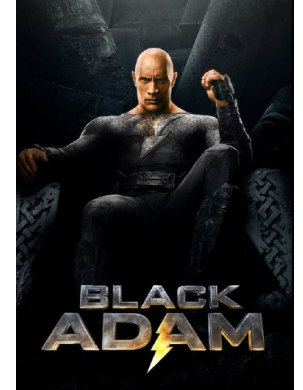




The Bluffer



Mental Health Advocates offer support to students

Keira Klein
Staff Writer

About 9.1 million kids in the U.S. struggle with some form of mental illness, from depression to anxiety. Even though these statistics are at a record high, mental health care for students in schools is still hard to find. Here at Red Bluff High, we are fortunate to have counselors to talk to, as well as the GRIT Center. Now, we also have a group that is focused on bringing even more awareness and care for mental health to schools. The Mental Health Advocates, advised by counselors Sofia Harris and Darbie Andrews, first made their appearance on campus last year. "Darbie Andrews and I attended a meeting with the Department of Education where they mentioned that CAYEN (California Youth Empowerment Network) was looking for applicants for grants,"

said Sofia Harris, one of the club's advisors. They applied, received the grant, and reached out to students to join the program. This year, they are back, and they have high hopes for



Alexandria Viramontes Siguena gives a speech the school.

Eleanor Bliss, a sophomore that is returning to the club this year,

said that she has very high hopes for what the club can accomplish. "I'm always excited for it, I love it, I love the people in it and I think we're doing something for a good cause," said Eleanor. Members in the club will do things such as speak at board meetings, organize mental health awareness events, and more. Last year, they organized a mental health celebration, where over 200 students attended. Students in the group will also be trained to become peer counselors. They will be another outlet for struggling kids to talk to in times of trouble.

According to Sofia Harris, "We are actively working (with the support of the district) on making peer counseling happen here at RBHS." She added, "They really believe, as do we, that students listen better to their peers." We are very grateful and excited to see what the Mental Health Advocates will do this school year and beyond.



Mental Health Advocates pose in matching shirts

RBHS choir to perform Christmas concert

Sophia Drugovich
Staff Writer

To celebrate the upcoming holiday season, Red Bluff High School Choir Program is very happy to be able to present their annual Christmas Concert.

In the past two years the beloved concert has looked very different from what it used to be, but this year the choir is coming back strong and better than ever, returning to the group performance based format that was sadly lost due to Covid restrictions.

This is a family event and the tickets are \$5 dollars each at the door.

The event is full of that classic childhood Christmas joy and anyone who goes

to see it will be able to see how much work and pride the students and staff have put into it.

When interviewed, Sophomore Forte Choir member Greta Ward-Dickinson said that her favorite part of the show was "...getting to learn new music that, otherwise, I would have never thought to sing.". This is one of the many opportunities that are given to the RBHS choral students, thanks to their wonderful director Diane Hassay. Mrs. Hassay is known by her students to put her all into her shows, and this year she will not disappoint.

The theme for this year's concert is Twas the Night Before Christmas.

The Christmas Concert will be held in the Red Bluff High School Performing Arts Center at 7 PM on December first, so be sure to attend!

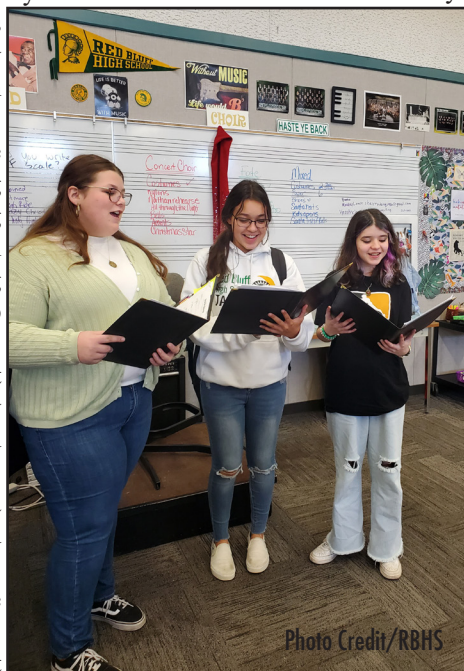


Photo Credit/RBHS

Forte Choir members Sophia Drugovich (Left), Alexis Drum (Middle), and Bailey Crews (right) rehearse

Spring semester at Shasta College Redding campus available to seniors

Abigail Bentley
Staff Writer

As high school seniors look towards the future, many are interested in pursuing post-secondary education. Shasta College is a very popular choice for RBHS alumni and seniors have the opportunity to attend Shasta College during high school through College Connection.

College Connection is a program that allows high school seniors to attend Shasta College daily to earn both high school and college credit. While Red Bluff High School already offers many dual enrolled courses through Shasta College, College Connection has students attend classes at the Shasta College campus, with the opportunity to take a wide variety of college courses.

Students in the program take high school level classes in the morning between 8:00 and 10:50, after which

they attend a variety of college classes of their choosing for the rest of their class schedule.

During this program, students can earn between 15 and 37 college units to get a head start on their post-secondary education, while still graduating with RBHS.

College Connection is conducted in partnership with 11 other local high schools with a limit of 120 students, so those enrolled have the opportunity to learn and interact with both college students and students from other high schools.

All tuition fees are waived in the program, however students are still responsible for paying for any books and materials required, health center and Shasta College campus fees (\$41.50 total), and student parking permits (\$30), if needed.

In order to apply, students must have at least a 2.0 GPA and a strong attendance record, as well a willingness to be challenged. The application process includes an essay and interview.

