

# BASIS SCOTTSDALE GAZETTE

## No Trust in Treasurer?

by Shreyank Murala

Trivia: Which club at BASIS Scottsdale has the greatest number of club members? (Hint: They have the highest amount of club funds as well.)

That’s right! It’s the National Honor Society (NHS). NHS is one of the oldest clubs running at BASIS Scottsdale and, quite frankly, in all other well-known schools. Being a part of NHS is a true accomplishment, a prestige bestowed upon one for keeping their GPA high enough to match the academically challenging NHS requirement (3.5 GPA on the dot). Along with its high educational standards, NHS is equally well-known for its competitive board position elections. This year, the board positions (last updated in December 2022) stand as President, Vice President, Secretary, and PR Officer.

Now, I know everyone has the same question: Where is the Treasurer? Being the largest club at school with the greatest amount of club funds, it would make sense to have a treasurer to help finance the club budget.



Emblem of the National Honor Society

### SAVE THE DATE

Pre-Comps – 1/10 - 1/12

Alumni Night – 1/13

MLK Day (No School) –  
1/16

World Café – 1/27

## FEATURING

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So why did the NHS remove the Treasurer Position now? To get an idea on this issue, we have interviewed the new NHS President Ram Bubby regarding his view on the matter.

*Why was the Treasurer position removed in the NHS?*

We found that the past Treasurer position was not able to hold a significant role in granting mini-grants to other clubs. And so when very few clubs knew about the mini-grant process like applying for them, we figured a group of 4 officers, including the PR officer, could simply make a decision about mini-grants as opposed to having a Treasurer position.

*Do you think the Treasurer position was important to the NHS?*

It was back in the days when the club had more funding and more clubs who knew about the mini-grant process, but seeing the way the school and

the club itself had lowered in its rankings over the years, it changed to the point where the Treasurer position is somewhat obsolete and the decisions made by the Treasurer can be decided by the other 4 officers.

*Who will be in charge of financing your club activities this year?*

When it comes to making decisions regarding where our funding will be allocated, it will be made by the current 4 member officers along with Ms. Freeland and Mr. C. As of now, I haven't considered adding the treasurer position back. If I see the need for it by the time my term ends, I will discuss with my fellow officers along with Mr. C in adding this position back. If the mini-grant system goes as planned and clubs truly do use it, we might create a whole separate position so that different clubs and individuals can use the money that the NHS has to loan out for their purposes.



Source: BoardEffect

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# CAMPUS NEWS

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## Pre-Comps Pressure

by Harini Karthikeyan

After leaving the holiday spirit behind, we BASIS students meet again with the classic yet unwelcoming spirit of the constant stress of tests, quizzes, and the endless study guides. BASIS Schools are infamously known for its Pre-Comprehensive Exams, which are exams that all 6th-8th grade students are required to take for each of their subjects.

For those of you who aren't aware, Pre-Comprehensive Exams, commonly referred to as Pre-Comps, are generally given out over the course of three days. Exams take up half the day, and students are allowed to go home after. Each exam has 2 parts: the common section and the native section. The common section is a multiple choice exam that is identical among all BASIS Charter schools, whereas the native section is personal to each teacher and the format they decide to administer the test. These tests are also a significant portion of trimester 2 grades.

As if these tests aren't tedious and irritating already, they are also administered two weeks after a relaxed holiday break. The first week coming back from break is generally dedicated to Pre-Comp review, while the second week is for the actual exams. Teachers dedicate time in class to review specific content and go over practice questions that may appear on the exam. However, the pressure to snap back into a highly academic environment immediately after a break is an extreme task expected of middle school students.

In traditional American high schools, final exams are always given during December, or the week before holiday break. This way students can study and take the final exam without having to worry about remembering or even studying that information over break. The holiday season is always hectic, from traveling to spending time with family, and thus students shouldn't feel duress during a time which is supposed to be dedicated to joy! Of course, as many of us know, BASIS just has to be different.

BASIS Charter schools continue this very long tradition of administering Pre-Comps after break, pressuring students to feel the need to study over break. Personally, as a BASIS student who took these exams, I definitely felt the unnecessary stress of studying for these exams during break and right when we came back. If BASIS ever decides to change its rules, maybe they'll consider administering these exams before break. Hopefully, then students can relax over break and ease back into their academics when returning to school!



Source: ADDitude

# New Year, New Resolutions?

by Neha Jasthi

January is known for new beginnings and fresh starts. Unfortunately, as the calendar year changes, the school year does not, and we are forced to eventually return to our boring routines. To combat this monotony imposed by our everyday schedules, there has been a tradition to make new year's resolutions. Typically, these resolutions are solutions to existing problems people face in their everyday life. However, more often than not, they end up being broken. I was curious as to what problems plagued BASIS staff, and how they are planning to handle them in the new year, so I interviewed my teachers:

**Señor Garcia:** "My New Year's Resolution is to have no New Year's resolution because they don't work."

**Dr. Sahu:** "My New Year's Resolution is to take more time for myself."

**Mr. Carey:** "I want to work out more in the new year. I say that every year, but I don't actually end up doing it!"

**Mr. Witz:** "I feel like I should intimidate the Lower School students more."

**Dr. Reeves:** "I want to spend more time with my girls."

Personally I agree with Señor Garcia and chose not to participate in this practice; however, I think New Year's resolutions are possible to follow as long as they are practical. These resolutions seem to be reasonable. Hopefully, they will all work out – especially Mr. Witz's resolution, given our current infestation of lower schoolers upstairs.



Source: Forbes

# Behind the Book: A Lit Interview

by Stephanie Lobodanescu

As a lover of literature and an AP Lit student myself, I've always been curious as to the process that goes into choosing the books for English classes.

