

# EAGLE

# EYE

Eastside Preparatory  
School Newspaper

SLC



“Best newspaper to  
ever exist... everyone  
should read Eagle Eye”

- [maybe said by]  
Mr. Ho + Dr. Kaminsky

**EP  
HOMECOMING  
2025**

**October  
18**

**US  
Dance**

Saturday  
Oct. 18  
7:00 - 10:00 PM  
At EPS



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**PAJAMA  
DAY**

Tuesday, 10/14

**dress like a  
teacher**

friday, 10/17

UNLEASH YOUR EAGLE SPIRIT

**BLUE +  
GOLD**

THURSDAY, 10/15



GO EAGLES!

**HOMECOMING WEEK**

OCT 13 - 17

“You got to be willing to  
walk in a storm. That’s what  
I tell people all the time.” -  
Ray Lewis

Quote found by Lucas Mack ('26)

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# Back to School: Become an Academic Weapon

*Mira Lakhani ('29)*

A new school year means a fresh start! With the year in full swing and finals coming up on your calendars, there is no better time to build strong study habits that set you up for success. Everyone has different learning styles and preferences, so explore the tips, strategies, app suggestions, and advice from EPS students shared here.

To start off, a suggestion from our very own EPS students is productivity apps, as they are an easy way to simplify study methods. For example, focus timers like the top-rated Pomodoro app make timed techniques more approachable. Additionally, motivational (and cute!) apps like Study Bunny hold you accountable for your learning and add a fun element to schoolwork making it more enjoyable and easier to stay consistent with. Students also benefit from organizational sites and apps beyond Canvas such as Google Calendar or SMILE TODO for an aesthetic touch.

Now let's take a look at the psychological strategies. To avoid distraction during study time, create a calm environment conducive to focus and learning. A not-so-obvious approach might be not focusing on one topic for hours, but instead switching between subjects and assignments in short, focused increments—for instance, switching topics every twenty-five minutes and coming back to them. While it may sound counterintuitive, interweaving your subjects has proven to be highly effective and doesn't interrupt focus as much as you'd expect. Psychologists' explanation for why this works is that "the key may be in the learning, forgetting and relearning that helps the brain cement the new information for the long-term." Other beneficial techniques include spacing—planning your time out over a longer period of time instead of studying or working last-minute under stress and tight deadlines. Also, test yourself and reflect. Being able to not only recall information

but explain concepts as opposed to reciting memorized material will better prepare you for tests, quizzes, projects, and more. Last but not least, sleep, move, eat, hydrate! A large portion of your memory consolidation happens during sleep, and without it, our brains don't process and retain information—two important functions for our learning—to the best of our ability.

How do you start? Shifting from familiar, ingrained, or even default study strategies can be overwhelming. In several surveys, only a small percentage of students said that they tried changing their study habits when their grades dropped or they were struggling academically. Oftentimes, the problem lies in lack of motivation, stress, and mindset. We are taught from a young age that hard work equals success, and while effort is absolutely a factor in learning, experts argue that it is equally important to consider time-management.

Some students know what techniques support time-management and learning retention, however they struggle to implement them into their study sessions and adopt them in the long-term. Instead, they spend hours poring over textbooks and notes the night before a test wondering why nothing sticks. If this sounds like you, you're not alone. The good news is that consistency is better than perfection and by understanding how your brain learns and making small, intentional changes to your study habits, you can boost productivity and keep up with your, let's face it, heavy workload throughout this school year to avoid burnout.



A reminder to leave you with: Overwhelmingly, when asked, the most popular piece of advice given by EPS high school students was simply, "Do your work when it's assigned"—something certainly easier said than done, but a valuable sentiment nonetheless. Middle and high school can be busy and challenging, so as fall finals week inch closer and closer to us, remember that you have the power to support yourself.

# Seniors Take the Lot (and the Griddle!)

*Molly Copeland ('26)*

If you walked by the parking lot outside of school this week, you probably noticed something different. The air smelled like spray paint, people were crouched over the asphalt with stencils and chalk, and a few of us definitely ruined our shoes. That's right. It's senior parking spot season.

Every year seniors get to design and paint their own parking spots in front of EPS. It's a yearlong privilege, and only seniors can park there (--> as a reminder for EPS students who are driving but have not hit senior year yet). Each advisory got about two spots to design together, and by the end of middle band, the lot was full of color and personality. Painting happened on Tuesday, and most advisories had been planning their ideas for a week or two beforehand.

This year's theme was animals, so every advisory had to pick one and build their design around it. Some went underwater with jellyfish, salmon, and fish. Others stayed on land with pandas and wolves. The variety made the whole lot feel alive.

I might be biased, but Corey-Boulet's advisory (mine) killed it. We picked a wolf theme, but all our paint was neon, so it looked more like a party than a forest. Still, it turned out awesome, and we had a ton of fun painting it.

