



Bullis Student Tutors' Monthly Newspaper

# The Torch

Our Stories, Our Community



November

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**Contribute your perspective to the paper! [Email](mailto:BST@bullis.org) us.**

Want to learn more about the founder of The Torch, the play “A Monster Calls”, Mac H’s love for race cars, What the Seniors are grateful for, and much more... then read The Torch!



## Upcoming BST Programs

*Join Us!*

What?	When?	Where?
Reoccurring math help during office hours	Everyday	TC 201, 208, 316, 318 (email <a href="mailto:Zaynah_Crawley@bullis.org">Zaynah_Crawley@bullis.org</a> to confirm your math clinic location).

# Grateful and Graduating

*Ellie C*

Hello Bullis! As Thanksgiving approaches, many seniors in high school are taking a moment to reflect on what they are grateful for during this final stretch of their high school journey. Surrounded by friends, family, and teachers who have supported them, seniors often feel thankful for the memories they've built and the opportunities that lie ahead. With college applications underway and a busy season of planning for the future, it's easy to overlook the present—but this time of year reminds them to cherish the friendships, experiences, and growth they've experienced along the way. This Thanksgiving, seniors are embracing the festive cheer, showing appreciation for their school community, and looking forward to a bright future with a spirit of gratitude.



Seniors dressing up together on Halloween.

Starting us off is Adam Ucuzoglu. Adam participates in sports broadcasting and varsity golf at Bullis. When asked what he is grateful for, Adam responded that he is thankful



for having supportive friends and family who have helped him get through a challenging senior year so far. He is also extremely thankful for his good friend, Sam Epstein, as they commentate on sporting events together and Adam has had, “the best time this year doing it.” Adam looks forward to what he and Sam will accomplish in the future.

Next up we have Alexis Parrott. Alexis plays a crucial role for BST as one of the co-directors and she also plays on Bullis’s varsity girls’ lacrosse team. She is grateful for family and close friends as she remarks, “they keep me grounded and cheer me up whenever I am feeling down.”

Another impactful senior is Linus Mekhaya. Linus is also a member of BST and is also involved in the arts and SGA at Bullis. He comments that he is, “grateful for family for providing me with opportunities in life and creating an environment that I always look forward to going home to and letting me live life the way that I want.”

Next is Laila Kerr. Laila participates in varsity soccer and varsity basketball as well as SNHS. She says that, “I am especially thankful for my parents because they have worked so hard to help me get to the point where I am and have been so supportive in everything I do.”

From the varsity boys basketball team, Jeremiah Johnson says, “I am thankful for my mom. She has sacrificed and done so much for me, words cannot describe how grateful I am to have her in my life. Seeing her work and doing all that she does every day for me has made me want to be a better person and work harder.” A beautiful message.

Liv Vassa, who participates in varsity girls’ field hockey and lacrosse and is a member of the Jewish affinity group, expresses that she is thankful for her family, friends, teachers, and peers. “I am grateful for the opportunities I have been given by those people.”

Ravi, who plays as the kicker on the boys varsity football team and goalie on the boys varsity soccer team says, “I am thankful for my family and friends for helping me navigate the college process in the fall. I am also thankful for my teammates.”

And finally, the SGA Co-Pres himself who also plays on the varsity boys basketball team, Aki Pham, expresses our final thank you. “I am thankful to Mr. McGowan for being a great mentor and support system on campus. He has been so helpful with SGA.”

It is heartwarming to see high school seniors pause to appreciate the journey they’ve traveled and the people who have walked beside them. In the spirit of the season, they’re embracing this festive time with gratitude, recognizing the experiences, friendships, and lessons that have shaped them. With holiday cheer in the air, seniors are ready to move forward with thankfulness, savoring each moment before embarking on their next big adventure.



Seniors welcoming the Bulldogs on the first day of school.

## “A Monster Calls”: Reflecting on an Amazing Performance

*Macy B*

The most recent production of “*A Monster Calls*”, based on Patrick Ness’s novel, captivated audiences with its powerful portrayal of grief, acceptance, and complex family dynamics. Alisa Ross, who portrayed Conor’s Mum, provided insight into her journey of preparing for this emotionally demanding role, the intensity of certain scenes, and the collaborative spirit among cast members.