With two different AP Literature teachers this year for the junior class, I took the opportunity to interview them both on their perspectives as long time educators

*What do you think is the main purpose of an AP lit reading selection?*

**Mr. Witz:** The purpose is to teach students literary elements—to read and appreciate literature, and maybe expose them to something they wouldn't choose on their own. An AP Literature reading selection should be thematically rich and offer something unique to discuss and examine.

**Ms. Antal:** What I can speak to is how I select the novels that are represented on the syllabus each year. What I'm looking for is diversity of voices in the writers and their backgrounds, the type of stories they're telling, and new perspectives to represent.

*Is there a central theme across them? Was there a specific perspective you were trying to convey, or were you trying to give people a range of ideas to work with?*

**Mr. Witz:** No; in fact, I tried to collect books where you'd cover more themes if you put all the books together, rather than saying that they all cover the same thing. I'm looking for diversity in topics and themes—and authors, too.

**Ms. Antal:** I think another thing that really steers my selection of the books is making sure there's a broad array of themes that are covered, so that students have multiple entry points into getting to the heart of a novel's meaning. I want students to have multiple themes to connect with.

*What's your favorite book from the selection?*

**Mr. Witz:** Of course, that's hard to say. It changes when you're teaching; I always enjoy teaching the books, and if I didn't, I'd drop them. I will say that one of the reasons that I chose *The Awakening* was because I really enjoyed it personally. I particularly enjoy *King Lear* because I get to make the students read it in character in class.

**Ms. Antal:** It's so difficult! I'm passionate about all the books on our syllabus every year— of course, because what they bring thematically, the topics and issues that are explored, but also because of the voices of the writers. In terms of least favorite, though, I can say that some years I'll teach Aldous Huxley's *Brave New World*; while thematically, there's a lot of richness there and students love it, stylistically, there's not a lot there.

*What author challenges students the most?*

**Mr. Witz:** One book that usually challenges students is *Daisy Miller*, because it's the first exploration into the novel. Henry James is definitely a thoughtful writer, as well as a subtle one, so I like how it challenges the students.



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**Ms. Antal:** In some ways, I'd say Shakespeare's plays are the most challenging, not thematically, but structurally. Once they are able to "translate" it and understand the meaning, then it becomes a lot easier for them.

*Was there a book that you would say had the most impact on students?*

**Mr. Witz:** Literature is very personal – that's why different teachers choose different books for their list. I've had a lot of students choose *Wuthering Heights*, and even *King Lear*, as they're surprised how much they take away from it when they thought they'd be averse to Brontë or Shakespeare.

**Ms. Antal:** Each book affects my students in different ways! Because I explored such a wide range of themes across my selection, students will identify with different characters and authors that speak of their personal life experiences.

*What book were you not able to include in your choice that you wish you could, and why?*

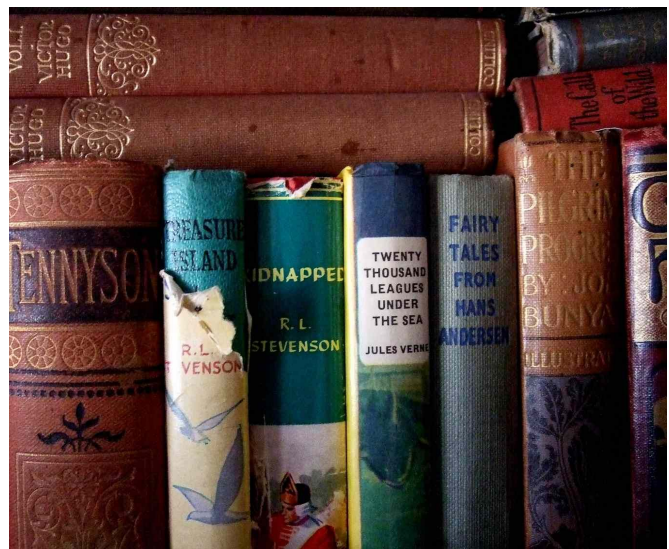
**Mr. Witz:** I used this years ago, and I've had a hard time incorporating it into the curriculum, but I wish I could bring back *Catch-22*.

**Ms. Antal:** I chose with very purposeful intent for this year's booklist, so I don't think there's anything I left out of this selection. I also think that it's really important to have student choice incorporated when I think about what to include, as so often students are left without choice when it comes to authors or books they'd like to explore.

*How do you go about choosing the books on your list?*

**Mr. Witz:** The year before I started teaching AP Literature, I did research and thought about books I had enjoyed. I looked at works most frequently used on the AP Lit exam—there's a whole list of the frequency of books used on the exam. I wanted some from the most frequently cited, so I could increase the odds of there being books on both their list and mine, but I eliminated some I didn't think students would enjoy as much. I also looked at the most recent Question 3 prompts to see if I'd have a good combination of books that appeared often and not so often.

**Ms. Antal:** I chose the books partly based on tasks that students frequently miss on the AP, and also based on how important I think specific information is.



Sources: ThoughtCo

# CURRENT EVENTS

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## Prisoner, Pregnant, and Pardoned

by Payton Dymek

Back in 2014, Elizabeth Holmes believed that she had created a blood testing machine that would revolutionize the medical industry, little did she know that the biggest downfall to her success would be herself. Holmes had been recognized as a bright and capable woman from a young age. Her teachers, neighbors, classmates, and friends adored her and fostered her large aspirations. Her family paid for her tuition for Stanford University, where she famously dropped out in 2003 since she believed that attending the school was no longer necessary because she had learned everything she needed to know to create her “revolutionary” piece of technology.

