

THE BULLDOG

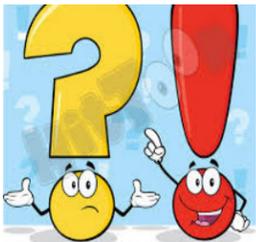
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Left to right- Avva Sarkarzadeh ('17), George Psacharopoulos ('17) and Dayna Siegel ('17)
Courtesy of Jacob Friedlander ('17)

The End is Nigh for the Class of 2017

By Jacob Friedlander ('17)
Staff Writer

They were just little kids once upon a time, but now they have blossomed into mature adults. The talented class of 2017 is filled with athletic and intelligent individuals who are so excited to enter the next chapter of their lives. Although it might be scary to some, Bullis has morphed them into productive members in society which will translate well when they get to college.

Graduating from high school is an emotional time for students due to the memories and bonds created as well as the struggles they overcome during their time as a student. Whether it be playing a sport, struggling through a difficult class or having family issues, each person has their own obstacle(s) they overcame.

Kyle Mendelson ('17) is taking his talents to South Beach, where he will be attending the University of Miami. Kyle went to

public school his whole life before he coming to bullis during his junior year. His transition to a small private was more difficult compared to others. "Going to public school my whole life made it difficult to adjust to a rigorous academic standard and the process of meeting new people." However, Kyle quickly became friends with lots of people in the Bullis community and has flourished as a student. Not only was the warm weather

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Bullis Teaches Core Values Through Teamwork

By Aiden Brown ('17)
Online Editor-in-Chief

Group work can be an effective method to motivate students, encourage active learning, and develop key critical-thinking, communication, and decision-making skills. This approach can benefit students in the real world at Bullis.

There are countless examples of leaders with good social skills becoming successful. Simply learning the topic assigned is not good enough. Instead, the student should be

able to know the information to the point where they can explain it to others in simple terms.

Group work allows students to polish these important skills. When paired or grouped with other classmates, students are able to interact and collectively solve problems. They talk it through and receive numerous different perspectives on things which makes the information solid and understandable.

Like parents, teachers often have trouble find-

ing ways to get their point across to kids, especially when there are so many of them. Classrooms can include various learning types and individual work can often create a struggle for some. According to a recent Carnegie Mellon study, group work benefits all types of learners because it allows them to bring their unique style to the table.

The According to the Oxford University Press article labeled "The Different Types of Learners",

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What's Next for the Shark Team Competitors?

By Joseph Zimmerman ('17)
Staff Writer

At Bullis, seniors have the unique opportunity to participate in a variety of signature programs that showcase their abilities. Signature programs include Visual and Performing Arts, STEM, Humanities & Global Studies, and last but not least Entrepreneurship, which is the focus of this article.

The Entrepreneurship Capstone is set up to teach students how to run a small business. Students conduct customer interviews, build a product, and market their business all in attempts to win a \$10,000 cash prize in the end of the year "Shark Tank" competition.

Team one in the annual "Shark Tank" was compiled of Chris Mavrikes, Jonas Hosmer, Sydney Geifman and Valerie Moninx, and together they are the co-founders of "Carbage" Solutions which is a small, versatile trash cup that fits in the cup holder or any convenient place in a car and comes with a supply of custom-size trash bags stored in the bottom.

Their main prototype, the EVACS (easy versatile affordable carbage solution) is very close to being finished and mass produced.

Although they did not win the \$10,000 prize, CTO Jonas Hosmer says that the business "plans on continuing". If you would like to pre-order an ingenious Carbage holder for your car (at \$9.99 each), payment will be charged upon delivery of the product.

Check out their web-
See Capstone on Page 2

Shark Tank Recap 2017

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Team two was labeled “The Student Internship Network.” This team consists of five very enthusiastic seniors from Bullis school. Joseph Zimmerman, Mason Melnick, Camille Helmgig, Sam Menimburg, and Daniel Ramos. They have started a business that modernizes the internship process. Internships are a great way for high schoolers to gain work experience and give their college applications a boost. However, there is no easy way for high schoolers to find and apply to internships. With “Student Internship Network” you can reach many opportunities at once. The Student Internship Network helps high school students easily find and apply to multiple internship opportunities.

Their site, The Student Internship Network, marries top tier high school students interested in finding internships with high quality businesses that always are in need of extra help. The Student Internship Network business follows a similar model to how Uber has married drivers with people that needed rides or how LinkedIn has married job seekers with job providers. They have developed

their website and generated a large supply of talented students, and they want you to join the revolution. The Student Internship Network did not win the Shark Tank competition; however Mason Melnick said, “we plan on continuing the idea in the future.” Check Out their website: <http://www.studentinternship.net> Team three was consisted of Aryemis Brown, Jodi Caplan, Digmel Espinoza, and Ramsey Nulsen and together they created Fizz2O. Fizz2O is a tablet that carbonates, purifies, and flavors your favorite beverages. Company is broken into marketing, production, sales/operations, and research. The team’s Chief Marketing Officer Ramsey Nulsen thought of Fizz2O. CEO Aryemis Brown enjoyed taking on a leadership role. “As part of my role, I establish the company agenda - and I account for all deadlines and assignments. My job is easy though because I have an amazing team”.

The marketing team develops their social media pages and reaches out to outside partners. Their production team works to develop the product. The research team evaluates market trends to best allow

their product to target the market effectively. The operation team sells their products and meets with business and consumer partners. “Hopefully, in a year from now, we will break-even financially and have a steady revenue stream” Brown said. “I hope we have solvent and profitable company, but I know that takes time. A year from now, I’d imagine us partnering with a distributor and a manufacturer”. You can learn more about Fizz2O at <http://www.fizz2o.com>

Team four’s catchphrase was “Simple, Stunning, and Safe”. These three words were used to describe none other than the “People’s Champion”, “Key 180”. The whole team saw a need among college students for their product because college students lose their keys often, and it is expensive to replace them.

Key 180 combines a phone case and a house key holder into one product. Key 180 solves the problem of key loss by combining a phone case and your personal key into one product that is convenient, protective, and easy to use. The team hopes to revolutionize the multi-functioning phone case while eliminating the burden of cracked phone screens and lost house keys. Their product revolutionizes the 2 in 1 phone case. With a press of a button, your house

key will flip out like a switchblade while providing protection for your phone too.

They plan on selling their product through their brand ambassador program designed for college students who want to make some money through customer referral. There is no cost to be apart of this program. The “People’s Champion” have decided to discontinue their business. “This isn’t a bad thing” claimed Aiden Brown, “We’ve learned a lot of business skills that will definitely help us moving on to our next product.”

Last but not least, team five which was creatively entitled “Entreps Labs,” the winner of the Shark Tank. They are a company designed to teach young students, ages 7-11, entrepreneurship skills through game-play. As students themselves, the team noticed that there was a gap in the education system to teach young students skills that were applicable to daily life. Their app forces kids to think strategically, creatively, and realistically all while having fun. The app does not just teach students how to be an entrepreneur, but it also teaches students all that goes into running a business.

To come up with the idea for their company the team just started writing down ideas until one stuck. The team credited Alec Samuels with coming up with the idea. The team

all jumped on the idea and loved the potential social impact that it could make. The team said they were efficient and worked well together. Sarah Blair said, “Technically, I am the CTO but we all do everything for our team. Specifically I have done a lot of the designing for our developers.” At first, the company aimed for the app store to target their customer segment but recently they realized that schools had a vested interest in purchasing educational, yet fun games for their students on school-owned technology such as iPads, Chromebooks, nooks, etc. With that, they are now targeting elementary schools to license our app.

“Everyone has all really worked well together over the course of the year, and I can honestly say everyone has put in the same amount of effort which has made the whole process go very smoothly. Everyone is willing to use their free-time to further our product and everyone brings new ideas and talents to the table,” Blair said.