### **What was it like preparing for your role in *A Monster Calls*?**

Alisa describes that “*A Monster Calls*” was certainly a more challenging show to prepare for. I played Conor’s Mum, who had to deal with balancing her cancer treatments

that only made her worse and her relationship with Conor, (played by Abe Gold). Our director, Mr. Johnson, helped me navigate just what the role meant, and we went through various workshop sessions to analyze and toy around with the background of my character and how that may impact line delivery and intentions throughout the show. It was an emotional journey to play Conor's Mum, but it was extremely fulfilling.”

**What was the most challenging scene for you to perform, and why?**



Abe G and Alisa R in character for "A Monster Calls."



Alisa shared that one particular scene deeply affected both her and the cast. “One scene in particular made an impact on the entire cast during our initial table read,” she said. “It was the last time where Conor and his Mum had a full conversation. My character had to admit to Conor that her treatments were not working, building up to an intense monologue where my character tries to convey that grief and anger is normal to Conor as he grapples with what is to come.” She described how the final scene, where Conor, his grandmother (played by Zae Anderson), and the monster (Taylor Smith) gather around her character’s final breaths, held an equally emotional weight. “Conor admits he doesn’t want to let his Mum go,” she explained, adding that this scene “took a toll on everyone.”

### **How did the cast work together to bring the story to life?**

Alisa emphasized the strength of the ensemble (non-main character roles) in making the production successful. “This show was a very ensemble-heavy show with choreographed and devised sections to portray Conor’s story and mind,” she said. “The cast worked incredibly hard not only to devote time to choreography and understanding what it means to be an ensemble but also to put effort towards character development equally. It took many long rehearsals to get the show to where it was, but the cast supported one another the entire time, and I think that made us so much stronger in our overall performance.”

### **What do you hope the audience took away from watching *A Monster Calls*?**

Alisa reflected on the impact she hoped the performance had on the audience. “Many audience members had an emotional reaction to the show, and no member of the cast would blame them,” she said. “I teared myself up a few times both during scenes and offstage. Conor’s story is a strong and complicated one. The monster introduces complex ideas, and the audience sees Conor fall apart until he can admit the truth to himself, even though he learns that truth has nuance.” She added, “I hope the audience takes away the importance of family and understanding one’s emotions during times of grief, and also an overall appreciation for the connections they foster in their day-to-day lives.”

Through her performance as Conor’s Mum and the work of the entire cast, “*A Monster Calls*” became a powerful exploration of family, love, and healing that resonated deeply with viewers.

## **All About Black Student Union**

*By Andrew P*

At Bullis, the Black Student Union (BSU) is dedicated to building community, celebrating Black culture, and creating a space for students to feel heard and valued. But

what exactly does BSU do? I recently sat down with Madi Haygood, one of the group's co-presidents, to find out what's going on behind the scenes and to hear about all the exciting plans they have in store.

### **What is BSU all about?**

BSU is a place where students can come together to connect with like-minded individuals and plan events for the community. At their meetings, members engage in meaningful conversations about the history of slavery, current affairs, or tackling issues like racism. They also mix in fun activities like trivia games focused on Black history to keep things engaging while also being educational. Madi Haygood shared that BSU is all about fostering a sense of belonging and empowerment. "I'm really excited for what's to come for BSU," she said. "We have so many things planned."

### **What's happening now?**

Right now, the BSU is preparing for the upcoming holiday season. They're planning a holiday party for members which promises to be a great time with music and food. It's all about ending the year on a positive note and celebrating the accomplishments they have made. Additionally, with Black History Month coming up in February, BSU is already getting ready for a school-wide assembly. This event is set to be one of the highlights of the group, where they'll showcase contributions from BSU. The assembly will feature student speakers to make it an fun and educational experience for everyone.

### **Who should join?**

If you identify as Black and are looking for a supportive community where you can connect, share experiences, and celebrate your culture, BSU is the perfect place for you to get involved. Whether you're interested in history, or social justice, or just want to be part of a close-knit group, BSU welcomes everyone with open arms.