In the beginning of it all, Holmes had good intentions. She dropped out early to kick start her company because she genuinely wanted to help people and believed that her technology would benefit everyone. The situation became crooked when she was backed into a corner with pressure and no way out. Holmes aimed to create a device called “The Edison,” which would run hundreds of blood tests from a single drop through a process called immunoassays, which looks for the presence of an antibody or antigen in blood or fluid. Standard tests can determine metrics like drug levels, hormone levels, and certain cancer markers. The testing machine of her fraudulent multi-million dollar company, Theranos, could test for more than 240

different abnormalities, including everything from testosterone levels to cocaine. Holmes also decided to name the machine the “Edison” after the famous inventor, Thomas Edison, but the name had many asking, why Edison? Edison once said, “I have not failed. I've just found 10,000 ways that won't work,” which Holmes re-worded into “We code-named our product the Edison, because we assumed we'd have to fail 10,000 times to get it to work the ten-thousand-and-first. And we did," in order to support her case during the product's investment pitches.

After continuous denial of her pitches, Holmes drew inspiration from one of her idols, Steve



Elizabeth Holmes  
Source: Wikipedia

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Jobs, and decided that the only way she'd get any sort of acknowledgement is if she acted more "masculine." Not only did she begin to dress in all black, with the signature black turtleneck top, and changed her voice to be an octave deeper, but she also hired Ana Ariola, the product designer of Apple, and Avie Tevanian, a software engineer also from Apple. These two employees, after working closely with Holmes for a few months, realized that Holmes couldn't be left to run Theranos on her own and that she needed to have some sort of supervision — not only in the lab, but also with Theranos' investments.

This "supervisor" Holmes needed was Sunny Balwani, who was a big-shot business man she had met back in high school on her senior trip to Japan. Despite their 19 year age-gap, they fell in love with one another while on that trip, and when Holmes needed assistance within Theranos, she called the man she knew would always be there for her. Soon after joining the company, Sunny donated 20 million dollars and was announced as the company's new COO while Holmes remained CEO, the positions the two of them had always wanted.

Theranos had support from thousands of people, minus the pharmaceutical companies. Holmes attended meeting after meeting with pharma companies, but they all turned her down because she didn't have a working prototype of her technology. Nearing 2010, she scored an interview with Dr. Jay Rosen, Walgreens' medical director, in which she pitched the idea of a wellness center that utilizes Theranos' Edison machine as the main piece of technology. A few months after the pitch, Walgreens' Executive Vice President, Wade Miquelon, gave Dr. Rosen permission to visit Theranos' headquarters so long as he brought lab expert Kevin Hunter to examine it.

During this examination, all workers were told to stay in the lab unless instructed to do otherwise, which upset one of the head engineers, Ian. He went to Sunny to complain about this, and while doing so, ended up catching a glimpse of papers labeled "Project Beta" on his desk. After questioning Sunny about it, he received no information, and Sunny appeared to act clueless during the entire questioning process. During the tour, Sunny and Holmes put off Kevin, which only led him to grow suspicious, a feeling which grew as he learned that Theranos had not been FDA approved by the time of the tour. Ian continued to snoop around for clues regarding what "Project Beta" might be and he found out that they were partnering with Walgreens and Safeway to make sure the Edison can be sold in stores. This horrified Ian because he knew that the machine hadn't been tested on people, shouldn't be used on people just yet, was extremely faulty even in the final stages, and that it would take years to be fully ready for the public. Ian confronted Elizabeth about this new project but was just told that this is a hard business and he won't ever understand it. When Ian tried to defend himself, he was fired immediately.

Elizabeth, feeling threatened from all angles, began a million dollar bluff. She had meetings with Walgreens and Safeway on the same day scheduled at the same time, which she canceled at the last minute with the implication that she had a meeting with CVS, Walgreens' biggest competitor. Although both companies believed it to be a lie, Walgreens remained invested, despite what Hunter told them about Theranos' lab. Not long after, Holmes also decided to meet with George Schultz, a former Secretary of State, who quickly became a board member of Theranos and even got his grandson, Tyler Schultz, a job at the company before he started speaking out about the fraudulent technology.



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Three years later, Dr. Rosen showed Elizabeth a model of what the new Walgreens' wellness centers would look like with The Edison in them. The catch was that her machine had to be ready in six months. Sunny was furious with Elizabeth's agreement to a September deadline, especially since they had nothing to work with. Sunny then suggested that they take apart a similar product, a Siemens machine, just to see how it worked and help them build theirs. Elizabeth refused the offer and said they will launch in September with the planned Edison. After speaking to her mother about her concerns, she decides that The Edison will launch in phases, with phase one being a reconfiguration of the Siemens machine.

At this point in her career, some people started to get weary of Elizabeth, or even become jealous of her. One of Elizabeth's old family friends



Theranos' blood-testing machine  
Source: WIRED

named Richard, attempted to sue Theranos since The Edison was something he and Elizabeth had discussed for years and was actually his idea. After dropping the lawsuit, Richard decided to contact *The Wall Street Journal* news reporter John Carreyrou to convince him to investigate Theranos. Carreyrou told Richard he needed a better source, and Richard was ready to find one.

Erika Chung, one of the main Theranos whistleblowers, started as an intern and was partnered with Tyler, where they both began to realize strange things about the lab. Erika learned of a secret lab called "Normandy" where the actual results were tested; not only is that strange, but Erika's also told to delete "outliers" within the data since the lab heads aren't sure how to treat them yet. The next day she was moved to Normandy, where she saw the blood samples being diluted and then run through the same shabby machines in the practice testing lab. After experiencing some issues running her tests, she called an assistance number and a woman arrived to override the machine's results. Erika grew upset with the woman, given that this is a real patient, but the woman ignored her. A curious Erika did some digging and realized that the "Theranos" machines are just the Siemens machines with a few changes.

