

# THE BASIS SCOTTSDALE GAZETTE

## AN OPEN LETTER ON MENTAL HEALTH

BY GAZETTE STAFF

Dear Readers of the BASIS Gazette,

As we arrive at the anniversary of our COVID lockdown, it’s an understatement to say that this year has been a difficult one for all of us. Life’s been very different. And it looks like that at least for the next little while, it’s going to stay different. And for some, this new life under quarantine has been hard in ways that aren’t always visible to those around us: With that in mind, it’s important that we come together as a community to address these issues openly and make known all the resources available to help promote mental health and wellbeing.



Source: [www.kxnet.com/news/local-news/yhf-mental-health](http://www.kxnet.com/news/local-news/yhf-mental-health)

We believe that finding someone willing to talk to you or even just listen to your grievances and concerns is a great step in building a healthy support network for yourself. Family and friends are some of the best confidants that you can have in your support network. Your teachers can also be a pillar of support. Talking to teachers you are comfortable with can be a great help. Overall, in quarantine, it can be a little harder to socialize with people online but with some form of interaction, be it through text messages, social media, or even Teams, we promise you’ll feel a lot better.

**Resources for Teens:**

Teen Lifeline: 602-248-8336 (TEEN)

*Upcoming BASIS Scottsdale Mental Health Assembly on March 29th (2:45 PM) on Teams*

Just as important as connecting to family and friends is taking good care of yourself. We know that sometimes, it’s hard to find enough time for yourself. But with all of the time we spend online these days, it’s always good to take a break and ‘unplug’ for a bit. Maintain a healthy lifestyle as best as you can: try to eat

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### SAVE THE DATE

Mar 8:  
Women’s Day

Mar 14:  
Pi Day

Mar 15:  
Ides of March

Mar 29:  
School Mental  
Health Assembly

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healthily, exercise safely within COVID protocols, and drink lots of water. Take advantage of your free time: draw a picture, write a diary, maybe even throw your own personal dance party! The possibilities are endless.

We understand that seeking support in isolation is difficult, even from friends and family. As such, there are many resources available from outside institutions as well. If you're having difficulties maintaining a healthy mindset, bring up the subject to your loved ones and explore options for professional help and therapy. Emergency help is always available on multiple hotlines, several of which are included throughout this article. If you ever find yourself considering harming yourself, please do not hesitate to call the numbers listed.

**Resources on broaching the topic of Mental Health:**

Mental Health.gov - [www.mentalhealth.gov](http://www.mentalhealth.gov)

Child Mind Institute - [childmind.org](http://childmind.org)

In a school like BASIS, where we have a tight-knit community, everyone is important and wanted. We know it may be hard to feel that this year, but you need to

know that it's the truth. Every single person here is unique and will one day change the world for the better. With vaccines on their way and COVID cases dropping, our physical separation will not last forever. Soon, we'll be able to see our friends and family again, face to face, at school, and beyond. And with the end of quarantine, the new memories you make will be that much sweeter!

**Hotlines:**

National Suicide Prevention Lifeline: 1-800-273-8255 (24/7)

Maricopa County Suicide Prevention Hotline: 1-800-631-1314 or 602-222-9444 (24/7)

SAMHSA's National Helpline: 1-800-487-4889 (24/7)

The Trevor Project: 866-488-7386 (24/7)

Crisis Text Line: Text SUPPORT to 741-741

If you or others ever have any questions concerning this article or simply want someone to talk to, our email is always open at [basisgazette@gmail.com](mailto:basisgazette@gmail.com).



Source: [www.digitalhealth.net/2019/10/online-platform-mental-health-self-care](http://www.digitalhealth.net/2019/10/online-platform-mental-health-self-care)

# HOW TO HELP THOSE IN NEED: MUTUAL AID

BY SAHIL SUD

It has been nearly a year since the coronavirus pandemic first began to make its way throughout the United States. The pandemic caused untold horrors, and facilitated a huge increase in poverty. Unfortunately, the state apparatus was nowhere to be found, as the little stimulus people received was much too short-lived. The lack of state support became even more prominent last year, as the coronavirus pandemic and the resulting economic fallout caused millions to be pushed into poverty. Many people tried to stay in their homes, without any money to pay for rent or food, and their desperation only furthered. Since the state is nowhere to be found, those in need are forced to turn to another option: community support through mutual aid.