As winners of the 2017 Shark Tank, they plan on using the \$10,000 prize towards bettering their company and launching their app.

BULLIS SCHOOL'S

THE BULLDOG

The Bulldog is a student-run newspaper made to not only inform students about school information, but also to provide a forum for student expression. Many of the articles are written by the Journalism class, however we accept articles from the entire student body. The Bulldog reserves the right to edit and change submitted articles as we see fit or if they do not meet our specifications. If you have an article you wish to submit, send it to TheBullisBulldog@gmail.com. The Bulldog will not publish anonymous letters, or anything deemed libelous, obscene, or in poor taste.

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English Grammar Initiative

By Pearl Newman ('17)

Staff writer

“A philosopher once said, half of good philosophy is good grammar” A.P. Martinich

Grammar skills are useful in every aspect of life, from working in education, business or leadership, this is why the Bullis English Department saw it appropriate to add the grammar initiative to the 2016-2017 school year.

The feedback is that students love the initiative and believe it will be beneficial in the long run. “I think it is a great idea because in English class we read a lot, but we don’t have a solid grammar foundation, so I believe this initiative will help strengthen our grammar skills,” said Aaliyah Butler, 17.

The English Department is using the Warriner’s Handbook, NoRedink, and handouts.

“Previously here in the English Department at Bullis, there was very little attention paid, if none, to grammar; teaching, implementing grammatical instructions in terms of writing in English class,” said English teacher Mr. Rau.

Grammar skills are equally important at home where children learn grammatical patterns from their parents and family. The use of improper grammar in a sentence can cause lost meaning; this is why it is important to

carry these skills in the English language at all times.

Still teachers find it challenging to teach.

“It is hard to make grammar exciting,” said Mr. Rau.

Students seem to like the grammar initiative, however. “I think it’s going to help improve student understanding of the structure of their writing, and it’s definitely important for English papers,” said Jocelyn Quinn ('18). Students believe that grammar will benefit them in the long run. “I enjoy it because it helps me create sentences that are grammatically correct,” said Justin Kelly ('18).

Grammar is important as it helps students write strong papers. “I think the introduction of the grammar initiative is beneficial in that it helps not only to produce strong papers, but it also helps in our standardized tests such as the ACT/SAT,” said Alonso Flores Noel, (18).

Proper grammar is essential for understanding all languages as each language follows grammatical patterns. We live in a world where travel is promoted, hence it is crucial for every individual to take one or two foreign languages to enhance their spoken language.

With proper grammar skills, it will not be as challenging to understand a foreign language

because they are all related. “I think that understand the parts of a sentence and learning sentence structure in my English class has definitely improved my ability to identify types of phrases in my Latin class, and know what part of speech a word is,” said Jocelyn Quinn, 18.

Correct grammar is a valuable tool for success in many areas of life ranging from college essays to job interviews. With the introduction of technology, however, it is challenging for students to maintain strong grammar skills they acquired in third grade. “When I text I have a different mindset, and I am usually able to switch back to my proper writing style when writing school papers. Although, autocorrect and Microsoft Word’s automatic editing sometimes handles the grammar for me that I otherwise might have missed it,” said Jocelyn Quinn, 18.

The use of laptops and spell-check have increased the use of improper grammar as well as all social media sites such as Snapchat and Instagram that teens mainly use to communicate with each other.

Having good grammar puts you at an advantage of getting a great job and being a great leader.

Seniors Excited to Take on New Challenges

By Jacob Friedlander ('17)
Staff Writer
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a factor in Kyle's decision but the the amazing computer science programs were also appealing. Kyle is so excited to begin his life as a college student where he will study computer science.

Petr Janda came to Bullis his freshmen year and has not look back once. Not only has he excelled in the classroom but has been unstoppable for the Bullis soccer team. Petr is super excited to attend the University of Maryland where he will further his academics but also his soccer talent. They are one of

the best D1 schools for soccer and professional teams recruit from there all the time." said Petr Janda ('17). Petr is not sure what he wants to study just yet, but he is

interested in psychology.

Haley Reiner is super excited to begin a new phase in her life where she will be attending College of Charleston. Haley choose College

of Charleston because of their amazing food and weather. "I am so excited to meet new people and really experience a new type of culture there", said Haley ('17). Haley is al-

most certain that she wants to study marketing and communications.

The Bullis school has some of the greatest students, athletes, artist, and musicians that are going to excell at the next stage.



Courtesy of Jacob Friedlander('17)

Bullis Teaches Core Values through Team Work

By Aiden Brown ('17)
Online and Managing
Editor- In-Chief
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Visual learners often talk their way through problems which often includes visual and descriptive language. This can help paint a picture for any other type of learner in the group.

Auditory learners understand information better when they have concepts verbally explained to them. In this case the visual learner could help put what he/she sees into words for the auditory learner to understand.

Read/write learners adapt information the best when they are actively reading or writing the information. They would be able to write what the visual learner sees or what the auditory learner hears down on paper so they can read over it and understand it.

Kinesthetic learners is the least common of them all. These learners incorporate real world problems

into their solution and would rather have a hands on approach so they could learn through trial and error. These learners provide an alternate perspective on things and will benefit each of the other group members because they would be able to dissect a task and give a real life example of it to give the other members perspective.

Through group work, the different learning groups go hand-in-hand. At Bullis there are a lot of different learners with different personalities but surprisingly those don't seem to matter when put in a group situation.

Extrovert, Andres Lopez ('17) states that group work allows him to "take in different viewpoints that other people have" and essentially use those perspectives to either help formulate his own answer or give him "something to think about" when comparing it to his.

Sophomore Wil Houston ('19) describes himself as "an introvert". He feels the group work in school is "effective; I still enjoy doing that because the group is small, so everyone is able to get their point across". Houston ('19) also feels that introverts "Keep the group chemistry up" because he gets "along pretty well with everyone so can provide that community feel"

These student perspectives shed light on all of the wonderful things that group work can bring. It gives students ownership of the subject matter, it allows them to develop good teamwork and communication skills, and they are encouraged to hold one another accountable. From a teacher's perspective the benefits are different but the outcome is the same, groupwork is a good feature to add in a classroom. Bullis' own STEM coordi-

nator Mrs. Faith Darling feels that teamwork is "extremely important in a classroom setting because it's provides an opportunity for kids with different skills and ideas to put their minds together."

At the end of the day, students still have a lot to learn so, they don't always make the best decisions. Mrs. Darling suggests that teachers (depending on the situation) should "Pick groups that will benefit the kids (overall learning)". She also wants students to know that "It's not always best to choose your friends" and that they should "choose people that will challenge and help them" better understand the subject.

Group work allows teachers to really diagnose the kids socially. It benefits teachers because it allows them to reinforce

the lesson in a collaborative setting so if their point wasn't clear the first time, hopefully the group work allowed the different learners to understand it better. When students work together in a team, they not only become more invested in the material, they become more invested in one another. Working collaboratively helps to showcase students' strengths while providing compensation for the weaker areas as well. Another key advantage of group work in the office is that things get done faster. This kind of collaboration both benefits the assignment and gives group members an outlet to bounce around ideas.

Rejuvenate This Spring: Health and Wellness Tips

By **Nay-Nay Dunwell** ('17)
Print Editor-in-Chief

Young adults are under a lot of pressure in our society because they are caught between childhood and adulthood. On the one hand, they are expected to know so much information and have adult responsibilities; on the other hand, young adults are being treated as children with rules and regulations controlling their lives.

Because of these stressors, it is important for each person to think about maintaining their own wellbeing. Here are some ways that you can improve your quality of life this spring.