Other advisories really showed up too. Duffy's group painted jellyfish that looked straight out of an aquarium, and Seeley's went with a panda design that stood out in the best way. There was some friendly rivalry between advisories, but everyone was mostly just laughing, sharing paint, and trying to make something cool for the rest of the year. The hardest part was getting the small details right since spray paint is not made for precision, but everyone found creative ways to make their designs work.

The fifth graders judged this year, which was both funny and terrifying. They judged in person going through each advisory parking spot with a clipboard, and if you have ever met a fifth grader, you know they do not hold back. The winners do not get an official prize (as far as I'm aware), but the bragging rights are serious business. I'm both happy/bitter to report that the Mclane advisory was voted as the winner, while the Corey-Boulet's advisory only got two votes.

And if that was not enough to start off Homecoming Week, senior athletes also ran the annual Pancake Breakfast before school on Wednesday morning. The LPC smelled like butter and syrup from about 7am onward. Seniors showed up early to cook, setting up three stations: flipping, toppings, and serving. By 8am, the kitchen was packed and buzzing.



Eleanor '26 said, "It was very fun. I started off with Roya '26, then stayed for the second shift too. It was exciting to flip pancakes, and my topping and flipping skills were definitely top tier... We even made an Edgar the Eagle pancake and a kitty pancake."

Multiple sources confirmed that Eleanor '26, Roya '26, and Arnav '26 were the best flipping team of the morning. To be fair, there were only two teams, but still, credit where it is due.



There were toppings everywhere, including sprinkles, strawberries, whipped cream, chocolate chips, and a lot of syrup.

A few teachers stopped by too, grabbing breakfast and cheering on the seniors. It felt like a mix between a diner rush and a cooking show, but everyone was smiling the whole time.

I was not on pancake duty, but I heard they were amazing. Seniors were flipping, laughing, and somehow not burning anything, which is impressive for 7am. Big shoutout to the people behind the scenes too, the ones who make breakfast happen every morning and kept everything running smoothly.



And of course, we cannot forget the Pep Rally. Seniors, let's keep going strong on spirit points and energy!

Piper '26 and Sam '26 took second in the volleyball game, Arnav '26 came through with a win in tennis, and Veed '26 snagged a victory in the frisbee tic-tac-toe game.

Peter '26 scored a goal for the senior soccer game against the lowerclassmen, and with the height advantage, we took the win again.

The rowing challenge with Andrew '26 and Ella '26 was really close, and they definitely gave it everything they had. They might be unbeatable on the water, but rowing on land is a whole different kind of challenge. Still, they gave it their best shot and made it a good match!

The golf game was another tough one, with Joey '26 somehow swinging perfectly while blindfold-

ed. His form was spot on, and everyone was holding their breath for the win, but luck just was not on our side this time.



After a week full of games, pancakes, and paint, the energy and school spirit were off the charts.

Everything this week showed what senior year is supposed to feel like. It is fun, loud, unpredictable, and full of moments we will probably still laugh about at graduation.

From the spray paint stains that will never come off to the pancake batter that somehow ended up on the ceiling, it summed up everything that makes senior year feel special. It showed how close everyone has gotten, how much effort people put in, and how much we all care about making these last months count.

The parking lot still smells like paint, and syrup probably made its way into at least one classroom, but honestly, that is part of the fun. Senior year is about doing things that are a little messy, a little chaotic, and a lot of fun with the people you have spent years growing up with.

To the Class of 2026, the artists, the chefs, and the ones counting down the days until we can finally park on our spots.

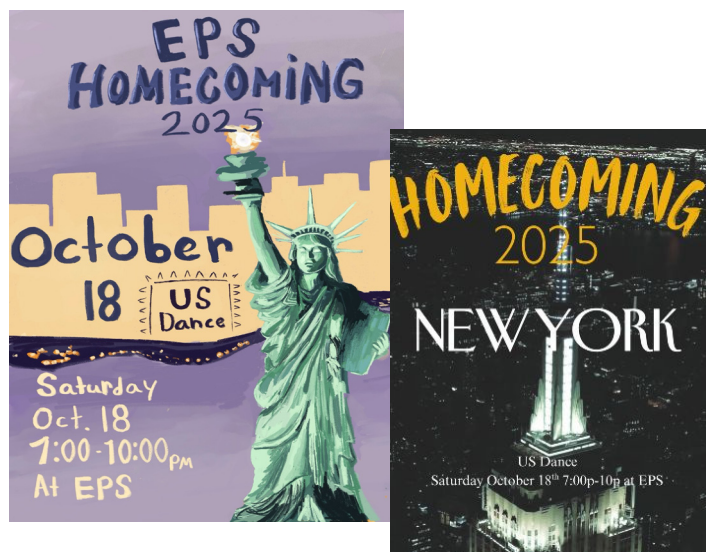
Let's finish strong, keep having fun, and beating the teachers in the song war!!

