

BASIS SCOTTSDALE GAZETTE

Scottsdale Seniors Rise

by Harini Karthikeyan

BASIS Scottsdale is infamously known for its sleep-deprived, over-achieving academically oriented students, who have thousands of extracurriculars and nonprofits to manage. Essentially, to the outside, we BASIS kids have no social life.

However, this hasty generalization has been proven false numerous times, especially by the class of 2023. The senior class has made significant strides to create events solely for them to enjoy and bond with each other. In fact, there is an entire committee dedicated to “senior spirit” in BASIS Scottsdale Leadership, composed of engaged students who organize social events for the school.

Leadership’s senior committee has already started planning events for the year from Senior Sunrise to the Senior Trip. The ‘Senior Sunrise’, one of the newer events, gives a chance for the class of 2023 to wake up early, have fun with each other, and watch the sunrise together.



Source: Desert Sunrise AZ

SAVE THE DATE

Staff vs. Students Volleyball
Game – 11/4

Junior/Senior Picnic – 11/10

Veterans Day – 11/11

Thanksgiving – 11/24

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This event is very popular among traditional high schools, so it's nice to see BASIS Scottsdale following the trend! Additionally, after three long school years, the famous senior trip at the end of the year is back! Seniors have had a lot of fun traveling to Disneyland in the past.

I spoke with Harsha Kosuru, a senior at BASIS Scottsdale and co-president of BASIS Leadership about why it's important for seniors to have these memorable activities and what she's most excited about planning them.

What is your role in BASIS Leadership, specifically the senior committee?

Harsha: My role in BASIS Leadership is President, which means I handle communication between every Leadership committee with my co-President, Shria Ajay, to get events rolling. I also handle execution with administration and keep up with all of Leadership's members. The same goes for the senior trip committee, which is dedicated to making the happenings of our senior trip this year..

Is the creation of the 'Senior Committee' a new idea or has it been done before?

Harsha: Senior committee is new! Administration gave us the reins for the trip this year, as seniors have not had one in a few years. This is our way of getting the seniors involved with planning a trip the way they want it to go. We know that without student involvement, some might not be the most happy with how a trip might turn out, especially with the amount of money they put into it. With their involvement, they get to make their own trip and include or exclude what they do or don't want.

Why is it important for the class of 2023 to have more fun events targeted towards them?

Harsha: We have a lot of new senior events this year, like senior sunrise, the trip, and more (there are secret plans in the making right now), because we truly do believe that senior year should be celebrated to the max. With the stress of applications and our last year at home/high school, seniors can feel drained or just ready to be done with it all. Especially with a year of online, the class of 2023 missed a lot of events. But with more events geared toward them, we want to make sure they have many memories to look back on of their final year and have a wonderful parting before they start their next chapter.



Disneyland. Source: Wanderlust Crew

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Is this BASIS's way of increasing "school spirit," or was this Leadership's initiative?

Harsha: This was a Leadership initiative. We wanted to make sure that seniors get all the events that previous seniors didn't have the last few years. But more so than that, a lot of us have been looking forward to a Disney trip or senior year in general and Leadership wanted to make sure that that's possible to the greatest extent for the seniors. However, we hope this excites the rest of the high schoolers and the BASIS community and lets them have something extra to look forward to during their last year here.

What are you most excited for, being a senior this year?

Harsha: That's a tough one. I love getting off school a little early, which definitely makes college apps a little more manageable. But I would say I'm looking forward to spending as much time as I can with my friends before we're off. Through these events and the trip, I get to spend some extra time with them and have memories to share with them associated with some pretty cool events.



BASIS Scottsdale seniors at the Senior Night volleyball game

CAMPUS NEWS

On the *Magister* of Latin

by Abhinav Ravichand

Salve, BASIS Scottsdale readers! You may have heard of the famous Dr. Mascio, master of Latin and Greek. Some might know him for his fun demeanor, taking on students in push-up competitions. Others might know him as an ardent scholar to all things Latin. Many might have seen him joke around with other teachers, not limited to Señor Garcia, Mr. C, Mr. Johnson, and Mr. Hermann. “If Mr. Hermann was in this room, I would say ‘Greetings, Latin scholars...and Mr. Hermann,’” Dr. Mascio once remarked, smiling.

Or maybe you don’t know him at all, not even recognizing him as a Latin teacher! That’s why I’m interviewing Dr. Mascio, to show you everything from his scholarly journey into the realm of philosophical writing to his non-Latin hobbies and even his workout routine as well!

Who is your favorite Roman writer, and why do you appreciate their works so much?

Dr. Mascio: My most favorite of all the Roman poets is Horace, even before my dissertation on him. I love Horace most because he is the most complete poet; he covers many territories, including philosophy, Roman politics, grandeur of the Roman destiny – everything. I am particularly drawn to philosophical and satirical topics. Horace does more to bring philosophy into Roman poetry than any other Roman poet and does more interesting things with the philosophical ideas.

What was your favorite and least favorite subject in high school?

Dr. M: My favorite subject was Humanities class. It was a little more about philosophy, art, and general history. I had a wonderful teacher, who knew just about everything. Also, nothing had a greater impact on me than my AP Latin class, of course, which helped me choose what I wanted to focus on. Least favorite...I have to admit, I was not a huge fan of Chemistry. I liked the experiments but not the classes.



Horace. Source: Fine Art America

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Describe your workouts; how do you keep yourself motivated to work out?

Dr. M: I try to do two days a week of heavy lifting, fundamental exercises like deadlift, squat, and bench. I have a day of boxing training for cardio and agility. I like the techniques; I was trained by a boxer who was in the Marines although now I train on my own. Then I have outdoor activities, particularly hiking. I love hiking; I hike in Phoenix, all of Arizona, Utah, Nevada, Idaho, California. I have done amazing hikes all over the place. I really like core routines that help me find tranquility in our chaotic, overwhelmingly stressful world. My motivation is looking for a sense of serenity through the exercise of mind and spirit. I do meditative exercise for 30 minutes on Stoic philosophical ideas and then an hour of working out the body. I seek balance as by training the mind, you train the body. It essentially provides a core routine for me, and lets me find peace.



Saturnalia. Source: Wikipedia

How has your experience been at BASIS Scottsdale so far?

