

NOVEMBER ISSUE
2025

NEW

TOPICS + ARTICLES EVERY
ISSUE

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“I understand my luck and I try to live each day grateful for my luck. So when the sun goes down, I look at what I did for the day, even if it’s relaxed did I earn the sunset?” - John Cena

Quote found by Arnav Garg ('26)

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Underrated Month: Why November Deserves More Love

Emily Wang ('29)

As we transition from the spooky festivities of October, and speed towards the holiday cheer of December, many often look over the month that marks this seasonal shift: November.

J.K. Rowling vividly describes November in *Harry Potter and the Order of the Phoenix* through writing, “October extinguished itself in a rush of howling winds and driving rain and November arrived, cold as frozen iron, with hard frosts every morning and icy drafts that bit at exposed hands and faces.”

November may be icy and brisk, but it’s also the time when we pull out our coziest sweaters, settle into warm layers, and embrace the crispness in the air. November is the perfect time to wear your favorite fall fashion trends! Some ideas include puffer coats, rain jackets, and cable-knit cardigans, worn to max out your “cozy-ness” and take photos in front of the changing leaves.

In November, the smell of cinnamon, nutmeg, and baked goods fills the air. Students sip warm, fall drinks, that contrast with the chill outside. From pumpkin spice lattes to steaming hot chocolate, November is the perfect time to enjoy a warm drink.

It’s baking season! Pumpkin pies, cinnamon buns, and banana bread give our senses a taste of comfort and nostalgia.

Whether you’re trying out a new recipe or a family favorite, baking in November is like a way to celebrate the season itself, giving us the unmistakable feeling of the holidays around the corner.

Finally, Thanksgiving is a highlight of November, it’s a fun holiday that is often overlooked in all of the

holiday spirit. It’s also worth noting that people experience Thanksgiving differently, and the holiday’s history is complicated, especially for many Indigenous communities.

Thanksgiving is not just a fun meal you share with family that includes turkey and cranberry jam, it’s a tradition, a place to gather, and a threshold that we cross to reach the winter season. For us EPS students, Thanksgiving also takes us into a new trimester, so use your fall break wisely, like a pause before the holiday craze commences.

All in all, November deserves more appreciation for everything it brings: cozy fashion, comforting foods, and Thanksgiving community! It’s a month that bridges together fall and winter. Before the sparkling excitement of winter begins, November gives us a chance to slow down, savor the season, and find beauty in the quiet that makes fall truly special.



Rowing through the Storm: EPS Rowing Wraps Up a Record Fall Season and Year

Everette Deng (28)

In early November, the Eastside Prep rowing team took one last lap in the Head of the Lake regatta, racing over the course of 5000 meters through famous landmarks and waterways such as Portage Bay, the Montlake cut, and all the way out toward Union Bay, culminating yet another fall season and a wonderful and record-breaking year for the team overall. This fall season has been unique and challenging mainly because of significantly cold and windy weather patterns compared to past years. Because fall racing in the sport of rowing is unique in that the distances are 2-3 times longer in (ranging from 4000-6000 meters compared to the 2000-meter distance in the spring), any form of weather has a more significant impact on the conditions on the racecourse.

From the outset of our season at the Pink Ribbon Row regatta, a charity regatta, the racing officials had to shorten the racing distance due to growing hazards of fishing nets along the original finish line. Furthermore, at Tail of the Lake, the wind and gusts slowly picked up over the course of the morning, meaning the later races such as our women's quadruple sculls had to race significantly rougher and colder water and temperature conditions. And lastly, near the last few weeks of the season at the American Lake Fall classic and Frostbite regatta, only one boat—the women's junior varsity quadruple sculls—was able to race across both regattas before all other races were cancelled due to high winds and rough, unsafe water conditions. Despite those challenges, however, the rowers still put up outstanding results throughout the fall, from finishing in 2nd place in the Pink Ribbon Row regatta and Tail of the Lake for the Women's Quadruple sculls, 2nd in the Youth Double in Pink Ribbon, and 3rd in the

Under-17 (U17) Men's Double at Tail of the Lake.

The teams' perseverance and dedication throughout this year despite those challenges throughout the season, whether it was the changing climate patterns in the fall season or flexibility with changing lineups this past spring due to sicknesses is a testament that the EPS rowing team remains as one of the strongest and deepest sports programs at this school with tremendous results from this past year overall. Notably, this past June, for the first time, EPS rowing sent the Men's Varsity Quadruple Sculls to the USRowing Youth National Championships in Sarasota, Florida—a lineup which had 3 already-graduated seniors from the class of 2025, Jacob Chaney, Anton Persson, and Dylan Vujan along with current senior and one of our current team captains, Peter Repovic (26')—and placed 3rd in the C-Finals, putting them at 19th in the nation overall. Furthermore, the U17 Men's Double Sculls (with Stefan 27' and Everette 28') also competed at nationals and—for the first time ever—qualified an EPS boat to the A-Final (formerly known as the grand final as the winner of that race becomes the national champion), placing 7th in the entire nation.

The strong performances this past spring along with triumphant fall performances throughout the season serves as a strong start to another great year for EPS rowing and another step in the journey for rowers aiming to a qualify and return to Youth National Championships in the spring. The rowers will continue to stay strong throughout the next few months of winter conditioning, being ready to dominate the spring season that lies ahead. Keep an eye out for us on occasion rowing out on Lake Union through the sunset and we'll be back out on the racecourse in the spring, soaring higher and faster than ever!



An EPS Meal a Day Keeps Your GPA Okay: A Comprehensive Review of the Cafeteria

Vera Li ('29)

Whether it's family dinners, trading snacks in the elementary school cafeteria, or celebrating with cake on our birthdays, food is the universal way in which we all connect. As a wise person once said, "food may fill our stomachs, but it also fills our hearts."