# Homecoming 2025: A Night to Remember

*Emily Wang ('29), Makayla Hogg ('29)*

Upper Schoolers celebrated one of the most exciting times of the year with this year's Homecoming dance, a fun and flashy New York inspired night! On Saturday, October 18, students filled the Tali Theater from 7 to 10 p.m. for an unforgettable evening filled with music, lights, and school spirit.

The decorations completely transformed the space. At the entrance stood a glowing "HOCO '25" sign beside a mini Statue of Liberty, surrounded by skyline cutouts that made the room feel like downtown NYC at night. A traffic light greeted students as they walked in, leading down a "road" toward snacks on one side and the dance floor on the other. Inside, colorful lights surrounded each corner of the theater while the photobooth line stretched out the door.



## A Freshie's First Hoco!

For the first time ever, EPS hosted a Freshman Homecoming Kickoff for the Class of 2029 before the main dance began. Students gathered in the LPC for a light dinner, took photos at the Kirkland waterfront, and arrived at Tali ready to join the rest of the Upper School. It was a perfect way to start their very first Hoco night.

## What Everyone Wore

As always, there was no dress code for Homecoming, and everyone made the most of it. Some students showed up in sparkly dresses and sleek suits, while others rocked cozy fits and even pajamas. The variety of styles made the night feel casual, creative, and completely EPS.

## Spirit Week and School Pride

Leading up to the dance, Spirit Week brought color and excitement across campus. Monday's Pajama Day kicked things off, Wednesday featured Wacky Wednesday and the senior-led pancake breakfast, Thursday's Eagle Pride Day filled the gym with blue and gold for the annual Pep Rally and Lip Sync Battle, and Friday wrapped it all up with Dress Like a Teacher Day. Sports games, free food, and school-wide energy made the week just as memorable as the dance itself.

## Dancing the Night Away

When the music started, the dance floor filled fast. The DJ kept the crowd going with favorites like Fein by Travis Scott and Party in the USA, and one spontaneous dance circle near the end had everyone cheering. Teachers also shared their favorite moves for students to try: Ms. Frystack recommended hitting the gridgy, Mr. Winkelman suggested breakdancing with "lots of jumping and kicking," Mr. Yezbick showed off his classic "flaming hop," and Mr. Sternitzky proved that the robot arms never go out of style.

The snack table was a hit too, stocked with pretzels and cheese dip, cookies, and mini cheesecakes, while students lined up for photos using funny glasses and bubble-letter props.

In the end, Homecoming 2025 wasn't just about the decorations or the playlist, it was about community. Between the lights, laughter, and school pride, this year's dance truly reminded everyone what it means to be an Eagle.



# The Importance of Fall Orientations

*Shelley Ji ('29)*

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Fall orientations of the 25–26 school year might have happened over a month ago, yet their impacts can be seen in the EPS community throughout the whole year.

Fall orientations are a vital part of the Education Beyond the Classroom experience at EPS, which, contrary to common belief, doesn't just include EBC week! In fact, it also includes service-learning days, where students go to places in the community and help with local issues. For example, every year multiple grades go to Watershed Park to plant trees.

The goals of fall orientations, along with the rest of EBC, is to give students an opportunity to engage with communities outside of our school and to connect with fellow classmates. In most cases, these orientations also allow students. They also reflect EPS's values as a whole—working together and challenge by choice. For this year's orientations, each grade had their own unique experiences.

As new students, 5th graders got a warm welcome to the school and went to Bellevue Adventures for a ropes activity. 6th graders got to know their new classmates on an overnight trip to Camp Casey. 7th graders went to the Tacoma Glass Museum on Thursday and learned about the art of glass-making, then also went to Bellevue Adventures. 8th graders got to end (start?) their orientations by spending a fun evening with their classmates at Lucky Strike in downtown Bellevue.

As for upper school, 9th grade went on an overnight trip to Camp Seymour and participated in camp and team-building activities to get to know their new classmates. 10th grade went to downtown Seattle on Thursday to explore local neighborhoods, then participated in service-learning experiences in advisory groups on Friday. 11th

grade attended a skills class, city experience, or nature tour of their choice and spent a lot of time outside. Finally, 12th grade welcomed our new 5th graders before going to the North Cascades Institute for an overnight for the rest of orientations.

As mentioned, even though fall orientations themselves are short, their impacts are long-lasting. They help build trust and connection between classmates through small group activities that often require trust to complete.

For example, 9th grade went on a vertical playpen (similar to a ropes course), which required classmates to belay others in their advisory, while the person climbing had to trust that their classmate would keep them in position from falling. Most activities aren't this complicated but still require a high level of trust.

This can be especially important with new classmates, since joining a group of people who already know each other can be daunting. It's our job to make everyone feel welcome. On top of building a community, orientations allow students to learn new things! Service experiences teach ways to contribute to communities outside of EPS; visiting local areas teaches students about our culture; and participating in camps and fun classes teaches students important life and survival skills. Last but certainly not least, students are able to have fun!



