

Introduction

This is my first markdown file. Here are some things I can do with my first markdown file:

- ▶ I can also convert this to docx
- ▶ I can also convert this to powerpoint
- ▶ I can also convert this to pdf

Math

This is the sample mean $\bar{y} = \sum_{i=1}^n y_i$

Picture

Figure 1 is Yaupon Holly *ilex vomitoria*. It is native to North America and it makes a highly caffeinated tea with lots of antioxidants. It also has less tannins than traditional tea so it is less bitter. Despite its pointed scientific name, I like it a whole lot.



Figure 1: Ilex Vomitoria (a.k.a. Ilex-it-a-lot)