When I first applied to EPS, I remember all the students and faculty raving about the food. That enthusiasm hasn't changed—when asked to rate the overall food at EPS on a scale of 1 to 5, the majority gave ratings of 4 or 5, with none rating it below a 3. For years, people have agreed that the food here is always a pleasant surprise, perhaps even life-changing (see: tiramisu).

One reason for this positive reception might be the variety of food that EPS serves, accommodating people's varying needs and moods. A classic example

would be if you were running late to your 8:30 class and wanted something quick to eat in class—Javi's potatoes are the go-to option, a warm and filling cup of seasoned potatoes and a clear favorite among students and faculty, taking the spot for most popular breakfast food and appearing in 41% of all responses.

Lunch, on the other hand, seems to have brought some more divided opinions, with salmon, steak, grilled cheese, and pasta all being popular picks. The salad bar earned a few mentions but only from faculty. One student admitted that they "don't really care for the lunch but love the garlic bread". Another says that they love the spicy vegan soy sauce noodles for its flavor and convenience.

Among snacks, chips were a top pick, which isn't surprising given the wide selection available. Yogurt, fruit cups, cookies, and Welch's Fruit Snacks were also pretty popular.

Out of the drinks that EPS offers, people seem to like the Naked smoothies, lemonades, prebiotic sodas, and iced tea; however, Lena H. '29 insists that the AriZona Iced Tea "is overrated."

As for desserts, which differ every day and may just be the highlight of the school day, most people seem to particularly like the churros, cheesecake, and most popularly: the tiramisu! Former EPS student Aashna D. '29 has some strong opinions on this dessert:

"The EPS tiramisu is one of the best tiramisus I have ever had. The thin cocoa layer on top is the perfect chocolatey flavor, while the cake itself is fluffy and just the right balance of sweet cream and rich espresso." She even says that she would "marry the tiramisu if she could."

And lastly, location. Picture this: You're holding two halves of a sandwich made with crispy sourdough bread with melted cheddar stretching between them and a warm bowl of tomato soup that almost burns your tongue.

But then, in the typical fashion of the Pacific Northwest, a sudden downpour arrives, and now you're left with a soggy sandwich and soup that tastes more like rainwater than tomato. Where you eat is just as important as what you eat, or at least, it's something that can make or break a good meal.

Unsurprisingly, the LPC, the cafeteria itself, is crowned the best spot on campus to eat. Personally, I really like the second floor because it's far enough away from the bustling main section of the cafeteria but close enough to get snacks and put away dishes easily. Many students also enjoy sitting outside when it's sunny in the late spring or early fall, which makes sense, seeing the limited amount of warm weather we get during the school year.

And while we all have different opinions about the food scene at EPS, I think we can all agree that it is a central part of being a student here. After all, it is the fuel for our day and provides us with the energy to learn, give presentations, play sports, perform in plays and musicals, and most importantly, it's our silent supporter through the tiring school year.



The Art of Stealing Art: What We Can Learn From the Louvre Heist

Julia Stewart ('27)

On October 19th, robbers disguised as furniture movers stole eight priceless items of jewelry from the Louvre's Apollo Gallery. Discourse around this heist has since ranged from self-proclaimed Reddit experts saying that the robbers were dumb, the security was poorly operated, or that everyone is to blame for this indelible stain on French History. As yet another inexperienced layman, I want to share why I personally love this heist and why we should all take a breath and a step back (and look forward to a movie about it!). At 9:30am, half an hour after the museum's opening, robbers wielding power tools and dressed as furniture movers cut straight into the Louvre, stealing eight pieces of jewelry valued at \$102 million. At 9:38am, the thieves made their getaway on scooters weaving through narrow Paris streets along the Seine. This crime was not genius because of any incredible technology or nuance; it was the perfect crime because of its simplistic execution and luck.

The precious minerals themselves were perfect targets, because they have a lot of intrinsic value. While something like the Mona Lisa is priceless in terms of its perceived value, cutting the painting up into tiny pieces to be discreetly sold would seriously depreciate its value and it would reveal the robbers immediately. By contrast, the crowns and broches that were stolen from the Louvre can be melted down, cut up, and resold with very minimal evidence of their origin. At the time of writing this, I assume that the robbers may have already started this process, setting empress Eugénie de Montijo rolling in her grave, tiaraless.

Something I am particularly fascinated by in this heist is the robbers' method of hiding in plain sight.

In addition to wearing high-vis vests, using an industrial-sized electrical ladder, and cutting into the building itself, they were also in broad daylight. This played into their execution, where it was vital that the heist was completed in just eight minutes, four of which were spent inside the museum. It is evident that, although the heist seems relatively simple, it was extremely thought-out. One of my own hypotheses is that the timing of the robbery was intentionally tied to the Louvre's security audits.



The Louvre has had many recent security evaluations in the past couple years since Laurence des Cars took her role as Louvre president and head of security. This is significant, because the Louvre recently published a statement announcing these upcoming updates which I believe played a role in signaling to the robbers that there were serious gaps in security that would soon be fixed.

This Louvre robbery tells the story of how security has changed in the past decades. As art has been commodified for the public, museum security priorities have changed. Modern museums understand risk prioritization as the frequency and impact of an event, emphasizing the modern prioritization of patrons over centuries-old art. Instead of opening fire on the Apollo Gallery, Louvre security closed it off, keeping visitors safe. This decision is uniquely modern, as it cares most about the safety of the public. Similarly, understandings of fire hazards complicate this priority hierarchy. Modern laws and precautions dictate that there must be things like fire exits and easily broken display cases, because it is far more likely that a fire will occur than an intricate heist. As art is opened to the world, museums are far more concerned about patron overcrowding or

a firefighter being able to quickly save a work of art than a masked robber's eight-minute heist.