Dr. M: The students are very impressive as a whole; I enjoy working with students who want to be challenged and engaged. It's been wonderful so far. The weird thing is that I came the year we were all online. However, it's gotten more interesting and engaging since. This has been the best year so far, because last year students and faculty were still recovering; it feels more natural now. Students here seem to care about the teachers, especially teachers who bring personality to the classroom. That's been very rewarding too, and building relationships with the students has been great as well.

If you didn't choose to become a Latin/Greek scholar, what would you have been instead?

Dr. M: I would absolutely say a psychoanalyst or psychologist. I was very drawn to psychology, which was originally a part of philosophy, and in both we discuss morals. Working with someone in therapy is often similar to working with a student, so psychoanalysis interested me, as I am a big fan of Carl Jung.

Who's better at literary analysis, you or Mr. C?

Dr. M: Ok, I just want to say that only two hours ago, Mr. C texted me to ask a literary analysis question, so I think that answers your question! (*laughs*) I don't text him for help! It definitely depends on the author; we're each experts on different authors, although we share some authors as favorites. I am impressed by Mr. C's work on Greek works that Mr. C has done in his program. All the English teachers can jump at me when I say this, but being an English teacher is like being in the army, while being a classicist is like

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being a Marine. Classicists (or philologists) focus on individual works and close analysis, whereas in English there's more a focus on theme and connecting a variety of novel ideas. Still, Mr. C comes to *me* for help! (*laughs*)

When you're not translating Latin (or Greek for that matter), what do you do for fun?

Dr. M: I hike as I said before. Other than that, I just got back from a 2000 mile CA trip where I went through Mojave desert, Sierra Nevada, hiked to Alpine lake, went to Pacific Coast in Big Sur, even making it to the coast of San Jose before I went back. Adventurous travels like that I really enjoy. I definitely like movies, being a great film fan.

What are your favorite movies?

Dr. M: *Goodfellas*, *Godfather: Part 2*, and *Once Upon a Time in America*. I think I was always fascinated by the gangster figure in America. I think the gangster

makes for the most perfect cinematic anti-hero, because those kinds of films offer an alternative to our society; who has stepped out of the realm of the rules we all play by? They combine elements of Greek Tragedy and they're just really colorful characters. I also like sci-fi; my favorites were *Blade Runner* and the first *Alien* movie.

Saturnalia (the Roman festival of grand feasts and reversal of social roles) is coming up; any plans?

Dr. M: Yes, we will definitely do a school event like we did last year. Everyone really enjoyed it. This year it's going to be December 14th, and there's going to be a lot of fun, games, and food. Maybe there'll be a variation where if you win the quiz competition, you can throw a chocolate cookie at me or something!

As we can see, Dr. Mascio is not only an intrepid scholar, but he also values fun and relaxation in the midst of his classics!



Source: Martin Moxter

Dr. Durocher's Departure

by Neha Jasthi

For better or worse, there has been another change in administration. The upper school dean, Dr. Durocher, has left the school to “pursue opportunities elsewhere that [were] more aligned with her academic background,” according to Mr. Flores. Her departure was abrupt but not surprising given the constantly changing administration in our school. Now that Dr. Durocher has left the school community, the status of some of the programs and rules that she has implemented are up for question. Currently, the administration plans to handle some of these programs differently than Dr. Durocher initially ran them.

Before she left, she explained her system for checking student attendance. She impressively went through every individual student's record and checked their attendance within a certain time span. Depending on their attendance record, she would either issue detention or a warning to students that have violated the 3 tardy per class policy. At the moment, Mr. Flores says that he “plan[s] on continuing the policy during T2” but with some potential modifications.

Her system of monthly mental health check, however, was not very defined. She only did this program for one month and it did not necessarily yield any conclusive results. Mr. Flores says that the administration is “currently working on a mental health curriculum as required by the state of AZ. Once that's finalized it will be presented to some students. As for mental health check-ins, I encourage all students to stop by my office anytime if they need a break for a few minutes for whatever reason.”

At the time of writing, Mr. Flores is handling the responsibilities of both the Upper School Dean and the Director of Academic Programs. Initially, it was Dr. Durocher's role of supporting students while Mr. Flores was in charge of addressing parent and teacher concerns. While the job may seem difficult, he seems to be handling the responsibilities quite well. However, this leads to the question: Is another administrator even necessary for the upper school?

Here is what Mr. Flores had to say: “I've been able to manage balancing the duties Dr. D ran along with my own, but there is certainly a benefit to having another person in the office with me for a variety of reasons.”

The school has yet to find a replacement for Dr. Durocher, but hopefully the position will be filled by someone who is capable and the right fit for the unconventional BASIS environment. There have been many who have tried but failed. Hopefully the next upper school dean will be a great fit for the school when the school finds one.



Source: Getty Images/iStockphoto

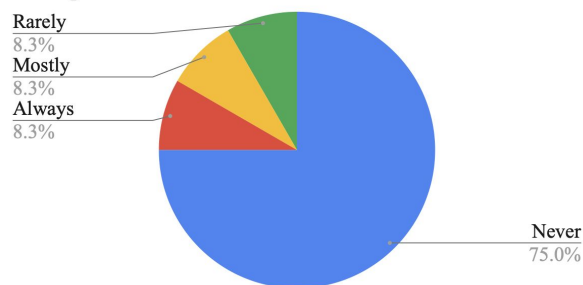
A Moment of Silence

by Jacob Shamoun

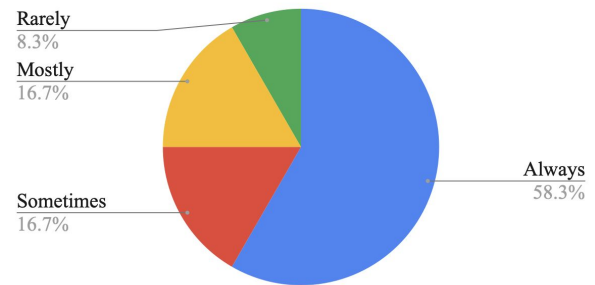
Passed on April 12, 2022, House Bill 2707 mandated all public and private schools provide a one to two minute moment of silence for all students at the beginning of each school day. The bill, which went into effect for most schools at the start of the 2022-23 school year, is why every morning for the past few months we have all waited in silence for a minute (or more) during the announcements.