If any seniors are interested in attending Shasta College through the College Connection program in the Spring 2023 semester, they should contact their academic counselor. The application is available online at the Shasta College website. Applications are due to the student's high school academic counselor by November 28, 2022.

Holiday Classic returns to Red Bluff High School

CJ Klausner
Staff Writer

The Holiday Classic rally and tournament have always been a big tradition at Red Bluff High School. Unfortunately, it has been held off for the past couple years due to complications from restrictions due to the Coronavirus pandemic. Finally returning to normal after all this time,

we will be having it this year.

Currently, Seniors are the only students on campus who have been able to experience the magic of the Holiday Classic in all its glory as it once was. However, we luckily will be having both the Holiday

Classic tournament as well as the Holiday Classic rally this year.

Committee planning for the winter events has just begun as of November 9th. The rally, as organized by Karlee Garcia, a math teacher on campus, will be on the 16th. Kickoff for the Holiday Classic festivities will be on Friday the 9th of December, with spirit week starting the Monday after.

The spirit week dress up days and activities will help to build up zeal

and enthusiasm for the upcoming games. Dress up days will likely include timeless classics such as Pajama day. The rally on Friday the 16th will include all the typical activities as well. The band will play, the dance team will perform, the choir will sing, and both teachers and students alike will all participate in skits and fun games.

Don Ray acts as the overall coordinator for the Holiday Classic.

The sports events will likely include both Basketball and Soccer. Wrestling will most likely not be participating this year in the tournament festivities.

The tournament will begin on Wednesday the 16th and span over the rest of the week until Saturday the 17th.



Photo Credit/RBHS

Teachers dress up for a prior Holiday Classic skit

Parking Fines

- Parking fines began to be issued on November 2 for students parked in the student parking lot without a permit or in the wrong spot

Thanksgiving Break

- School will be out November 21 through 25 for Thanksgiving break

Speech and Debate Club

- Speech and Debate club meets every other Thursday in room H504
- The Google Classroom code is ccc2rzw

STAFF EDITORIAL

Wishing you a happy and healthy Thanksgiving from the Bluffer Staff

Leaves are falling, the air is getting colder, and Thanksgiving is right around the corner. Thanksgiving is a great holiday to show appreciation for all the people and privileges we have in life. Thanksgiving is meaningful and important to American culture, but should not be glorified.

The truth of Thanksgiving should be taught and remembered as a colonial holiday and the beginning of horrible and gruesome relations with Native people. But, Thanksgiving has beneficial qualities, like the week long break of rest and relaxation. Thanksgiving is an undervalued holiday because there isn't any expensive gift giving that can be equated with showing that you love and cherish others. This holiday is a great way to tell others that you love them without the crazy amount of pressure to find a good gift for them.

As Thanksgiving nears, the Bluffer Staff Editors and Writers give their thanks to what they are grateful for. I am grateful for the amazing senior year she's had and all the great friends and teachers she has met while at Red Bluff High school. Ryan Nguyen is grateful for his parents and the gym. Sophia Drugavich is grateful for her parents. CJ Klausner is grateful for her friends and her health. Abigail Bentley is grateful for her family Brailynn Vaillette is grateful for friends and family. Ethan Lugo is grateful for the snow.

Piper Hardwick is thankful for Dutch Bros and friends. Kaden Shorovsky is thankful for his friends. Kiera Klein is thankful for her family, friends, and for the opportunities she has in life. Luke Lyford is grateful for the gym. Caleb Polster is thankful for his friends. Laylin Johnson is appreciative for her grandparents, parents, and as well her good health. Stevie Moore is appreciative of hot chocolate. Jocelyn Thao is grateful for her friends, relatives, dance family, and dance opportunities she has. Alisa Pelanconi is thankful that she gets to work with some of the best students at RBHS! Mickey Cohn is thankful for white powder. Jaycee Lee is thankful for friends and family Hayn Miller is grateful for my family and friends that always support me through everything. Bronson Gilchrist is thankful for airplanes. John Sheffield is grateful that Christmas is in a couple of months. Serena Barriga is thankful for having John Andrew Sheffield as her boyfriend. Callum Lugo is grateful for his bed because it's there for him every day and night, there for him to rest.

The Bluffer staff is grateful this fall season for all that we have. This season is celebrated for giving, which is something we should all celebrate more often especially outside of the holiday season. The Bluffer class wishes everyone an amazing Thanksgiving break and Thanksgiving day with great turkey!

We need to talk about Iran

Kylie Crow
Guest Writer

Since September 17th, 2022, Iran has been having brutal protests. These protests have included women, men, and children protesting in the street that all started with a woman's brutal death: Masha Amini, a 22-year-old Iranian woman who was arrested and beaten to death by the "morality police" for wearing a hijab improperly. These protests have been met with many being detained, arrested, tear gassed, beaten to death, and tortured. As of

right now, an estimated 244 protesters have been killed, 898+ have gotten injured, 12,516+ have been arrested, and 28 security forces killed. This, in my opinion, is history in the making and I find it astonishing how few people are talking about it. I understand that it may be due to not wanting to get involved into the Iranian government and getting hurt, but there is basic information about it that should be in every newspaper to help the people in Iran. Even though we are far away, we could still donate, do our own protests, and push our governments to try to help these people. Just because this

isn't our country does not mean we can sweep it under the rug as a normal protest that will be done after a few weeks. These protests are still happening after two months and they won't stop any time soon. We need more people to help support the women, men, and children that are giving up their lives just to protest against their awful government, so that the next generations won't have to deal with this type of government. The least we could do is to say the woman's name who made the Iran people get the courage to stand up to their government and give them hope to make a better future: Masha Amini.