As the internet and beyond reacts to this robbery, I have found that this heist is not some sort of stain on the museum or a tragedy for the French nation. I would argue that these robbers did not truly steal any part of French history at all; they made history. In a strange way, this heist feels like the most contemporary expression of what museums have always struggled with: the balance between reverence and accessibility. The fortress of the Louvre being open to millions of tourists has made security care for people, not just art.

These thieves exposed how fragile our systems are, not just for security, but for value itself. When art becomes public, it also becomes vulnerable, and that vulnerability is what gives it life. Vulnerability to be scrutinized or to be stolen in broad daylight is what fascinates me most about this story. Beneath the BBC headlines and Reddit outrage lies a truth: the same openness that allowed this crime to happen is also what allows millions of people to examine and discuss art every day. That, to me, is worth the risk.



Can't Escape Politics (Even if You Want to!)

Nima Rahbar (26)

Being a teenager is a whole new beast these days. With the power of social media, it's easy to consume amounts of content that the last generation couldn't even dream of. While online, it's super easy to dive into the world of politics. Some may engage, but many people tend to feel overwhelmed by this vague and scary system, and choose to ignore it.

Many may feel disillusioned by politics: often, people see a political identity as a social tag to wear, a representation of their values, or a club of people to join – but politics is much more than that. Politics is the system and science that makes democracy work: it's what maintains our societal structure. When people feel disillusioned by politics, and choose not to participate in the system, they sacrifice their voice in a democracy.

For example, voter turnout in elections has coasted in the 50-60% for presidential elections, with the number dropping far lower for any other type of election (US Elections Project).

While that may seem high, it means at least 40% of the country is electing to not voice their opinion about the direction of policies that impact the country and themselves.

But what can a teenager do about any of this? Fortunately, there are many things that one can do to take action and better understand the world of politics – whether it's informing yourself, gaining firsthand experience, or taking action to advocate, there's plenty of options!

A great starting point is to simply learn. Open up Google, find Wikipedia, and start reading about political events! Being educated is incredibly important, and it puts you one step ahead of your peers. Bonus: ever had your parents force you to talk to their adult

friends? Well now you might have something to talk about! However, when doing research, it is important to weigh the prominence of misinformation. Always make sure you get information from several sources, and think critically about what you read.

Taking it up a step, there are tons of ways to get involved. For example, if you want to learn about the political process itself, I highly recommend checking out the Washington State Page Program. This program allows for students aged 14-16 to get experience in the state legislature.

Furthermore, it is surprisingly easy to get in contact with our representatives! Have an issue you care about?

You can call, email, or leave them a message. Want to meet with them to learn about opportunities or government?

Contact them! More often than not, they are happy to engage.

Finally, a unique opportunity for upper-schoolers is canvassing! Canvassing consists of working with a political advocacy group or campaign to knock doors, make calls, and advertise your preferred candidate or proposition.

I recently had an amazing experience going door-knocking for one of my preferred candidates in the recent election, and it was a lot of fun. You get to talk to a bunch of different people, grow self confidence, and put your knowledge to use. Best of all, you are actually taking action, and it's very rewarding to go home and know that you made the world a slightly better place that day.

While the world of politics can often feel intimidating, there are tons of ways to engage with the field in a positive light. If we continue to view politics as something to stay out of, then we sacrifice a portion of control over our own lives. Don't be afraid to inform yourself, and advocate for our country's future!

If anyone is interested in learning about different opportunities, or would just like to talk politics, please don't hesitate to contact me at nrahbar@eastsideprep.org!

When to Start Listening to Christmas Music

Audrey Zhang ('29)

As October comes to a close, the Halloween spirit begins to fade away. We now turn our gaze towards one of the next big holidays: Christmas. Red, green, and gold winter accessories fill supermarkets. Nut-crackers, gingerbread, snowflakes, Santa Clauses, and other popular Christmas symbols show up everywhere. And to some people, most important of all, Christmas music plays everywhere, filling our lives with “Let It Snow”, “Jingle Bells”, and of course, Mariah Carey’s “All I Want for Christmas Is You”

But not everyone is happy with this sudden influx of Christmas spirit. In fact, many are displeased about which holidays we are celebrating while we aren’t even in December yet. In this article, I focus on a major aspect of Christmas – the music – and dive deeper into its relationship with our EPS culture.

First off, I collected some data by interviewing people around campus about what they celebrate in the winter, and their opinions on Christmas music (if they listened to it), and when they liked to start listening to it.

Dr. K, a science teacher, states that she celebrates Christmas, though in a mostly non-religious way. “I like getting out the old ornaments and thinking about my past and relationships with people who gave them to me while I put them on the tree – a little ceremony with my family, with like, hot cocoa and Christmas music on,” she says. When I asked Dr. K about her Christmas songs preferences, she mentioned an old mix tape that her friend made for her in college, filled with Mannheim Steamroller, and Pentatonix. Dr. K then talked about how she likes to start listening to a bit to Christmas music during Thanksgiving Break, insists that people shouldn’t listen before then. “That’s just wrong,” Dr. K comments. “I was in a store, I was in... I think it was QFC, and there were Christmas wreathes up for sale out-

side,” Dr. K tells us. “It just seems wrong. It’s too early. I would say at least, you’d have to wait until Thanksgiving.”



I interviewed another teacher, Mr. Bandel, a history teacher, who has a similar opinion. He celebrates Christmas with his partner and her family, and he says, “[listening to Christmas music has] got to be after Thanksgiving. The fact that some of the stuff is starting after Halloween is taking away from Thanksgiving.” In fact, he says that people who listen to Christmas music before Thanksgiving “have got to chill.”