But what, if anything, does the moment of silence do for students? In addressing the legislation, Ducey suggested that the moment of our silence “gives our kids the opportunity to take time to remember, reflect, meditate, pray, prepare for the day ahead or anything they—and their parents—choose.” So, the moment of silence we have every day gives us an opportunity to relax, prepare, or pray—that is, if we end up taking it seriously. Yes, the moment of silence can provide a much-needed opportunity for a scarce break during the school day, but some students may take it less seriously than others. I have surveyed several students to better understand their opinions about the moment of silence—whether it’s an unnecessary distraction or a potentially useful resource.

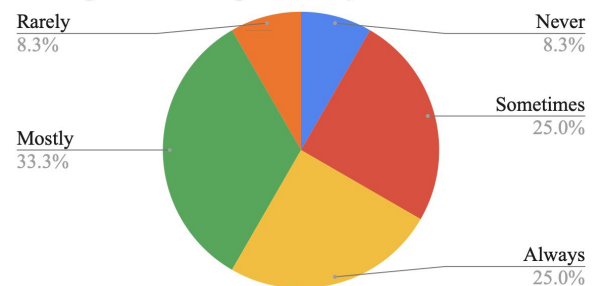
I find the moment of silence to be useful to me to pray, relax, plan, or think



The moment of silence and announcements disrupt the flow of my 1st Period class



I find the announcements to be useful in addressing school events, plans, or other pertinent information



So, while on paper, the moment of silence may seem like an extremely useful opportunity for relaxation, rest, etc. for all students, few actually take the moment of silence seriously. Instead, almost all students responding to the polls agreed that at least to some extent, the moment of silence detracts from the flow of class and may be distracting in some way. Even more, 70% of students reported that they never find the moment of silence useful. Nonetheless, the morning announcements, despite some hiccups along the way, have not failed in their intended goals: providing some form of a mainstream communication

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between students and administrators, which most students have. The announcements allow our student-led organization to advertise school events easily by addressing all students, a method of communication much more efficient than we had before. And, while the moment of silence and announcements may only last a minute, the announcements help facilitate school events and information efficiently, and the moment of silence at

least does give students some time to themselves, even if only for a moment.

If you're interested in participating in surveys like these, we have monthly polls on our new website! To participate in BASIS Gazette polls in the future and to view other BASIS Scottsdale Gazette articles and short pieces, please visit the link: <https://thebasisscottsdalegazette.godaddysites.com/>



Source: Office of the Governor Doug Ducey

SPORTS

Let Her Play: The Movement to Support Female Athletes

by Payton Dymek

At the moment, the Wisconsin Women Badgers volleyball team is ranked 5th in the NCAA D1 bracket and is predicted to defend their title of “2021 National Champions” later this year. However, a major wrongdoing has hit the team and nobody predicted that it would escalate to its current level. Shanel Bramschreiber fled to social media to attempt to reform this issue, and that’s where the “Let Her Play” movement was created.

Bramschreiber, a senior transfer from Baylor, recently got benched for a majority of her season and she cannot play until October 14th at Iowa, which is 60 days from the very first game of the Wisconsin volleyball season. Now, you’re probably questioning why she got benched, and you may think that it’s because she’s a transfer and there are transfer eligibility rules. The fact is that transfer eligibility is only a rule when it comes to high school players and doesn’t apply to the NCAA. According to the “NCAA’s one-time transfer rule,” which came into effect in April 2021, “athletes can transfer to a different school one time and play immediately.”

So, why was Bramschreiber prohibited from playing after transferring schools?

Bramschreiber was a defensive specialist at Baylor University before she transferred to Wisconsin. The issue is that she and her agent had looked into the possibility of her getting to play professionally sometime after her college career. Unfortunately, she was penalized for looking into this option and that’s why she cannot play.

Under the bylaws of section 12.3 regarding the use of agents, it states “Men’s basketball, men’s ice hockey, and baseball (all male sports) are the only exceptions the NCAA allows to open the door for them to see what professional opportunities await.” Athletes in women's sports aren’t allowed to have any communication with an agent during their collegiate career, which hinders their potential careers.



Shanel Bramschreiber
Source: Chippewa Herald

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The hypocrisy of the rule in terms of gender can be seen in the case of Mason Briggs. A sophomore defensive specialist at Long Beach State, Briggs played collegiately his freshman year, then, over the summer, played professional overseas volleyball with one of the national men's teams that may go to the Olympics in 2024. Briggs has since then been able to return to LBS and has been able to participate in pre-season training with his team, which Bramschreiber has to sit on the side and watch her team compete without her.

This is also seen in men's collegiate football, more specifically in the case of Jaxson Kirkland, a Washington football player in a similar situation to Bramschreiber. Instead of losing 50% of his final year of eligibility, he only had to sit one game. A single game and up to 14 out of roughly 30 games in a

volleyball season are nowhere near the same margin, so why are Briggs and Kirkland only receiving a small punishment when Bramschreiber is receiving a punishment that could seriously harm her volleyball career?

The light in the situation is that the NCAA has already acknowledged this situation and is planning to change it and potentially remove it from the rulebooks. The "Let Her Play" movement seeks to spread awareness and hopefully speed up the process. If the student-athletes win, then they will be provided security that they can make a career for themselves and not have their eligibility called into question. If the student-athletes lose, then that means that athletes in all sports – excluding men's basketball, baseball, and hockey – will be punished for attempting to create a career for athletes after college.



Shanel Bramschreiber with Baylor University
Source: Madison.com

BOOK REVIEW

The Book Thief

by Valerie Polukhtin

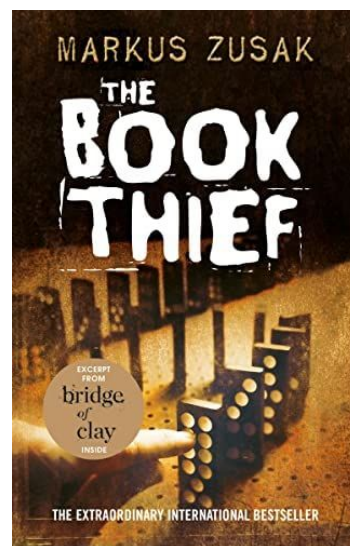
Markus Zusak claims that, although his novel, *The Book Thief*, itself is fictional, it was inspired by an anecdote from his mother who lived in Nazi Germany. One day, while Jewish prisoners were marched through her town, a young boy offered an old, suffering Jewish man a piece of bread, only for Nazi soldiers to promptly beat both of them. The juxtaposition of kindness and cruelty is one of the main themes planted throughout the book. In a time and place marked by the cruelty inflicted upon millions of innocents, Zusak shows humanity hiding behind shutters, inspiring the reader with a new kind of hope.

