

BASIS SCOTTSDALE GAZETTE

Advice Column

Every month, we'll answer students' questions about work-life balance, school culture, and more.

Read on!

"How do you balance time between friends, school, and alone time? Sincerely, Stressed-Out Sophomore."

Trying to balance socializing with friends, studying, completing all your homework for the day, and resting can often feel like an impossible task. But if you plan well and prioritize, it will become effortless to find the balance you want. To keep up with school without sacrificing your entire day, I would create a schedule of deadlines to stay on top of assignments and tests, thereby avoiding a day filled with cramming and homework. Additionally, if I had any free time and an assignment due in a couple of days, it's more manageable to complete it over those days instead of cramming it into one day. This way, the feeling of guilt from procrastination doesn't impede the time spent relaxing and taking a break. Additionally, when balancing time spent with friends, making plans in advance can prevent feeling overwhelmed all at once and give you time

to decide if you really want to spend time with them. However, if you can't take time out of your day to socialize, it's better to prioritize and finish your work rather than start a one-upping competition of who has to complete more work once they get home.



Source: Getty Images

SAVE THE DATE

Fall Break: 10/13-10/17

Halloween: 10/31

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Attending school dances is largely worth it because they are entertaining events to enjoy for fun. If hanging out with your friends late at night is one of your favorite things to do, our school dances can be a fun way to mix things up. It's important to note that each dance is slightly different when comparing Homecoming to Winter Formal, for example. Homecoming is the first dance of the year and is open to all high school grades, taking place in the gym. As a result, Homecoming is our most affordable dance, costing \$10 to \$20; however, don't expect high-quality drinks and snacks, as the best refreshments are regular soda, and the best concessions are chips.

On the other hand, BASIS hosts Winter Formal in a fancier venue and has a better selection of concessions. Unfortunately, the price of Winter Formal tickets ranges from \$40 to \$50, which is more than double the price of Homecoming tickets. Unlike Homecoming, the venue is usually located in the lobby of the gated community, Windgate Ranch. Lastly, Prom, the most iconic event, is the last dance of the year, typically held in May. Costing around 100 bucks for tickets each year, Prom is also held at different venues each year and is worth it if you are going with friends or a date. Otherwise, Prom is too expensive to attend anyway. Ultimately, if you haven't attended a school dance yet or are considering going, I would recommend going at least once for the experience.

We appreciate everyone who submitted questions for this month's column! If you have a question you'd like answered in a future edition, please send an email to basisgazette@gmail.com. We look forward to your submissions!



Source: Anderson It's Elementary



Source: Anderson It's Elementary

How to Pull an All-Nighter (The Right Way)

By: Claire Hong

It's 10:00 PM and I still haven't gotten any work done. For some reason, every teacher decided that they should assign homework due tomorrow, and I have a test, which I have been denying the existence of since it was announced. I can talk about how it's my fault that I decided to spend the last five and half hours doing absolutely nothing or about all the problems in my life led me up to this point but that doesn't change the fact that I still have six homework assignments that will take me an hour each and a test that if I don't pass will drop me down to a horrid A-. So, I have no choice but to fulfill the BASIS student canon by pulling an all-nighter. But how do I do it right? Because if I'm going through all this effort, I should figure out how to maximize my productivity while not losing my sanity and destroying my brain cells.

Before I continue, I want to clarify that regardless of how you choose to do an all-nighter, it is still a bad choice and unhealthy for you, and sleep is one of the most important ways to maintain both your physical and mental health. I am not trying to encourage anyone to do this. Still, I am aware that, despite all the warnings we hear all the time about a lack of sleep, a lot of people at this school will stay up for whatever reason. So, this article will show how to pull an all-nighter or just stay awake a little later than usual in the healthiest way you can.



Source: CNET



Source: Riya Bangalore

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1) Eat regularly and drink plenty of water.

More food equals more energy, particularly when it contains a lot of carbs, such as bananas or bread. However, try to avoid consuming a large amount of food at once. Heavy meals tend to make you feel sluggish and less energized until your body has time to digest them properly, so stick to smaller snacks that you can slowly eat while you study. Water also helps keep you awake, and hydration is never insufficient. Having cold water helps me explicitly, as it wakes me up and gives me a little energy boost to keep going.