The best Thanksgiving dish

Bailee Smith
Guest Writer

What is the best Thanksgiving dish? Turkey, pumpkin pie, or maybe even stuffing? Well, the 3rd period Beginner Journalism class chose the top three best Thanksgiving dishes. For third place, we had a tie breaker between dinner rolls and mac and cheese. In the end, mac and cheese won. I had asked a student, Ashlenn Tucker, why she thinks mac and cheese is better. She said, "Mac and cheese tastes good, dinner rolls are bland and don't fill you up." I had asked a few other students separately, and they all

gave me a similar answer. In third place, we have macaroni and cheese. In second place, we selected pumpkin pie. Pumpkin pie is a traditional Thanksgiving dessert that almost everyone enjoys. I have asked fellow student, Zephyr Lee, her thoughts on pumpkin pie and she said "I like pumpkin pie, because it's really good and tastes like Christmas". Even though it is a Thanksgiving dish; I asked other people their thoughts about pumpkin pie tasting like Christmas, and surprisingly a lot of people said they agree. Pumpkin pie is in second place for the best Thanksgiving dish. Finally, last but not least, in the first place for the best Thanksgiving

dish we have mashed potatoes and gravy. When asked why mashed potatoes and gravy above everything else, student Harmony Oakes says "Mashed potatoes are the best because you get chunks of potato in every bite. It's creamy, and you can put any topping on it and it will still be good." I also asked teacher Mr. Shiels what his thoughts were on mashed potatoes and he said "Mashed potatoes are filling and taste good." Based on the votes, mashed potatoes really had an impact with nine votes, pumpkin pie with five, and dinner rolls and macaroni and cheese with four. I myself agree with mashed potatoes being first because it's my favorite side out of everything.

Alleged child trafficking

John Sheffield
Topics Editor

Wayfair is one of the many billion dollar companies responsible for the 840,000 missing children each year. Wayfair, a company operating similar to Amazon; which could also be another child trafficking organization, states that A Zillion Things Home across all styles and budgets. However, it seems that these zillion home items they are selling seems to include more than closets and shelves. One man on the most reliable source we have left; Reddit, pointed out that some of these closets have particularly high prices into the fourteen thousand with unusual names for a closet such as Yaritza, Alivya, and Samiyah as well as pinpoint geographic locations such as WFX which many redditors believe is a code location of operations. Some may speculate that these high prices are to stop consumers from buying closets that aren't in stock and that their

names reflect that of dog parents who will give their animals human names. Wayfair itself states, "The products in question are industrial grade cabinets that are accurately priced," the company told Rolling Stone." This may seem like an easy solution, however this argument is too simple for the Geniuses that work at Reddit. Many of these high IQ redditors refuse to accept this narrative that the media is spouting out. During 2021 many famous tiktokers have brought light to thousands of viewers to what they have labeled #wayfairgate and #Wayfairconspiracy. These tik tok's show 2 pictures of the director of operations in Wayfair, Thomas Netzer and a notorious child trafficker, Jeffrey Epstein. These photos do not show both men together, instead being 2 separate photos put side by side. However it is only a matter of time before pictures depicting these 2 men working together see light. It seems as if the place that "has just what I need", has more than what just you and I need.

The turmoil and downfall of Liz Truss

Laylin Johnson
Staff Writer

It is not often that we as Americans recognize or attempt to understand the



political turmoils of other nations, but some incidents in international politics are just too interesting not to explore. The United Kingdom recently experienced and is still feeling the effects of dramatic economic and political turmoil, all revolving around one woman, now former Prime Minister Liz Truss. She will likely go down in history solely for being the shortest serving prime minister in the history of the United Kingdom, lasting a grand total of 44 days. To include some perspective, the shortest serving U.S. President, William Henry Harrison, was in office for 31 days before his death. It is worth exploring the

causes and events leading to the election, and later downfall, of Liz Truss, as there is an important lesson to be learned about how drastic economic changes, no matter their intent, can completely ruin a nation's economy. Liz Truss was elected by the UK Conservative Party to become prime minister after the resignation of former prime minister Boris Johnson. Johnson had resigned amid numerous scandals involving breaking of COVID-19 restrictions set by himself, as well as multiple sex scandals involving other members of government within his party. In the conservative party's leadership election, Truss beat out her competitor Rishi Sunak on a platform of economic libertarianism, similar in manner to Thatcherism, itself related in policy to Reaganomics. These policies primarily included the reduction of taxes, and presumably, public spending. Liz Truss was unable to begin

enacting these plans until 17 days after she took office, as parliament was temporarily disbanded following the death of Queen Elizabeth II. Her tax cuts predictably put the UK government into a deficit of 45 billion pounds, comparable to 50 billion US dollars. The deficit was exacerbated after Truss stated she would not cut any government spending. In conjunction, these policies caused the UK's stock market to react badly. As a result, the value of the pound plummeted, and Liz Truss's approval rating collapsed. Due to this economic decline and her rapidly deteriorating popularity, Liz Truss resigned after only 44 days in office. Rishi Sunak was quickly chosen to replace Truss, and is currently serving as Prime Minister. I wish the best of luck to Sunak and the people of the United Kingdom, and hope they can recover from their current economic crisis.