Narrated from the perspective of Death, the book follows our protagonist, a young girl named Liesel Meminger, as she adapts to new foster parents after being abandoned shortly before World War II. Neither her parents nor her best friend Rudy appear caring on the surface, but as she learns more about them, we again see kindness hiding underneath, paralleling the greater circumstances.

Her foster father, Hans Hubermann, gives Liesel her greatest weapon yet – the written word. He teaches her how to read, and when the few books they own are no longer enough for Liesel, she begins to steal more from the mayor's private library. At the end, it will ultimately be her words that save her, scribbling her story in a blank notebook. For anyone who's forgotten the power of language, this novel will make you devote your whole soul to words again.

Furthermore, her family holds a secret: they hide a 22-year old Jewish man, Max Vandenburg, in their basement. As Liesel becomes acquainted with Max, they reshape what the regime means to them together, applying the power of words as they write over the words of *Mein Kampf* to plant the tree of friendship.

The Book Thief lacked any new perspective, set in the backdrop of one of the most well-known historical events. Instead, it provides a new outlook, a narrative that changes the way we analyze the gruesome horrors of war. Published in 2005, this story is easy to follow due to its use of conventional language and, with clearly outlined themes, is an exciting work that can be analyzed by readers of all levels.



Source: Amazon

OPINION

Thanksgiving Gave...False Hope

by Anastasia Sheleg

Nothing beats a great survival story where the heroes forge through all obstacles, form new friendships, and learn lessons to ultimately emerge stronger. Thanksgiving is often taught in a similar manner to young children in school. They are taught how a Native American of the Patuxet tribe by the name of Squanto, also known as Tisquantum, chose to help the suffering pilgrims survive in the New World by teaching them how to plant corn, catch fish, and forage for nuts and berries. He also became their interpreter and guide during the first winter of the New World for the Pilgrims. This relationship between the Pilgrims and Native Americans would eventually lead to the first Thanksgiving celebration.

Or so many have been told. Unfortunately, the story of Thanksgiving isn't as pleasant as people may have described it. For instance, Squanto was kidnapped by colonists in his early life and was forced to learn English. The first Thanksgiving seemed to be a glimmer of hope for the relationship between the Europeans and Native Americans. But that's all it gave: hope.

The first Thanksgiving took place in 1621, but just 15 years later, Native Americans were heavily enslaved by colonists that took over Native American lands and oppressed their former inhabitants. The colonists used the natives' kindness and vulnerability to their advantage.

Throughout the years as the colonists celebrated, the Native population slowly dwindled. Thanksgiving was first recognized as a holiday by President George Washington on November 26, 1789 when he declared the day to be "a day of public Thanksgiving and prayer." But by then the population of Native Americans had plummeted to around 125,000, as compared to the nearly 7 million Native Americans prior to European colonization.



Source: TODAY

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Of course, Thanksgiving has a great significance to everyone, but it should not just be taught as a happy and perfect event. The reason the Pilgrims survived was not because of their pure “teamwork” with the Natives – it was mainly because they sacrificed those exact people that had helped them. The reality of Thanksgiving needs to be shown, because not all survival stories always have a happy ending.

The most valuable takeaway we can gain from becoming aware of the story behind Thanksgiving is the importance of being grateful for those around us, especially those who have helped us in significant ways. We can learn from history and realize how fortunate and thankful we are to be surrounded by people who care for us, communicating our gratitude to them with every spoonful of cranberry sauce we serve and every embarrassing family story we share at dinner.



Source: History.com

Hijab: Harmless Yet Controversial

by Nahyan Wajiha

On September 13, during a visit to her uncle in Tehran, Mahsa Amini's life was wrongfully taken. While getting off the train in Tehran, Amini was caught by Iran's 'Morality Police,' a group who detains those who do not follow the conservative dress code. At the detention center, Amini faced unimaginable torture, leaving bruises and trauma. She was later transported to the hospital where three days later, she passed away from a cardiac arrest due to brain death likely caused by torture.



Mahsa Amini. Source: WorldCrunch

Following Amini's death, protests broke out throughout Iran, sparking one of the greatest oppositions to the current regime. Iranian rock climber Elnaz Rekabi competed in an international competition without her hijab in support of the protests. Her passport was later confiscated and she was imprisoned for a short while, before being put under house arrest. This sparked fear among human rights groups. Women on the streets of Tehran and others are seen taking off their hijab and setting them on fire, in protest to mandatory veiling laws.

However, this isn't the first women's rights protest in Iran. Following the Islamic Revolution in 1979, women began protesting after rumors about mandatory veiling. As a result, Iran's conservative dressing rules weren't fully instated in the country until 1981.

The hijab holds religious significance for the over two billion muslims in the world today. For many muslim men and women, it is a symbol of modesty and devotion, and it doesn't just include the headcovering for women. Yet, a common misconception about the headscarf is that it is forced upon young muslim girls, when it is in fact a choice, according to various religious texts such as Quran. This ideology is especially present in various Islamophobic narratives, as seen through hijab bans in various places such as France, Belgium, and Quebec.



Women gather outside town hall of Mantes la Ville, northwest of Paris. Source: People

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Many of these places such as France, banned all forms of religious symbolism to promote secularist ideas, including the hijab among others. Starting in 2004, they first banned religious symbols from schools. Later they banned full face veils in 2011. In 2021, they banned anyone under 18 from wearing the hijab. In 2022, the French government banned muslim women from wearing modest swimsuits (burkinis) at community pools. In June of 2020, the Belgian constitutional court ruled that a ban on religious symbols was not a violation of religious freedom. While hijabs are not banned in the United

States, muslim women are often the target of hate crimes because of them. Such bans only add fuel to the fire, increasing the already climbing rates of hate crimes against muslim women and muslims in general since the events of 9/11. As a muslim woman who has the option to wear her hijab and chooses to wear the hijab, it is inappropriate for governments to ignore womens' rights and religious freedom to uphold dictatorial narratives. The hijab is not the problem, rather it is those who choose to diminish human rights and use the law as a tool for oppression.