Set a regular bedtime for yourself. This helps to set your circadian rhythm so you have more consistent sleep patterns. It is a tough one to do because getting your homework done is important, but sleep is considered the third pillar of health. Not getting enough sleep can have serious negative health effects, so get as much as you can. Getting enough sleep is good for everything ranging from weight, to mood, to even the immune system. The

best and easiest thing you can do is go to bed at the same time each night. Forgive yourself if you can't meet your goal every night.

Be thoughtful about your use of technology at night. The light emitted from the screens on our devices is very stimulating to the brain. Set your phone to the "Night Shift" setting each night so the brightness decreases. Change the bedtime settings on your phone's clock so you sleep and wake at a consistent time. Take a break from technology at least 30 minutes before bed whenever possible.

Emotional intelligence is made up of five parts: social skills, empathy, motivation, self-awareness and self-regulation. Try to be curious about things beyond yourself. Know what you're good at and where you can stand to improve. Try to improve your ability to do little things like paying attention and listening.

Slow down every once in awhile and be more mindful of your surroundings. Life is very fast paced and social media makes it even faster.



Courtesy of Google Images

People walk fast, talk fast, and eat fast. This also makes people very impatient, and also sometimes very unobservant. Stop to smell the roses sometimes and appreciate life and all its little moments so you can build gratitude for every day. There are a variety of mindfulness apps that you can add to your phone to help you take a break each day.

Cut out sugar where you can. Instead of dumping sugar into coffee, slowly train yourself to go milk-only. Instead of drinking juice and soda with meals, opt for water. Don't buy cakes or cookies from the store, so you're not tempted to eat them at 10 p.m. You can still

indulge in a slice of birthday cake or some ice cream sometimes, but know when you should stop. Treats aren't supposed to be eaten every day.

Find an exercise you actually enjoy. Don't think that just because you don't like "conventional" exercise, such as running, going to the gym, etc., you're "bad at exercise." If you find something that you enjoy, staying active is not such a chore. Jump rope with your friends, go play laser tag, or go bike riding. You can even get exercise at home by moving around and doing chores.

Know when to stay off your phone. There are times for Instagramming and texting, and there

are times where it's truly obvious you're not present because your eyes are glued to your screen.

Drink more water. Not only does drinking water keep you feeling full — so you're not ravenously hungry (and overeating as a result) — it is also a way to not drink sugary beverages. When you're drinking water, you're not drinking soda or sugary juice.

Cook food yourself. Sure, on the surface, a salad is healthy. But when a restaurant loads it down with sugary salad dressing and croutons, it can be anything but. The same goes for any other food, whether it's ordered at a restaurant or found in the freezer aisle at the grocery store. The best way to truly know what you're eating is to just make it yourself. Your eyes may be widened at how much salt you're eating when you are making the food yourself.

Stop worrying so much. Focus on the present. Maintain perspective in a worrying situation, considering what's actually likely to happen. Have confidence that you will be able to make it through.

Bullis Boosters Look to Pass the Torch

By **Alex Trippi** ('17)
Staff Writer

Without the Booster club, Bullis would not be nearly as much fun. The Booster club is responsible for all of the school spirit at the Bullis school and the leaders take themselves very seriously.

The group fosters school spirit by promoting sporting events and all other school sponsored events. The Booster club shows the student body that school is not just about books and tests, it's also about community!

The Booster club is made up of freshman, sophomore, juniors, and seniors. About 50 kids meet every other week to decide how

they can promote fun activities at Bullis, and they also pick the themes for the games. For example, a white out, which means everyone would have to wear white to the set game. It gives the school a sense of pride and community. The members of the club have fun and are always excited to come meet and talk about future events.

Key issues addressed in a meetings include previous events and how they were received, and upcoming events that we are going to target. One of the leaders, Andres Lopez ('17), explained that the Booster Club "has great leaders and students that come

to every club. Student attendance has gone up significantly from the start of the year." We know that the Booster club is making a difference because, as Lopez said, there are students at every event each night at Bullis. It makes the Booster club take pride in what they do and also motivates them to continue the club.

One key decision that is made each week is the theme for the given athletic event. Camille Helmig added her thoughts on which theme she favored when she said, "a white out is a great way to get people to come, especially be-



Courtesy of Bullis Booster Club

cause it is easy to wear and the boys Lacrosse team is coming off the best season in school history."

The consequences of the meetings are great attendance and school spirit to sporting events.

Future meetings include getting students

to come out to all the different spring sports. Not just lacrosse for both boys and girls, but softball, baseball, golf, track, the spring play, etc. Join the Booster club for many more IAC victories!

Onward Faring: The Next Phase of Bullis Excellence

By **Jalen Wade ('17)**
Staff Writer

As the end slowly approaches, seniors begin to reflect upon past, “formative” experiences. Students look back on their freshmen year and think of how they have grown and matured into strong, confident and independent young men and women. As the sun begins to set on their high school careers, they close their eyes on their childhood dreams and begin to focus their eyes toward the future.

In the third trimester, seniors begin to unwind and slowly begin to relax their minds from four years of hard work. They eagerly await final letters from colleges with nail biting anticipation. This is a time for students to enjoy the fruits of their labor from writing essay upon essay and application upon application. When kids dream of applying to their dream college they can hardly comprehend the time and effort that goes into things such as finding time to make visits and making appeals for financial aid.

When kids enter high school as freshmen they find new friend groups and discover new things about themselves. Students who begin their time as carefree and flighty freshman find themselves becoming

mature adults by the time their four years are done. Many students had ideas for the kind of person they wanted to be in their senior year and worked to become that person. “I thought I would be focused and working hard, which I still am,” says Sarah Poling ('17). Students view every year as an opportunity to improve themselves from the year before. Some even set goals that they want to accomplish by the end of the year which range from academic to athletic. Bullis has led children into maturity by having a curriculum and community that nurtures and challenges them.

The seniors did not become the way they are now on their own. In the past four years, they have turned into their own person through things such as sports, interactions with friends and the mentorship of teachers. Teachers have helped students grow by pushing them to take harder classes and helping to cultivate their maximum potential. Students such as Matthew Linehan ('17) attributes the changes he underwent to “getting out of his comfort zone”. In his time at school, Matthew states that he grew to enjoy learning for the sake of learning and not just doing it to make a good grade in a class. When looking back to their younger years, many seniors believe that their freshmen selves



(Courtesy of Jalen Wade)

would be happy with the people they have become.

Throughout their four years at Bullis, students want to contribute some type of legacy towards the school in the same way as former graduates such as IAC winning quarterback Dwayne Haskins. When asked if she thinks she made a legacy, all ISL girls basketball player Tori Crawford ('17) says she “likes to think she did”. Though not everyone will make a legacy, students try to carry no regrets or what-ifs from the past four years. They are focused on the goals they have for the future.

With reflection, seniors eagerly anticipate the future lives they will soon lead. Many of them plan on having successful jobs in the future, and some want to have families of their own in ten years time. They look forward to the independence that they will soon have by leaving behind the shelter of their parents' homes and school. One of the most heavily anticipated aspects for future college students is

having a curriculum made up of subjects they are interested in. “I look forward to meeting new people and studying what I want to study,” Nora Ribera ('17) says expectantly. Choice of knowledge is a commodity many students wish to gain.

Despite the students' eagerness to leave behind their high school careers, they will not forget the time they spent at Bullis or the values that the school ingrained in them. Bullis students are taught to conduct themselves by an honor code which instills high moral values and a righteous core. The Bullis honor code has taught these students values such as integrity and respect which will stay with them past high school. Morgan Cohen ('17) plans to carry the values of “trust, caring and being apart of a good community” with her into her college. The Bullis school has placed a great importance on the idea of community. They want students to hold the achievements they make in equal high esteem as the

bonds they form with their classmates.