Spilling the tea: better alternatives to leaf water

Codii Nguyen
Staff Writer

Tea, despite being one of the most popular drinks in the world, tastes like absolute garbage. I find it completely baffling that anyone can find enjoyment in subjecting themselves to the torture of drinking what is basically hot leaf water. I've tried dozens of teas, including green, herbal,

and oolong, and I've come to the objective conclusion that all tea tastes terrible. It doesn't matter if it's hot or cold; tea is still incredibly bitter and tastes like utter sadness and disappointment. Every time I drink it, the acrid aroma and the sharp, bitter taste leave me longing for death. In particular, hot tea is extremely unpleasant. Imagine enjoying a perfectly delicious cup of ice cold water, and a goblin snatches your refreshing

glass of water, boils it so it's nearly as hot as the sun and dips a few leaves in it. Doesn't that just sound refreshing? Don't you love drinking boiling hot leaf water? What if it spills on you, and you now have severe burns all over your body? If you think I'm exaggerating, I'm not. In 2003, a boy died after the poor fool willingly drank boiling hot tea. Doctors later concluded that he either died from succumbing to first-degree burns or the sheer disgusting

taste of tea alone forced him into cardiac arrest. If you genuinely enjoy drinking hot tea, I'm convinced you're either insane and hate yourself or accidentally burnt off all your taste buds after drinking too much hot tea and can no longer taste. If you blindfolded me, gave me a cup of hot shower water which you dropped one maple leaf into, and told me it was tea, I wouldn't be able to tell the difference. That's how mid tea is. Also, why would

anyone drink tea anyway when there are so many better alternatives that objectively taste a million times better than tea? Juice, coffee, water, Mug Root Beer, and literally any other drinkable liquid taste millions of times better than the abomination that is tea. Someone may argue that tea has many health benefits, such as helping with nausea and digestion. To which I reply with: I don't care. Who else but a grandpa

would drink tea to help with their digestion. At that point, you might as well just drink medicine; it's good for you and tastes just as bad as tea. Furthermore, it's not just me who hates tea. Other free-thinking intellectuals hate tea as well, including British secret agent under the codename of 007, James Bond. In "Goldfinger," Mr. Bond says, "I don't drink tea. I hate it. It's mud. Moreover, it's one of the main reasons for the downfall of the British Empire."

THE BLUFFER STAFF

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N/A

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CJ Klausner
Keira Klein
Keilina Lindstrom

Staff Writers
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Callum Lugo
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Editorial Policy: Opinions expressed are not necessarily those of the district, staff, or student body. We welcome signed letters to the editor. Names may be withheld upon request. We also reserve the right to edit submission based on length and/or clarity.

Spartan Sound off

What is your favorite part of Thanksgiving dinner?



Madi King (9)

"Pumpkin Pie, because it's good."



Jett Bonham (10)

"Peanut Butter Chocolate Pie, my grandma makes it and its good."



Ava Ericksen (11)

"Pretzel Jell-o, because my grandma and I make it."



Colton Keffer (12)

"Jell-o, because my grandma makes it good."



Mrs. Bamford

"Mashed Potatoes, always been my favorite because I never liked vegetables when I was younger."



Mr. Starmer

"Post Thanksgiving turkey sandwiches"

Sound Off / Mickey & Brailynn

W.S.W Club and Eco Club participate in volunteer events around Red Bluff

Courtney Evans
Staff Writer

Here at Red Bluff high school, we have a wide range of clubs. We have some academic clubs, and some clubs that are for fun. There is a club for everyone's interests here. In the bluffer we thought it would be a good idea to do some club features! We are going to acknowledge



W.S.W volunteers at the Red Bluff River Park Spooktacular

all the important events clubs have done recently.

The first club of ours we are featuring is the Women Supporting Women Club. The Women Supporting Women Club started two years ago back in 2020. They have done many great things for our community. To learn a little more about the club, representatives of the bluffer interviewed

The club's President, Mia Gleason, and asked her about what the club does and her favorite part about being in the club. "In the club we usually volunteer for events as a group, like in the past we've volunteered for bussing for auction events for the Rotary

Club and helping give ice to vendors at the fair.

My favorite thing about being in the club is that we have built a great community with hardworking students. Everyone in the club is super kind and genuinely cares about what we do."

Recently the club members have volunteered at the Children's Fair at the River Park where they painted kid's faces. On Campus, they have organized a cart full of varieties of menstrual products for anyone to grab as they need, located outside the nurse's office.

The next club the bluffer wanted to feature is the Eco Club. The Eco Club has been around since 2019. Mia Gleason also runs this club, and in our interview with her, she says the goal of the club is to improve the campus and local environment.

The club has done many things to help the campus and environment



Photo Credits/Bluffer

Eco Club participating in a clean up at Brickyard Creek behind our high school

like providing recycling bins. The club has also recently done a clean up at Brickyard Creek behind the football field. It will be nice to see what else the Eco Club does for our community in the future.



Spartan Student Feature: Paige Ericksen

Havyn Miller
Staff Writer

Red Bluff High School looks for the most outgoing students on campus, and this week's selection is Paige Ericksen. Paige is a phenomenal freshman here at the high school. She has been a student athlete most of her life and enjoys every part of it.

She started off her school year on the Red Bluff High School swim team, and she swims for the local "Red Bluff Rockets" swim team during summer break. Her favorite stroke is the butterfly, which is the stroke she competes in most of the time. Paige will soon be starting soccer as her winter sport for the high school team, and her main positions are mid and forward.

She has been playing soccer for almost 8 years, and manages to play for two U19 co-education recreational teams, while playing her other sports. Paige loves meeting new

people from different teams and getting to know them better at meets, soccer games, or tournaments.

Her goal for this season is to help her teammates feel comfortable on the



Photo/Bluffer

team and lead them to get better. Paige spends most of her time managing all of her sports and school, but when she has time to do extra activities, she likes to go paddleboarding on the lake, ride quads, and paint in her yard.

In school, Paige has been engaged in the leadership. Leadership is a class for freshmen and sophomores to put on club days, plan lunch time activities, organize dress up weeks, and her favorite activity, make posters to hang up around the school.

Over the next few years in high school, she plans on getting involved as much as she can and play as many sports as possible.