Another person I interviewed was Joseph Singh, from our Dining Services Support. Joseph observed that he likes listening to Christmas music on the radio, and it generally starts playing around now. Still, he thinks it is reasonable to listen to Christmas music after Thanksgiving. Joseph states, “I think they play it more after Thanksgiving on the radio, but if you want to listen to it on your own, I think you can listen to it now ... but more reasonable after Thanksgiving.”

Two students that I interviewed were, Eden '30 and Radium '29, they both had similar opinions as well. “I like to listen to [Christmas music] around like the beginning of December,” Eden remarks. “I feel like December is when Christmas kind of starts happening.” Along with that, Radium comments, “around the start of Winter Break, I feel like is a good time to start.”

Overall, it seems like most people enjoy listening to Christmas music after Thanksgiving. Of course, there are many other opinions out there, even if I didn’t get to interview them.

Now, something to remember is that not everyone celebrates Christmas.

Dr. K celebrates solstice, along with Christmas, “the shortest day of the year, and what’s really on the other side of solstice, especially, which is the coming of the light, and it’s just, more of an earthy type of holiday.”

Mr. Bandel, who’s personally Jewish, also celebrates Hanukkah. “Everyone thinks that Hanukkah is this super important Jewish Holiday because it coincides with the Christmas holiday, but it’s rather an insignificant holiday in the grand scheme of Jewish holidays. Those are more the High Holy Days, which take place, usually in the Fall of Yom Kippur and Rosh Hashana. It’s more time with family, exchanging gifts. Often times, it ends up being school supplies, or new socks, but as you grow older, those things become much more valuable to you, I love fresh socks.”



Finally, I interviewed Scott at the front desk, who doesn’t celebrate Christmas but does celebrate his wedding anniversary. He enjoys going out of town to places like Mt. Reinier, and sometimes even staying in cabins up there. “There’s these really nice cabins up there, called Betsy’s Cabins,” Scott mentioned. “My favorite thing they have are the deer feeders outside, and they sell you these buckets of deer feed, and you can take it out and put it in the deer feeders, and the deer come up to the cabin. I’ve gotten pretty close! It’s fun to see the does bring their fawns and come up together, so, yeah. It’s fun.”

In the end, the winter holidays are not meant to create disagreements between us about holiday music. All our opinions and traditions are diverse and valid, and as we learn about each other’s ideas, I hope we can create even stronger community bonds.

How We Celebrated Fall

Aksel Wagner ('29)

As the EPS community reaches the end of fall trimester, cumulating in finals and our ten-day thanksgiving break, I wanted to explore the fall traditions that make autumn special. In this quick read I will recap a couple of falls most treasured holidays. The beginning of the season was marked with the Autumn Equinox on September 22nd, while the day is often overlooked some celebrate by leaning into seasonal activities like apple picking or visiting pumpkin patches and corn mazes, others host dinners or use the day to practice gratefulness. Just two weeks later the Jewish Holiday Yom Kippur was celebrated on October 1st and 2nd, the second was a no school day to allow observance of the holiest holiday in the Jewish religion. It is a day of atonement, forgiveness, and making amends. Those who celebrate often pray and refrain from the five prohibitions including eating, drinking, and bathing. Later in October, Diwali was celebrated on the 29th, the Hindu ‘festival of lights’ commemorates the victory of light over darkness. Many celebrate through various traditions like lighting lamps and fireworks, decorating homes, exchanging gifts and sweets, and feasting.

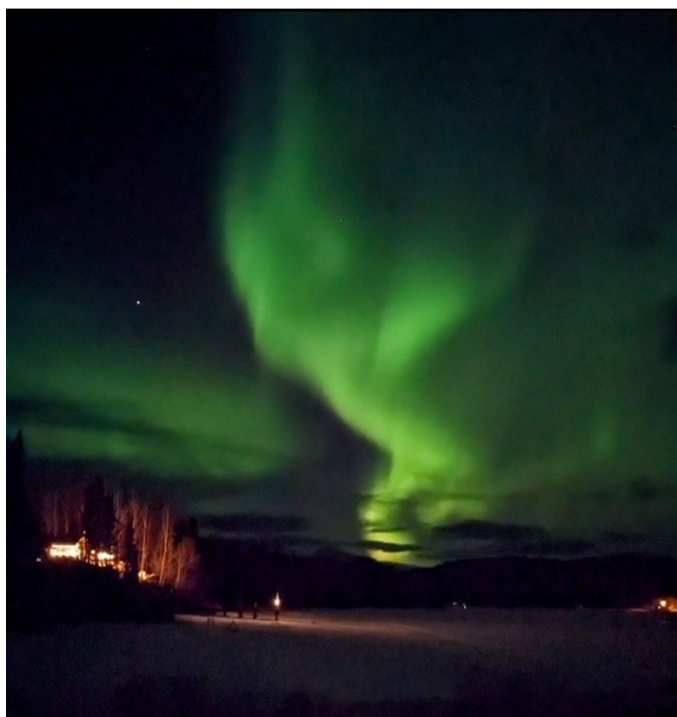
Just over a week later Halloween was celebrated on October 31st. It is the third most popular Holiday in the US, and many celebrate by trick or treating, watching scary movies, and hanging out with friends and family. Here at school, we celebrated at SpookyCon and with trunk-or-treating. In November, on the eleventh veterans were honored in a day of remembrance for their sacrifices and serves to the nation. Many celebrate by thanking those who serve and by attending parades, memorial events, and ceremonies held in their communities. Veterans and their family take the day to be together, reflect, and participate in other activities to honor and remember their service. At the time this article was written thanksgiving is yet to come, it will be on November 27th. It is a day to practice gratitude and thankfulness; many gather with loved ones for meals and other celebrations. Fall will officially conclude on December 22nd during the winter equinox, when days begin to be increasingly lighter. I hope you enjoyed this recap and learned something new about how everyone celebrates fall, a beautiful season of change, and celebration.

