



The BICLC Presents:



March 2013

QUICK BIC NEWS

Adventure: Medicine for the Heart

I am all talk of adventure, but, oftentimes, when the opportunity for new experiences comes along, I shy away. Not this time. This Spring Break, I went at adventure full force, and it was the best decision I have ever made.

My plan for Spring Break was to visit my friend, Laura, in Maine, where she goes to college. When I booked my flight a month earlier, I could not wait to leave Texas. The thought of going to Maine, a place I had never been before, carried me through the week of midterms and put me in a cheery mood. (For those of you who know me well, you know I rarely use the word "cheery" to describe myself. So this was a big deal.) My flight was scheduled to leave on Tuesday, which gave me ample time to squeeze in hang-outs with my friends at home. As I made my rounds to each of my friends, I began to feel homesick even though I had not even left yet. I began to wish I could stay in Austin, where South-by-Southwest was taking place, which meant food trucks all along South Congress. "This homesickness is normal," I thought, "And I will forget all about it once I am with Laura."

Then the bad news came. Laura called me Sunday night and told me that her grandfather had just passed away. This meant she had to fly to Pittsburgh immediately to be with her family and attend the funeral. Laura apologized over and over again on the phone (for what was clearly not her fault) and left me with two options: I could either scratch the trip altogether and stay in Austin (she even promised to reimburse me the money I had spent on plane tickets), or I could still go to Maine and hang out with Laura's friends until she came back on Friday.

I began weighing the pros and cons. The safe choice was to stay in Austin. I have lived there all my life. It is familiarity and comfort- it is home. The ridiculous choice was to go to Maine, where I knew no one and would have to depend on strangers to babysit me until Laura returned. I chose to be ridiculous.

I hopped on a plane to Boston and took a bus to Maine where Laura's friends picked me up and took me to Laura's house on campus. Every morning, they took me to breakfast in their dining hall and taught me how to properly assemble a bagel. (Northerners cherish their bagels the same way we Southerners cherish our breakfast tacos.) They took me on scenic hikes along the Atlantic shore. When it snowed, I tried really hard to pretend like I was not at all fazed, when really, I was shouting "Christmas!" in my head like a typical

Texan-who-sees-snow would do. When Laura came back, things only got better. I was reunited with my best friend, and by then, I was all buddy-buddy with her friends as well. Everything felt perfect. Wonton joy is how I would most accurately describe it.

We become so acclimatized to the humdrum of our day to day lives that we forget how to live. Even when adventure presents itself, we are more likely to choose the mundane order of what has always been over the unknown excitement of what could possibly be. In short, we become fearful and boring.

I advise you, my fellow BICers, to seize adventure whenever

you can. Take my experience as a testament to how invigorating and fulfilling it can be. Even when life has bad timing, do not be afraid to do something you have never done before. If I had not gone to Maine, I would have been alright. I would have attended South-by-Southwest activities in shorts and a t-shirt, like I had done for years. Instead, I chose to go to Maine, where I got to walk across the ocean when the tide was low to the island on the other side. Dressed in three layers of clothing, I knew I was far far away from home, but as I looked across the ocean at the mountains in the distance, I felt close to my heart.

When was the last time you felt close to your heart?

During these last few months of school, do not neglect your heart; educate it just as you would educate your mind. Only by being close to your heart will you ever be able to embrace adventure, understand courage, and truly live.

Ada Zhang '15
QUICKBIC Editor





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Study for Success

The *New York Times* and BIC professors both agree—switching things up is the key to academic success. According to “Forget What You Know About Good Study Habits,” a *New York Times* column from September 2010, students should not only switch between different subject matters, but they should also try various study locations. The column cites research which found that students recall information better when they rotate where they study. According to the same research, working on a few related skills improves recall better than concentrating on one thing for an extended period of time.

Professor Mary Ziehe found this to be true through her own studying experience.

“Sometimes I’ll switch subjects after one or two tasks,” she said. “This gives me a fresh perspective, and also gives that which I just studied time to sink in before I come back to review the rest of the subject.”

While Ziehe doesn’t specifically alternate where she studies, she does put thought into the location she chooses for her study sessions.

“For some things, being in a place surrounded by people, like in a coffee shop or in the group areas of the library, is good as long as it’s not too loud,” she said. “For other things, like writing papers, I need to be in a quiet place by myself.”

Ziehe had a word of warning for those fans of ‘multitask-

ing’ who like to study, text, and browse the internet at the same time.

“Studying takes longer and I don’t take in the material as well when my attention is so fragmented, and so frequently fragmented,” she said. “So minimize those distractions!”

It’s time to buckle down, BICers. Put down the phone, pick up the books, and prepare to be amazed at the results.

Kara Bloomquist ‘16



Feature A Prof: Eric Rust

Q: What is your favorite color?

A: Really no favorite color, but I like yellow in various combinations.

Q: Favorite food?

A: German breads and French cheeses

Q: Favorite season?

A: Spring

Q: Do you have any hobbies?

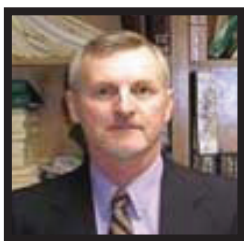
A: Amateur radio (exclusively telegraphy; Extra Class license since 1971)

Q: Are you a morning person or a night owl?

A: Morning

Q: What is your favorite aspect of BIC?

A: The quality and enthusiasm of the students; the interdisciplinary character of the curriculum; leading students to a generous, liberal and cosmopolitan understanding of diverse cultures and our world today--the way it IS, rather than the way it should, might, could be.



Tangy Spring Salad

Try this recipe to commemorate the beginning of spring!

Ingredients:

1 head of fresh lettuce (or packaged if you're in a time crunch)
1 cucumber
2 tomatoes
1/4 red onion
1 bunch fresh basil
Salt and pepper, to taste
Dressing:
1 tsp honey
1/3 cup olive oil
4 tbsp lemon juice
Makes 4 Servings



Directions:

- 1) Wash tomatoes and cut them into bite-sized pieces.
- 2) Peel the onion and slice it as thin as possible. Wash and chop the basil into large pieces.
- 3) In a large mixing bowl, combine the lettuce, cucumbers, tomatoes, onions and basil.
- 4) Toss together so the ingredients are well mixed.
- 5) For the dressing: place the dressing ingredients in a container with a tight-fitting lid.
- 6) Cover the container and shake vigorously.
- 7) Add the dressing to the salad, toss and serve