## **Thanksgiving Drive and Pie Bake**

*By Elizabeth M*

Imagine your Thanksgiving dinner. Your family gathers around the table filled with a whole assortment of scrumptious foods. Maybe you have turkey cooked to perfection. Perhaps you have steamy, gooey mac and cheese that melts in your mouth. Maybe you have delectable apple pie with a light and flaky crust. You see the merriment in your family's eyes as you all sit down for a lovely dinner. Now imagine Thanksgiving dinner with the table bereft of any yummy foods. You all sit down at the table without mouths watering and get up

without happy bellies. Imagine this loving and lighthearted holiday without any celebration. So, for a day filled with gratitude and cheer, why not help another family have as lovely a dinner as you have?



Bullis makes baskets to share with Housing Opportunity Commission in Montgomery County

For 29 years, Bullis has worked with the Housing Opportunity Commission in Montgomery County (HOCMC) to do just that. Bullis has supplied many families in Montgomery County with laundry baskets filled with non-perishable foods, a homebaked apple pie, and a Giant gift card for their Thanksgiving dinner. This year, our goal is **100 baskets**! Additionally, in more recent years, Bullis has begun a wonderful event called the “Pie Bake”. On the Saturday before Thanksgiving Break, Bullis community members of all ages get involved in baking apple pies for people in need. Adults and upper schoolers peel and core apples, middle schoolers prepare the pie for baking, and lower schoolers decorate the baskets. However, as of last year, this event helps not only families in need but also animals. All of the apple remains went to Rosie's Farm and Sanctuary to feed the squealing piglets and adorable ponies so they could have a delightful Thanksgiving snack of their own. So, if you're looking for a way to give back during this holiday season, this fantastic event is for you. Please bring your family and friends to Bullis's Pie Bake as we try to reach our biggest goal yet: **150 pies**! Please reach out to Ms. Finigan to become involved. Have a wonderful Thanksgiving!



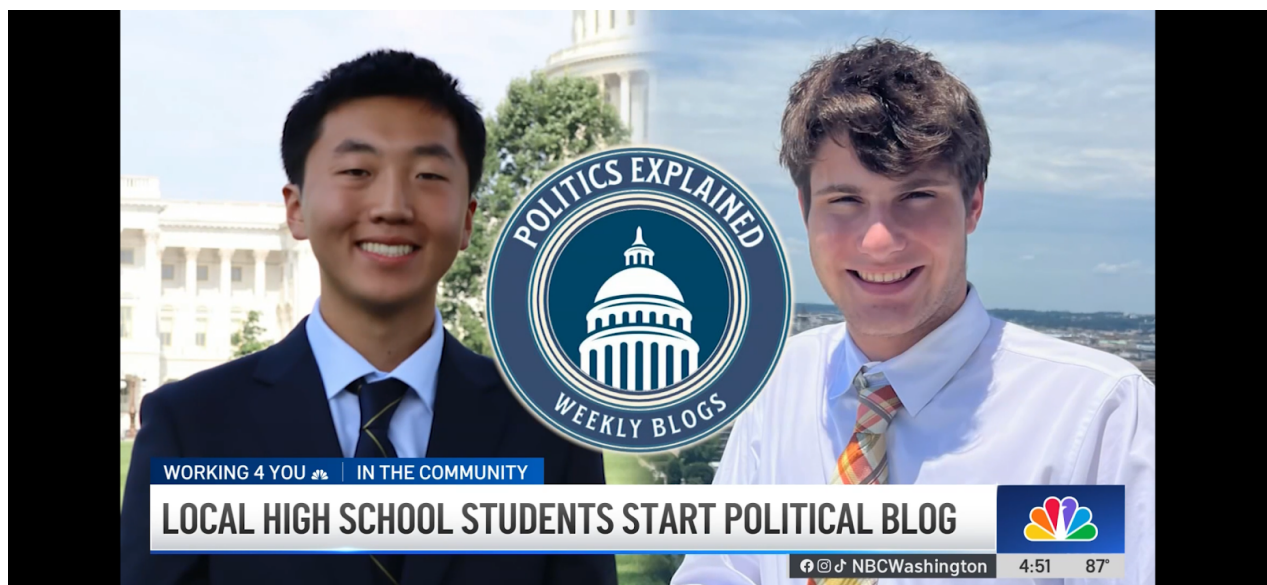


Bullis pie bake of 2023.