Source: The New Yorker

Student IDs, Yet Another Unwelcome BASIS Addition

by Arush Khan

In an effort to protect the students whose safety they deeply care about, BASIS has implemented new requirements that students wear their IDs on them at all times during school. I decided to interview a number of students on what they think of the new rule and its implementation. In order to make sure that there was nothing stopping people from sharing their true opinions, I decided to keep the identities of those interviewed anonymous.

Student 1: I don't mind them that much. I just think my picture's ugly. I also forget it a lot.

Student 2: No.

Student 3: It's just one extra responsibility.

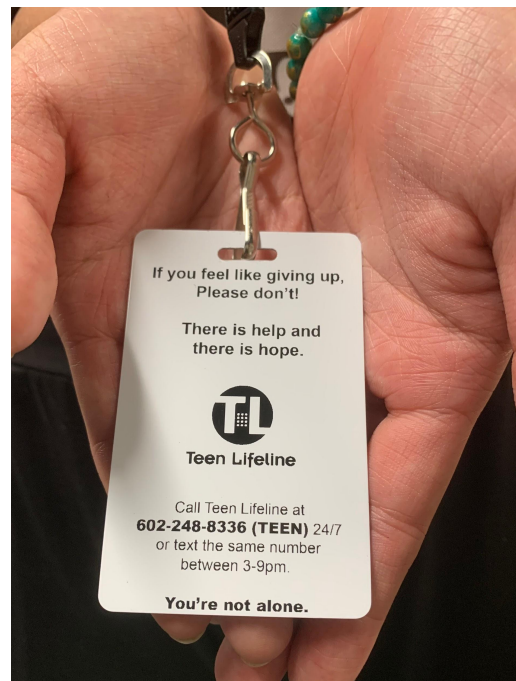
Student 4: If you don't know the faces of your students already then what kind of school are you? Also, unlock the stupid gates already.

Student 5: There are only 80 students in our graduating class, and everyone knows us by name. What is the point of this?

Student 6: Bro, who came up with this idea? What is the point of these? Like, how incompetent you gotta be to not know who your students are in a school this small?

Teacher 1: I love them because I can remember the names of my students.

As you can see, opinions on the new IDs are almost universally negative. Most people do not understand how they are going to benefit us in such a small school where everyone knows each other. Students see holding onto them all day as just another responsibility that they need to tack onto all of their current ones. Having to wear IDs all day is just unnecessary, and a much better use for them would be as key cards or passes to enter the building, as that both keeps potentially threatening people off of the campus and minimizes how much students need to carry around their IDs.



The Wonderful Student ID

CURRENT EVENTS

Well Boys, We Did It. Daylight Saving Time is No More

by Shreyank Murala

Q: *Why did the man sit on his clock after setting it back for Daylight Saving Time?*

A: He wanted to be on time.

Q: *What did the wall clock do after it was adjusted for Daylight Saving?*

A: It hung around.

Q: *Which relative always chimes in about how Daylight Saving Time should be ended?*

A: A Grandfather Clock.

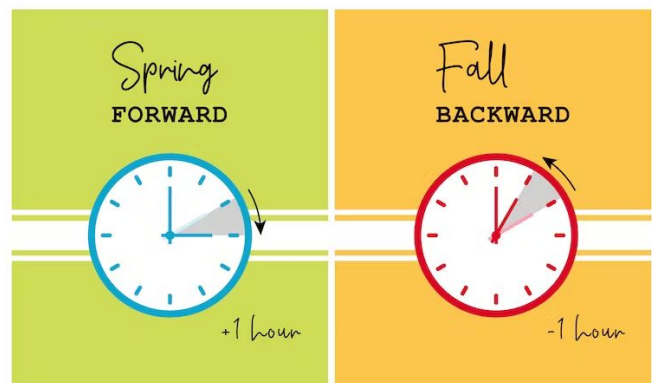
If you find these jokes amusing, you have until next year to get out all your witticisms because Daylight Savings Time (DST) is becoming permanent, meaning there is no need to change clocks to standard time for those four months from November to March.

For those ignorant of the world outside Arizona, a century has passed since DST was first installed in 1918 in the interest of adding more daylight hours to conserve energy sources during World War I. Although it seems like America continuously stands in the forefront of creating overachieving policies (imperial system versus metric

system), the DST is not unique to the US; approximately 70 countries across the world use this system to maximize the amount of sunlight by lengthening the days in the spring and waning the days in the fall.

The world is still the same: night falls early in the fall and late in the spring, even during times of global warming. So why the change of heart now? Why did the Senate unanimously pass the Sunshine Protection Act of 2021 to abolish clock changes in favor of DST?

Supporters of this bill pointed to the advantages of permanent DST such as enabling children to play outdoors later and reducing seasonal depression. Senator Marco Rubio, one of the bill’s sponsors, remarked, "I know this is not the most important issue confronting America, but it's one of



Source: The New Yorker

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those issues where there's a lot of agreement. If we can get this passed, we don't have to do this stupidity anymore." It is reassuring to see how America places equal emphasis on both small issues like DST and large issues like abortion alike. However, there are opponents to the Sunshine Protection Act of 2021, such as the American Academy of Sleep Medicine who work to abolish DST and permanently install standardized time (also referred to as winter or normal time). This organization supports the change to permanent standard time which better aligns to the circadian rhythm of humans (the physical, mental, and behavioral changes felt in the 24 hour cycle), producing beneficial effects for public health and safety.

So what does that mean for us? Well, BASIS students will not feel the effects of this decision because Arizona does not practice DST. After 16 years of facing the scorching sun and complaining about how hot our weather is, maybe, we are the lucky ones after all – not needing to care about DST in the slightest. Unfortunately, this means BASIS students will still need to be in their classes by 7:30 AM and will still get a tardy pass if we are late. Three tardy passes and you're out (in-school detention)! Everything's back to normal (or back to pre-1918 times).