Education Beyond the Classroom 2025-26

Charlie Murray ('29)

Every year, students at EPS embark on exciting and educational experiences around the world. EBC has brought students to New Zealand, Florida, Morocco, and the Galapagos Islands in past years. This year promises to be just as exhilarating, with international trips to Japan, Iceland, and Spain. Mr. Kelly-Hendrick is at the heart of organizing this huge task. How does he do it? Organizing nearly 30 journeys and 700 students, trying to make them all as memorable and amazing as possible.

Mr. Kelly-Hendrick seeks to “put together a plate of experiences that can appeal to the full diversity of our student body” so that everyone can have their dream experience. The various excellent options available for EBCs enable students to pursue what they are most passionate about.



The planning process for making a trip is a “crazy mix” of teachers coming up with ideas from past experiences, exploring possible partnerships, and incorporating ideas from conferences and events. Planning for a trip can begin up to a year in advance! Teachers can participate in funded scouting travels, exploring interesting sites and opportunities. “Mr. Edmonds was up in Montreal exploring some arts and theater opportunities... Ms. Harris went to Thailand,” looking at another trip made by the program that is running the Iceland expedition this year. Countless hours are poured into planning, organizing, and scouting out these expeditions. There’s a fine line between a vacation and a learning experience. EBC is supposed to be an opportunity to have experiences that wouldn’t be possible



on a family scale; it is Education Beyond the Classroom. On the “astronomy and the Southwest tour, we partner with the Sky school at the University of Arizona, so we get to stay in their dormitories on top of Mountain Lemon and use their telescopes and do sky gazing at night, and that’s just, you know, a phenomenal experience,” one that you can’t experience with just a family.

It’s the same with many other trips. Down in southern California, it’s not a trip to lie at the beach; they’re backpacking and camping out on Catalina Island. On EBCs, we still get to experience the beauty and fun of different sites and locations, while also developing new skills, learning new information, and engaging with the local community

For Mr. Kelly-Hendrick, it’s all about allowing students to see new things, make lasting memories, and gain incredible experiences. “I hope you all pick a great one, and we can place you on an awesome experience. Get ready for a great adventure this year.”

Candy Trading: A Study of The Post-Halloween Economy

Olivia Keller ('29), Prakriti Shrestha ('29)

Whether it's your sibling, a friend, or even a parent, candy trading is a tricky business, so here's an easy guide to trading like a pro.

In any market, knowing the value of what you trade is key; and candy is no different. Not all sweets are equal in demand or worth, so understanding candy-nomics (candy economics) is the first step toward smart trading. Just as important, though, is knowing how to talk the trading talk.



Speaking the language of trade helps a person sound confident and experienced. For example, saying “Throw in a Starburst, and we've got a deal” is known as an add-on. A bundle deal might sound like, “Take all my Smarties for that Reese's.” These phrases show that the trader knows how to structure offers clearly and fairly.

Strategy also plays a major role in the economy of candy. Knowing what others like gives you an advantage; if someone loves sour candy, you can trade your Sour Patch for something more valuable. Trading early often brings the best results, before others realize which candies are rare. And never settle for the first offer; negotiation is key. A counteroffer, such as “What if I add a Kit Kat?” keeps balance the trade for both sides.

However, not every deal is honest. Traders should watch

for scams such as repackaged or damaged candy made to look new. Always check the condition and value of what you receive, and don't let others pressure you into a bad trade. Even in the candy economy, fraud exists. Watch out for those broken chocolate bars disguised in new wrappers.

Finally, timing matters. Trading while on a “sugar rush” can cloud your judgment and lead to poor decisions. Successful candy trading depends on knowledge, fairness, and clear thinking, proving that even small markets run best with smart, thoughtful strategies. And once your trading mindset is sharp, it's time to master the market of knowing which candies hold the highest values.

So which candies are of high value and which ones aren't? When it comes to trading candy, there's a clear candy economy. Full size bars are the gold standard. Sour Patch Kids and Twix are mid-tier but still favored, solid sliver standard. Towards the bronze standard is Tootsie Rolls and Smarties. Those are the ones no one tends to grab for.

This year, the top picks were Reese's Peanut Butter Cups and Kit Kats, which dominated the chocolate category. Meanwhile, Sour Patch Kids and Haribo gummy bears dominated the gummy category. Historically chocolates have become more popular, but gummy candies are catching up.

Every year there are a few candies that nobody really wants. Candy corn, Necco Wafers, Circus Peanuts and basically any plain hard candies are always at the bottom. Basically, if it's the kind of candy your grandparents like, it's most likely at the bottom of the bag.



Yesterday, Repainted

Molly Copeland ('26)

If you've walked through TALI lately and thought the walls have been looking kind of boring, think again. The Fall Art Gallery is back and bringing a ton of color and personality with it. This year's theme is Time & Memory, giving artists a chance to show what moments or feelings stick with them. There's everything from paintings and digital art to 3D pieces, all created by students who've been putting serious time and creativity into their work.

Students could submit any kind of art they wanted, from paintings and drawings to digital pieces, videos, sculptures, and group projects. The theme was intentionally flexible, letting artists interpret it in their own way or skip it entirely if they already had something that fit. Some shared older pieces they were proud of, while others created something new for the show, all connecting to the idea of Time & Memory in their own way.