# All About Politics Explained

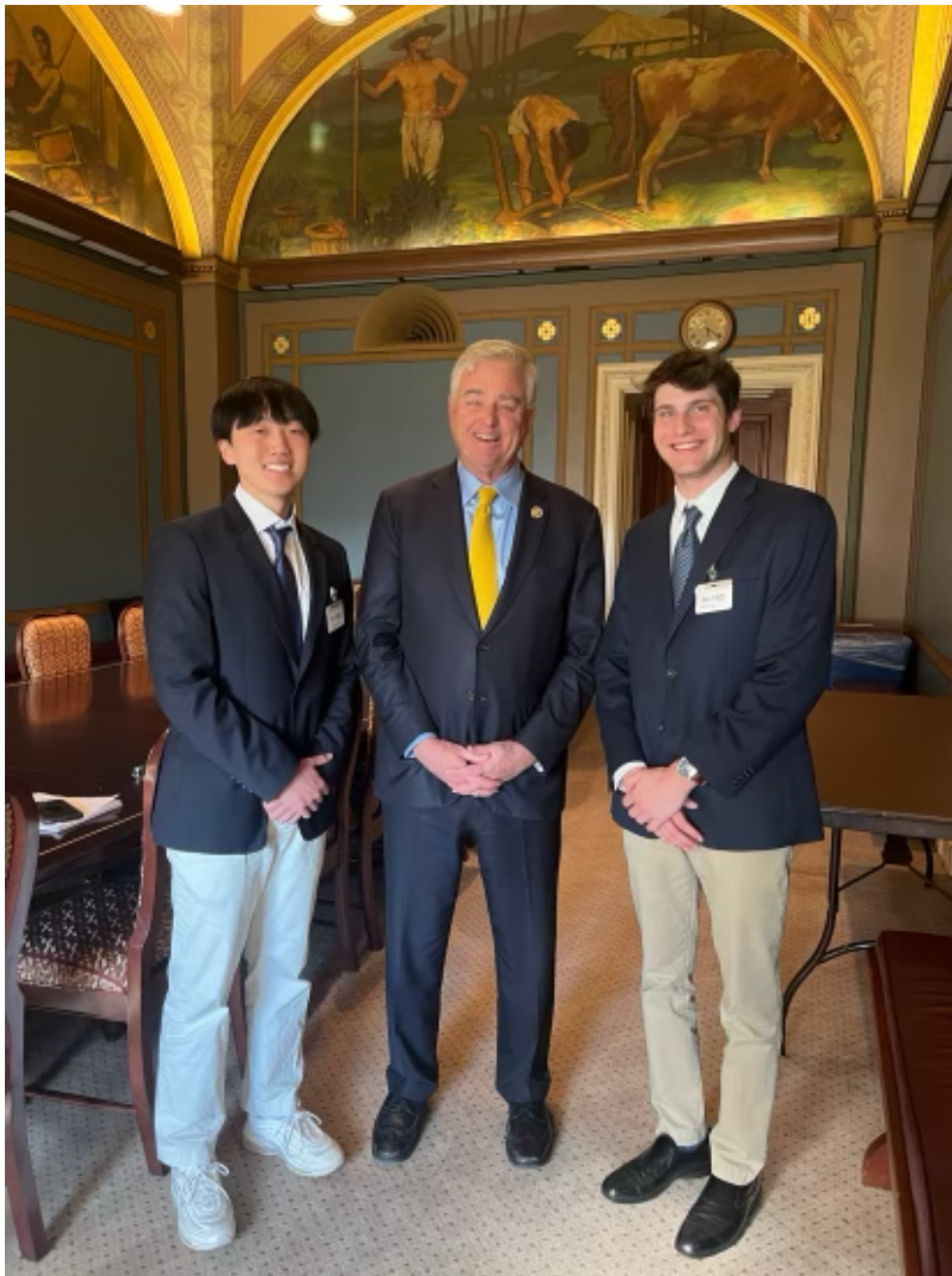
*By Elizabeth B*

In the fall of their junior year, now seniors Evan Kim and Alex DeSantis-Baugh began Politics Explained, an educational non-partisan organization dedicated to teaching young people about United States politics. From updating their followers about current events on their Instagram accounts to demonstrating how to complete and package a mail-in ballot, Evan and Alex are committed to informing and allowing the youth of America to make their own decisions regarding politics.



Even K and Alex D-B on NBC news for their blog.