After high school, she plans on going to college and becoming a child psychologist, or any job related to helping children. Red Bluff High School is very pleased to have Paige as one of our students here on campus and excited to see where the future takes her.

Costume Contest Winners!

Stevie Moore
Staff Writer

This year, the winners of the Red Bluff High School teacher costume contest were: Shari Barentine, Lisa Blythe, and DeAnn Himes. Pictured from left to right, Lisa Blythe as Sarah Sanderson, Sherri Barentine as Winifred Sanderson, and lastly DeAnn Himes as Mary Sanderson.

Together, they dressed up as the Sanderson sisters from Hocus Pocus. There were six teacher participants in the costume contest making up four total costumes to decide a winner from.

Sherri had the idea for the Hocus Pocus costume, and it felt like an obvious choice because Hocus Pocus two just came out. When they received the news that they won, they felt excited. They say it was a fun experience. Although they didn't want to be in the contest at first, Joe

Palibeski made them enter, and they're glad they did.

Looking at the competition they felt they didn't even think about if they would win or not, however they were glad when they found out they did. Picking who played which sister wasn't hard because they all just fit their parts. Sherri said it just came to them, and it was common sense picking who played what; however, they are not sure why it fit so well.

It did not take a long amount of time to plan and execute their costumes, and their makeup was the hardest to make perfect. The three have been friends for a long time.

They all work at the Red Bluff District Office, and have been friends for several years. Sherri has been working at Red Bluff High School for 23 years, Lisa for 5 years, and lastly DeAnn for 23 years.



Photo/Bluffer

Spartan Teacher Feature: Mrs. Svejda

Logan Deveraux
Staff Writer

Here at Red Bluff High, we have many great teachers and staff. For this issue of the bluffer, we decided to feature Mrs. Svejda! Mrs. Svejda is one of our 4

Agriculture science teachers here on campus. She has been teaching high school level kids for twenty two years and now teaches in most agriculture departments. She can easily be perceived as a warm and welcoming person.

When she was interviewed, she came off as very inviting and made an effort to make conversation. She gives off the impression that she is caring and bubbly. She has always taught in the

agriculture department. This includes but is not limited to: Ag Leadership, Animal Science, Intro to Ag, Equine Science, as well as being the FFA Advisor. She says that her favorite subjects to teach are Ag science and Ag Leadership.

When asked what her favorite thing about teaching is, she said, "Seeing young kids succeed and grow and take advantage of the opportunities we teachers give them." Her inspiration to become a teacher was her family members. Her cousins, uncles, brothers, as well as her dad were all teachers.

She also included in the interview that her dad is her biggest supporter

because he has always supported her in everything she has ever wanted to do. He was very encouraging to her and her career. Mrs. Svejda said that if she could do anything other than teaching, she would be a veterinarian, which makes sense because she loves animals, especially dogs.

Taking an Ag class has many benefits and will develop many skills that you can utilize throughout your lifetime. \$130-150 billion worth of American agricultural products are produced and exported around the world every year.

Farming is one of the oldest industries known to humankind, and the farmers of tomorrow (at least the good ones) have

been and will continue to be educated in class involving different branches of agriculture.

The incredible teachers such as Mrs. Svejda opens up new opportunities to developing students and paves the way for the future of agriculture.

The economy rests on the decisions of the up-and-coming generations, and in order for agriculture to thrive, those in which the future lay must be well educated and willing to contribute.

Agriculture is ever-developing, but Mrs. Svejda makes learning an enjoyable experience for everybody involved. Go visit her sometime in the K building!



Photo/Bluffer

'Black Adam' disappoints and surprises fans and critics of superhero movies

Luke Lyford

Staff Writer

The DC universe opposite of Shazam, Black Adam, came

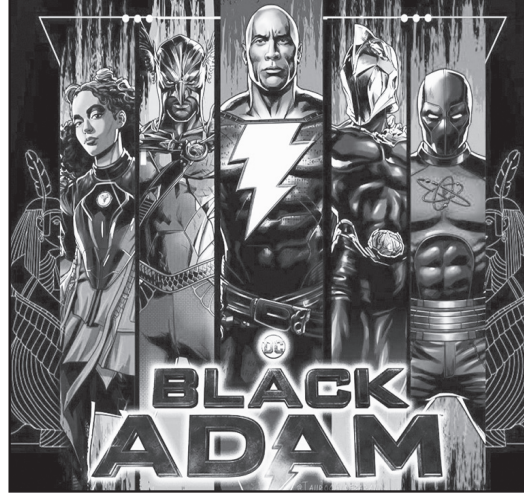
crazy. These people were saying that this was going to be the best superhero movie of the year. Surprisingly, they

flaws. The public has nothing but good reports for Black Adam, seeing that on Rotten Tomatoes the audience score

correct, but that doesn't take away from the fact the movie was extremely entertaining. For a DC movie it is way

twists. The movie takes place in modern day Kahndaq with a very advanced, yet, corrupt civilization. The civilization is

characters which bring a fun aspect to the story. Avoiding spoiling the rest of the movie, it definitely is worth a watch