The class of 2017 is considered one of the most tight-knit in the past few years. Many people plan to keep in contact with their fellow classmates despite moving to different areas. Distance holds little meaning to the seniors because they have passed the threshold that makes them classmates and have gone on to become a family.

Despite the current seniors departing this year, the Bullis legacy will not end with them. As the old guard heads out, the next generation comes in with the freshmen class. Like their upperclassman before them, they share the same hopeful anxiousness for the future.

Much like their seniors, they also have begun to create their own dreams and goals to set themselves toward. Some are already setting goals as large and lofty as wanting to be a lawyer. Much like the seniors did when they were their age, the freshmen have ideas for who they want to be when they are seniors themselves. “I want to adequately manage my classes and my workload and thrive at Bullis,” says Grace Berry ('20).

The freshmen serve as a representation for what can become the future of Bullis. With freshmen, and students of the Bullis school, the future looks bright.

To Do or Not to Do: Avoid the Cycle of Senioritis

By **Lizzie Balidi ('17)**
News & Opinions Editor

Remember those cartoons with kids carrying more books than they can handle? Well that's the perfect metaphor for a senior's life. Perhaps they usually don't carry all of those books at the same time but that cartoon captures the demands of the day.

Our school prioritizes balance..... some days. Balance can be thrown off and then everything falls to the ground and you have find that balance all over again. Factors in life can often upset the balance we have. Sometimes it's the

distance we drive to and from Bullis, or it could be the different activities we participate in and outside of Bullis, and other unforeseen factors play a part.

But when the work gets put off, seniors have two choices: stay up until three in the morning or go to sleep and not do it, thus beginning the never ending loop of “senioritis”. After making the first choice and stay up to three in the morning, the next day a person may feel like a zombie going through the day which decreases productivity in classes and study hall which

mean the person will go through the same cycle tonight and there will be a decrease in productivity daily until the person stops caring and accept the senioritis... phew... that was a lot.

If the person takes the second option, it causes greater ruin. They may get sleep but they have to catch up on work they did not do which puts them in the same situation the next night. To do or not to do that is the question. But what will the student do to end the cycle?

There are options to end the cycle. Use study halls wisely. Complete the more tedious work first and do



Google Images

the easier stuff later. If study hall is not an option, complete the homework that is worth more points and communicate with your teachers if you are overwhelmed. On the weekend, yes even on Saturday, try to get ahead of homework like reading for English or finishing a project, so you don't stress about it.

To release stress try taking a deep breath every now and then to get oxygen flowing through your body. If you have time during weekends when you're not doing homework, try to get some me time or meditation to open up your mind. There are great resources for meditation right on Youtube. Although it's not readily available to everyone, sleeping helps alleviate stress. So get as much sleep as possible.

Senioritis and senior stress go hand in hand during the last trimester. There are ways to get out of the loop and get that balance back.

Senior Trips Build Homes and Bonds

By Nay-Nay Dunwell ('17)
Print Editor-in-Chief

The final experience seniors have as a class is the Habitat for Humanity trips. It is the-coming of age experience for the class that is required by the school in order to graduate. The seniors' Habitat for Humanity trips are week-long trips where the seniors build houses across the country to help the communities. This trip has been taking place for the past five years and the tradition continues.

Just as in the beginning of the year each grade goes on the Experiential Education trip to grow as a grade, the Habitat Trips are a final chance before graduation to bond and for each member of the senior class to leave with a memory of their classmates and their contribution to the community.

Each trip is led by a team of staff members, and students work under the careful supervision of Habitat staff to complete repair and build homes for low-income families around the country, and is a requirement in order to graduate from Bullis. One of Bullis' core institutional values is service. Community service so important to the development of a person because it helps foster empathy and self-efficacy.

As a group, Bullis takes pride in the service it provides to the

community, so the seniors taking part of Habitat for Humanity is very important to the school. "The senior service trips were definitely a great experience! Not only did I enjoy helping out the community in Delaware, it was also refreshing to see a different outlook on life" Fadima Konate ('16) stated enthusiastically.

The trips for Class of 2017 are to Durham, North Carolina, Eastern Shore, Virginia, Georgetown Delaware, Pittsburgh, Pennsylvania, Charleston, South Carolina, Taos, New Mexico, and Wilmington, Delaware.

Though the trips are for service to the community, the students get to enjoy other activities on their time off. Each trip has a set schedule where everyone is able to enjoy activities in the community in which they are helping.

Durham, North Carolina has experienced a recent tech boom and economic growth, but many families struggle to find safe and affordable housing. Students will have the opportunity to partner with a local family and help build their new home. They will stay on the campus at UNC Chapel Hill and have a chance to explore the area.

Eastern Shore, Virginia is known for beautiful beaches and wildlife, but the people who live and work there struggle to find affordable housing. Bullis students will help build a house for a family in need.

The travel for the trip will be three hours by both



Courtesy of Bullis 2015 Blogspot

minivan and bus, and on their free time the students will go to the beach along with a few other activities.

Sussex County in Georgetown, Delaware is largely rural, but the eastern part of the county is best known for beautiful beaches and resort towns. This area has high property values and it is difficult to find affordable housing. Many of the year-round residents work in the service industry or in chicken processing plants. Bullis students will be working with a family to provide them a simple, safe and affordable home. They will travel two hours and sleep in a local motel.

Pittsburgh, Pennsylvania used to be one of the industrial centers of the United States and provided many jobs in

their factories. In the 1970s, Pittsburgh fell on hard times and poverty increased dramatically. Now there are continued challenges for working-class families due to the high retail prices. Bullis students will work on the outskirts of the city to rehabilitate an older home. The travel time for this trip is a whopping five hours and the students will stay at a local motel.

While Wilmington, Delaware is home to many headquarters in the financial industry, the city itself has a high poverty rate. Students will explore the challenges of urban poverty as you work with local residents and the Habitat staff to build an affordable townhouse community. Mid-week, they will travel to Philadelphia for a bit of sightseeing. They will travel by minivan 90 min-

utes to New Castle County, Delaware and will stay at a local "Comfort Inn" motel, which includes a hot breakfast.

Taos, New Mexico is a very popular tourist location where people go for the vibrant arts culture, but there is a lack of affordable housing especially in the Native American population. Students will help build a traditional adobe-style home. They will also travel throughout the area and enjoy the scenic beauty and history of the region. They will fly from BWI to Albuquerque, NM and will stay at a hotel (Sagebrush Inn) in Taos to work on an Indian Reservation.

Sea Island, South Carolina is known for its beautiful beaches and golf resorts, but the high cost of living has meant that many working class families struggle to find safe and affordable housing. Students will spend a week working in partnership with a local family, and enjoy touring Charleston and as well as spending time on the beach. They will be flown from BWI on Southwest Airlines and will stay in dorm accommodations in a Habitat house.

The goal of this senior trip is not only to help others, but to have a final bonding experience as a grade. Seniors have and are going to make a huge impact on the surrounding communities to better the lives of our fellow civilians.

Spring Fashion for 2017

By Ashley Seymour ('18)
Staff Writer

You know it's spring when... the girls stop wearing the big coats, Uggs, Lululemon leggings, and their scarves comes off.

Bullis students shared their thoughts about spring and what spring outfits and accessories they would wear. Masai Russell ('18) said "Besides the summertime, I love spring because it is not too hot but it has its shady moments and winds...". A typical spring outfit

for me is a choker, short sleeve top, ripped jeans, and Nike shoes." Russell thinks this is a great outfit for spring because the weather during spring is very up and down.

Alexis Postell ('17) said "I do not really like the springtime because it's very confusing on what to wear, spring to me is like being in the in-between stages because the weather is not officially hot nor cold." In the Bullis community



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Alexis Postell is not alone with disliking spring. "An outfit I would wear during the springtime would most definitely be a crop

top under a bomb jacket, leggings, and Pumas shoes," said Postell.