Evan and Alex have shared an interest in Politics for quite some time. Evan says, “I became interested in politics because of my passion for social justice. Learning about John Lewis and the Civil Rights Movement when I was younger while hearing and learning about the injustices happening today inspires me to fight for equality.” Similarly, Alex says his inspiration for Politics Explained started over the summer of his junior year, “I started an internship on Capitol Hill with Congresswoman Young Kim. I loved the opportunity and everything about that, and that has grown my interest in politics.” They believe the youth of America must be informed about their government and leaders without misinformation or bias, which is all too common in today’s intense political landscape.



Even K and Alex D-B with Congressmen David Trone.

With one of the most anticipated and important elections in American history this month, Evan and Alex are prepared to inform their followers about new developments while remaining unbiased. When asked if that's difficult, Evan says, "Searching through multiple sources to ensure we aren't reporting biased or exaggerated information is the most difficult part; otherwise, staying unbiased is easy. All we have to do is deliver the facts and keep our opinions out of it." In a time of intense polarization and divisive political climate, Politics Explained provides a space for young people to learn about their government and leaders without judgment. In addition to current events, they post weekly definitions of political language and "buzzwords" that are common and often misused. They make the news and political articles accessible and understandable for the younger generation.

Now, Evan and Alex are seniors headed for college next year. Though they are about to start the following chapters of their lives and continuing the organization could potentially get more complicated, their shared interest and commitment to Politics Explained remains. Alex says, "As of right now, I don't really know what our future holds, so I would definitely like to continue to explore the opportunities we get now in high school, and as the future comes, we will figure it out when we get there." Similarly, Evan says, "We both know that exploring politics through our organization has made us even more interested in pursuing this field in the future."

After amassing over 200 followers on Instagram since last fall, Evan and Alex continue to post and inform their audience. Their dedication to truth and bipartisanship has created an essential space for reliable and educational information for young people in America. You can follow Politics Explained on Instagram (@politicsexplained1776)

## What Thanksgiving Means to Rebecca E.

*By Rebecca E*

As the holiday season approaches, it is easy to get caught up in the excitement of winter festivities and gift-giving. But one holiday stands out above the rest—Thanksgiving. It embodies the true spirit of togetherness and comfort.

In the fast-paced environment of school life, where tests, projects, and extracurriculars fill every corner of our schedules, it's rare to find moments that invite us to pause and reflect. Thanksgiving does just that. It's a holiday built around gratitude, reminding us to take a moment to appreciate the positive parts of our lives—our friends, family, and even the small wins that genuinely make a difference.





Rebecca E's Thanksgiving table.

My family has a Thanksgiving routine that has not changed for over a decade. Our day begins with waking up around 8:30 and we immediately turn on the Macy's Day Parade. While my sister and I get cozy on the couch, my mom makes her homemade croissant dough. She carefully folds in marzipan and nuts to create mini bits of happiness. Around 10 am, we all sit for an extraordinary breakfast filled with croissants, eggs, challah, fruit, and juices. Once we have finished, my task is to take our dog for a walk while the rest of my family

cleans the table. I come back just in time to see the end of the Macy's Day parade. After a couple of hours pass, it is time to start preparing for dinner. I begin to set our grand Thanksgiving table, removing the plates with turkeys on them and placing them upon golden charger plates. My mom and sister cook ten dishes every year for my family to enjoy. Around 7 pm, we all sit down together and begin the feast. Our table is filled with two turkeys, mashed potatoes, gravy, green beans, sweet potatoes, and every seasoning one could think of. After a fantastic dinner, we all go downstairs to end the night watching a movie.

Thanksgiving is a time for me to slow down and enjoy the small moments with my family. This annual tradition reminds me that Thanksgiving is more than just a holiday—it's a chance to be present, enjoy each other's company, and create memories far beyond the season. As we all head into this busy time of year, I hope we find a moment to pause, appreciate the people around us, and savor the little joys that make our lives unique. Happy Thanksgiving to all!

## Mac H. Our Very Own Race Car Driver

*By Ethan Y*

Racing is an adrenaline-pumping thrill like no other—a world where every second is charged with intensity, and every turn demands surgical precision. For Mac Harrison ('25), that's exactly what makes it addictive. "It's about pushing limits every single time I'm behind the wheel," he recites. Mac's passion for racing ignited at quite a young age, thanks to his dad. "When I was about seven, my dad got a Porsche Cayman and started going to the track regularly. My brother and I would tag along to help out and to see all the race cars," he recalls. The nearby go-kart track soon became a playground for Mac and his brother, and quite an unforgettable one. They would race all day from 9 a.m. to 5 p.m., taking advantage of what is aptly named "kart till you puke" package. The tire marks on the track stand as a testament to Mac's love for racing, and it's only grown since.