After submissions closed, organizers began collecting physical pieces and setting up the display in TALI, where the gallery will stay up for about a month. The event was led by Evelyn Chen ('25), the SLC Head for Fine and Performing Arts, who helped organize the show and encouraged student participation across all mediums. Their goal was to make the gallery an open space where any kind of creative work could be appreciated, from paintings to digital art to sculpture.

One of the featured artists, Max Kasel ('26), created a surreal acrylic painting that's hard to miss. It shows me sitting inside a washing machine surrounded by galaxies, a mix of realism and imagination that makes you stop and stare for a minute. "I painted a washing machine full of galaxies because when we look at space, we're seeing the past," Max said. "You're looking into the past while still standing in the present."

They used acrylic paint, describing it as a way to "expand my palette from digital to physical." Max

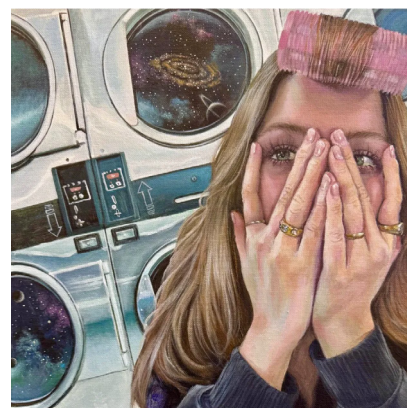
said, "I like acrylics, and painting in general is just really fun for me. I'm trying to get better at photorealistic art to improve technical skill and to be human and stuff." They added that they used a lot of green on the hands: "When you think of skin, you wouldn't think of green. Skin is a reflection, so I played around with lighting."

Max's piece was featured as Art of the Month in the October issue of the Eagle Eye, earning recognition even before the gallery opened. Although it wasn't created specifically for this show, they found that it fit the theme perfectly. "It's old work, but it fits the theme of time and memory," they said. "I think it's cool that EPS gives us a chance to show our work. It's not just a by-myself thing, it lets people talk about what they made and actually start conversations about art."

Another artist, Cass Megiddo ('26), took a more introspective approach with his digital piece titled "Hello, It's Me." Created in Procreate on his iPad, the piece shows him holding a phone, imagining a call to his younger self. "I made this piece before the theme," he said. "I draw a lot, but I don't make self-portraits that often. The last time I made one was about three years ago, and I've grown so much since then. I felt like I should make one again."

Cass explained that a software update actually sparked his creativity. "This update on Procreate came out, and it had the most fire brushes ever," he said, laughing. "If you give an artist more tools, it gives more inspiration and bandwidth to play. I found a new brush and new colors and just went for it."

When the gallery theme was announced, he realized his work was already connected. "I decided to have myself on the phone because it came from that idea of, 'I've changed so much,'" Cass said. "I imagined calling my younger self. It wasn't that I changed anything for the



Heartbreak in Game 7

Grace Miller ('29)

No matter what team you support in the MLB if you call yourself a Washingtonian, the knockout of the Mariners from the American League Championship Series (ALCS) as a deep disappointment. Making it to the ALCS was a great accomplishment for the Mariners with it being the farthest the team has made in the playoffs in over 24 years. The Mariners are the only franchise in Major League Baseball history to have never made it to the World Series and for many the 2025 playoff season felt like the year for mariners to make history. With a historic roster with star Cal Raleigh (one of the 3 MVP candidates) being a strong leader and captain with 60 regular season home runs tied with the Babe Ruth for 9th most homeruns in a single season in baseball history. Many fans prayed he would bring the victory home.

With advancement to the world series in the Mariner's grasp, in a winner takes all game 7 of the ALCS against the Toronto Bluejays with a 3-1 lead in the bottom of the 7th inning. Then, Blue Jays star George Springer hit a go-ahead, three-run home run putting the score 4-3 ultimately clinching the series for the Blue Jays sending them to the World Series. In the dugout after the heart breaking lost Big Dumper (Cal Raleigh) quoted "I hate to use the word failure, but it's a failure," "That's what we expected, was to get to the World Series and win the World Series, and that's what the bar is and the standard is. And that's what we want to hold ourselves accountable to."

A quoted by our EPS diehard Mariners fans: "I am really disappointed, but I thought that we worked really hard, and I hope we can make another run next year. You can always find fault in plays or someone who swung at the wrong pitch or the ump but it's a team sport, so everyone needs to look at the mistakes and work on them to come back stronger" - Ms. Coulter "Well, I am upset and crushed by our loss in game 7 in the ALCS if I step back and see we went further in the playoffs than we have in the franchise it makes me hopeful for the future" - Mr. Uzwick

Win or lose, the 2025 post season for the Seattle Mariners was a wakeup call for many and this is just the beginning of the success story for the Ms. I don't think the MLB is ready for the heat the team and fans will bring into 2026. Tridents up!

Extermination Methods: Finals Week Edition

Allyson Lin ('27)

The cause of cataclysmic levels of cortisol, the slayer of what little sleep you had, and the number one developer of impending doom (otherwise known as finals week) has arrived!

Although these titles may be a bit extreme to describe finals week, it's nonetheless one of the most stressful events of the year for all students. The unfortunate-looking mountain of exams, group projects, presentations, and essays grows taller by the day, but more often than not, human motivation can fail to catch up. Your inner time-management demons, let alone the pit of -10% motivation, can feel impossible to beat, but here's a couple of quick methods that could help you survive your finals.

One possible extermination method (of time management demons) you could use is the "please-be-less-scary" method, otherwise known as breaking your assignment into smaller parts with soft deadlines throughout the week, which can help you find a starting point for large projects and cumulative exams. In the same vein, making a to-do list full of things to finish can often help with visualizing exactly how much you might need to get done each day to avoid burning through your eyes at midnight when finals week hits.