Source: The New York Times

The Food Price Crisis

by Ram Bubby

Food prices have been increasing at a steady rate since COVID-19 began; however, recently this increase has accelerated and is now affecting all Americans. It was clear how the COVID outbreak created a major negative shock in the U.S. economy, but the war in Ukraine along with Russian trade sanctions only exacerbated the crippled state of the U.S. supply chain. With society returning to its former self, many wonder just how devastating the effects of COVID were on food prices and how long these effects will be seen.

The start of COVID presented food producers and suppliers with a very difficult situation as fertilizer prices began to rapidly increase. This led to an immediate drop in production of food, and farmers were left to distribute the produce already grown. The problem here, however, was that due to lockdown restrictions and travel regulations, many delivery services were unable to distribute all the produce, beginning the decline of the U.S. supply chain. This situation has only worsened due to lasting effects of the pandemic coupled with the recent war in Ukraine.

The U.S. responded to Ukraine's call for help by giving money and military supplies. However, the ongoing war still poses numerous dangers to Ukraine's wheat supply. This is increasingly problematic as Ukraine is one of the world's largest suppliers of wheat, according to the World Food Program. Ukraine's reduced supply of wheat has forced the U.S. to import wheat from other nations and produce it domestically. This increases prices as farmers now have to grow more wheat with more expensive fertilizers and transport their produce at higher prices in order to maintain a stable income.



Source: CNBC

In addition to supporting Ukraine financially, the U.S. has placed numerous trade sanctions against Russia. However, the trade sanctions are a double-edged sword for the U.S.: they are in support of ending the war, but doing so would disrupt the supply of other various resources around the world, namely fuel. The sanctions against Russia worried some nations due to their reliance on Russian oil. With the potential loss of an oil supplier, fuel prices rose due to the more dependent nations paying higher rates in order to maintain their supply from Russia. This higher price, while not directly affecting the U.S., still plays a role in the global market (and consequently the U.S. fuel market). The rise in fuel prices increased food prices since the cost of transportation and delivery was higher for all areas of the supply chain.

The shock to the U.S. supply chain started by COVID-19 has only been worsened by the war in Ukraine and trade sanctions against Russia. Despite all of the efforts made in the U.S. to reduce the damage done, food prices are continuing to rise and are expected to do so for the near future. This unfortunately is a problem that can only be fixed by time, so for now all we can do is wait for the economy to rebound.

McDonald's Adult Happy Meals

by Yash Seth

Have you ever heard of McDonald's most popular meal? It comes with a hamburger, some fries, a choice of drink, and most importantly, a toy. Happy Meals have been a big part of McDonald's popularity among young children, so that's why McDonald's decided to add another type of Happy Meal: the Cactus Plant Flea Market Box.

McDonald's began selling this product on October 4, 2022 as a limited edition happy meal for adults at the price of \$12.89. The "Adult Happy Meal" comes with one of four possible toys: Cactus Buddy, Grimace, Birdie, and the Hamburglar. The box also gives the meal a new look.

According to *Forbes*, however, McDonald's employees are very stressed by people ordering these meals, as a people have asked for as many as 10 adult happy meals at one time. One McDonald's worker even posted a TikTok video begging customers to stop buying these Happy Meals, as the workload was very overwhelming for the workers making these meals.

Doesn't this "happy meal" feel more like a sad meal? McDonald's is trying to promote this Happy Meal for adults who want the nostalgia of opening a McDonald's toy again, as the main purpose of this meal is probably not the meal but the toy itself. Many others are also scraping up the toys and selling them for very high prices on sites like eBay. While each toy is usually priced for around \$50, some bids went as high as \$21,000 for all of these toys.

Sadly, even though the Adult Happy Meal only started a month ago, the meals are already completely sold out in the U.S., which will probably make their prices even higher in the future. The online store where McDonald's sold hoodies and shirts for the collaboration with Cactus Plant Flea Market is also completely sold out at the moment. So, if you are trying to get into the party this late in the game, it might already be too late, as scalpers are grabbing these toys left and right to make some money.



Cactus Plant Flea Market and the 4 toys. Source: USA Today

Celebrating Veterans Day

by Aanvi Verma

Veterans Day is an internationally celebrated holiday in honor of those who have fought for their country. When we first think of veterans, we think of our military, but a veteran is a broad term for members of the military, navy, or air force. In order to be considered as a veteran, you must be in any of these categories for at least 20 years and be dismissed from service.

Veterans Day is celebrated in many different ways. Some families may simply display an American flag in front of their homes. Alternatively, many parks and museums, such as the Arizona Military Museum or the Mesa Arts Center, celebrate Veterans Day in unique ways, such as educational arts classes. Millions of children worldwide also volunteer to make Veterans Day cards and donate them to nonprofit organizations that give them to veterans. Another fantastic way to show your gratitude is taking a moment of silence at 11:11. Why at 11:11? World War 1 hostilities initially ended on the eleventh month, on the eleventh Day, during the eleventh hour of the day, and hence 11:11.

Although all of the Veterans are doing the work that no other could imagine doing, many suffer from poverty after their service is over. Even though veterans have a lower poverty rate than the average American, over 1.5 million veterans suffer from it. Despite its lower prevalence, these veterans suffering from poverty often frequently fall victim to homelessness. In response to such a problem, associations like the Supplemental Nutrition Assistance Program (SNAP) were created by the government to provide those suffering from poverty with nutritious meals.

Although the amount of people joining the armed forces has decreased over the past couple of years, many individuals have parents or grandparents that currently serve or were part of the military, even within our own BASIS communities:

BASIS Student: “My mom was in the Navy and used to come and see me every day before we moved to Arizona. Now her 20 years are over, but I was only alive for four of them. Nothing makes her more proud than to see a happy America.”

Veterans are amazing people who risk their lives, so that those who do not fight do not have to risk theirs. Veterans may suffer from poverty, physical injuries, and mental scars. But for many of them, nothing is more honorable and makes them feel more proud than coming to a safe country. Although their paths may be difficult, it is their determination and willpower to overcome these challenges that makes them all the more admirable and respectable. It is our responsibility to ensure Veterans Day never loses its importance as time goes on.