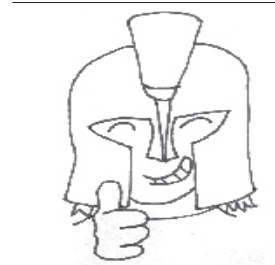
out October 21, 2022. Since its release Black Adam has had nothing but hate from critics. This should not be taken with a grain of salt, as many people are aware that modern day critics are usually incorrect. Personally I believed the movie was going to be extremely overhyped as people like The Rock were promoting it like

were right, the movie was far better than expected. With the lack of superhero movies this year Black Adam easily rises to the top. With a very close second place is Batman. Much hate will definitely surround this opinion, many people loved Batman, as did I, but it definitely has its

is 89% where the website's score is a measly 40%. One source and really the only trustworthy source is IMDb, their score being 7.1/10. These sources are saying that the movie was given such low ratings because the movie is just setting up future movies. Sadly these sources are

better than you would expect. It easily overtakes the past few Marvel movies as their CGI abilities are lacking greatly. DC is making movies how they should be made, quality over quantity, something Marvel should take note of. The plot of the movie itself is very good with lots of very unexpected

searching for an ancient crown which dates back to the time Black Adam was born. As you will find out in the movie his real name is not Black Adam, but instead "Teth Adam". Following this Teth Adam has been locked away for centuries and he is finally reborn. Several new and old



"It was unexpectedly a great movie"

The rerelease of 'Revolver' surprises many Beatles fans

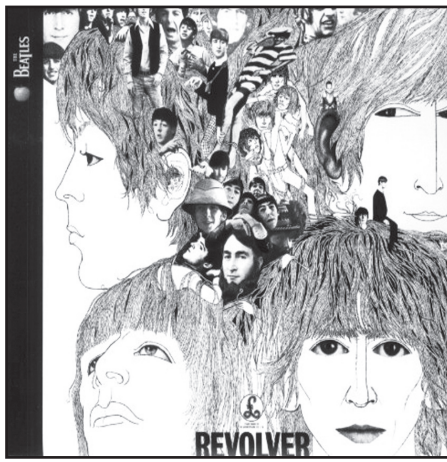
Caleb Polster

Staff Writer

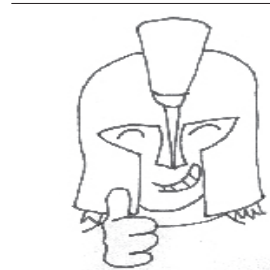
On October 28, The Beatles album "Revolver" was rereleased as a super deluxe set, including new mixes of the classic 1966 album's songs and brand new outtakes. One of the most influential albums of all time, recording techniques used on "Revolver" paved the way for modern music production and laid the groundwork for the coming decades' music. Double tracking, varispeed technology, and tape loops are among the numerous innovations present on the original "Revolver," and the new album gives the listener a new appreciation for "Revolver" and The Beatles in general. Following Peter Jackson's acclaimed 2021 documentary "Get Back," which utilized technologies allowing single-track songs to be dissected, Giles Martin, son of The Beatles' producer George Martin, was inspired to continue his

journey through remixing classic Beatles albums. It was previously considered too difficult to isolate instruments and sounds on Beatles albums prior to "Sgt. Pepper's Lonely Hearts

albums as "Rubber Soul" and "Help!" to receive the same treatment. Present on the "Revolver" rerelease is an entirely new 2022 mix of all of the original album's songs, as well as a mono mix, and tons of outtakes that have never before been released. The most impressive parts of the new album are the four "Yellow Submarine" takes, demonstrating the song's development from a dark acoustic ballad sung by John Lennon, to a surprisingly complex children's song sung by Ringo Starr. The new "Revolver" is a necessary listen for all fans of The Beatles.



Club Band" (considered by many to be the greatest album of all time), due to the relatively rudimentary tools used on the albums before it. Peter Jackson's crew of experts who contributed to the development of "Get Back" helped considerably to allow "Revolver" to be deconstructed. The Beatles fans, including myself, hopefully await such



"A necessity for any Beatles fan"

Colleen Hoover pleases fans with novel 'It Starts With Us'

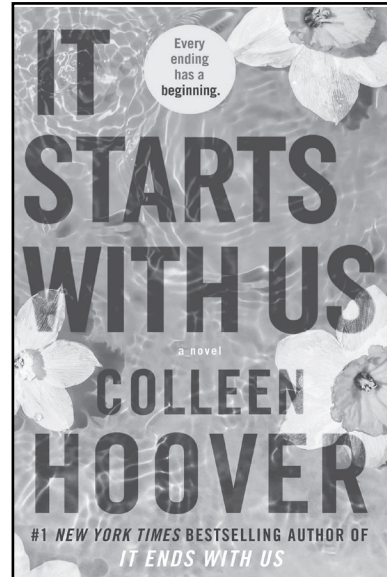
Keilina Lindstrom

Staff Writer

Recently Colleen Hoover came out with a sequel to one of her popular books 'It Ends With Us' and the sequel is called 'It Starts With Us'. The title sounds like a prequel but it is a sequel. The first book is about Lily and Ryle's relationship. They have a lot of ups and downs throughout the whole book and plot twists that will have your jaw on the floor. We also get a little bit of Lily's past with her first love Atlas. 'It Ends With Us' has a lot of heavy topics and is one of Colleen's heavier books. The second book is just about Lily's and Atlas relationship and Lily's fresh start with her life. Lily has gone through a lot and Atlas is always a safe spot for her. The new book came out late October and a lot of people have been excited to read it.

The book had around one million pre orders and many orders after the book came out. The first book got really popular around 2020

It is romance at first until many events happen and you realize the real plot of the book. It really opened my eyes to something that I have never gone through before and shows me that everyone can still be strong after things take a turn in life. 'It Starts With Us' isn't as dark as the first book but still has mature topics in it. There are some trigger warnings because these books do have a lot of scenes for more mature readers. I think Colleen added on very good to the story line and Lily's future. I recommend reading these books at least once in your lifetime. It will really change your perspective on things.



because of social media and many people read the book and loved it. So Colleen wanted to please the readers with coming out with a new book. Many say it is a romance book but I think it's the complete opposite.