More often than not, when the space around you is cluttered, it certainly doesn't make your mind any clearer, so if you might be struggling with completing a project or a review packet and can't seem to muster the focus to continue struggling, taking a second to clean your desk or your room could help give you a quick break without resorting to doomscrolling through the void.

However, the human species is not a copy-paste population of the same lab specimen, so despite all the tips in the world, some study methods just won't work for some people. Despite this, an universally unfortunate and natural feature of human biology is that you need sleep to function. When it comes to exams, if you've been generally able to complete and understand the homework and classwork, more often than not it's better to take the extra hour of sleep than to push through one more hour of review so you can face your exams with at least one functional braincell.

As you fly through this whirlwind (but hopefully not a bomb cyclone) of a week, remember to take care of yourself along the way. Whether it be grabbing a quick drink of water or standing up to take a five-minute walk, it's important to take a break every once in a while studying (or while doomscrolling), even when it feels like there's no time to spare to take care of yourself.

On the Field and On the Stage

Kabir Singh ('33)

Today I'm covering two topics in one article: the sports page and the play Robin Hood! We just had our last game, and soccer practice is ending soon, so here are some quick interviews from the team.

Interview: Vyan Hirani ('33)

Best goalie: Aamir, because he can dive save really well, which helped us destroy our opponents.

Best at defense: Kabir for his good passes, and Vyan for his dribbling and long passes.

Best at offense: Kevin, Devin, and Felix because they used their skill moves.

Final score: 9-0. "We cooked."

Interview: Shay Parikh ('33)

Best goalie: Aamir, because he did not let anything past the line.

Best at defense: Victor and Marcus, because they always cleared the ball back up the field.

Best at offense: Kevin, Devin, and Felix because they kicked the ball really far and have a lot of skill.

Final score: 9-0. "We're just that good."

Interview: Anonymous

Best goalie: Aamir, because he did not let the other team score.

Best at defense: Kevin for passing, shooting, and dribbling, plus Victor and Shane for always passing to the offense.

Final score: 9-0. "We're just too good like that."

Now for the play. I would rate it a 10/10. It was funny and exciting. The funniest part was when Robin Hood was trapped in a cell and forced to watch and listen to "Cotton Eye Joe."

If you have questions about the play, ask Ian Ruud, Persa Katibeh, Alisha Singh, Lyra Duncan, or any of the other cast members.

That's all from me, Kabir S. Have a nice day!

MS Fall Social: Behind-the-Scenes

Aliya Hassan ('30), Ananya Raman ('30)

The Fall Social is a classic time when the Middle School community comes together to mingle and enjoy themselves, and it is a time that many Middle School students eagerly anticipate.

The 8th-grade Leadership Lab's Socials group planned this marvel for us, where the Middle School visited the Family Fun Center in Tukwila and spend time enjoying the various activities available there.

We interviewed Marissa Zhang, one of the members who arranged this social, to learn about the reasons behind picking this activity.

Marissa described the reasons behind the selection of the social.

Most of the previous socials have been held at school, and that has involved a lot of clean-up, which the Socials Committee wanted to minimize this year.

Marissa said they "don't want to stress out facilities," so having it outside of school is a better option. This led them to the idea of the Family Fun Center, which has been a favorite in the past.

They felt that the Family Fun Center was a good idea because "it had a lot of things [to] do and enjoy for many people."

The varied activities there include go-karting, mini golf, laser tag, and a mini arcade. After deciding on the nature and location of the MS Social, Ms. Harris stepped in and arranged the rest with the Family Fun Center.

We are ever grateful to the Leadership Lab Socials Committee and Ms. Harris for making this happen, and we are thankful for Marissa Zhang's input on this article.

We hope you had fun at the social!

Trunk or Treat: The A Spooky but Experience it Was! Rainy Halloween

Abigail Del Conte ('31)

As we enter the parking lot on October 31st, the Halloween trunk or treat begins with students running around for candy, cobwebs, and spiders, kids saying, “trunk or treat.” Upper school students are distributing candy to all the kids, including Hershey’s, KitKat, and lots of fidgets from the trunks of their cars. Costumes vary from Mario, to Stitch, to even dragons!

Now, we hear from upper school students Ananya Raman and Brisa Salazar about their trunk-or-treat experiences. Some of their favorite Trunk or Treat candies were Twix and Twizzlers. The upper schoolers put a lot of work into their Trunk or Treat event for us, with themes like the Great British Bake-Off.



Brisa Salazar said, “The process of making everything was super fun, and I loved talking with the middle schoolers, seeing all the fun costumes, and handing out candy. I would definitely recommend doing it”. The upper schoolers did say that next year, they hope to have more cars and people for Trunk or Treat. Brisa Salazar said, “I would make Trunk or Treat better by making sure that everyone who signs up follows through. This year, a lot of groups signed up that didn’t end up participating, and it left only three groups”. Ananya Raman said, “The experience was good, but since not many people did it, there weren’t many cars. The themes were funny, though. I would probably want more cars because that would have made it more fun overall”. That wraps up Trunk or Treat. Thank you for joining us. We look forward to seeing you next year!

Katelyn Lee ('33), Addie Briggs ('33)

This year, Trick-or-treaters were drenched in rainfall. That Friday was pouring cats and dogs, but this year’s Trick-or-treaters were hungry for candy and persevered through the tough obstacle.

Statements by Trick-or-treaters:

“It was pouring, but I think if I hadn’t been with my friends, I would have gone in after five minutes, but we did it for more than an hour.”

“It made it a bit harder to trick-or-treat and slightly took out the magic of it, but it made kids braver and was rewarded with candy!”

“It was cold and damp, but we had a little break from the rain in the middle of trick-or-treating.”