Source: FOX 5 New York

SCIENCE

The Artemis I Launch

by Nisha Shrivastava

Remember the Apollo missions you read about in history class? The first launches that took humans to the Moon started in the late 1960s. Although the astronauts and the brains behind the launch had many failed attempts, they eventually accomplished the impossible and succeeded in winning the space race against the Soviet Union. But whatever happened after this space craze? Why haven't there been any other Moon missions recently?



NASA's Artemis I Press Conference. Source: Diario AS

Enter Artemis I (did you know the mission was named after Greek mythology, in that Artemis is the twin of Apollo and the goddess of the Moon?). Artemis I is the first of many missions set on sending more people to the Moon, and eventually, Mars. Artemis I will be an unmanned flight sent around and beyond the Moon, while the missions following it will be crewed. The upcoming Artemis missions will take people past the Moon, further than any human has ever been before. Others will send the first

woman and first person of color to the Moon to explore and perform scientific tests on the Moon's surface.

Some goals NASA has for sending more people to the Moon is not only to return after fifty years, but to 'stay.' They want to promote equality (first woman and person of color to space), develop previously used technology, and the collaboration of with other space companies like SpaceX and Boeing. Long-term presence on the Moon is also sought, because although the Apollo 17 mission spent 3 days on the lunar surface, the goal is to stay for weeks, maybe even months. New knowledge and newer resources will also be gained through these missions.



Artemis I Identifier. Source: NASA

CONTINUED FROM PAGE 22

New technology is also being used on this mission. Redwire’s advanced imaging and navigational system will provide in-flight inspection, high-quality live videos of the mission, internal and external navigation, and will be able to determine the exact position and velocity of the craft.

The rocket being used is known as the Space Launch System (SLS). It has been under development since 2011; however, it will be used for the first time in the Artemis 1 mission. The super-heavy lift rocket is over 300 feet tall and is expected to cost approximately \$800 million every launch.

So, when will this rocket launch? Initially, the launch was scheduled for August 29, but on the day of the launch, lightning delayed filling the rocket’s fuel tanks, two hydrogen leaks appeared, and sensors indicated that the fuel tanks were not cold enough to be filled. Hence, the launch was changed to September 3. However, when September 3 arrived, a massive hydrogen leak emerged, raising flammability levels dangerously. Repairs were needed, and after a few more setbacks, the launch date was pushed back to November 14th, as the space industry crosses their fingers and hopes for the rocket to finally start the Artemis mission.



Source: NASA

MONTHLY MUNCHIES

Key-to Diabetic Diet

by Rahul Jasthi

Now's the time that the leaves are supposed to change. But we're in Arizona, so the only thing November is known for is Thanksgiving and Black Friday, but one aspect that might have gone under your radar is the fact that November is also National Diabetes Awareness Month.

Diabetes is a condition resulting in increased blood sugar. For diabetes, increased blood sugars can cause fatigue, blurry vision, increased appetite, and dry skin among other conditions. Individuals who experience diabetes in their lives, either due to habits or genetics, should know that it can be managed under the right conditions, namely with exercise and healthy dieting.

The keto diet is highly recommended among endocrinologists for individuals with Type 2 diabetes as it consists primarily of foods low in carbohydrates to reduce how much sugar is entering the body. One especially delicious option is some buffalo ranch keto chicken tenders.



Source: Hidden Valley

Buffalo Ranch Keto Chicken Tenders

Ingredients:

- Chicken Breast Tenders (2 pounds)
- Salt & Ground Black Pepper
- Almond Flour (2 cups)
- Hidden Valley® Original Ranch® Seasoning & Salad Dressing Mix Shaker (2 tablespoons)
- Eggs, Lightly Beaten (2)
- Buffalo Sauce (1 cup)

Procedure:

1. Preheat the oven to 350°F.
2. Lightly grease a baking sheet.
3. Season the chicken tenders lightly with salt and pepper.
4. Mix the almond flour with the ranch seasoning and spread in a shallow bowl.
5. Season the eggs with salt and pepper and place in another shallow bowl.
6. Dip each tender into the egg wash and shake off excess.
7. Press each tender into the seasoned almond flour, making sure the tenders are coated on all sides.
8. Bake the tenders for 30 minutes (broil them in the last 2–3 minutes to get them crisper).
9. Cool for 5 minutes.
10. Gently place the tenders into a bag or, drizzle with buffalo sauce, and shake very gently to coat. Enjoy!

PUZZLES

El Wordo

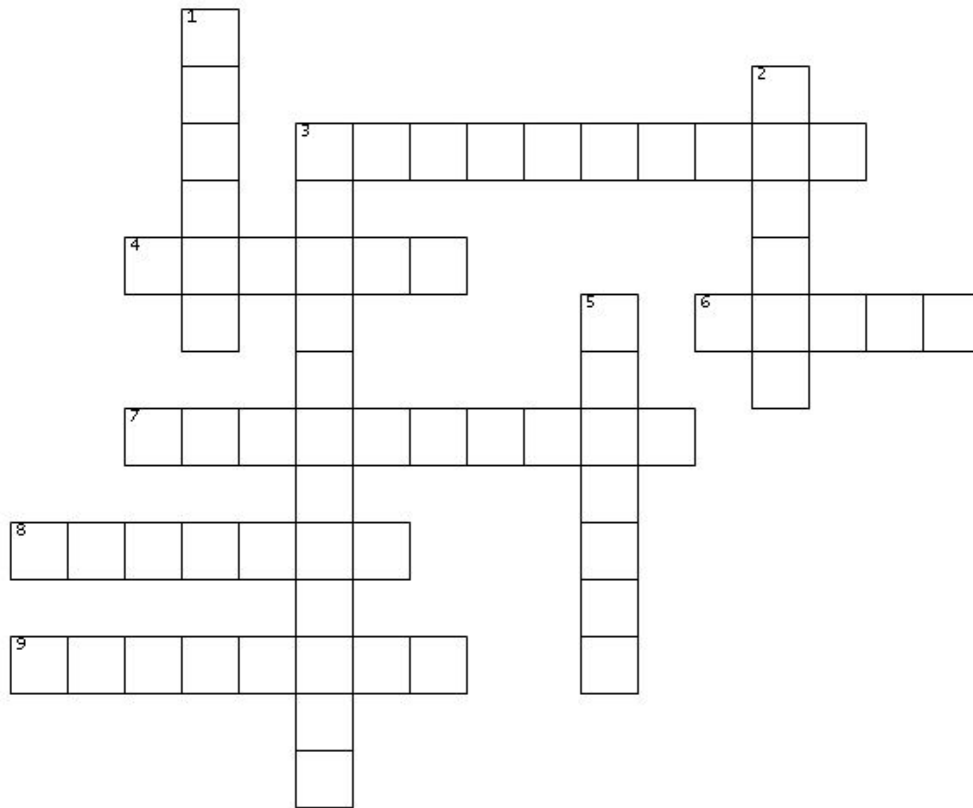
by Tristan Clarke

A	P	P	L	E
G	O	U	R	D
B	E	R	R	Y
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Crossword