Athletes on the track team said "We do not

really have an opinion on the springtime we are just happy practices will not be as challenging because we practice outside all year around... the upside of spring we now can shed our layers of clothes and go back to shorts and tanktops." Comfort is much higher

Spring clothes should come out when you feel the weather is getting warmer and dress how you feel.

Netflix Kills Attention Span and Grades

By Aiden Brown ('17)
and Naya Hutchinson ('17)
Online Editor-in-Chief
Staff Writer

Whether or not we like to admit it, we are all familiar with the scenario of taking a break from school in order to feed our unhealthy obsession with the online video service, Netflix.

Netflix has quickly become a popular phenomenon amongst the masses. It is convenient to the everyday user because it allows them immediate access to over 1,500 TV shows and 6,000 movies. This sets Netflix ahead of the competition because it gets rid of the weekly stress of wondering what'll happen next on the show or of having to drive to a video store.

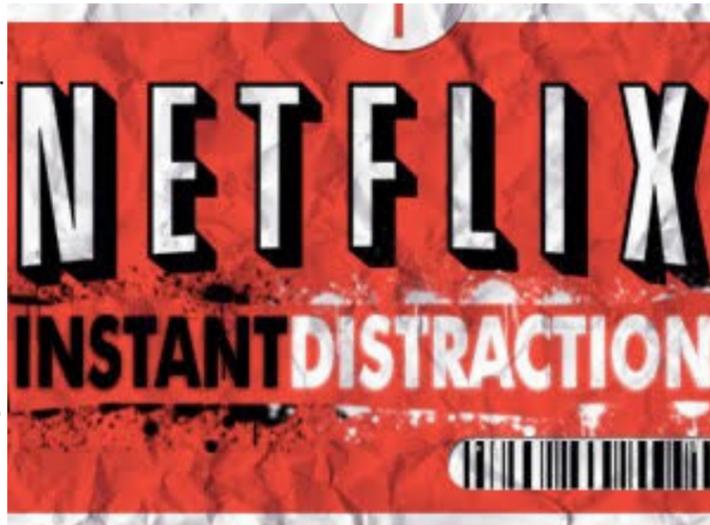
A lot of people don't know that Netflix was actually founded in 1997 by its owner's Reed Hastings and Marc Randolph. Like Blockbuster, Netflix used to only sell DVDs but through the mail. The latter's num-

ber one competition used to be Blockbuster until it went completely bankrupt in 2013.

About a year ago, the founders of Netflix boldly decided to reach for world domination, and they have done just that. They made the website available to about 130 countries around the world. There is even a saying that includes its name, many of you have probably heard of "Netflix and Chill." This saying became popular through Twitter and has made Netflix the new go-to for couples to watch together and/or for people to watch it alone.

Although Netflix is known for having popular shows such as: Orange is the New Black, Grey's Anatomy, Buffy the Vampire Slayer, American Horror Story, Shameless, One Tree Hill, and Gossip Girl, it also has a reputation for distracting students.

The Bulldog staff asked students how many Netflix shows they watch; the aver-



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age was 3-4 episodes per week day and 7-8 on weekends.

Bullis students found Netflix as both addicting and distracting. Haley Reiner ('17) thinks Netflix "distracts" her from her school work. "If I'm really into a show, I will watch it a lot...sometimes I stay up late watching it, and then I am tired in school."

Nicole Zuckerman ('17) describes her re-

lationship with Netflix as "addicting". "I watch Netflix daily, and it is always a distraction from my homework." She also claims that she "needs to listen to it in order to fall asleep"

Bryson Shaw ('19) doesn't see Netflix as a disturbance when it comes to completing his school work. "Netflix doesn't have an effect on my school work...I gotta dream to fulfill and I can't let Netflix cause me to fail."

Jovone Campbell ('19) has recovered from his previous addiction to the online video service. "Netflix doesn't affect my school work that much.. but it used to... although I still watch Netflix everyday."

Gabby Johnson ('17) says that Netflix makes school work the "second priority". "Whenever I watch it and do homework, it makes my homework take twice as long. I watch Netflix everyday."

Chris Lemus ('17) says that he only goes on Netflix when he wants to "relax". "I don't think it's a distraction unless you watch it too much because you become obsessed and it becomes your only focus. I watch Netflix almost everyday."

Netflix is the new book of the 21st century; you are enticed into another world when watching and never have to stop...until the season ends unexpectedly and you have to find another show to watch.

"She Kills Monsters" Expects to Be a Different Venture

By Pearl Newman ('17)
Staff Writer

The Bullis theater department is thrilled to announce that they will be performing the funniest play the community has ever seen, running from May 11 to May 13. "She Kills Monsters tells the story of Agnes Evans as she leaves her childhood home in Ohio following the death of her teenage sister, Tilly. When Agnes finds Tilly's Dungeons & Dragons notebook, however, she stumbles into a journey of discovery and action-packed adventure in the imaginary world that was Tilly's refuge" said the Samuel French licensing company.

"The play takes place in the 90's and it is about Agnes (played by me), a normal teenager with younger sister Tilly (played by Noelle Morgan) really liked Dungeons and Dragons, but Tilly passes away in

a car crash. A year later, Agnes wants to find a way to connect with her sister having not been able to while her sister was alive. She asks Chuck Biggs, a huge D&D nerd (played by Jonas Hosmer) to help her learn how to play so she can better understand her sister. Throughout the play, Agnes learns things she could have never imagined about her sister," said Sarah DeLeonibus ('17).

This play is predicted to arouse the Bullis Community. "It's a comedy, I basically love to call it a rollercoaster because we showcase hilarious funny scenes and deep emotional ones too," said Jonas Hosmer ('17). The different scenes that will be acted will affect different individuals in different ways. It is a story of love and learning about our loved ones. "What happens is Agnes younger sister is killed in a car crash,



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since they weren't very close, Agnes goes back to play her sister's games in order to learn more about her sister and spend time with her," said Jonas Hosmer ('17).

The play is suitable for a high school audience. "The show has comical elements and really connects to high school audiences despite the serious and sad undertone. The show will make

you laugh, cry and go through just about every other emotion in a short amount of time," said Sarah DeLeonibus ('17).

"I absolutely think the community is going to like it. There's fighting, combat, monsters and blood, it's awesome and everyone is going to like it" said Hosmer ('17). It seems like the Bullis community is in for a big surprise. The play is said

to be deceptively breezy and rather ingenious. It's definitely nothing like anything we've ever done before," said Sarah DeLeonibus ('17).

The Bullis Theater Department always does a great job at showcasing their talents. "The Bullis community should expect to see some awesome stage combat, sword fights and a huge array of monsters ranging from tiny fairies to huge dragons," said Sarah DeLeonibus ('17).

She kills monsters is said to be packed with action and wit. It is a story that will leave the community in shock. "It's definitely something I've never seen at Bullis" said Tyson Wiseman ('18). The play will be showcased late April. Shining future ahead, he is aspiring to become the Chief of Staff of the Air Force, a Fortune 500 CEO, and a Senator in the United States Congress.

1:30 a.m. is Past My Bedtime

By Dayna Seigel ('17)
Staff Writer

As prom season came to an abrupt end for Bullis, girls finished finding their perfect gown, the perfect date to take a photo with and the perfect party playlist to dance to. The excitement around the memorable night reached an all-time high. With all the positive hype related to the quintessential event featured in every high school movie, there is one aspect that many students are not happy about. Based on conversations, the incredibly late curfew of 1:30 a.m. is something for the administration to rethink.