2) Take breaks.

This may seem counterintuitive, but taking breaks allows your brain to actually process everything you are trying to study, and prevents you from burning out too quickly. Take 5-15 minutes to do something unrelated to your studying to allow your brain to rest. Make sure to set an alarm for when to end your break because "breaks" too often end in two hours of doomscrolling.

3) Avoid caffeine.

It may often seem tempting to grab a cup of coffee while you hang onto the edge of your consciousness, but you shouldn't drink anything with caffeine unless you're actually falling asleep. And be honest with yourself; are you actually to that point, or is the coffee-addicted gremlin in your prefrontal cortex trying to control you? Caffeine dehydrates us, and after you come down from that high, you will feel more exhausted than before, which will likely drain you quicker than if you had just avoided it in the first place. If you need it, be sure to balance it out with plenty of water.

4) Keep yourself stimulated.

This seems obvious, but make sure to recognize when you're starting to get tired and do something to wake yourself up. The best way to do so is to keep yourself active, like doing jumping jacks or taking a walk around your room. Other things also work, such as splashing your face with cold water or turning up your music a lot higher for a couple of minutes.

5) Actively study.

Don't passively flip through your notes because not only will you learn nothing (which is why you're even doing an all-nighter), but it will make you bored and more desperate to go to sleep. Try to actively engage your brain with the material, such as practicing or writing down all the information from memory. I like to use my closet-mirror sliding door as a whiteboard because it forces me to stand up and focus on what I'm actually writing. Using different colors can help your brain more easily understand information visually.

I wish you luck if you decide to take on this endeavor, and hope that you will never have to do this again. But if you do, I hope my advice guides you through the mountains of sleepiness. Now, if you will excuse me, it's 10:00 PM, and I still have AP Language annotations due tomorrow that I haven't started yet (sorry, Mr. Witz).

Cancer: The Most Discriminatory Being of All

By: Mishal Rizwan

“Death, the only immortal who treats us all alike, whose pity and whose peace and whose refuge are for all—the soiled and the pure, the rich and the poor, the loved and the unloved,” noted Mark Twain. No matter about age, wealth, or fame, death is the one equalizer in an otherwise unbalanced world. But I ask you, how much of this is true?

Childhood, the very symbol of innocence, turns out not to be so forgiving as stereotypes lead us to believe. The Childhood Cancer Fact Library states that cancer is the second major cause of death for children, with leukemia contributing to 30% of cases. Additionally, research indicates that the long-term effects of cancer treatment are even worse. Cancer survivors are 29% more likely to have anxiety, 57% more likely to have depression, and 56% more likely to suffer from psychotic disorders, not to mention the very real possibility of second cancers. One research project displayed that 18% of all cancer survivors underwent major cardiovascular issues by age 50, in contrast with 0.9% from another non-cancer control group, matching how long-term cancer survivors from childhood are four times more at risk of death compared to healthy counterparts. And what is infinitely more unjust is that when a child dies from cancer, it’s estimated that 69.3 years are lost.



Source: Getty Images



Source: Medical Journal of Life and Science

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Books, movies, and questionable sources have fueled the societal assumption that people die of cancer because there is no cure. This is, in fact, quite wrong. According to the Childhood Cancer Fact Library, 100,000 children die from cancer each year, but what is most interesting is that 80% of those cancers are preventable. Most children who die of cancer turn out to be from low-income households with limited or no access to healthcare. For instance, Africa is estimated to house 50% of international childhood cancer by 2050. According to research from the Economic Insider, the top ten poorest countries are located in Africa. All of this indicates that it's not a lack of solutions that is causing so many deaths—it's a lack of money.

The hard truth is that even death is discriminatory, no matter what Mark Twain said. Money, age, and status matter when it comes to life and death. When our parents, who received from generations of ancestors, hand us the world, a battered, infirm, little globe filled with sick atrocities like rape, murder, climate change, corruption, and cancer, it is our job to make it a little less horrible. It is at this age that we can begin to make a difference, because we are the future presidents, doctors, lawyers, engineers, and artists of the world.