The transition from go-karts to a full-sized racecar was another leap Mac took courageously. Mac still remembers the first time he raced with a full-sized racecar vividly: "I do remember the first time I drove a full-sized car. I was 14, taking a class at Summit Point Motorsports Park to get my 'novice permit' for the SCCA (Sports Car Club of America)." Driving a stripped 1990 Mazda Miata, Mac is still nostalgic for the thrill and nerves of handling a manual transmission at high speed for the first time. "I was so excited but also worried about messing up the car since it was my first time driving a stick shift outside of a parking lot. That weekend made me fall in love with racing all over again."



Mac H. started his race car career young!

Just as with every second on a racing track, preparation beforehand is just as intense. “To prepare, I do a lot of sim racing on a program called iRacing,” Mac notes, explaining how he also studies videos from past races, both his own and those of other drivers. “Watching those videos helps me understand the track’s nuances and figure out how to get up to speed quickly.”

Of all his races, the recent national championship stood out the most to Mac. “It was almost constant chaos from start to finish,” he says, describing the tension and exhilaration of the event. From a major crash at the race’s beginning to the final laps, it was a high-stakes experience. “I managed to pass 19 cars, finishing 17th out of 60, but it was memorable because I narrowly avoided a crash when a car launched and nearly landed on top of me just before the last laps.” It’s moments like these—where everything is on the line—that remind Mac why he loves racing.

Of course, being a student driver comes with its challenges, between managing his weekend races and school work, there are also myriads of challenges from the racing world. “The professional driver pool is huge and therefore getting recognized and sponsored to race in a professional series is very difficult to do,” Mac recites. However, handling that pressure both on and off the tracks is part of the job. “When I start making more mistakes, I know it’s time to take a few deep breaths and relax,” Mac says when asked about how he handles the mental pressure during a race. Staying calm under pressure allows him to maintain focus and manage the intense G-forces without unnecessary strain.



Alongside his discipline, his family's support system also plays a crucial role in his racing journey. Mac's dad, brother, and a family friend who serves as his racing coach have been constant sources of support. "They are always there with me, either racing alongside or cheering me on. I wouldn't be where I am without them."

For fellow students who also aspire to become racers someday, Mac provided a few valuable insights: "Karting is the best introduction to wheel-to-wheel racing and learning car control. Once you're ready for the next step, autocross events with your street-legal car offer a great entry into racing," he advises.



Mac H admiring his father race car driving at a young age.

## Zoe M's Travels Throughout Spain

*By Zoe M*

One of the most exciting aspects of my school in Spain is that it provides me with a bunch of travel opportunities, both with the school and independently. Unlike traditional schools, my school places a strong emphasis on independence and hands-on learning. As a result, despite only being in Spain for one and a half months, I have already had an array of unique travel experiences. In this article I will take you through some of these destinations, rating each one.



A sunset from the top of the city in Alquezar.

The first place my school took us to was overnight in the small northern town of Alquezar. Alquezar is a beautiful, ancient, and historical city northeast of my city of residence, Zaragoza. We traveled two hours by bus and arrived around lunchtime. The hotel served a two-course lunch that consisted of tomato pasta and lamb. Later, we traveled in smaller groups to visit the city's crown jewel: *La Iglesia Parroquial de San Miguel*. The church was informational and alluring, with ancient architecture that has stood there for centuries. We were then given the chance to explore independently and my friends and I managed to find the only ice cream store in town. I can confidently say the *Avellana* gelato was the best gelato that I have ever had in my life. Later, we ate dinner at the hotel, another two-course meal of shrimp and vegetables. The next day, we went on a hike to explore the town's natural elements and ended at a viewpoint where we could see the mountains. Overall, Alquezar was beautiful. I would rate Alquezarit a 7.5/10.