Before I go into my proposal of what the alternative plan for after-prom should be, I want students to understand

why Bullis created the late curfew in the first place. I believe the main reason for after-prom is safety, based on the many talks Mr. Pollicino has given us in Upper School assembly. There have been countless stories of tragedies happening on prom night. As stressed in said talks, the fear of after-parties and underage drinking leaves Bullis questioning what they can do to ensure that all of their students will return to classes the following Monday morning. Another reason for after-prom is to experience the special night with all upperclassman together, even if our eyes become bloodshot from the late hours. Lastly, I believe that after-prom was planned

because faculty truly believed that desserts and party games after hours of dancing would just be a good time. I give Ms. Gogerty great credit for all of the planning that goes into creating the night that many of us will never forget. She spends a lot of time planning an after-prom that kids really do want to be a part of, and we thank her for that.

With the concerns of Bullis in mind, I still do not believe it is fair for us to have a required leaving time of 1:30 a.m. Other schools around Maryland do not require students to stay as late and even let students leave when they want to. Holton Arms prom, for example, ends at 11:30 p.m. The attendees are not even required

to stay until 11:30, so depending on how much fun they are having, they have the option to stay as long as they want. We are not asking for Bullis to remove the required curfew all together, but simply to make it earlier. In addition, parents do not want to pick their children up at 1:30 a.m. Not all students are allowed to Uber and the timing is dangerously late. By shortening the curfew, kids whose parents do not mind getting them so late will be able to stay.

After placing myself in the shoes of Bullis and understanding the reasoning behind after-prom, I have come to an idea that would make all students happy, while continuing on the after-prom tradi-

tion. Seniors should be allowed to leave prom at 12:30 a.m., but still have the option to stay for the after-prom. As part of a senior privilege, they will be able to leave before the tiring curfew of 1:30 a.m. With the fear of after-parties in mind, we also must think about the fact that seniors are going to college next year. We deserve to be trusted and held responsible for the decisions we make. We deserve to be given the opportunity to prove Bullis wrong and show that we can make the right choices. Everyone is excited to share the special night together, to see the beautiful dresses, cute dates, and dance the night away.

Why Journalism Matters: *The Bulldog*

By *The Bulldog*
Editorial Staff

“Journalism is what maintains democracy. It’s the force for progressive social change.”
- Andrew Vachss:
Author

Media is often not trusted...

Throughout history, the purpose of journalism has been to report unaccessible information to the public without being biased. With that being said, there are ethical guidelines that come with being a journalist. Journalists have a duty to the public, to be honest and loyal because fair and independent journalism is essential for a democracy to function well.

We live in a world where there is such a demand for current and relevant information and where things can change in the blink of an eye, the need for journalism now is more important

than it ever was. People are naturally curious, and we live in a time where technology allows them to quickly become informed because they have instant access to news.

In the Bullis community, the art of Journalism and the skill of being able to display news in a manner that other people can understand is greatly appreciated.

Mr. Kosegarten, the Journalism teacher at Bullis is very passionate

about the crafty portrayal of news. He claims that “Journalism is an essential part of democracy. Some consider it the fourth branch of government because it gives people a voice and provides checks and abuses of power”.

Lizzie Baldi ('17), the opinions and news editor of *The Bulldog* says that journalism is “a way of getting news out there and telling the world what they need to know.” She later explained that, “It

gives people the opportunity to know what’s happening outside of their home and gives them a chance to develop their own opinion about it.”

Jonas Hosmer ('17) explains that Journalism matters to him “because it allows students to write about their environment and in the bigger picture, it is used to hold government officials accountable for their actions.”

Steven Landry ('18),

the Sports editor says that journalism matters because there are a lot of “efficient” ways to communicate information but “it’s important to have people that report the facts as they are and it’s really important that they report it the right way.”

Journalism will never die! There will always be a story to be told. There’s always a picture to be taken. There will always be a moment to capture and to remember. Journalists will always be around to share these moments. In a world where everything is changing at such a rapid pace, journalism provides everyone with access to the world. Journalism keeps people informed and knowledge is power which is what makes journalism more important than ever.



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Personalize Detentions to Deter Infractions

By Aiden Brown ('17)
Managing Editor-in-Chief

Historically, detention has been used as a method to discipline students whenever he or she breaks a school rule. Detention keeps order in tact and provides a deterrent to students. With that being said, detention is not always the most effective method of discipline because students either don't learn from their mistakes, don't respect the authority, or don't really care about the "punishment."

Bullis' detention occurs after school and only is enforced upon students who have received five comportment forms (warnings). With this five-strike rule, students often slack off and start to "forget" to do little things like getting to school or class on time, wearing the correct

uniform, or using their cell phone at a proper time.

Many different schools around the country have many different variations of detention; some are more strict than others. The whole point of detention is to make sure that the policy infringement won't happen again, and I feel like the best way to achieve this from an administrative perspective would be through more strict methods that inconvenience the high school student.

Alternatives to the Bullis detention methods include morning detention, school community service, and/or lunch detention. These options are obviously unpopular to the students because they would either in-

fringe upon their sleep, their free (lunch) time, or their after school activity time.

Rebecca Warren ('17) claims that she would rather serve detention during lunch because she is "already at school" and does not want to "come early or stay late".

Nina Zigah ('17) agrees. She said "I wouldn't mind [serving detention] during lunch but I know lots of students meet with teachers during that time, so it would be good if students could have options as to when they would serve the detention."

With that being said, the only downside to giving students these options is that "it would increase" the amount of students who receive detentions.

Tony Patrinos ('19)

states that if given an option between morning and afternoon detention he would choose morning because he "wouldn't have to miss sports that way".

Wagner Wakeman ('17) partially agreed. He suggested that Bullis should make detentions available both before and after school because "Doing it before school would be cool because you wouldn't have to stay after or miss practice or anything but if it means getting up earlier than after school is better"

Ben Jones ('18) describes himself as a "good boy" who never will get detention. He made clear that morning detention would be "more effective" in disciplining all of the bad

apples out there because high school students value sleep almost as much as they value food.

With all of these suggestions on how to better/worsen detention for the students out there, I would suggest whichever way inconveniences them the most. Whether that means forcing Mom or Dad to take them to school early, losing time during lunch to socialize with friends, or having to pay the price of coming to practice late; the best method of detention to correct bad behavior is the worst detention in the student's mind.

Students Need More Time to Eat Lunch

By Pearl Newman ('17)
Staff Writer

With the student population expanding in size (550 in the Upper School), many students are unhappy about how this has impacted the lunchroom. Many believe it is too packed and that the lines are too long. The school needs to find a solution so that all students have enough time to eat and enough time get ready for the next block. "I think that the lines should be shorter, but with the amount of people at school that is not possible," said Lizzie Day ('19).

Even though our administration has made an effort to improve this situation, students find it hard to believe. "I think I do mostly have enough time to eat, but I sometimes feel rushed" said Lizzie Day ('19).



Courtesy of Nay-Nay Dunwell ('17)

Based on conversations, many students complain about not getting enough time to eat their food before going to class. This has led to irresponsible actions such as leaving plates outside instead of returning them to the cafeteria. Many students believe that an hour of lunch will help relieve the stress that comes with lunchtime.

Students say that the

long lines force them to eat at the deli bar rather than the main course.

Lunch is the perfect time to catch up with your buddies, but due to the long lines, social life amongst students is slowly vanishing. "I do not have enough time to socialize because most of it is spent by finding a seat and waiting in line. Yes, I do think that lunch should

be an hour because the time we have now is not enough," said Jade Lyda ('19).

It is sad to see a student go back to class without eating because they didn't have enough time to eat due to the long lines. Students who miss lunch may find it difficult to concentrate in class. Many students in our community do after-school events such as athletics, so they re-

ally need their fuel. "The lines tend to take up at least 10 minutes of my lunch, they're too long," said Sydney Antoine-Pompey ('19).