So what is mutual aid? Mutual aid is a concept where members of a community support each other through solidarity. Organizations and people participating in mutual aid attempt to build a system using a synthesis of collectivism and individualism. One of these organizations, Mutual Aid Phoenix, defines mutual aid as “a voluntary exchange between individuals, with the goal of redistributing resources within community, knowing there is enough for everyone.”

Over the past year, mutual aid has become the primary method of community solvency for poverty. But why not charity, or social welfare programs? What makes mutual aid different from these alternatives? Mutual aid is uniquely beneficial, because it attempts to dismantle systems that have put people into poverty, by ending the need for them. Take food for example. Rather than commodifying

food and getting it from grocery stores, mutual aid encourages people to grow their own food and help others in their community with this food. Other systems attempt to preserve their exploitative nature. Private charity reinforces exorbitant wealth inequality as exploitation as those in power can say they are doing good with their money, while ignoring structural issues. Social welfare allows the state to assert its dominance by saying it is the only consistent way out of poverty. One example is Mutual Aid Phoenix.

Mutual Aid Phoenix has become a critical part of sustaining hundreds of people in our community. Only months ago, as we rang in the new year, it opened up its first community refrigerator, where those who could would drop off food, and others could pick it up. Their website lists “a community fridge is available to all 24/7 at 619 N. 7th St, Phoenix, 85006!” On February 26th, there was a community health and safety call to end police violence. Those in the organization brainstormed with communities who have been most adversely impacted by this violence, on how to solve for it. And on March 28th, solidarity letters will be sent to prisoners via Zoom. This gives support to even the most vulnerable, living in the most difficult situations. A staple of mutual aid is assisting each other to work through issues, and helping the most vulnerable when the state will not. On February 27th, a doorstep drop-off drive was held to give food to those in poverty. The organization came to people’s doorsteps, and picked up food, and distributed it for the community to enjoy.

You can assist in the mission for solidarity by visiting the website, at [mutualaidphx.com](http://mutualaidphx.com), or through email and text at [mutualaidphx@gmail.com](mailto:mutualaidphx@gmail.com), and 623-688-1685. As needs in the community will continue to grow, it is crucial that we help each other. Please donate if you can, and help through solidarity!



Source:

[www.azcentral.com/story/entertainment/dining/2021/01/02/free-food-community-fridge-xanadu-coffee-phoenix/4075048001](http://www.azcentral.com/story/entertainment/dining/2021/01/02/free-food-community-fridge-xanadu-coffee-phoenix/4075048001)

# Kids Need to Read: A Constant Page-Turner

BY CALISTA WILK

Out of all the books you've read, which one would you say is your favorite? Do you have two, maybe three? Or are you having trouble deciding because you've read more books than you can count? Fortunately, many of us can browse a wealth of inspiring literature by purchasing or borrowing books online, in stores, or from friends. However, thousands of children across the United States have fewer than five books at home and have had limited access to new books after COVID-19 caused many schools and public libraries to close. To provide books to as many children as possible, a group of driven individuals began a new story for the non-profit Kids Need to Read in Arizona.

No matter one's age, reading level, or favorite genre, reading promises a seemingly endless variety of benefits. Executive Director Jessica Payne of Kids Need to Read explained that by increasing literacy rates, reading not only educates people but also strengthens communication and connections between individuals in a society. "Many people underestimate the power of books and literacy, but the lack of literacy affects almost every aspect of a community," she told me. "A recent survey found that by reading just 15 minutes a day, people reported being 33% happier, 69% more accomplished, and 55% more relaxed." Indeed, reading empowers our society by uniting communities across the world and advancing our personal development.

Recognizing the importance of sharing the power of reading, Kids Need to Read has been donating thousands of books to communities throughout the United States since 2008. From just April to October of this past year, this passionate organization donated 108,531 reading resources to 50,788 children across 30 states, averaging 2.25 books per child. Although COVID-19 has now restricted the number of volunteers and events that Kids Need to Read can accept and host, they are still ardently working to serve all 50 U.S. states before the end of March. Planning bigger projects over several days and introducing a system of "packs," which deliver a large assorted variety of books at one time, Kids Need to Read has been able to reduce health risks while still sending books to as many eager readers as possible.

