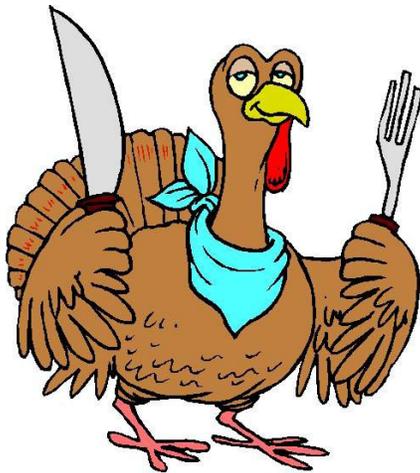




QUICK BIC NEWS

Prolonging the Thanksgiving Spirit

I hope everyone enjoyed their very brief but restful Thanksgiving break. I know I did. I ate way more than I should have



and did not finish any of the school work I had intended to do. On my drive back to Waco, I found myself complaining about finals, and how the break wasn't long enough, and how I always gain so much weight over the holidays. My irritable mood continued when I arrived at my apartment. I cursed my front door key for being so difficult to turn

and rolled my eyes at the sky for appearing gloomy. It wasn't until I unpacked all my stuff and flopped onto my bed that I began reflecting on my attitude. There I was, complaining about everything wrong with the world when it hadn't even been a whole twenty-four hours since I enjoyed Thanksgiving dinner.

Finals are stressful - there's no doubt about that - but complaining about them isn't going to improve your situation. What will make these coming weeks more bearable is remembering all of the people who are supporting you and praying for you to do well. I know Thanksgiving is over, but just because the festivities have stopped doesn't mean the gratitude has to. Here are a few things that I am always thankful for:

My Mom's OCD

My mom is a neat freak. If I leave anything out, she will put it away in a drawer or cabinet immediately upon sight. When she notices a tiny piece of dirt on the ground, she literally bends down, pinches the microscopic piece of dirt between her thumb and index finger, opens the front door, and throws the dirt outside. Sometimes, just to mess with her, I'll purposely leave my sweater on the counter. Within seconds I hear my name being called in elongated syllables, the way my mom always calls my name when she needs me to put something away or clean something up. My mom's incessant need for perfection is annoying at times, but I love her for it, because it is a component of her personality that is so uniquely hers.

My Brother's Laugh

Each time I go home and see my brother, it's as though he's has grown another four inches. His baby chub is being replaced with muscles and his voice continues to drop. Despite my brother's newfound manliness, his laugh still sounds like a cross between a hyena and a twelve year old girl. There are times when we're sitting in complete silence, each of us preoccupied with our own cyber activities, and out of nowhere, my brother combusts into the most high-pitched, shrill giggle anyone's ever heard. When I inquire about the source of his rambunctious laughter, he usually responds with something along the lines of, "You've got to watch this cat video." Yeah. My brother is pretty awesome.

My Dad's Sappiness

You know the sappy guy who's always writing poetry, painting, and talking about traveling the world? That guy is my dad. In his spare time, he is either writing poetry on his blog, or working on his latest oil painting. Last summer, my dad and I visited Paris for a week and now my he is obsessed with Europe. (I swear he was European in a past life.) He plans to go to Rome this summer and Greece the summer after. My dad is obviously a hopeless romantic, which is ironic, because he earns his living working as a computer engineer.

Let's extend the Thanksgiving spirit into these last few weeks of the semester. When you find yourself complaining about this test or that homework, just recall the idiosyncratic quirks about your friends or family members that make you smile. This will make your problems shrink in magnitude as you begin appreciating the good in your life despite the bad. And let's not forget; once finals are over, Christmas is right around the corner!