At Elizabeth's 30th birthday party, Tyler's mom began to sense something between Elizabeth and Sunny, despite their attempts at keeping their relationship a secret. Tyler decides that this is the time to confront Elizabeth about running tests on Siemens machines, but she denies everything and makes Sunny fire him the next day at work. After Tyler is fired he attempts to convince his grandfather that Theranos is a hoax, but they don't see eye to eye, which makes Tyler and Erika feel the need to call *The Wall Street* journalist.

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By 2015, Elizabeth is sitting for interviews with presidents, doing a profile for TIME, and being followed everywhere by a security detail. With all the press and fame, *Wall Street Journal's* John Carreyrou is onto Theranos. He has several doctors who want to testify against false Theranos tests, plus sources from the company itself. Now, he just has to give Theranos time to respond to his questions. A freaked Elizabeth and Sunny speak to their lawyer, David Boies, since they cannot answer the journalist's questions. Boies suggests they go after Carreyrou's sources, so Sunny threatens the doctors who would testify against Theranos, convincing them to sign non-disclosure agreements. Boies then talks with Elizabeth and tells her that the article will not go away and he can't help her unless he knows what the *Wall Street Journal* has on her. He needs to know what Elizabeth has been hiding. Boies attempts to kill Carreyrou's story, but he inadvertently fed it by admitting to using third party analyzers. Boies tells Elizabeth that the *Journal* will be running an article that night.

After the article ran, Elizabeth swiftly lost support, investors, and money. As Theranos falls into bankruptcy, she decides she's hit rock bottom. She didn't want to take any of the blame for what happened, so she blames it all on Sunny. Her lawyers tell her to apologize for Sunny's mistakes and talk about how she's going to move forward. Linda

Tanner, the legal advisor at Theranos, says people want to know that Elizabeth is truly sorry and ashamed. Elizabeth does her best in her interviews to apologize, but every interviewer is cold-blooded and harsh to her, and for good reason. Elizabeth stumbled through interviews and continued to repeat that the events were "devastating," but she also believed that she didn't put anyone's health in danger. Elizabeth, not so keen in the eyes of the public, attempted to start a new life for herself but failed due to pending court dates and the COVID pandemic.

After years, Elizabeth finally received her sentence. She was supposed to receive one before the pandemic, but it was too late. Her trial after the pandemic was also postponed due to her first pregnancy, and even now, her prison sentence is being delayed since she's pregnant with her second baby. On November 18, 2022, U.S. District Judge Davila sentenced her to 11 years and 3 months in federal prison, beginning on April 27, 2023, after charging her with one count of conspiracy to commit fraud on investors and three counts of committing fraud on investors, which included more than \$140 million in wire transfers. In the end, Elizabeth's quick rise to success was met with her swift downfall. Misleading the government and the public, she created her own demise by deceiving the very people she initially sought to help.



Source: Generiamo Salute

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# OPINION

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## Poetry, To Be or Not To Be?

by Abhinav Ravichand

“*Hamlet* will be your next reading assignment.” Every student in the classroom rolls their eyes in annoyance as they realize their next two months will be dominated by archaic poetry and literary devices – epanalepsis, asyndeton, onomatopoeia – that are so complex that it can sometimes be a challenge to fully grasp the meaning by the end of the 50-minute class period. But in reality, poetry shouldn’t be viewed as negatively, and here’s why.

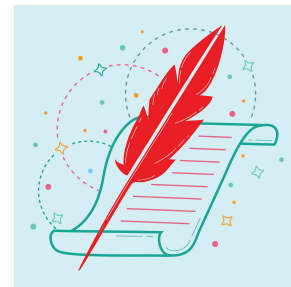
Yes, if a student is taking English and they read a new poem or their first play, it does take a bit of getting used to, either due to the antiquated diction, the structure of the work, or because they don’t want to like poetry. And that’s the problem. To appreciate and read poetry, one must do so with an open mind, thinking about every single detail the poet has put forth – the form, perhaps the meter, the choice of words, emphatic repetition, hidden details, symbols, all of which coalesces into a theme that reveals insight into an aspect of human nature. First things first, when reading poetry, read it with a good attitude, ready to interpret the multitude of themes in the flowing work.

You might be wondering why poetry or similar works with poetic elements is so important to learn in English classes. This is because poetry is fundamental to our understanding of human flaws, morals, reasoning, and relationships. These encompass the theme, which if fully understood,

gives us a sense of appreciation for the poem. Poems could be as short as a few words or a page, to a full play by Shakespeare or ancient Greek comedies and tragedies like *Antigone* and *Medea*. However, no matter how long or how short, the poem will still convey a very important truth that should enlighten us, not irritate us.

The style of poetry significantly differs from that of prose. While more students are familiar with prose writing through analyzing novels over their middle and high school careers, poetry expands student’s critical thinking and teaches them how to come up with meaningful conclusions and to better understand how to write the analysis. This is especially important for high schoolers who are preparing for college applications and those who want to succeed in writing classes in the future. By understanding what poetry describes, students get a much clearer understanding of the work and can effectively process different tasks at hand.

Respect poetry, fellow students, and do not think it will do bad to you; it’s only for the good.



Source: TED

# Pokémon Gen Nine Review: A Dry Past or a Buggy Future?

by Rahul Jasthi (neg)

and Tristan Clarke (pos)

Pokémon Generation Nine took the world by storm this past November. Immediately out the gate the reviews were starkly mixed. Many lauded it as a much needed spark to a franchise in need of direction while others fixated on the multitude of bugs and glitches which could sour the playing experience. With two months after the games' release and more than 10 million units sold, the game's popularity is not in contention. But whether the titles were for better or for worse? Those perspectives are what we'll determine below.