The point is, you, the reader, are the future, and to establish a less unjust future, we must do something to alleviate these problems, starting with cancer. Youth Against Cancer provides the support, money, and determination so desperately needed by all the victims of the inequality of death. Remember, if it weren't for the one in four trillion chance that you were born with that amount of money, position, or age you have now, there was a very real chance that you could be one of the children dying from leukemia in a hospital right now.



Source: Youth Against Cancer

OPINIONS

Silence, Then Sound

When late-night talk show host Jimmy Kimmel was taken off the air for his comments regarding Charlie Kirk's death, it marked a pivotal moment in media history concerning political speech. ABC put him back on, but the choice to pull his show caused quite the uproar and garnered massive backlash, with Disney+ losing many subscribers. People considered this a significant hindrance to free speech, and celebrities like Marisa Tomei, Mark Ruffalo, Olivia Rodrigo, and others spoke out against ABC's decision. In his first speech back on air, he said, "This show is not important; what is important is that we get to live in a country that allows us to have a show like this." Whether you agree with his political beliefs or not, we live in a place that prides itself on free speech, and this talk show is a form of speech. Allowing his show to be taken down opens the door to more and different forms of censorship.

Addressing why he was pulled off in the first place, it's understandable how his comments came off as offensive, especially regarding such a serious matter as murder. In the show before he was pulled, he said, "We hit some new lows over the weekend with the MAGA gang desperately trying to characterize this kid who murdered Charlie Kirk as anything other than one of them, and doing everything they can to score political points from it." Kimmel addressed his statements after and clarified that he never intended to minimize the gravity of Charlie Kirk's death or blame a certain group for the actions of his murderer. He also praised Erica Kirk for forgiving the man who shot her husband, saying, "That is an example we should follow."

By: Sesha Kuttalingam

So, suppose we accept that Kimmel didn't intend to attack Charlie Kirk or his family. In that case, pulling his show becomes an unprecedented act that unjustly hinders his right to speak freely about a political incident.

Despite being momentarily pulled, Kimmel's show did return, which I consider a powerful reminder that the system does bounce back if we fight for it. In Kimmel's words, "he's openly rooting for NBC to fire Jimmy Fallon and Seth Meyers and the hundreds of Americans who work for their shows who don't make millions of dollars, and I hope that if that happens or if there is even any hint of that happening, you will be ten times as loud as you were this week." The only way to protect our civil liberties is by showing those in charge what we prioritize, and this incident, among other countless examples, is proof that our freedom of speech is not something we will budge on. That applies to any talk show or political commentary, whether right- or left-leaning. If they try to silence our voices, we will fight back.



Source: Getty Images

Labubus: Performative or Not?

If you have been anywhere near a Pop Mart shelf or the internet lately, you have probably encountered a wide-eyed, tooth-bearing creature formally known as a labubu. These sharp-eared little creatures, grinning at you with evil eyes, have somehow become the holy grail in the collectible toy world. People camp out for drops, trade them like currency, and flaunt them like they're expensive, limited-edition rubber ducks on the internet. Beyond the hype on the internet, Labubus have become something bigger than just a cute face: they're a mascot for performative men everywhere.

Let's be honest, Labubus aren't cute. Maybe some claim that their toothy grins hold an adorable quality, but most people are creeped out by their piercing eyes. They possess a creepy-cute quality, unsettling in the way it combines a childish factor with menacing chaos. That duality is what appeals to performative men—owning a labubu conveys a mysterious but approachable tone, and performative men are all for it. It's like the embodied toy version of quoting Franz Kafka on your Instagram story; it doesn't mean you're profound, but it looks like you just might be.



Source: Popmart

By: Krysten Nam

Labubus' association with performative masculinity also comes from its scarcity. These creepy figures drop in blind boxes, and getting rare labubu's has become some people's main hobby. For men obsessed with proving they're unique—that they're not just another stereotypical guy with a tote bag and matcha, flashing a rare labubu on their bag becomes shorthand for "I'm someone with niche tastes with a sprinkle of financial recklessness." This is when it becomes something other than a toy; it turns into a personality trait.