It seems that kids found it tougher to trick-or-treat, but it was still the fun trick-or-treating that they know! This year, the most popular costumes among fifth graders were Vampires and Minions, a good mix of scary and fun!

Although we all probably thought that everyone would be from K-pop demon hunters, only three of our middle school students were from the popular movie. This included a handmade Derpy tiger suit, Jinu, and Rumi! Some other crazy costumes from the students included someone riding an inflatable dog, a silly-looking red crayon, the Hocus Pocus sisters, and many more.

Some of our faculty were also in creative costumes, including the Uno card group, the Monopoly man, resources from Catan, and other board game-related costumes!



Music & Podcasts of the Month



Dr. Lao (teacher)



Better Days (feat. John Mayer)

Zach Bryan, John Mayer

Roya Prow ('26)



Stop This Train

John Mayer

Eleanor Lyons ('26)



Opiate

TOOL

Eli Horwitz ('26)



You Are a Light

Pavement

Cass Megiddo ('26)

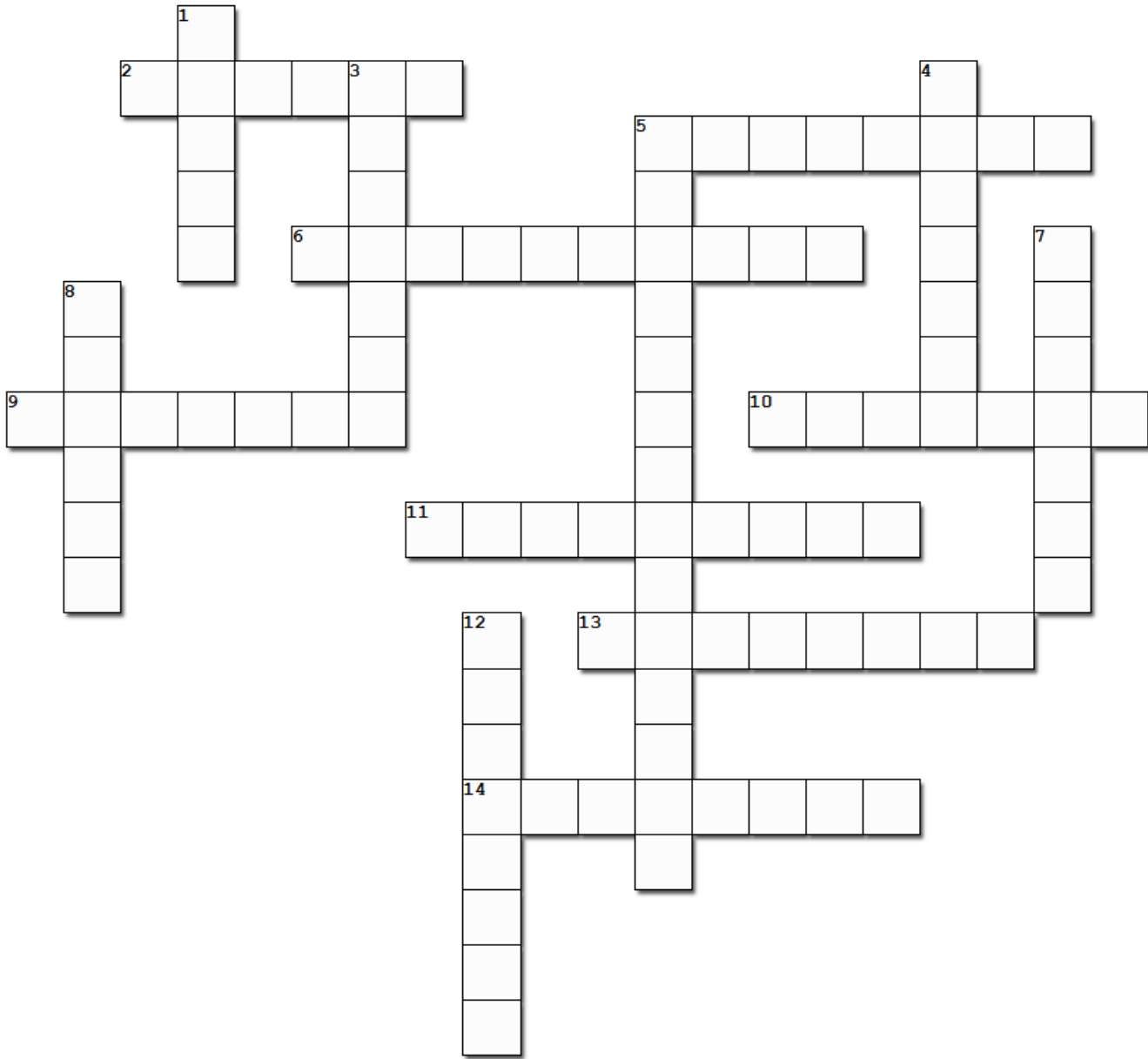


Disparate Youth

Santigold

Ella Wang ('26)

Mini Crossword: November Buzzwords



Across

2. Theme of this year's Fall Art Gallery.
5. The cut that EPS rowers passed during Head of the Lake.
6. Going door to door for a political campaign.
9. City where the Middle School Fall Social took place.
10. Type of paint used in Max's galaxy washing-machine piece.
11. The app Cass used to make his digital self-portrait.
13. Jewish winter holiday celebrated by Mr. Bandel.
14. The getaway vehicles used in the Louvre robbery.

Down

1. A planned theft or robbery.
3. A rowing race or series of races.
4. Room or space where art is displayed.
5. False or misleading information online.
7. Fall season begins on this astronomical event.
8. Paris museum where the jewelry heist happened.
12. Dr. K celebrates this shortest day of the year.