## The Negative Perspective

*Pokémon Scarlet and Violet* certainly have strengths in comparison to other games within the franchise; however, this game has gained traction for several major flaws within the game. The greatest issue seems to be with the game's overall performance. Recent Pokémon games are known for poor resolution graphics, as seen in *Pokémon Sword and Shield* and *Pokémon Legends: Arceus*, but each generation at least seemed to show improvements upon the previous. Yet, this is not the case for *Pokémon Scarlet and Violet*, which seems to have contain worse graphics compared to *Pokémon Legends: Arceus*, the second most recent installment within the franchise. To add onto the low-quality graphics, technical issues and bugs were prominent throughout the journeys of many trainers around the world. From walking through walls to falling into the infinite blue abyss under the ground, characters within the game seem consistently find themselves

within "interesting situations." Also, specific areas throughout the Paldea region experience drastic drops in frame rate. Unlike with *Pokémon Legends:*

*Arceus*, the technical issues plaguing this game do, in fact, worsen the experience while playing the game. The vast amount of glitches, including characters spasmodically walking around during cutscenes and creepily contorting their bodies when interacting with NPCs, suggest that this title was most likely rushed near the end of production to keep up with Nintendo's rigid schedule.

Now for a few nitpicks. The latest Pika clone Pokémon initially left everyone excited as it was foreshadowed to have 2 evolutions while also being the first Electric/Fighting type in the franchise. What we received was nothing but disappointing and terrible... The first evolution from Pawmi to Pawmo is nothing but Pawmi standing on two legs with a lighter shade of orange. Pawmo to Pawmot adds slightly more fur and changes the color back to the darker orange. As we are both avid shiny hunters, many of the shiny forms of the Generation 9 Pokémon are extremely disappointing (almost as disappointing as losing the beloved shiny 'ring' sound). Shiny Paldean Tauros switches the color of its mane and its body, which seems like it would make a good shiny. Except, the original body is black while the mane is a dark gray. In combination with the interactive lighting, this shiny becomes almost unrecognizable to the naked eye. Maushold and Tandemaus are all white mice with an extremely light blue area on the stomach. The shiny form of



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these Pokémon changes the light blue to light beige, making this shiny impossible to see. The pseudo-legendary Pokémon of this generation, Baxcalibur, suffers from the same shiny problems as Generation 4's pseudo-legendary, Garchomp – the shiny form adds a slightly light gray tint on top of the existing coloration. These are just a few of the many upsetting shiny forms within Pokémon Scarlet and Violet. The designs and forms of the new Pokémon are not entirely awful, but around half of them are.

### The Positive Perspective

Because it's easy to hop on the bandwagon of hate for a game with such obvious flaws, I think it's extremely important to recognize everything that made this game great.

To begin, the new games introduced a whopping 103 pocket monsters to the franchise — the largest number since Black and White in Generation Five. While fans may have differing opinions on the quality of these new 'Mons, it's an undeniable truth that in new generations, more is more. Beyond that, many of the new Pokémon introduced novel type combinations which many fans had been waiting for since the dawn of the franchise. Scarlet and Violet saw the introduction of the first Grass/Fire type Pokémon, as well as the first Electric/Fighting, Fairy/Fighting, and Ground/Fighting monsters, and more. Needless to say, there was no shortage of creativity put into this generation, even if some designs could have been better.

Furthermore, this was the first completely open world Pokémon game ever created. From the first few hours of gameplay onward, the player can

choose to pursue their path in the game however they'd like. Want to challenge the hardest gym first? Go ahead! Want a specific partner for your Nuzlocke? Have no fear! With a bit of elbow grease, nothing is beyond your reach.

Finally, the game included countless quality of life updates to the franchise. The Pokémon breeding mechanic which is used to create competitively viable teams or hunt for shiny Pokémon has been streamlined greatly. For the first time in several generations the player can skip through the sometimes tedious cutscenes which plague second time players. The advent of the Terastilization mechanic has essentially multiplied each Pokémon's potential by 18 as every Pokémon can now become a member of every single type. Shiny hunting has become even easier than ever before, especially with the Sandwich Method (in just a few short hours, I've already accumulated 12 in my collection).

### The Conclusion

There is still hope for the Pokémon franchise and *Pokémon Scarlet and Violet*. Certain regions within the in-game map and the unresolved mystery of the Hexagonal Pokémon seem to imply downloadable content (DLC) will be released. *Pokémon Scarlet and Violet* and *Pokémon Legends: Arceus* show us that the Pokémon franchise seems to be going down the road of open world games, where players are free to decide how they want to play the game. This brings us to two questions: 'Will the Pokémon franchise continue down this path of open world games, leaving behind the overused Pokémon formula?' and 'Why will it still have performance issues?'

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# ADVICE

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## Stop Stalling and Get the Ball Rolling

by Andrew Kang

With the New Year approaching faster than ever, many of you are probably thinking about your New Year's Resolutions, and, being a BASIS student, one of the resolutions you'll likely come up with is to stop being a procrastinator (I myself am one). Now, procrastinating does have some benefits. For example, it gives you a peace of mind, and it also allows you to ponder on the task, sparking new ideas and insights. But putting something off for too long will ultimately harm you, so here are some solutions that will help you stop procrastinating.

### 1. Plan and Make Decisions in Advance

Planning your day and what you want to do in advance is an essential step to stop yourself from procrastinating. Waking up without any idea of what you have to do that day will cause you to spend unnecessary energy and produce needless stress. This can make you tired and unwilling to do your tasks at all. Prior planning reduces the need to make decisions



Source: Family Teams

in the moment and gives you a clearer direction on what you have to do. Some simple things you can plan out are deciding what days and times you're going to exercise or what days you're going to work on a class presentation. When you plan, also keep in mind the things that are most important such as any deadlines you have.