Fall orientations offer an opportunity for students to both hang out with previous friends and make new ones. They allow everyone to start the school year with a positive mindset. Thinking back to the last month or so of school, fall orientations made a lot of small yet important contributions to our community. New students don't feel as alone during their classes because they've gotten a chance to interact with and make friends with people in their grade.



They also get to know EPS's core values and how we function. Orientations are also a great way to prepare students for other EBC experiences. Service days require students to work together to help others. EBC week in April requires a large amount of trust and responsibility since students stay with each other for a much longer amount of time.

Overall, fall orientations were a great way to kick off the school year!



# SLC Unlocked: Inside Nikhil Mahesh's Plans to Improve EPS

*Charlie Murray ('29)*

Do you ever wonder what SLC gets up to? I did too, so I met with Nikhil Mahesh '27, one of our SLC community outreach co-chairs. I wanted to learn more about SLC and their plans for the 2025-26 school year. I managed to squeeze in a lunchtime interview with Nikhil as he dashed from a club to a meeting with Ms. Harris, the SLC faculty advisor.

Nikhil's first goal is a continuation of something he introduced last year. The most popular book on this year's upper school summer reading list, 1984, was not recommended by teachers but was instead suggested by students themselves.

This is all thanks to a student poll introduced by Nikhil, this allowed students to be more engaged in their curriculum. Nikhil would now like to take this one step further by giving students a voice in classroom reading recommendations.

This would provide valuable insights for teachers regarding student interest, specifically identifying which readings would maximize student engagement in their subjects which we all know is vital to our learning.

Nikhil's next SLC goal helps teachers better schedule Major Assignments. As many EPS students have experienced, having four MAs on one day is never fun. Teachers have no way to see what their students' schedules look like, so oftentimes MAs stack up.

Nikhil is working on a solution. He and Mr. Briggs have dedicated many hours to coding a Canvas widget to generate an MA heat map.

This will show students when the toughest days are, and more importantly, will show teachers the same.

That way, they can schedule their MAs with that knowledge. Our teachers want students to do well, and Nikhil is working to help that happen.

A third goal of Nikhil's is to launch an EPS TEDx event, opening the door for faculty, students, or alumni to bring engaging topics to the broader community.

Nikhil's final goal is to fix the one source of embarrassment that virtually every EPS student has had to face: the TMAC entry door. For a year now, students have tried to open the right TMAC door, only to find that it is locked. This is because the door's remote locking switch was broken, meaning our security staff had to lock it permanently. Nikhil is lobbying to prioritize this repair so that our passing periods are just that little bit easier.

Nikhil's motivation to run for SLC was to provide opportunities for increased student input, such as reading selections, and to expose the community to a range of interesting ideas, like TEDx. For anyone else interested in SLC, his most important piece of advice is that the more time you invest in it, the more you will get out of it. He also says that a person can't predict when the best ideas will come, so instead of having a mindset of "this is SLC time," a person should just always be thinking and open to ideas as they come.



The students at EPS are indebted to the Student Leadership Committee, whose members put in a great deal of extra work to make this community a better place. They are

committed to helping, improving, and leading this school, so thank you, SLC and especially Nikhil for his time, his work, and for this interview.

# A Day in the Life of Profe Botero

*Olivia Keller ('29)*

Every day at 6 a.m., Profe Botero starts her morning the same way: coffee first, everything else second. "I wake up, make coffee, take my medications, then get ready and leave by 7," she said. By the time most students wake up, she is already powered by caffeine and determination.

When she gets to school, her first stop is no surprise: more coffee. "I make sure I have everything I need for the day," she said. "If I have a test, I double-check my printed copies."

Once class starts, her favorite part kicks in. "I love to teach," she told me. "Being with students and teaching a fun class is awesome for me."

Profe Botero is also quick to laugh, especially when remembering her students' antics. "When Nina Shakes and Brisa Salazar presented their Estereotipos project in Spanish 4, it was hilarious," she recalled. And when lessons flop, she rolls with it: "I just tell students, 'Hey, this is not working, let's try this instead.'"

Her students might be surprised to learn that she's jamming to reggaeton when she's not grading (which can take "about four or five papers per hour"). "I LOVE reggaeton," she said. "Bad Bunny, Karol G, J Balvin, Maluma, everyone!" Her dream superpower? "To make students love Spanish and Hispanic culture."

After a long day, Profe Botero switches from teacher to mom mode, picking up her daughter and maybe rewarding herself with a Starbucks Horchata Espresso.

Her life could easily have a soundtrack; she says her theme song is Maluma's ¡Qué Chimba! Because for Profe Botero, every school day is a little wild, funny, and full of rhythm.

# Eagle Spirit Takes Flight: Reformation in the Sports Department

*Julia Stewart ('27)*

As our new SLC revamps traditions like spirit points and halftime shows, our school community has been reevaluating school spirit: how we have been successful in displaying it, how we have lacked spirit, and how we can go into future years with shared goals.