"A great add-on to the first book"

'Moxie' displays the struggles of women in a misogynistic society

Harmony Oakes

Guest Writer

Moxie, directed by Amy Poehler, is a movie loved by many people, including myself. It is about a young girl, Vivian Carter, played by Hadley Robinson, who realizes how misogynistic her school is. An example of sexism at her high school is that the football team votes and organizes the girls at their school into various different categories, such as: "most bangable," "most obedient," "best butt," etc. In response to this heartbreaking realization, she made a support group for women to change the way society views females. By doing small acts of rebellion, such as drawing stars and hearts on their hand,

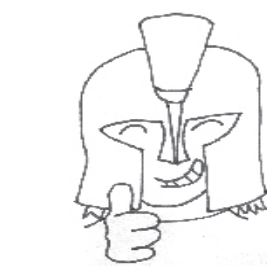
wearing spaghetti strap shirts to school, handing out pamphlets, and painting



the cement in front of their school, these girls and some boys are acknowledged as a force to be reckoned with. These deeds showed the other girls that they are not alone, and encouraged

them to support one another. The protagonist later falls in love with a boy who has supported them throughout the movie. The girls go through obstacles from both their peers and their teachers, however, once they hear that the captain of the football team raped his ex girlfriend, they were livid. All the small acts that did barely anything to create change, escalated. The girls found empowerment within each of their followers; everyday a different event would happen that showed

who supported them and who did not. This movie shows femininity and empowering women who do not care about what society thinks of them. The inequality between females and males is so common that most people do not even notice it. This film displays, "Do what you think is right, despite what others may think." I wholeheartedly recommend this movie to everyone.



"Moxie is an inspiring movie"

Helpful podcast for teens

Courtney Evans

Staff Writer

"Teenager Therapy" is a society and culture podcast that is available on various platforms like Spotify and Apple podcasts. "Teenager Therapy" was created back in 2018, with the very first episode airing on September 23rd, 2018. It is hosted by a group of 5 young adults, Gael Aitor, Isaac Hurtado, Thomas Pham, Mark Hugo, and Kayla Suarez. In the podcast they discuss many topics that some teenagers may have experienced in their life and they can relate to. They use their knowledge from experiencing these situations firsthand and give advice to the listeners.

Some topics they discuss can be sensitive to some as they do touch on many specific topics teenagers and young adults deal with regarding mental health,

body image, and handling relationships with others. For those who don't enjoy those topics, they have a wide variety of topics that makes the podcast inclusive to all. Some of the topics they have discussed are holidays, college life, and politics. This podcast can give people help on schooling, life after high school and transitioning from teenager life to adult life that people may not have someone to help them with. Many people that could be having a hard time getting through life as a teenager or young adult can benefit from listening to the podcast "Teenager Therapy".



"A really good podcast"

2022-2023 winter sports getting started along with the new year and new coaches

Callum Lugo
Staff Writer

Winter sports this year are basketball, soccer, wrestling, and alpine. Coaching basketball for varsity is Kenny Armstrong and Darren Nye. Mr. Nye is the assistant coach and teaches weight training and PE. His favorite parts about coaching are the relationships with players, the character development of bringing a team together, and making life lessons through sports. He is looking forward to working with Coach Armstrong and putting a team out on the court that is hardworking, disciplined, and team that plays for each other. Some things the team would need to be



Photo/Bluffer
Coach Brandt getting ready for the new BB season

successful this year, Nye says, "They would have to listen to Armstrong, continue to the sport, and share the same values Mr. Armstrong has for his team. Mr.

Armstrong, the main coach for varsity teaches Weight training and PE.

His favorite part of coaching is the journey he gets with the kids giving them whatever knowledge and experience, and also the growth. Armstrong is looking forward to the preseason schedule and getting to play teams from other areas.

Some things the team would need to have a successful season are being able to work as one as a team. Also getting better everyday. Mr. Armstrong's goal this

year is to learn and grow in the preseason, to compete and win in the league, and make some noise.

Julia Brandt coaches girls varsity basketball with Kathy Brandt. Julia's favorite thing about coaching is helping young athletes become the best version of themselves on the court or off. And giving them the tools to succeed on the court and in life. She is looking forward to going on a trip to Florida for a basketball tournament because it would be a good experience for the girls, and to be able to provide that. Some things her team would need to be successful are being able to work together and make their shots. Julia's goal for the season is to have fun and enjoy what they're doing which will hopefully help during the game.

The coach for wrestling this year is Francisco Barriga, who is a campus supervisor. His favorite part of coaching is the engagement with kids. This year

he is looking forward to placing at least 4 wrestlers in top three at masters tournament.



Photo/Bluffer
Daricek waves into a new alpine season

is to place top 4 in division 1 master.

For alpine the coach is Jacob Daricek who teaches PE and weight training. His favorite part of coaching is the kids and the competition. Good group of kids with their attitudes and the fun they have. He is looking forward to consistent snow, making memories, and more excitement on the slopes. Some things the team would need to have a successful season are buying into the workouts, understanding that it is an individual sport, and pushing each other to be better. Coach

Daricek's goal this year is to have kids go home safe to their parents.

Soccer coaches for girls varsity are Javier Vazquez and Kelsey King. For JV girls

Red Bluff boys excited for the 2022-2023 basketball season

Piper Hardwick
Staff Writer

Starting the new season for basketball, many are getting warmed up for the tryouts they are having starting on Monday November 7th going till Friday 11th. I went to some different players and I asked them all what are they most excited for this season.