### 2. The Nothing Alternative

Now, this one is personally my favorite solution. It's the simplest of them all. Essentially, you set your own timer for x hours/minutes and either do the task during that time or you do nothing at all. This isn't an either-or fallacy as long as you live up to it. Novelist Raymond Chandler used this method to write his novels as he found it very difficult to just sit down and crank out a predetermined word count. Using this method, he mentions that "He [the writer] doesn't have to write, and if he doesn't feel like it, he shouldn't try. He can look out of the window or stand on his head or writhe on the floor, but he is not to do any other positive thing, not read, write letters, glance at a magazine, or write checks... Write or nothing." His method works because even if you choose to do nothing, after some time, you'll start working on your task to stop boring yourself.

### 3. Step by Step

This solution is to break down the task(s) you have to do into smaller manageable chunks and complete them that way. The "chunks" can be as small as you want

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It can be as simple as opening up Google Docs or writing the title of a presentation. This solution allows you to break down that daunting and fearsome task into much smaller and achievable ones. It also gives you better direction on what you have to do and creates momentum as you do one small task after another.

### 4. Remove Any Distractions

Removing any distractions such as a phone or another tab on your computer can not only help you stop procrastinating but also help you focus better by

preventing you from steering away from the task at hand. Disabling notifications on both your phone and computer can also help greatly.

Some of these solutions are easier than others and may vary in their respective effectiveness. Test each one out for yourself and see which one works best for you. Then, maintain it, and now you've not only fulfilled one of your New Year's Resolutions (if stopping procrastination is one of them) but also cleared your name from the long list of procrastinators!



Source: USA Today

# New Year's Resolutions or Not?

by Ram Bubby

With the beginning of a new year comes the potential for growth and improvement in each of us. As such we set ourselves New Year's resolutions so that we can fulfill these new goals and grow as people. However, many find that by the end of the year they have little to no progress towards their goals and are complacent with this outcome. It goes so far that we even set ourselves new goals even after having failed to complete our previous ones. So why do we do this?

New Year's resolutions began in ancient times as a prayer to gods for good fortune in the coming year and have since evolved to set goals for the future. The reason setting New Year's resolutions feels like the right thing to do is because the beginning of the new year offers a sense of renewal along with a blank slate, so our minds are open to the possibilities for improvement. Despite all this positive momentum early on, surveys by *The Washington Post* have found that within the first week of the new year a quarter of people abandon their New Year's resolutions, and this number only increases to around half by the end of February. Ultimately, around 91% of people will fail to complete their New Year's resolutions, yet this cycle of new goals and then failure still repeats during the next year even for 91% of the population.

To properly set New Year's resolutions, it is important to identify the reasons why most end up failing or abandoning their goals early on. The first, most prominent reason is that most people tend to never reflect on the past and instead simply blaze ahead into the new year. One of the greatest obstacles for New Year's resolutions is incomplete past goals

which prevent a person from growing. As such, before a person can set new goals, they must first make sure they have completed or are at least still making meaningful progress towards their past goals.

The second reason is that many people's goals are too vague, which leaves room to make excuses or modifications to the circumstances under which they can be considered complete. The sense of limitless possibilities at the beginning of the year makes us crave improvement, but many of us simply don't know how to quantify what we would like to achieve. One of the most common New Year's resolutions is "I want to lose weight" or "I want to get in shape this year." While these goals are good ideas, they lack the specificity to truly be completed by the



Source: Parade



## CONTINUED FROM PAGE 16

end of the year. The fact is that without a specific goal in mind, our brains will accept any small amounts of progress towards that goal even if it wasn't the level of progress we intended to achieve. This is how we start making excuses at the end of the year when our goals still haven't been achieved. To avoid this, we must set specific and measurable goals that are achievable for the individual person.

The third and final reason is that for the people who set vague goals and even the people who set specific goals they do not actually plan out how to complete their goals. Any goal needs planning and consistent effort toward it to be completed – without this, planning and the goal is simply a dream. Using the same losing weight example, let's say a person's

new specific goal is to lose 15 pounds by the end of the year, the next step is to plan how they will do this. The plan can be as simple as setting a time to go to the gym every week. All that matters is that it is a consistent, coordinated effort towards the goal.

Despite the euphoria of the New Year and the temptation to set plenty of goals you would like to accomplish, it is important to identify the goals that still need to be completed along with the ones most important to you. After making sure the goal is specific enough, then move on to the planning phase and ensure that you plan for consistent progress. Hopefully by following these tips and staying devoted to your goals, you will be able to set and accomplish successful New Year's resolutions.



Source: Council for Relationships

# MONTHLY MUNCHIES

## Magnificent Mug Cakes by Anastasia Sheleg

Winter is not over yet, and when it's cold, all you probably want to do is make a warm mug of hot cocoa. But what if you warm up with a nice warm mug cake? These microwave mug cakes are easy and quick to make. They will warm up your cold tummy and your cold heart!