This essential question has especially been faced by Leah ('27), our new SLC Athletics Chair. School spirit is deeply tied to competition, which has the capacity to unite the school and uplift other students. In just the past month of work, Leah has created all sorts of events like Media Day, and she is working hard to plan for the rest of the year (and beyond!). My interest in fostering community, especially through sports, led me to interview her to hear more about the behind-the-scenes of the Athletics Department.

EPS has not historically been great at showing up for athletic events save for a certain few (Dr. Lao's daughter!) but events like Senior Night, Homecoming, and others all help to increase student attendance. Whether it is through yelling during free throws or cheering the loudest at XC runners, the energy at sports competitions is very swayed by the fans and the vibe they bring. Notably, Kings and Bush have huge homefield advantages, with their loud student sections directly affecting games, both home and away. However, this spirit and sense of community can also be fostered off the court with events like the Pep Rally and Media day.

To look more closely at Media Day, EPS has never had a designated "Media Day" before, but this one was especially significant because it was led by student photographers (shoutout Arnav, Max, Everette, Vehd, and Olivia!) who were able to get experience practicing their photography in a fairly professional setting.

Where student athletes have only been able to take one professional team photo for the yearbook in years past, this gave students the opportunity to mix teams and do creative poses. Lookout for future Winter and Spring Media days, because they are in the works right now!



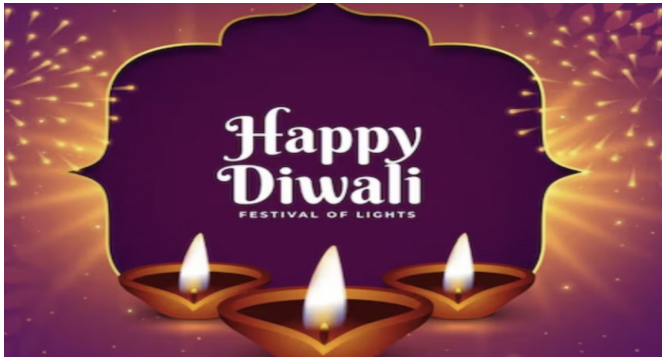
Broader SLC reform like Spirit Points has also directly involved sports and attendance. Specifically, changing spirit points to account for historical attendance is very much rooted in our goal of increasing student sections and sports engagement. This has made spirit points for attending events designed to account for typical turnout, so early morning regattas and full day track meets are worth more than frequent volleyball games (submit points with QR code to right!). This has helped attendance at competitions, and it will hopefully continue to incentivize a more even spread of attention towards teams.

For the rest of the year, Leah is at work creating and executing events all centered around Eagle Spirit, but she is also an important resource for athletes as an advocate. If athletes are having problems with their team or if they have questions about EPS sports, Leah is the one to go to! Specific events to look out for include faculty-student games, flag football (hopefully!), Media Days, and all of our athletic events, which happen many times a week. We want everyone to come and show support!



# Diwali: The South Asian Festival of Light and Unity

*Manaswini Madhusudhanan ('27), Tamanna Thakkar ('27)*



Diwali, or Deepavali, is among the most significant religious holidays in Hinduism, Jainism, and Sikhism, occurring on the 20th of October in 2025.

Known as the festival of lights, it symbolizes the triumph of light over darkness, knowledge over ignorance, and good over evil. While its specific origins and practices differ across regions and traditions, the festival's essence—illumination, renewal, and hope—remains universal.

In Northern India, Hindus celebrate Diwali as the homecoming of Lord Rama to Ayodhya following his 14-year exile and his victory over the demon king Ravana, as recounted in the Ramayana.

In Southern India, it commemorates Lord Krishna's defeat of the demon Narakasura, who had abducted 16,000 women.

Another central observance is Lakshmi Pooja, which honors the goddess of wealth, Lakshmi. According to legend, she emerged as a divine treasure from the cosmic Ocean of Milk during its churning by the gods and demons, using the serpent deity Vasuki and Mount Mandara as the churning rod.

For Jains, Diwali marks the moksha, or spiritual liberation, of Mahavira, the last Tirthankara (spiritual teacher).

In Sikhism, the festival commemorates the return of Guru Hargobind to Amritsar after his release from Mughal captivity in Gwalior.

Common across these observances is the lighting of diyas (small oil lamps), the creation of rangoli (decorative designs made with colored powders), and the cleaning of homes, which is meant to coax Goddess Lakshmi into blessing one's home.

Historically, many Indian Muslims also participated in Diwali celebrations, reflecting South Asia's long-standing culture of interfaith respect and shared heritage.

During the Mughal era, Emperor Shah Jahan (known for commissioning the Taj Mahal) integrated the Islamic (Hijri) New Year with Diwali festivities, establishing it as one of the grandest celebrations of his empire.



The last Mughal ruler, Bahadur Shah Zafar, also continued this inclusive tradition by organizing plays and Lakshmi Pooja ceremonies at Delhi's Red Fort.

Across South Asia, Diwali has served as a cultural and moral reaffirmation that light, compassion, and understanding transcend division.