"Almost every day at Kids Need to Read is memorable," Ms. Payne told me when I asked her what



Source: [www.kidsneedtoread.org](http://www.kidsneedtoread.org)

her most meaningful experience working at Kids Need to Read has been. "Asking me to pick a favorite is like asking me to name a favorite book, in other words, downright impossible." From watching children's eyes light up when they receive a new book to donating so many books to teachers that they begin crying out of joy, all the experiences at Kids Need to Read introduce new ways to meet and interact with others in the community. This is why Ms. Payne encourages you to help in any way you can, whether it's through peer to peer fundraising, donating books, or volunteering with your family (must be at least 14 years of age)! If you are interested in gifting other children the power of reading, be sure to bookmark Kids Need to Read's website at <https://www.kidsneedtoread.org/>.

Donating thousands of books to families across the U.S., Kids Need to Read has been making impactful, uplifting changes for thousands. Many of those impacted by their mission are the children who have limited access to books, to the wonderful world of knowledge that literature entails, and to the new experiences that reading equips them with. Empowering people to develop new perspectives on the world and inspiring them to connect with others, reading is an essential skill to foster in any community. As Ms. Payne heartily told me, "Reading might not save the world, but it is a good place to start."

# TRIBULATIONS IN TRIMESTER 3

BY DERRICK KANG

As we enter our final trimester of the school year, the school has opened up to allow in-person students to continue their education away from their screens. But to some, Trimester 3 brings with it not only the end of the school year but also academic challenges. I talked to two in-person students, Noah S. (10) and Arush K. (10) as well as two distance-learning students, Farhan B. (10) and Harold W. (11), to see what they thought of Trimester 3.

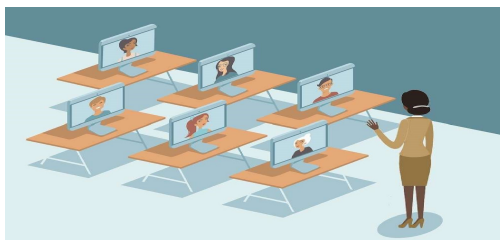
*What were some major changes to your routine that you had to make in order to adapt to the in-person learning schedule?*

**Arush:** Some major changes that I had to make to my routine to adapt to the in-person learning schedule were waking up earlier and having to wait at the end of the day for my parents to pick me up. One of the nice things about online was that I could wake up a few minutes before 0 period and be fine, but now that I'm back in-person I have to try and make myself look somewhat "presentable."

**Noah:** I had to wake up almost an hour earlier in order to get to school on time. I also no longer eat breakfast during Econ.

*Is there anything that you find to be much more bothersome/stressful with in-person learning? What about anything beneficial?*

**Arush:** Some really bothersome things about in person learning are having to lug my laptop around to classes and manage its battery life. This is especially a problem if I forget my charger because if my laptop dies it pretty much



Source: [newstalkkzrg.com/2020/10/26/teachers-face-challenges-with-covid-19](https://newstalkkzrg.com/2020/10/26/teachers-face-challenges-with-covid-19)

means I can't do anything. Another thing is that we're still not allowed to use our phones during free periods. During normal in person school I didn't care that much because I would usually just talk to people during lunch but now there's only a few people during my lunch period.

**Noah:** Getting up early is a bother, but being in person does help me pay attention. I feel some teachers benefit from the presence of students and it has a noticeable effect on their teaching. Overall, it's probably better, although some of the smaller things like having access to my phone are missed.

*Have there been any changes that you had to make with distance learning in Trimester 3?*

**Harold:** With Trimester 3, our teachers have been much more active with getting us to participate in class. Also as we begin locking into our AP review schedule, I feel like I have a decent amount of time per day to focus.

**Farhan:** Due to distance learning in Trimester 3, I have had to be a lot more conscious about my time management and use of electronics. Distance learning has also forced me to study more and learn more content on my own, because learning is often more difficult through a screen.

*Would you say that there was anything beneficial or bothersome specifically with distance learning in Trimester 3 and if so what?*

**Harold:** Nothing is too out of the ordinary, and if anything, my teachers have been a great resource for all of my questions even with the added stress of in-person students.

**Farhan:** The part about distance learning that I find bothersome is the lack of direct teacher-student interaction, but distance learning has been beneficial. It allows me more free time by eliminating commutes and other time-consuming parts of my daily routine.

As in-person and distance learning students face various challenges in their pursuit of education, students have to frequently make changes to adapt to the evolving challenges of the final trimester. Whether it is to prepare for final exams or simply to finish a school day, it is critical that we as students continue to make these changes if we wish to succeed in the final part of the school year.