The school needs to take measures regarding the long lines at lunch. We need either a new cafeteria (there may be some relief through the STEM building) or one hour for lunch.

The Teams We Love To Hate

By Steven Landry ('18)
Sports Editor

They are hated for their coaches. They are hated for their players. Most of all, they are hated for their success. When the names of a few sports teams are uttered, they fill the air with sour, unforgettable memories that painfully linger longer than they should. Even the sight of their logos can be an eyesore. The worst part about these teams: they win way more than they should. As of now, America's most hated sports teams are The Golden State Warriors, The New York Yankees, The New England Patriots, and the Duke Blue Devils.

In 2009 they were absolutely irrelevant. They had orange and blue uniforms (a piece of information lost on most fans) and they had just drafted a scrawny kid from Davidson University named Wardell. Wardell Stephen Curry II, and the Warriors have been subject to hatred the past few years. The Warriors have the quickest claim to infamy out of the previously mentioned teams and that can be attributed to their massive following. It seems like with any sports team that has a quick insurrection to the top of their league, fans start appearing out of thin air. The Warriors situation is similar to that of the Seahawks a few years ago, when Seattle Seahawks fans magically appeared after years of mediocrity. The world got to rejoice after last year's finals where the Warriors conceded the NBA title to LeBron's Cavaliers. It was a time of pleasure for NBA fans to watch and see the Warriors lose, but that period of euphoria was far too brief. Oklahoma City's Kevin Durant joined the Warriors this season and that made him a target of beligerence; therefore, more feelings of displeasure were directed at the Warriors. Warriors forward Draymond Green has developed as a Warriors player who not many people are fond of because of his on the court antics as well as his attitude.

Golden State is unique because they are the only team on this list that historically is not really all that impressive. Before their 2015 title, their previous NBA championship was in 1975. The Warriors situation is much different than the next team on this list, The New York Yankees.

The Yankees are the earliest franchise in American sports to be truly hated. The Yankees were founded in 1903 and since then, they have dom-



Courtesy of Google Images

(Left to Right) Stephen Curry, The New York Yankees, Tom Brady and Bill Belichick, Duke Fans

inated Major League Baseball. The Yankees are a perfect example of a team being disliked for being too good, as they have won the World Series 27 times; that number more than doubles the runner up St. Louis Cardinals who have hoisted the trophy 11 times in their history.

In New York, professional sports teams are always under scrutiny from the media. Alex Rodriguez became a target of the media when he famously lied multiple times about taking banned substances. When the truth came out, he was immediately on New York's bad side. Yankees fans felt like they were fooled into signing a very expensive cheater. The rest of the league started to feel displeas-

sure with Rodriguez as well, dubbing him a cheater and a liar. Through the years, the Yankees have built a sour reputation for swooping in and taking the best players from around the league. It seems like at any moment, the Yankees could come out of nowhere and offer a team's best player a sum that cannot be denied. Red Sox fans know all about this and have had to deal with the Yankees wealth. Red Sox follower Ethan Thompson ('18) states "They buy their championships". Although they have not had the success in recent years they would have liked, the Yankees will surely be hated as long as the MLB is around.

This next team is probably the most powerfu-

ful case of a franchise being hated because they win. This situation is so bad even the league's commissioner is doing everything in his power to prevent this team from winning. Brady, Belichick, and the New England Patriots. Their dominance is unquestionable. Just when finally it seems that their reign of terror has ended, this dreadful duo keeps returning to deflate opposing fans' dreams. One of the strangest things about the Patriots is that it seems like every year, their roster is not filled with an incredible amount of talent. Last year, their offense did not have stars like the Steelers' duo of Le'veon Bell and Antonio Brown. They lacked defensive stars like the Texans' J.J Watt and

Jadaveon Clowney. They had a wide receiver whose main sport was lacrosse until just a few years ago. That receiver, Chris Hogan, played a big role in the Patriots' playoff run. The average football fan couldn't help but gasp at Tom Brady's superbowl comeback. Some fans "hate the Patriots because of their history with cheating and rule bending" stated one junior. In 2007, the Patriots were caught spying on another team's practice and not long ago there was controversy over the Pats deflating footballs. When it comes down to it, Lincoln Yeutter ('18) believes, "People hate them because of their dominance." This next team may not compete on the professional level, but they are world champions when it comes to being disliked.

Duke has to be the most distasteful four letter word in all of sports. Especially around Maryland, if someone reveals they are a Duke alumni, a person's first reaction will most likely be one of disgust. Duke as a school is, for the most part, not hated as a whole. It is solely their basketball team. The Duke football team does not receive nearly as much hatred as the basketball team, if any. The reason for this is mainly because of their constant success in the NCAA tournament and partly because of infamous players such as Christian Laettner. Laettner was the star on Duke's 1991 and 1992 team, and he is famous for his antics on the court such as stomping on a player. However, he is most famous for his shot in 1992, which is seemingly showed over 50 times every March during the NCAA tournament.

A seemingly modern day Christian Laettner has now taken the stage, Grayson Allen. Allen has a habit of tripping players, whether accidentally or purposefully; this just adds to the already strong wealth of hatred pointed towards Durham's basketball team. Some people are conditioned since birth to despise Duke. "My parents both went to North Carolina" stated Tucker Strachan ('18) "Ever since I was born, I've hated Duke." From Carolina or California, Duke's basketball team is among America's most hated teams.

Players, coaches, and fans will all come and go, but these teams will continue to be despised as long as they keep winning.

America's Past Time Not Past Its Prime

Jason Hersh ('18)
Contributor

Cars, Apple Pie.... Baseball. America's Pastime, baseball, has been the national sport since its inception.

Major League Baseball has been the treasure of American sports and culture throughout the most challenging times in American history, including World War I, II, and the Cold War. Baseball legends such as Babe Ruth, Joe Dimaggio, Willie Mays, and Ted Williams are known and admired around the country and the world.

In the last 20 years baseball, however, has come under scrutiny. Some feel that the proverbial Golden Age of baseball had been irreparably tarnished. The all too well-known steroid era from the 1990s and the early 2000's has furthered the steadily declining interest in the game. Many young people just are no longer

interested in the long, complicated art that is baseball. They argue the pace is too slow and the game has too little action. For the hardcore baseball fan, the game is still as alluring and magical as in the past, especially with young talented players such as Mike Trout, Kris Bryant, Clayton Kershaw, and Bryce Harper leading the way.

True fans can only hope that the mysterious force that drew the entire country in the old days will do so once again. In the spirit of this enthusiasm, here are some predictions for the new season.

National League Champions

Washington Nationals: It seems like every year the Nats are predicted to win the NL and even the World Series; yet year after year, they fall short in the first or second round. This year has to be the year. Some keys for the Nationals this year will be a rebound year

from Bryce Harper, Daniel Murphy having even 75% of the ridiculous year he had last year, and the continued growth of hopeful superstar, Trea Turner. If all these things happen, Scherzer continues his brilliance, and Strasburg stays healthy, they have a real shot.

American League Champions

Boston Red Sox: It's true that they have lost the face of the franchise for the last 10-plus years in "Big Papi", David Ortiz, but he has left a very bright future behind. On the backs of young stars Mookie Betts and Xander Bogaerts, old mainstays like Dustin Pedroia and David Price, and new arrivals like Chris Sale, the Sox are in prime position to earn their ninth title.

World Series Washington Nationals: This is the year! The Nats are finally going to win the Series. The Nats match up very

well against the Sox. In the end the killer quartet of Harper, Turner, Murphy, and Rendon will outperform the Red Sox tough lineup and Scherzer and Strasburg will outduel Price and Sale. The 2017 Nats will bring the first World Series to Washington since 1924.