by BASIS Gazette Staff

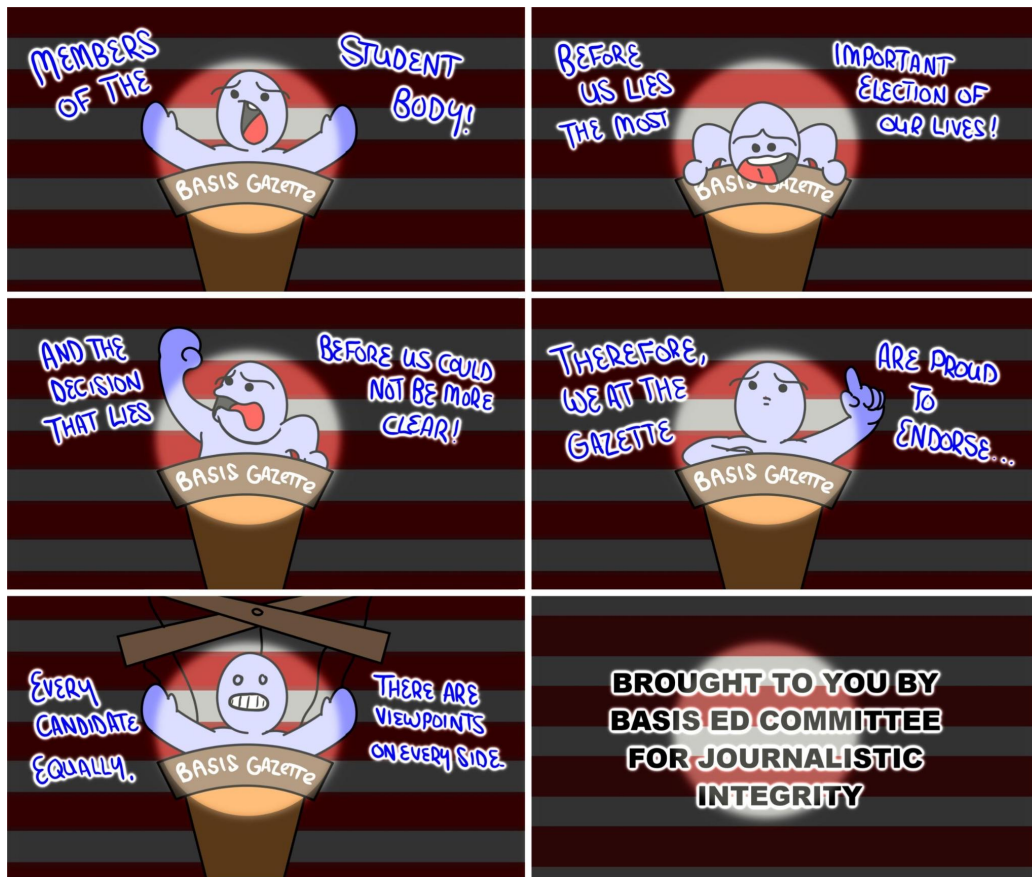


ACROSS

- 3. Other name of Squanto
- 4. Dr. Mascio's favorite Roman poet
- 6. Narrator of Markus Zusak's novel
- 7. Name of a 22-year-old Iranian women arrested by Iran's "Morality Police"
- 8. A planned uncrewed Moon-orbiting mission led by NASA
- 9. Name of English settlers who came to North America and established the Plymouth colony

DOWN

- 1. Shanel Bramschreiber was a senior transfer from this university
- 2. A flightless bird native to North America prized as food on occasions like Thanksgiving
- 3. An annual holiday celebrated on the fourth Thursday in November
- 5. The time in the morning when the sun appears or full daylight arrives



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Thanks for Giving Obesity

by Parisa Khan

Have you ever thought about why people look a little bigger in America compared to other countries?

America is known for its oversized portions and greasy “fat” food joints, but could the real problem be the holiday known as Thanksgiving? Let’s start off with what makes people obese. Factors like genetics, diet, and exercise always play a role in obesity, but could the real problem be America? Well, it probably is, but let’s talk about how Thanksgiving contributes to obesity.

There was some study done a long time ago where they took some males and females and weighed them after Thanksgiving and their weight gain ranged from 1 pound to a whopping 5 pounds! These people were all average weight and had moderate diets. Just imagine how much a person who was above average weight would gain from one Thanksgiving meal. So, I went ahead and interviewed some people to see if Thanksgiving actually contributes to obesity in America.

Have you noticed any significant/deadly weight gain among your family members after Thanksgiving?

Person 1: I don't celebrate Thanksgiving.

Person 2: Does my dog count? It’s not that bad though since we recently put her on a diet and she goes to the gym three times a week. (She loves cardio!)

Person 3: Maybe my dad? I think he’s acknowledged it though and he’s making my whole family do pilates in the morning and eat vegan.

Person 4: My dad. He calls it “extra muscle” lol.

Person 5: My mom and dad since they both ran to the gym after they weighed themselves.

From these responses, we can see that Thanksgiving definitely does have some sort of bad effect on weight. Maybe causing America’s obesity problem would be extreme, but it does indeed cause a significant weight gain that will even make your dog go to the gym. To conclude, Thanksgiving only contributes a maximum of five pounds to a person’s weight, so you can rest assured that a Thanksgiving meal won’t impact your overall health and you can enjoy your dinner this holiday.



Source: Eat This, Not That