# ELECTIVE SPOTLIGHT: SHS

BY TRISTAN CLARKE

When school resumed in January after our long awaited winter break, big changes were afoot in the Spanish Honor Society, known by its members as SHS. As had been planned for weeks, elections for the new board were about to take place. The race for the presidency, by far the most important role to be filled, was at the forefront of the debate for the society's future.

Flash forward two months to today. The elections have come and gone, a new board has been elected and now the real work has finally begun. Newly elected to the presidency, BASIS Gazette's own Alex Zou ran on the simple principle of providing a more in-depth foray into Hispanic Culture both online and in person. As he and the rest of the board have been coming to learn though, big campaign promises are far more easily said than done.

To understand the intricacies of the Spanish Honor Society, I asked former President Maahi A. (12) for his view on various obstacles that plagued his tenure.

*How did the pandemic affect your original plans for managing the Spanish Honor Society?*

Maahi: When I ran for the presidency last January (2019), none of us had any idea of the magnitude that COVID would change the world, so for two months, we were operating under normal circumstances, planning pizza parties and having a great time. Then, school was moved virtually, and our meetings were halted until the new year. I'm thankful for Doctora Murphy because she gave the club a fighting chance to renew its tenure and its members for another year, and she helped us get the ball rolling.

*In what ways did the Spanish Honor Society adapt to the pandemic?*

Maahi: While we weren't able to achieve the same events nor maintain the same levels of attendance because of the difficulties that virtual and hybrid learning posed for us, we adapted and gave our members other opportunities to stand out and show off their Spanish expertise, both in language and in culture. I'm proud to have worked with the officers of my board and to have passed on the reins to a great president and equally outstanding board who will surely continue the legacy of the greatest foreign language society our school has to offer."



Source: [www.aatsp.org/page/SHH](http://www.aatsp.org/page/SHH)

Keeping in mind these difficulties, the New SHS board has announced a new broad system of educational activities which will not only integrate Spanish culture into the BASIS Community, but also integrate the BASIS Community into Spanish culture.

The first of the policies suggested, which will be implemented this month, are Hispanic cultural contests such as Spanish poetry, visual arts and music. These contests, which will encourage the students to immerse themselves in and become contributing members to the cultural community will be open to all members of the society and will offer cash prizes to sweeten the deal. Other new activities that the new board plans to integrate into the society include Spanish Kahoots, movie nights, and karaoke activities.

Of course, even the best laid plans of an extracurricular can easily go awry and only time will tell if the new board will be successful at adapting to COVID safety protocols; however, they may change within the next year.

# MARCH MADNESS

BY ALLISON LI

It's officially March! With mock APs on the horizon and college basketball up and running, March is about to get mad. That being said, here's a fun little quiz to test your knowledge on everything that has to do with March from basketball to sleep.

1. How much do you know about basketball?
  1. Absolutely nothing!
  2. Literally everything.
  3. American football?
  4. I watch it but that's all
2. How many teams are involved in March Madness?
  - a. 32
  - b. 21
  - c. 68
  - d. 92
3. How many teams can win in the end?
  - a. Uh...one?
  - b. They're all winners
  - c. Nobody wins in the end
  - d. Three one for each bracket
4. Which of the following is a rule in basketball?
  - a. The player must bounce, or dribble, the ball with one hand while moving both feet
  - b. The player must be at least 6 feet to play
  - c. All players are required to have a dance battle before each free throw
  - d. There are none
5. How big is a basketball?
  - a. It's about the size of a basket?
  - b. Um Idk
  - c. 29.5 inches
  - d. That's unimportant for the game
6. Are you worried about your mock exams?
  - a. What mock exams?
  - b. No
  - c. Yes
  - d. I don't really care anymore
7. What is  $17 + 85$ ?
  - a. The derivative of  $x$
  - b. That's a really good question
  - c. I'm gonna major in English
  - d. 92
8. When is sleep?
  - a. Uh...
  - b. When is free time
  - c. Why is sleep
  - d. What is sleep
9. Comprenez-vous cela?
  - a. Oui!
  - b. Is this French? (Please read this using a different accent than your own)
  - c. No entiendo por qué estoy haciendo esto, pero supongo que lo haré de todos modos.
  - d. The last answer choice was in Spanish
10. Never gonna \_\_\_\_\_
  - a. GiVe YoU Up
  - b. lEt YoU dOwN
  - c. rUn ArOuNd
  - d. AND DESERT YOU!!!!

