesthetics. Because you won’t have to ded- uce the odds of success through logical means, let your heart and intuition do the math.

Cancer
Relationships are built over time. You’ll really click with a person. You may reach a certain social ‘clas- sification’ very quickly. It may seem you’ve found a shortcut. Also, there are no shortcuts. You’ll have to go back over the territory you missed. But that’s good, too, because it will be a pleasure.

Virgo
When you’re being led to an option by people who would benefit from it. It’s tricky to see other options. Yet there are many. Events will gently shake you awake so you can take them all in. There’s one direction that plays to your strengths, and there’s no good reason not to take it.

Scorpio
Language is power; leverage, a marker of where we are with ourselves and the world. Although it is hard to read up your thoughts and get them marching in your direction, it’s far less difficult to monitor your language, steer it from negative bias and focus it toward your own empowerment.

Capricorn
Studies estimate that it takes 200 hours in a rela- tionship with another person to become a close friend, which is why putting in the time is a must, but you don’t stop there. You do find creative and interesting ways to connect with others this week.

Pisces
Who is helping you solve the problems of life? Not the same person who sent you on a wild chase last time. In the end, that felt like the opposite of help. You’re wise now, and besides, you just don’t have time for it. The answers you need will come in an intelligent, expert and customized form.

CROSSWORD SOLUTIONS ON PAGE A3
SUDOKU PUZZLE ON PAGE B2