However, this is the magic to labubus. Just like performative men, Labubus are bothersome, but magnetic. Even if you roll your eyes at them or yawn at the hype, you can't stop paying attention to these creepy collectibles. It's the performance and theatrics themselves that keep people wanting more.

For some, labubus aren't just a toy collectible, but rather a mirror reflecting a childlike return to wonder. For others, it's a perfect little accessory for a curated identity. But in every scenario, it thrives on attention—much like the performative individuals who treat life like a stage. So, next time you see a Labubu, remember that you're not looking at "just a toy", but rather a performance piece.

REVIEWS

Halloween Movie Review By: Akansha Gupta

Tricks and treats, ghosts and skeletons, witches and zombies. The day when little children run around in costumes begging for candy from random strangers. The day when the dead supposedly walk among the living. People of all ages widely celebrate Halloween, but in different ways. While some spend it going from house to house, knocking on doors to ask for candy, hoping they haven't knocked on the door of a serial killer, others prefer to stay inside and binge on some spooky movies. If you're one of those people and have run out of your Halloween movie supply, here are some more to add to your list.

Corpse Bride is a classic animated film by the legendary Tim Burton. Set in a 19th-century European village, following three main characters, Victor, Victoria, and Emily. In the movie, Victor and Victoria's families arrange a marriage for them, but Victor remains nervous. While practicing his vows for the wedding, a tree branch turns into a hand and drags him to the land of the dead. There, he meets Emily, a dead woman who was murdered right after she got married. Nothing says tragedy like dying as soon as you decide to spend the rest of your life with the one you love. Emily, seeing some of her ex-husband in Victor, decides she wants to marry Victor. While everything might seem ok in the land of the dead, Victor's disappearance leads to another arranged marriage for Victoria. Except this one is worse, as she is placed to get married to Barkis Bittern, the movie's main villain. Once he learns this, Victor is desperate to get back to the land of the living, but what will happen to Emily?



Scream, Source: Slash Film



Corpse Bride, Source: Rotten Tomatoes

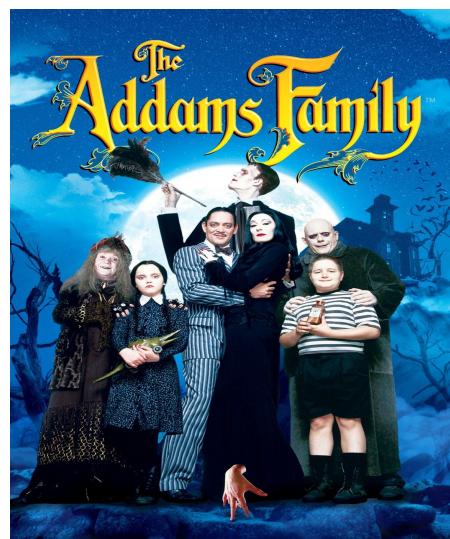
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If you're looking for movies that have murder, mayhem, but still some Halloween vibes, *Scream* is the movie for you. Yes, I know there are 6 of them, but the original one is the way to go. Remember, dear readers, the first movies in a franchise tend to be the best. Set in the small town of Woodsboro, the slasher-horror film focuses on high school student Sydney Prescott, who is mourning the loss of her mother the year before, and her friends. The movie opens with Sydney in her kitchen, as an unknown caller asks her horror trivia questions. Fun, right? It was, in fact, not. The unknown caller turned out to be a scary masked killer who called himself Ghostface, who ends up trying to stab Sydney in her own home. The pattern continues with the killer calling Sydney's friends to ask horror trivia, and then going off on a murder spree. Alongside Sydney, characters Gale Weathers and Deputy Dewey Riley also work together to catch the killer. As the movie progresses, the group of people slowly dwindles. Who will survive, and who is the killer behind it all? Plot twists, chaos, and gore - the perfect Halloween horror.