However, in recent decades, the festival has also been overshadowed by the rise of sectarian nation-

alism.

In India, political movements promoting religious exclusivity have at times appropriated Diwali's imagery to justify division.

For instance, this year, the mayor of London faced criticism for co-organizing a Diwali celebration with Vishva Hindu Parishad UK, the English branch of the group that incited the 2002 Gujarat pogrom, in which around 300 Hindus and more than 1,000 Muslims were killed (Middle East Eye) (Human Rights Watch).

The group is considered by the CIA to be a militant religious organization.

Such politicization undermines Diwali's spirit and contributes to both anti-Muslim and anti-Hindu violence.

In Mumbai last year, multiple Hindus were assaulted during Diwali celebrations, showing how communal tensions can distort a festival with history in religious transcendence.

Reclaiming Diwali's essence means reaffirming the message that light must always conquer darkness, and our shared humanity must transcend hate.



# 5 Things You Didn't Know About Mr. Uzwack!

*Vivian Lee ('29), Prakriti Shrestha ('29)*

As the school year begins, EPS students and staff can't wait to dive into another exciting year of learning, laughter, and community. From new classes, to seeing familiar faces around campus, there's a special kind of energy that fills the halls every September.



To celebrate this fresh start, we decided to interview the Head of School, Mr. Uzwack!

As the Head of EPS, Mr. Uzwack helps guide the school community, supports students and teachers, and makes sure everything, from academics to activities, runs smoothly.

We were excited to have the chance to interview him and ask some questions about his passions and personality!

Question 1: What is your favorite meal in the LPC?

“My favorite meal in the LPC is grilled cheese and tomato soup. I have a memory of my dad coming to eat lunch with me in elementary school and it was grilled cheese day.”

Question 2: If you had to teach a class in something completely random, what would it be?

“I would want to teach a class on aeronomics. The science of flight, the physics of flight, and the history of flight. I’m really invested in flight, though I’m not qualified to teach.”

Question 3: What’s your funniest or most embarrassing moment (that you’re willing to share)?

“I have a very embarrassing moment from teaching; It wasn’t here. It was at my previous school. I sat on a Starbucks americano in the middle of class. I was walking around drinking my coffee, I put it on a stool, and then sat down right on it. It exploded! I had to announce to the class, “I have just sat on my coffee.” They laughed, not the nice kind of laugh, and one kid even got up to get me a rag. I could feel the coffee pooling on the back of my legs.”

Question 4: Do you have a hidden talent?

“I’m a pretty good musician. I’m a drummer in a band called Swinson and the Expedition. We’ve recorded and even play out! It’s basically a bunch of dads.”

Question 5: What is the weirdest food combination you have ever tried?

“I don’t know if I have a truly weird food combination, but here’s something: I have jellybeans in my office that I give out. The Jelly Belly mix is dissonant! You get fruit, licorice, and then popcorn. It’s just a strange blend.”

It was amazing getting to know Mr. Uzwack and learning more about him! His leadership and kindness continue to shape the EPS community every day. We hope that everyone has a positive start to the school year!

# Set, Spike, Win: Eagles Keep Winning

*Ian Ruud ('33), Kabir Singh ('33)*

Have you ever wondered how our very own 5/6 girls’ volleyball team is doing this season? The Eagles have been on an exciting winning streak, with recent victories against The Bush School and the Heritage Christian School. (Fingers crossed that we win the next match, too!) For this story, we spoke with several players to get their thoughts on how the games have been going and what it is like to be part of the team.

## THE PLAYERS

We interviewed Jone Lin, Isoo Han, Adriene Burst, Persa Ketibeh, Alisha Singh, and Riley O’Brien, who shared their experiences both on and off the court. They agreed that the season has been full of hard work and fun moments. One player said, “It’s tough sometimes, but it’s worth it when we play well together.” Another mentioned how teamwork and communication are key: “It’s not easy to know where to go or what to do all the time, but we get better every game.”

A few players said they have been focusing on improving their aim and staying calm under pressure. “When you’re on a court with 20 people around you yelling to score, it’s hard not to get nervous,” one player said. “But it’s all part of the fun.” When asked about their favorite moments, some said winning the first set felt great, while others said finishing the match strong was the best part. One player even said that knowing the game was over was the best moment because “we did our best and had fun doing it.”

## THE EAGLES

That’s all for our EPS volleyball coverage for now! We are excited to see how the rest of the season goes, and we are betting on even more wins ahead. We are Ian and Kabir, and we write weekly sports updates for the EPS community. If you are interested in being featured in future issues of The Eagle Eye, come find us and share your story.

Go Eagles!

# ChatGPT or CheatGPT? How Students Use AI

*Aarini Mehta ('32)*

The Digital Education Council's 2024 Global AI Student Survey shows that AI has become a critical part of every student's education. According to the Survey, 86% of students already incorporate AI into their studies with 54% of students using AI on a weekly basis.