Ada Zhang '15
QUICKBIC Editor



*Good Luck
with finals!*



Making the Most of Your Summers as an Undergrad

In high school, I spent my summer vacations lifeguarding at my community swimming pool. Once I got to Baylor I started realizing how many summer opportunities existed for college students. As a freshman, I didn't feel like I had the necessary skills to get a meaningful job, but once I became a sophomore I began seriously seeking out summer internship opportunities that would prepare me for graduate school and a real-world job. My real breakthrough came after a meeting with a professor who helped me realize my passion for biostatistics or epidemiology. Upon recognizing this passion, I searched the internet for summer internships in the field of biostatistics. One particular program stood out to me, and I ended up spending my summer in Atlanta, GA, participating in the Summer Internship in Biostatistics (SIBS) at Emory University. The SIBS program gave me a general overview of the field of Biostatistics, including tips on graduate school admissions and careers in the field. I came out of the program with a renewed enthusiasm for Biostatistics and immediately began looking for a similar program for the next summer. When the time came to submit summer applications, I emailed a professor I met at Emory to see if he knew of any programs that would help me build upon the skills I had developed the previous summer. He forwarded me an email from a professor seeking four research assistants to work with him in the field of Statistical Genetics at Dordt College. I applied. I got in. I was moving to Iowa for the summer. The research was the most difficult thing I had ever experienced, and as much as I wanted to give up, I knew that if I persisted, my growth would be exponential. I eventually got the hang of the work, learned a new programming language, and ended up presenting my findings at a major conference six weeks later. This experience has even extended into this school year as I work on a journal article to present my research and begin a new project

that I will present at a conference in October.

I feel thoroughly blessed by these opportunities and hope that my story will inspire you to take chances and be proactive in creating your own future. Opportunities only arise if you are open to them.

Things that made me successful:

1. Knowing what my career goals were very early on: Knowing where your interests lie is an important first step to preparing for the future.
2. Asking professors for advice and suggestions: They know their field and will likely know a few programs or summer sessions that would benefit you.
3. Being willing to move to a different location for the summer: I wasn't lucky enough to find a position at Baylor or in my hometown, but picking up and moving somewhere I'd never been for an entire summer ended up being one of the best character building exercises of my life.

Allison Hainline '13

BICers Tip Their Hats to Professor Hanks

One of the few memories I have of my first day at college includes the famous beach ball incident with Dr. Hanks. With nearly two hundred students in the Kayser auditorium, Dr. Hanks threw a beach ball into the audience and told us to pass it around. Although we were having fun doing something seemingly non-school related, he was teaching us an important lesson about spreading ideas. While I wasn't one of the lucky ones to pass the beach ball, Dr. Hanks' lecture is one of the most memorable I've had in college.



Katy Winslow '14

Pumpkin Muffins

Do you have a sweet tooth? Here is a simple, yet delicious recipe to celebrate the fall season!

Ingredients:

- 1 box yellow cake mix
- 1 can Libby's canned pumpkin
- 1 can cream cheese frosting*
- Candy corn*

Directions:

- 1) Heat oven to 350 degrees
- 2) Combine cake mix and pumpkin
- 3) Stir until smooth
- 4) Pour into cupcake tin
- 5) Bake for 20-25 minutes
- 6) Let cool
- 7) Apply frosting
- 8) Sprinkle with cinnamon to your liking
- 9) Decorate with candy corn to your liking



*If you aren't a fan of frosting or candy corn, these muffins taste fabulous with a dusting of powdered sugar!

What Do BICers Love About Thanksgiving?

- "My dad doesn't believe in cooking a turkey properly. Each year he tries to figure out a new way to cook it. This year he's smoking the turkey. He's tried to boil it once, and fry it. He can't just stick it in the oven." -Morgan Neale
- "I want to go see my family. It's really nice, everyone coming together, eating food. Tons and tons of food." -Minali Patel
- "I love getting together with my family and getting to eat apple pie." -Chelsea Orlando
- "I'm looking forward to a home-cooked meal and being able to sleep in, and pumpkin pie. Definitely pumpkin pie." -Ashley Steenberger
- "My favorite things about Thanksgiving are eating, not having class, and spending time with people I love." -Erin Thomas
- "My favorite thing about thanksgiving is the food because my mom is an amazing cook." - Sarah Hrnrcir