The next place our school took us was Madrid. We took an hour-long train ride and arrived in the center of the city. The first place we went was *El Museo del Prado*, one of the

most famous art museums in all of Spain. Home to many Goya and Velasquez paintings, the museum was gorgeous and unique. Then, we took a break where we were able to go to lunch at a place of our choosing. We chose a restaurant like Chipotle that was quite good. Then, we reunited with our big group and went on a walking tour of the city. The tour was educational, and then we were then given a few hours to explore the city ourselves which was so much fun. We stumbled upon a pretty coffee shop and cute boutiques. Once again, we took the train home. Overall Madrid was quite fun and I liked how much freedom we had to explore. Additionally, even as someone who isn't the most artistic, I appreciated our trip to the museum. I would return and recommend Madrid, that's why I would rate it a 9.5/10.



A street in the heart of Madrid.

Finally, we also traveled to Tarragona, a coastal city Southeast of Zaragoza. This was unique from the other two trips because it was our first independent travel experience. My friends and I boarded the train and arrived an hour or so later. We took a taxi from the train station to the center of the town and enjoyed a late breakfast at a very pretty, delicious, flower-decorated restaurant. We proceeded to walk around the town and ended up at the Roman ruins, that were home to the Roman settlement on the Iberian peninsula. The ruins were intricate and much more preserved than the ones in Zaragoza. As it was raining, we decided not to go to the beach. However, we did stop at the viewpoint that overlooks the water. We stopped for lunch at a typical tapas bar and had dinner at an incredible pizzeria in



the center of the city. The one issue we encountered was acquiring taxis to take us back to the train station. Since the city is smaller, taxis come less frequently and often have to be reserved a day or two before. We did not know this and so finding a taxi was hard because many of them had already been booked in advance. Nevertheless, we found one eventually and were able to make our train just in the nick of time. Tarragona was a precious, historical, coastal city that I would make a day trip to again, however, I would not stay for more than one or two days because it is quite small. I would rate it an 8/10.

As my ratings suggest, Madrid has been my favorite city that we have traveled to (so far) and I am excited to explore Spain even more!



View from Zoe M's boat tour in San Sebastián

# The Alumni Corner with Nathan C.

*By Emersyn M*

Ever wonder who created The Torch? While the answer would be Nathan C. Nathan, a former BST co-director, had a vision for a school periodical, and he made his vision a reality. Nathan was in the class of 2024 and is currently attending Harvard University in Cambridge, Massachusetts. We are thrilled to hear about Nathan's college experience, and how Bullis prepared Nathan for success.



Nathan C enjoying Harvard University.

**How did your time at Bullis prepare you for college? How did you adjust geographically, socially, and academically?**

Bullis has prepared me for college in so many ways. Academically, the classes I took at Bullis truly helped to prepare me for college classes at Harvard. For example, learning how to write quality essays in AP Lit. helps me so much every single day, especially given that I'm taking an expository writing class this semester. I've done well in this class because of the

skills I developed through Mrs. Lombardo's class. Geographically, it's a bit colder here in Boston than in Maryland, so I'm still adjusting to the cold weather and bundling up every time I go outside. I've also met some really great friends, but I'll still sometimes get homesick and think about my friends and family back home!

**Have you continued writing for any type of newspaper in college?**

I plan to join *The Crimson*, Harvard's student newspaper, next spring. Currently, I am a student liaison for Eugene Scott, a resident fellow at Harvard's Institute for Politics. Eugene Scott is an award-winning journalist who's worked at the Washington Post and CNN. He is currently the host of Axios Live. I think my experience leading and writing for *The Torch* was the defining trait that earned me this position — every week I help to promote Eugene's Study Groups where we talk about different elements of the political press and all things journalism!

**How did writing for *The Torch* prepare you for college-level writing?**

Writing for *The Torch* prepared me for college-level writing in the sense that my writing style now has much more variety. In high school classes, we largely learn about formal academic writing (which has been incredibly important and helpful for my classes in college). However, writing at college oftentimes includes more than just formal academic writing. For example, when I take a journalism class at Harvard, my experience writing for *The Torch* will certainly be useful. In addition, as a writer of *The Torch*, you gain the opportunity to write outside of the classroom environment. This is an incredibly helpful skill to have, because many extracurriculars at college necessitate writing beyond the classroom, whether it be with a student newspaper organization, Model Congress, pre-professional organizations, and many more.