AI is neither a good thing nor a bad thing. You can use it to study. Or you can use it to cheat. Using AI responsibly is beneficial, but using it irresponsibly is quite the opposite.

Most teachers dislike the usage of AI but some prefer to have students experiment.

"I think it's tricky. Generative AI has the potential of having students not think for themselves," says Ms. Mills, sixth grade literary teacher.

"I have mixed feelings. I wonder where they get their resources." says Mr. Winkelmann, sixth grade history teacher.

Jayal Mehta, parent of Aarini Mehta, is currently working on a tracker to show ai usage. He is trying to answer the question - "does AI increase productivity?"

This generation has invented something wonderful and terrible, and many good things and bad things have been introduced.

An example of a good thing: students can use AI to learn, to code, to study.

A few bad things: Students can use AI to cheat, as a shortcut, or as a trustworthy source, which is wrong.

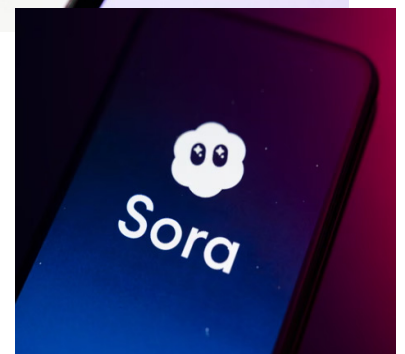
When a student uses artificial intelligence, their classmates and teachers immediately believe the student had put in no work and effort. That is extremely untrue in most cases, because you have to correct its mistakes and it may not give you what you want, so you have to prompt it AGAIN and AGAIN and AGAIN. Especially for coding.

Here is a student using AI responsibly:

"I use it to get sources but never to cheat on tests, and I think it's good to study with but never copy and paste. I use it during history just to find sources. I use ai but never to find the information. If I want to invite someone I use AI to make a flier. Never use it to cheat." explains Alyza Tandon, returning sixth grader.

AI is a hard thing to understand but this generation, for the most part, has used it well.

Keep using it well.



# Out of Class, Into the Wild

*Ansh Kumar (31)*

Adventure Awaits: Explore the Outdoors with EPS Ventures!

Ready to step outside the classroom and explore the amazing landscapes of Washington State? The EPS Ventures program is in full swing, offering incredible opportunities for students to hike, bike, and connect with nature. From breathtaking glaciers to thrilling bike trails, there's an adventure for everyone.

Looking Back: Camping Success!

The season kicked off with the Fall Camping Trip on September 27th and 28th. We caught up with student Evan W, who went on the trip and told us it was a fantastic experience.

"It was fun," Evan said, describing the "really good view" from their hike. Campers were treated to stunning sights of the Nisqually Glacier, other mountain glaciers, and even some local wildlife! With two hiking options available, students could choose their own level of challenge, and Evan enjoyed tackling the 4-5 mile route. It was an unforgettable start to the year's adventures!

Upcoming Adventures You Can Join!

If you missed the camping trip, don't worry! There are plenty of exciting ventures coming up.

Hit the Trails: Mountain Biking at Duthie Hill

Get ready for a thrilling ride! On Sunday, October 12, EPS Ventures is heading to the famous Duthie Hill Mountain Bike Park in Issaquah.

This trip is perfect for beginner and intermediate mountain bikers who are comfortable on a regular bike. From 10:00 AM to 12:30 PM, you'll get to ride the trails under the expert guidance of four EPS faculty members who are also avid cyclists. It's a great chance to build new skills and have fun with friends in both Middle and Upper School.

There is no cost for this venture, but you will need to bring your own mountain bike and helmet. Spots are limited, so sign up quickly!

Sign-Up Link: <https://www.signupgenius.com/go/10C0A44AEAA22A2FEC16-58938139-duthie>

See the Spectacle: Fall Colors Hike

There's no better time to be in the mountains than October when the autumn colors are at their peak. Join the Fall Colors Hike on Saturday, October 18, for a journey into the heart of a Pacific Northwest autumn.

The group will meet at EPS at 7:45 AM for a day of spectacular views. This rewarding hike will cover 4 to 7 miles and climb between 2,000 and 3,000 feet, promising some of the best scenery our state has to offer. Get ready to be surrounded by the vibrant reds, oranges, and yellows of the season!

Mark Your Calendars!

The adventures don't stop in October. Looking ahead, get excited for a visit to the Northwest Trek Wildlife Park on November 8. It will be an amazing opportunity to see bison, elk, bears, and other incredible native animals up close. More details will be coming soon!

Whether you're looking for a thrilling bike ride or a beautiful hike, EPS Ventures has something for you. Don't miss out on these chances to make new friends, challenge yourself, and explore the amazing state we call home!