NL MVP:

Bryce Harper will be back in 2017. The polarizing sensation from the Washington Nationals will rebound from his frustrating down year in 2016 and reclaim the NL MVP. In 2016 Harper's swing looked out of sync, he had no base, and he couldn't hit the outside pitch. His good Spring Training shows promise for a repeat of his 2015 output. It seems as if his power has returned and not at the expense of his contact, as he is also hitting .325. If Harper can translate this Spring Training success into regular season results he will claim the NL MVP and put himself in the conversation of best player of the

planet once again.

AL MVP:

The AL MVP could go to Mike Trout every year and nobody would bat an eye. But, this year, there might be a man who not only deserves the MVP but may even outplay Trout for it. Enter Gary Sanchez. Sanchez has had his share of issues upon entering the big leagues. Last year in Spring training he hit under .150 and was beaten out for a roster spot by Austin Romine. But, once he finally was called up, he made it count, belting 20 home runs in 200 at-bats while obtaining an excellent batting average of near 300. Sanchez rocked 20 home runs and 42 RBI last season in just under a third of the season. In his first full season with a very strong spring training under his belt, Sanchez will continue right where he left off last season en-route to an early MVP prize for the trophy case.

Bullis' Unrecognized Athletes

Jacob Friedlander ('17)
Staff Writer

Steven Landry ('18)
Sports Editor

It is often thought that just because someone is a teacher they have no athletic background. Bullis has a few faculty members who played sports at a high level, but may not be known for their athletic achievements.

Mr. Mark Riffie,
Video Communications manager

Mr. Riffie grew up in Virginia and played travel baseball and varsity baseball. Mr. Riffie played baseball at the University of Virginia and later went to NYU for Journalism and got involved in video media. Although his baseball career at Virginia was cut short by a torn ACL, the connections he built and the lessons he learned have stayed with him.

Baseball impacted Mr. Riffie not just in college, but he thinks it may have impacted him without him even being aware of it. For Mr. Riffie, having college baseball on a resume is definitely something that stands out. "Some people will look at it and think of leadership skills, or the ability to work under pressure". Riffie recalls that in every single interview, the topic of baseball has come

up. Coming out of college, any possible advantage in the work world is beneficial. "It's created a network for me." he stated. Sometimes people will feel a connection because they played sports in college". This connection can be extremely helpful for a student to have.

The best piece of advice Mr. Riffie has to offer was given to him when he was in the college application process, "Go some place where if sports don't work out, you'll still be happy." This would end up being a crucial piece of information for Mr. Riffie as he tore his ACL his sophomore year and unfortunately lost his place as a starter.

Mr. Bobby Pollicino
Upper School Principal

Many people only know Mr. Pollicino as the Upper School principal, however very few know his athletic background. Mr. Pollicino attended Washington College where he played for the men's lacrosse team. He was a lethal attackman for his four years at Washington College.

Like some of our seniors, Mr. Pollicino has driven on the bumpy road in order to become a successful student athlete. Being a student athlete can be difficult at times because managing a sport full time while keep-



Courtesy of Perfect Game

Mr. Riffie at a showcase in 2006

ing your grades up is a real challenge. "Some of your professors at the start of the semester say this is our due date for our two papers and four tests and you have to really map it out" said Mr. Pollicino. Time management is a critical aspect for a college athlete because there is less time to do schoolwork than the regular students. "During the fall during my freshman year every freshman had mandatory study twice a week for an hour and a half and you got to make sure you do your work so you have time to focus on practice" stated Mr. Pollicino

Ms. Amy Heinzlmann
Middle School Health/ P.E teacher

This former student athlete played on one of the most dominant sports teams of the past century. Amy Heinzlmann, middle school health and P.E teacher, was featured as a captain on a top ranked UCONN basketball team and graduated in 1999 with a degree in education and psychology. Ms. Heinzlmann has taken away many things from her collegiate experience and applied them in real life. In college, athletes can be gone weeks at a time so communication is extremely important. Time management is a skill Ms. Heinzlmann has definitely taken away. "You use every moment you can to get your work done, which sometimes means studying on a plane or a bus" she recalled.

Another value Ms.

Heinzlmann picked up at Unfortunately many times women's basketball does not get the attention men's does. This is not the case at UCONN as the women's basketball team draws crowds around 10,000 every game. "At times it felt very surreal, to go from playing in high school where we didn't even have bleachers to playing on such a big stage." This has taught Ms. Heinzlmann how to deal with pressure and how to work with others.

Every student athlete wants to leave a legacy. Ms. Heinzlmann was very accurate when she stated "You don't want to have any regrets. You want to look back and know that you gave every ounce in you. And you did everything you could to make the most of your collegiate career. If you do that, you will reach your potential, and you will do everything you can to help you and your team achieve its goals.

Playing sports in college is not just a rewarding athletic experience, but it sets up connections and holds value even after college is

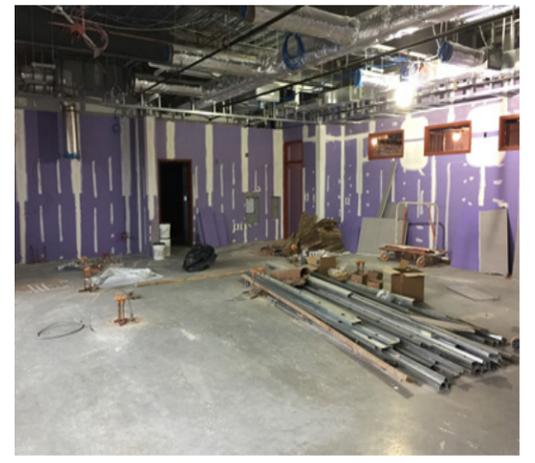
A Tiny Tour the Discovery Center



The exterior of the building is quite beautiful as the glass windows make it feel open and let the sunshine in. The combination of brick and limestone also help the exterior shine and match other buildings on campus. The way parts of the building protrude from the side also keep it interesting and modern. Although, contents inside the building reflect the most exciting developments.



This picture shows the new entrepreneurship classroom that is going into the building. The classroom has a curved glass exterior that overlooks the entrance area in the building. Inside, there are four separate private rooms where teams can meet and discuss their ideas. This classroom is perfectly catered to fit the needs of the students.



Here is the size of a normal classroom in the Discovery Center. While the picture does not do it much justice, these rooms are larger than any other classroom currently on campus. The dimensions of the room have come from a scientific research project, which states how big classrooms should be for students to be most successful. These new science labs will feature lab and classroom built together.



There is a group of glass study spaces that will be available to all students on a first come, first served basis. These study spaces not only provide a well lit study area for kids, but also vary in size. Towards the ends there is space for small groups to meet and work together. These spaces expand in size as it gets closer to middle, eventually opening up to allow the space for eight kids to work together efficiently.



Here is an almost finished section of walling outside of one of the classrooms. Dr. Boardman described how this design is called a two-stage drywall process. This process creates a very cool separated pattern as seen in photo that looks very modern and goes well with the design of the building. The design is also built to be extremely tough and will provide great durability for years to come as backpacks and people lean against it.



While at first it does not look like much, these rectangular cut holes in the wall are spread out through the buildings floors. These will be home to touchscreen tablets that students and teachers will be able to use. The tablets will allow the students who might be lost to access a classroom directory that will help guide them to where they need to go.



Many new features will be brought to this building that are going to benefit the students every day. For example, the new cafe will have staff serving smoothies, burgers, and other classic food made to order for the students. It will also feature items such as salads and wraps that will be available for students to grab as they go on in their day. There will be a lot of space for students to meet up, work, and be social throughout the building.

Rising Seniors, Juniors, Sophomores and Freshmen enjoy the new building!