Source: Rosanna Pansino

### Delicious Chocolate Mug Cakes

Ingredients (for 2 mug cakes):

- ⅓ Cup Self Rising Flour
- 2 tbsp Unsweetened Cocoa Powder
- 2 tbsp Granulated White Sugar
- 2 tbsp Brown Sugar
- 1 Egg
- 2 tbsp Butter (melted)
- ¼ Cup Milk
- ¼ Mini Semisweet Chocolate Chips
- Pinch of Salt
- ½ tsp Vanilla Extract

Procedure:

1. In a small bowl combine your dry ingredients: flour, cocoa powder, granulated white sugar, brown sugar, and salt.
2. Whisk in your egg, milk, vanilla extract and melted butter until you form a smooth batter.
3. Gently stir in the chocolate chips
4. Divide batter evenly into 2 mugs and microwave each one on high for 1 minute. If the batter is not fully baked continue to microwave in 10 second intervals.
5. Top with any topping you want! (powdered sugar, chocolate chips, whipped cream, etc.)
6. For customization, try placing peppermint bark or any plain chocolate bar of your choice in the center of the batter and then microwave to upgrade the plain mug cake to a lava mug cake!



Source: Rosanna Pansino

# In Honor of the Fluffy Pooh Bear

by Rahul Jasthi

If you didn't know, National Winnie the Pooh Day is on January 18th. Despite being named after the beloved Pooh Bear, this special day commemorates the birth of Alan Alexander Milne, the creator of Winnie the Pooh and Christopher Robin stories. The origins of these stories were mainly inspired by his son, Christopher Robin Milne, who was extremely fond of the London Zoo. The name "Winnie the Pooh" comes from the name of Christopher Robin Milne's teddy. During the time of World War I, the London Zoo was home to a female black bear cub named Winnipeg, but she was also known by the name, Winnie. The "Pooh" part of Pooh Bear's name came from a swan that Christopher Robin Milne named, which A. A. Milne discussed more in his book *When We Were Very Young*.

To celebrate National Winnie the Pooh Day, you can read some of the Winnie the Pooh stories or watch some of the movies (maybe not the new horror movie, though) while scooping honey from your favorite pot. As always, though, if you want to make a special dish for this occasion, I have a recipe just for you: a Winnie the Pooh-inspired honey mug cake.

*Fun fact: The first appearance of Winnie the Pooh was December 24, 1925, on Christmas Eve.*



Source: Sweet 2 Eat Baking

## Winnie the Pooh Honey Mug Cake

### Ingredients:

- 2 tbsp butter
- 2 tbsp runny honey
- 1 medium egg
- ½ tsp vanilla extract
- 3 tbsp light brown sugar
- 4 tbsp all-purpose flour
- ¼ tsp baking powder
- Pinch of salt
- 2 tbsp butter, softened
- 4 tbsp icing sugar
- (Optional) runny honey

### Procedure:

1. Add the butter to a mug.
2. Melt in the microwave for 10 to 20 seconds.
3. Add the honey, egg, and vanilla to the mug.
4. Beat with a fork until combined.
5. Add the sugar, flour, baking powder, and salt.
6. Beat again until fully combined and smooth.
7. Cook in the microwave for around 1 minute 15 seconds to 1 minute 30 seconds (depending on microwave power).
8. Keep aside to cool to room temperature.
9. Add the butter and icing sugar to another mug or container.
10. Cut the butter into the icing sugar using a fork until it reaches a clumpy texture, then beat with the fork until fluffy (around 1-2 minutes).
11. Spoon the frosting into a small piping bag or a ziplock bag fitted with a tip.
12. Pipe a swirl onto the top of the cooled cake.
13. (Optional) Drizzle with extra honey. Enjoy!

# Behold the Beloved Bagel

by Nahyan Wajiha

Bagels are a wonderful breakfast item that can be enjoyed anytime during the day. The delicious carb-filled bread roll mixed with a combination of items such as cream cheese and lox or butter and jelly is a favorite among the youth and the elders. If you are a bagel lover, January 5th, National Bagel Day, is your day.

While the origin of the bagel is highly debated, there are many renditions. One such legend takes us back to the 14th century when Germans migrated to eastern Poland and brought pretzels, which later evolved into a circular bread roll with a hole in its center. This bread, called *obwarzanek*, became a feast day bread and surged in popularity when Queen Jadwiga gave up rich breads and pastries for the *obwarzanek* during Lent.

Although entirely fictitious, another story states that a baker in Vienna, Austria invented the bagel in the late 17th century for Polish king Jan Sobieski III, who led forces against Turkish invaders. Aware of the king's passion for horses, the baker shaped the bread into a circle and named it a *beugul*, which means stirrup in Austrian.

In modern day, the bagel is often associated with Jewish culture because it bypassed the anti-Semitic laws in Europe during the middle ages that prevented Jews from baking bread. In the 19th century, Jewish immigrants settled in New York City and formed a union called "The Bagel Bakers Local 338," yet bagel consumption was limited to Jewish communities until the '70s, largely due to its lack of popularity among other communities. Due to advertising, the bagel soon spread throughout the US.

Today, a wide variety of shops sell bagels across the United States, and New York City is now known as the bagel capital of America with its popular kettle-boiled bagel.

## Bagel

### Ingredients:

- 2 tsp Active Dry Yeast
- 4 ½ tsp granulated sugar
- 1 ¼ cup warm water
- 3 ½ cup bread flour or all purpose flour ( you may need ½ cup more for kneading)
- 1 ½ tsp salt
- Toppings of your choice (i.e cream cheese, lox, avocado, etc.)

### Procedure:

1. Pour sugar and yeast into ½ cup warm water, don't stir until you've let it sit for around 5 minutes. After 5 minutes, stir until the mixture is fully dissolved.
2. In a large bowl, mix in flour and salt. Then make a well in the middle, and pour in the yeast mixture from earlier.
3. Pour ½ cup of water into the well, and mix thoroughly. Then add the rest of the water and mix until the dough is moist and firm.
4. On a floured surface, knead the dough until it is a smooth, yet firm dough.
5. Place the dough into a large bowl brushed with oil, then cover the bowl with a damp towel and allow it to rest for about an hour, or until the dough has doubled in size. Then punch the dough down, and allow it to rest for another 10 minutes.