**Has your prior role as BST co-director enabled you to take on any leadership roles in college?**

The skills I gained as BST Co-Director have genuinely helped me so much during college in so many ways. For example, being able to lead Bullis' largest student-run student organization has led me to earn a leadership position in Harvard Student Agencies (HSA), the largest student-run corporation in the world. Within HSA, I am the Personnel Manager for Trademark Tours, which is a tour guide company at Harvard that makes millions each year. I schedule and staff the tours with our 100+ employee base of tour guides. Being able to lead Bullis Student Tutors with Ashley and Alexis allowed me to gain some of the fundamental skills when it comes to communicating and organizing within a large organization, and BST also instilled in me a sense of confidence that allows me to lead with conviction throughout college and beyond.



Being a part of BST leadership has prepared me for leadership in college in an unparalleled way, and joining BST as a tutor during my sophomore year was truly one of the best decisions I made in high school.

**What advice/words of wisdom would you like to leave with Bullis/BST/The Torch?**

Take advantage of all the opportunities you get at Bullis and the BST programs! I can't emphasize enough how much the skills I've gained throughout high school have helped me in college. I also think it's important to find out what activities make you happy and to go ALL IN with that. That way, you'll always have fond memories of high school to reminisce about!

Nathan, we appreciate your time and your indelible mark on Bullis. Bullis wishes you all the best in your future endeavors!

## Welcome Mr. Salmon to the Bullis Family

*By Brenda A*

Bullis is a Caring, Challenging, Community. Mr Salmon, our new Honors Algebra 2 teacher, exemplifies all of these qualities.



Mr. Salmon.

While his mother is from Jamaica, Mr. Salmon was born and raised in New York and he went to school in Boston. Mr. Salmon moved to Maryland to be with family and to maintain a close relationship with his brother. Before Mr. Salmon started his teaching career, he worked as a nurse in a Psychiatric Hospital. Mr. Salmon had many exciting and life-altering interactions in that career field, including being spat upon and punched. Despite these challenges, Mr. Salmon has maintained a positive outlook on people and he thrives in the service of others. Mr. Salmon transferred his skills to the field of education and he is a kind and gentle teacher. His students describe him as, "... funny, friendly, and interactive..". It is clear he loves what he does and truly enjoys working with Bullis students. Mr. Salmon shares, "My favorite part about teaching is developing the ability to think critically and the confidence to think. I want my students to take ownership of success...". Mr. Salmon is a bright star in the Math department and he always carries a smile on his face. Mr. Salmon has numerous interests and hobbies beyond math. He loves to dance, play video games, and he reads on a wide variety of subjects. Mr. Salmon loves to study learning and the brain and one of his favorite books is "Mindset". Working out and eating Jamaican foods are some of his favorite pastimes. We are so happy you are here! Thank you for choosing Bullis, Mr. Salmon!

## A Cozy Pancake Recipe

*By Rebecca E*

Bullis students often crave a slow morning with a comforting meal as the school week winds down. What better way to enjoy a leisurely weekend morning than baking a batch of easy homemade pancakes? This simple recipe will create delicious results and doesn't require complex cooking skills. Pancakes are more than just a breakfast staple; they're a canvas for creativity. Students can personalize their pancakes with a variety of toppings, such as fresh fruits, nuts, chocolate chips, or even a sprinkle of cinnamon for a warm, spicy twist. This versatility means creating any variation that will make you happy! Moreover, making pancakes from scratch provides a beautiful opportunity for students to unwind. The act of measuring ingredients, mixing batter, and watching pancakes golden can be a great way to de-stress.

So next weekend, instead of reaching for pre-made mixes or heading out for breakfast, why not stay in and enjoy the simple pleasure of making and eating homemade pancakes? This activity promises delicious results and a delightful break from the hectic school routine. Enjoy! \*\*\*RECIPE ON NEXT PAGE\*\*\*

# EASY PANCAKE

## INGREDIENTS

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- ¼ teaspoon salt, or more to taste
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted

## DIRECTIONS

- Put the plain flour, eggs, milk, vegetable oil, and enough salt into a large bowl, then whisk them to smooth the batter
- Set a frying pan over medium heat and wipe it with oiled kitchen paper
- When hot, cook pancakes for 1 minute on each side until golden
- Serve with whipped cream, chocolate chips, or syrup! Or all!