Wednesday, Source: RottenTomatoes

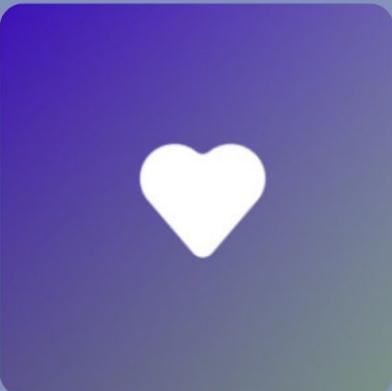
Another classic Halloween film is *The Addams Family*. You may have heard of the Addams Family from the new Netflix show, *Wednesday*, and possibly from our fellow Musical Theatre students. The film focuses on the wealthy, peculiar, macabre Addams Family. They have an odd obsession with gore, the gothic, and death. They live in a suburban area, trying not to fit in with the population, but standing out in their own way. The movie's main plot is when Gomez Addams's long-lost brother, Fester Addams, shows up on the front door of his gothic mansion. Gomez and the majority of the family welcome with open arms, except Morticia Addams. Seeing that Fester seems not to be as accepting of their family's values, Morticia begins to suspect that this Fester Addams is not Gomez's long-lost brother. In fact, the imposter Fester plans to steal the family fortune. This movie is a good blend of comedy and seriousness, effectively portraying the importance of family and traditions.



The Addams Family, Source: RottenTomatoes

October Music Shuffle

By: Claire Hong



Playlist
October Shuffle

Happy birthday to all my fellow October birthdayians. May your sky be Opalite (Opal is the birth stone of October btw). and for the rest of you, i hope of have a spooky time listening.

 Gazette   

 Pretty Promises Kali Uchis, ft. Mariah the scientist	 The Dead Dance Lady Gaga
 Just How You Are Leon Thomas	 American Girl Tom Petty & the Heartbreakers
 So Easy (to Fall in love) Olivia Dean	 Opalite Taylor Swift
 Psycho Killer Talking Heads	 Days Like These Luke Combs

GAMES

El Wordo

By: Aydin Daniel

C*	O*	P	S	E!
S	H	I	R	K
A	X	I	O!	M!
B	L	U	F	F
S	H	O!	O!	T*

* = Correct position

! = Wrong position

Neither = Wrong letter

ANSWER.COM/ET

Mad Libs: After Dark at BASIS

Halloween night always brings out mischief, but at BASIS this year, one prank got more complicated than anyone planned.

The story below tells us what happened that night, but some of the details have been lost in the dark. Fill in the blanks before reading it all the way through to uncover what really went down when the lights went out.

It was a (**adjective**) October night when the students of BASIS decided to (**verb**) the school. The air was heavy with (**noun**) and the sound of (**plural noun**) echoed faintly through the empty streets. The moon hung (**adverb**) over the parking lot, casting pale light on the brown cardboard box known as Basis Scottsdale.

(**student's name**) held a roll of (**brand name**) toilet paper and whispered, “Are you sure we should be doing this?”

(**another student's name**) laughed quietly. “It’s fine. No one’s here. It’ll be fun.”

As they crept toward the school, the wind stirred the (**plural noun**) hanging from the trees, making them rustle like (**noun, plural**). Somewhere in the distance, a (**animal**) howled.

Then came the sound. A low, dragging (**noun**) from inside the (**location at school**). Everyone stopped.

“Probably just the janitor,” said (**student's name**), though their voice shook.

They pushed the door open. The hallway was dark, lined with (**adjective**) shadows. The air smelled faintly of (**something unsettling**).

By: Aditi Dillibabu

Lockers stood slightly open as if someone had gone through them in a hurry. A faint (**sound**) came from the far end, followed by a soft whisper of (**phrase**).

(**student's name**) turned on their phone flashlight. The beam caught something smeared across the wall. It looked like (**liquid**) shaped into letters. “What is that?” they whispered.

No one answered. The light flickered, and for a second, the reflection showed a (**adjective**) figure standing behind them. When they turned, nothing was there.

They ran toward the exit, but the doors wouldn’t move. Outside, the trees swayed harder, and the rolls of toilet paper began to unwind themselves, wrapping around the building.

When the sun rose, the campus was silent. The teachers found (**number**) rolls of toilet paper hanging from the roof and one (**object**) sitting in the middle of the courtyard. Written on it were the words (**phrase**).

No one ever confessed to what happened that night. But every Halloween, someone swears they hear the sound of (**plural noun**) rustling through the halls after dark.



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