## CONTINUED FROM PAGE 20

6. Divide the dough into 8 pieces, and shape them into a smooth ball, and repeat with all dough balls.
7. Slightly coat your finger with flour, and press it into the center of the dough ball, in order to form a ring. Stretch the ring until it is about  $\frac{1}{3}$  the diameter of the bagel, and place it onto an oiled cookie sheet. Repeat the same process for the remaining dough balls. Cover the cookie sheet with a damp towel, and allow it to rest for an additional 10 minutes. While the dough is resting, preheat your oven to 425°F.
8. Once the 10 minutes are up, pour water in a large pot and reduce the heat once it is boiling. Place the bagels into the pot, and allow them to boil for 1 minute on each side.
9. Once they have boiled, place them onto an oiled cookie sheet and bake for 20-25 minutes.
10. Allow the bagels to cool, and then prepare them with your favorite toppings.



Sources: Food Network

# PUZZLES

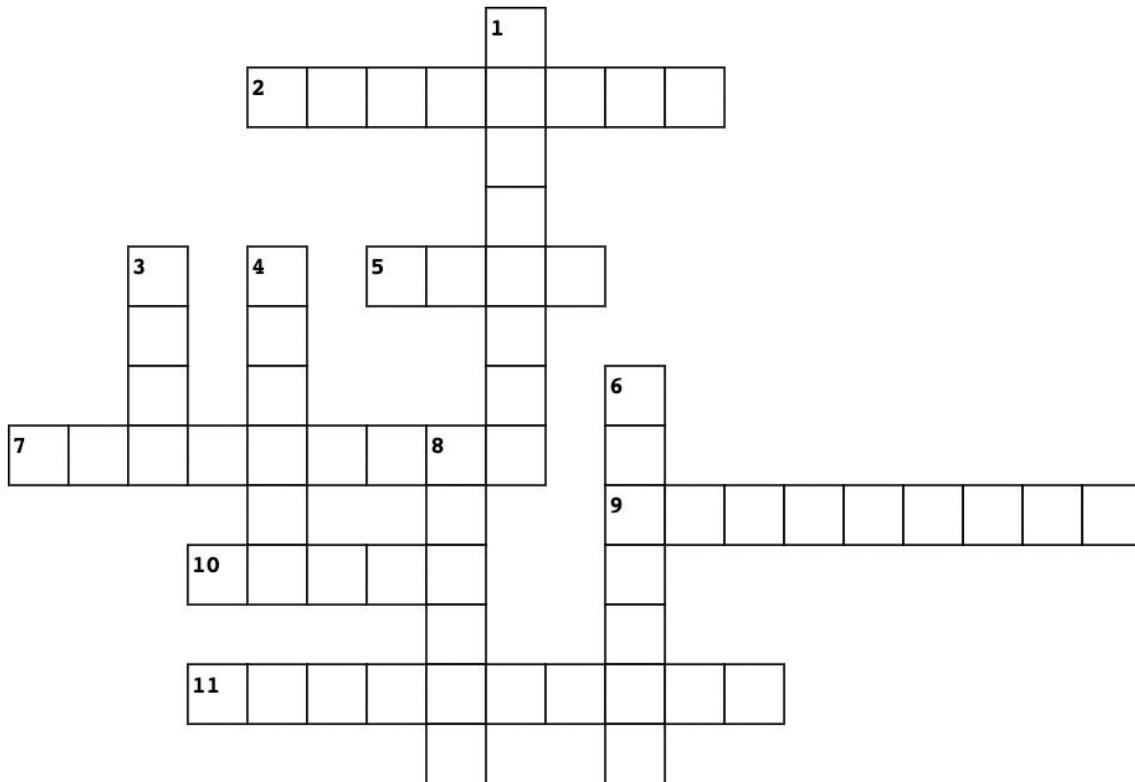
## El Wordo

by Tristan Clarke



# Crossword

by BASIS Gazette Staff



### Across

- 2. Title of book Mr. Witz would like to incorporate into his AP Literature curriculum
- 5. Animal that inspired the "Pooh" in Winnie the Pooh's name
- 7. Name of exams with native and common sections that BASIS Schools administer after winter break
- 9. Position recently removed from BASIS Scottsdale NHS
- 10. Common quality of New Year's resolutions that leaves room for excuses for why goals were not achieved
- 11. Name for circular bread roll with a hole in its center that Germans brought to eastern Poland in the 14th century

### Down

- 1. Name of Elizabeth Holmes' fraudulent multi-million dollar company
- 3. Generation of Pokémon popularized in November 2022
- 4. Last name of BASIS Scottsdale teacher who resolved to have no New Year's resolution
- 6. Novelist Raymond Chandler used this alternative method to motivate himself to write
- 8. Type of literature that often deters students due to its archaic language

# THE SAGA CONCLUDES



## CREDITS:

JOURNALISTS: RAM BUBBY, TRISTAN CLARKE, PAYTON DYMEK,  
NEHA JASTHI, RAHUL JASTHI, ANDREW KANG, HARINI KARTHIKEYAN,  
STEPHANIE LOBODANESCU, SHREYANK MURALA, ABHINAV RAVICHAND,  
ANASTASIA SHELEG, NAHYAN WAJIHA

COMIC ARTIST AND CREATIVE DIRECTOR: TRISTAN CLARKE

CO-EDITORS-IN-CHIEF: DERRICK KANG AND CALISTA WILK

FACULTY ADVISOR: MR. WITZ

QUESTIONS, COMMENTS, CONCERNS: [BASISGAZETTE@GMAIL.COM](mailto:BASISGAZETTE@GMAIL.COM)