# Art of the Month

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*Addie Briggs ('33) "Soccer Sunset"*



*Eden Cui ('30) "Traditional sandwiches"*



*Ella Wang ('26)*



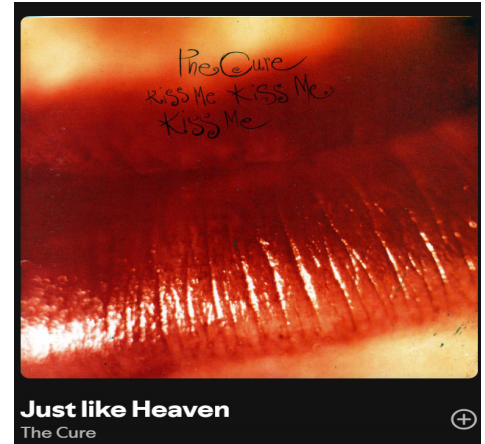
*Max Kasel ('26)*

# Music of the Month

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*Finn Bryar ('26)*



*Lily Mack ('26)*



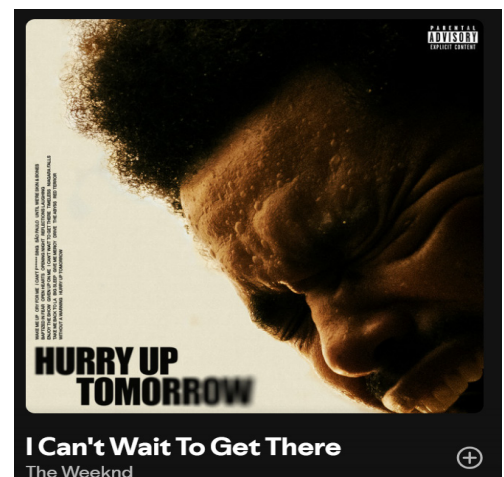
*Benty Mohamed ('26)*



*Ben Burnside ('26)*



*Molly Copeland ('26)*

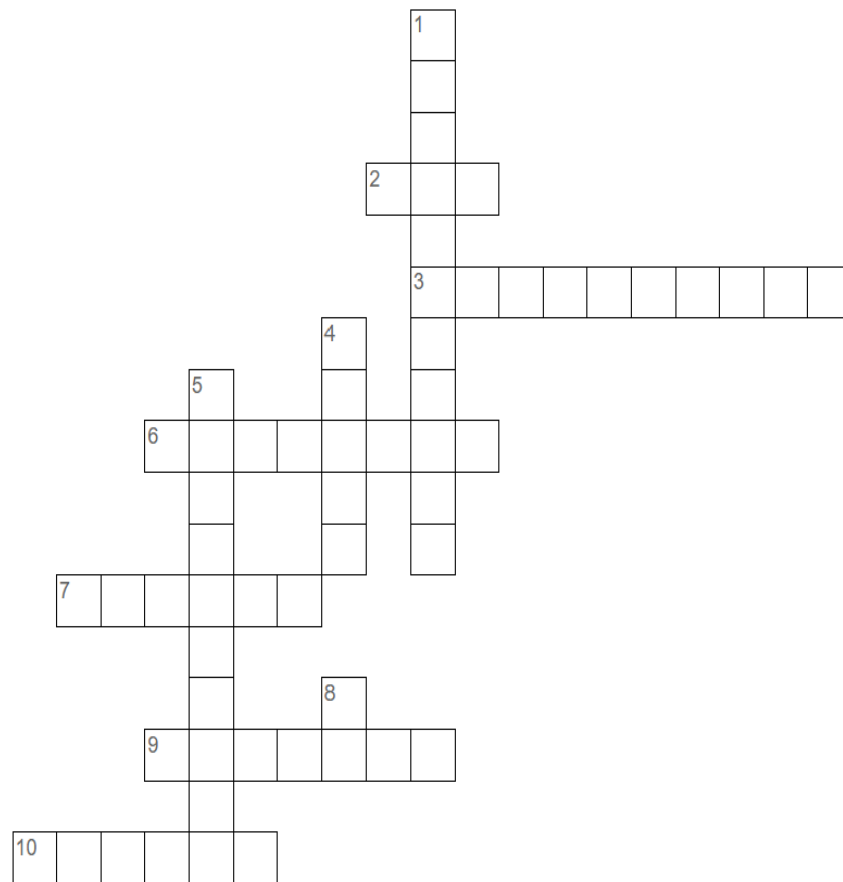


*Arnav Garg ('26)*

# Mini Crossword: October Buzzwords

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Words and names drawn straight from this issue's stories (EPS life, academics, events, and culture).



## Across

- 2 Nikhil Mahesh's committee for student leadership.
- 3 Cute app that helps you stay productive.
- 6 Study timer technique mentioned in "Academic Weapon."
- 7 Spanish teacher featured in "Day in the Life."
- 9 Seniors painted these spots during Homecoming week.
- 10 Festival of lights featured on page 8.

## Down

- 1 Theme of the Athletics reform story.
- 4 Day created for sports photography.
- 5 Sport in "Set, Spike, Win."
- 8 Topic of the article "ChatGPT or CheatGPT?"