Congratulations! You have officially finished another completely pointless quiz. However, this time, as you can see, I have attached an amazing answer key to the quiz. This makes it SpEclal! If you actually want to know the answer to any of the questions, feel free to search it up on the internet (obviously  $17+85$  is definitely equal to 92). Otherwise, goodbye for now and good luck on your exams!

Now, moving away from basketball.

Answers:

1. Answers may vary for Questions 1-9.
2. If you wrote in the answer choice "e. All of the above" for Question 10, then you are correct.

# OPINION

## IN-PERSON VS. ONLINE: A PERSONAL PERSPECTIVE

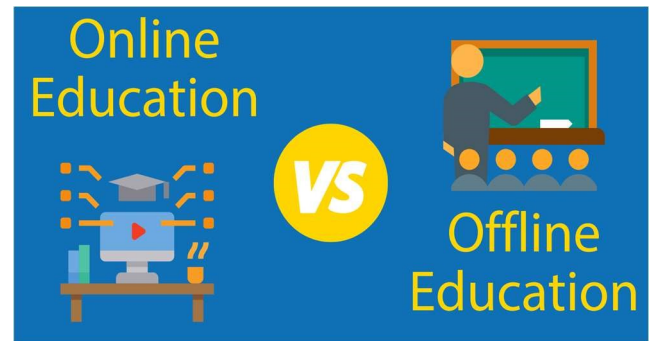
BY DYLAN SOSINSKY  
AND JONAH MARWIL

Last month, BASIS Scottsdale reopened its campus doors, allowing students to opt into the in-person learning experience. This trimester, we chose to go to school in person, marking the first time this school year that we stayed in the school building for a prolonged period of time. After completing just a few weeks of in-person schooling, we found several major differences with online schooling.

The first change we noticed was the change in our sleep schedules. Online schooling allowed us to be more attentive because we were able to get more rest. When taking online school through Teams, we could wake up much later because we didn't have to get driven to the school campus. In addition, we also didn't have to pack binders and lunch like we do in-person, which gave us more time to sleep while taking online school.

A second difference we experienced was with our levels of participation. While taking online school, it was much harder to pay attention and participate in school due to the endless amount of distractions in my house and neighborhood. Often, we would get carried away on our electronic device and find ourselves not listening or understanding what the teacher was saying. However, during in-person school, we felt much more engaged with the learning material because we had fewer distractions and more opportunities to participate. With only a few students in the classroom with us, we felt emboldened to raise our hands more often to ask and answer questions.

A third distinction was the level of teacher-student interaction. While online, we had few chances to really interact with my teachers but with the smaller class size, we greatly increased teacher-student interaction because there is less anonymity during in-person schooling. For example, teachers would usually just see us as a default profile picture in the Teams app, but with in-person school, it is a wildly different story because we are physically present in the classroom.



Source: [ltl-school.com/online-vs-offline](https://ltl-school.com/online-vs-offline)

The final difference was in socialization. While in online school, the only socialization possible during the school day was chatting through online platforms, which did not feel like an actual conversation. However, when we were in-person, we were able to engage in face-to-face conversations with some of our friends, and even participate in various activities together without the barrier of physical distance.

Overall, in-person and online school are for very different people. Both choices have their own pros and cons and as the school year moves into its final stages, everyone may want to reflect on what they prefer.



# PUZZLE PAGE

## MARCH WORD SEARCH

S R Z K I D S N E E D T O R E A D M  
 P A W A R E N E S S B M Z B A D J E  
 R M U T U A L A I D A F Q L O N B N  
 I N P E R S O N L E A R N I N G H T  
 N J D A I L P I B S P A N I S H D A  
 G T H Z R E O P E N I N G P P L A L  
 B M A R C H M A D N E S S N K S T H  
 R D T R I M E S T E R V L L W V P E  
 E D I S T A N C E L E A R N I N G A  
 A G E Z T Z B V O L U N T E E R M L  
 K D O N A T I O N W E E K G L L P T  
 G A Z E T T E M O C K E X A M S M H

AWARENESS  
 DISTANCELEARNING  
 DONATIONWEEK  
 GAZETTE  
 INPERSONLEARNING  
 KIDSNEEDTOREAD

MARCHMADNESS  
 MENTALHEALTH  
 MOCKEXAMS  
 MUTUALAID  
 REOPENING  
 SPANISH

SPRINGBREAK  
 TRIMESTER  
 VOLUNTEER

# COMICS MARCHIN' ON

BY TRISTAN CLARKE

## The Six Stages of Spring Break

*First Saturday & Sunday*

*Monday and Tuesday*



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