Noah Bennett said "I'm hoping for a full season and getting to actually play, also excited for the Holiday Classic". Their coaches for the varsity team are Mr. Armstrong and his assistant coach is Mr. Nye, Mr. Armstrong has been coaching basketball for 9 years and this will be his 10th year. Mr. Nye has been coaching for 10 or more years. According to Bradden Grubert he is most excited about the upcoming

events, which are the Arcana trip, senior night, and the holiday classic event. We are hoping to have a very loud and energetic rowdy crowd at every game. I got another response by two people, Carson Hall, and what he said was that he likes to play with his team, scoring is fun, and



Photo/Yearbook
Last year, during a varsity basketball game

playing with Lucas Owens will be fun. Mason Lyford said he

stays in condition for basketball, likes to play basketball with Jace Ledbetter, also ready to not have a losing streak and getting to finally play.

Our last and final response was from Lucas Owens and his response is he is looking forward to playing with a good team and having fun in tournaments and games, also excited to destroy some kids. The most exciting thing this season for basketball is the Holiday Classic and it's a very fun event for all the seniors to play against different teams from other schools, it goes for a whole week and all the teams get to have free dinner. The coaches are trying to find players that could hopefully give them a winning streak for the season. With all that happened with the past seasons the coaches and players are happy to have a full season this year.

2022-2023 Varsity girls basketball tryouts are right around the corner

Jocelynn Thao
Staff Writer

As the Fall sports come to an end, the Winter sports begin to kick start into action. One of the winter sports being girls basketball.

JV and Varsity's tryouts were November 1st and Frosh tryouts were November 7th. Coaching this year's JV team is Coach Julia Brandt, who has been a coach for the JV teams for quite some time.

Coach Brandt says that this season of girl's basketball she's hoping that the girls will not only play as a team, but as a family as well because if everyone gets along then everyone will play well together too. With 13 girls on the team

this year, she loves that basketball battles the norms for women, and shows that women too can play a fun sport that is for everyone and shows that girls have all the same opportunities that boys do. She also loves that it has an impact on everyone that plays, "by helping mold them into upstanding citizens and not just basketball players", she hopes for them to be an influence on many people's lives.

Coach Brandt not only wants everyone to evolve this entire season, but she also wants everyone to understand that you win as a team and you lose as a team, because you are one big family and you all count on each other for a successful game. Not just a singular

individual.

As for her inspiration on basketball and coaching it, she says that her biggest inspiration would definitely have to be her mom, who is her assistant coach for the JV and Varsity teams. She states that her mom is her biggest inspiration because she's coached for many, many years starting at the 3rd grade, and throughout those years some of her achievements were going and coaching a division 1 women's team and a division 2 men's team.

With these in mind, the team is sure to become one big family as the season begins with their two coaches being family already, let's wish the basketball season an amazing start!

2022 soccer prepares for the long awaited season

Asia Lugo
Staff Writer

The Red Bluff High soccer team has finally begun preparing for the 2023 soccer season. They have been having conditioning every Tuesday and Thursday for the past couple of weeks at the Baker fields. The girls' conditioning has been from 4 p.m. to 5 p.m. and the boys' was from 5:30 to 7pm, but that has concluded.

The boys' soccer tryouts will be held on the 15th and 16th of November on the football field from 6:00 p.m. to 7:30 p.m., while the girls soccer tryouts are held on the 14th and 16th of November on the football fields from 4pm to 5:30 p.m. In order to try out for soccer you must get cleared through the student store. Students must have a current physical form and sports packet turned in to the student store, so if you're thinking about joining the soccer team, make sure to get your papers signed and turned in to the stu-

dent store before tryouts. There will also be a parent meeting on November 17th, with the time and location to be determined.



Photo/Yearbook
Amazing shot by Mikeio on last year's soccer team



Photo/Bluffer
2022 Red Bluff soccer boys after school practice

Eric Miramontes is a freshman student that has attended the conditioning and will be going to tryouts. He says he's, "excited to play soccer and for the season

to start." He also says he's been playing since he was 6 years old and fell in love with the game. He is also excited because it's his first high school season. Eric says he's a pretty decent player, and his goal for the season is to secure a starting position by the end of it.

Another player, Maylynn Salazar says she has been waiting for soccer to start since the beginning of the school year. Maylynn has been playing soccer at a young age and has developed amazing skills. Maylynn's main goal for this soccer season is to play her best and learn new things. She is also a freshman so she will be fighting for her spot on the team but I have lots of faith in her. I have heard that many freshmen do not get a lot of playing time out on the field but we will have to see what takes place this season.

As many people are preparing for the 2022-2023 soccer season there is beginning to be a lot of excitement and enthusiasm about the season beginning. Good luck to everyone who will be trying out and have fun!



Photo/Yearbook
A picture of the 2022 Red Bluff varsity women's basketball team during the October season event

2022 Red Bluff wrestling is hoping for a good start

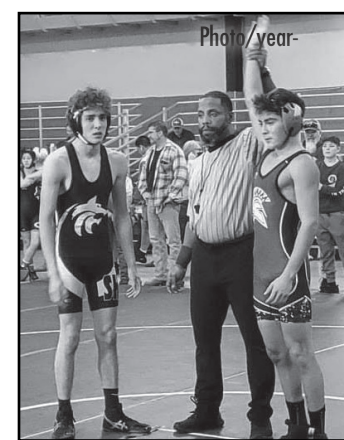
Keilina Lindstrom
Staff Writer

Our high school's wrestling season has started up and the athletes have new opportunities. This year, more girls are on the team. Everyone starts together in the season but splits up in the end, because they are also starting a new girls' wrestling program after the wrestling season is over. They were able to make the program because there are more girls than usual that want to be on the team.

Girls' wrestling is one of the fastest growing girls' sports in the world. The boys will also be doing their own wrestling

program. Their goal for the season is to finish as a team in the top 4 D1 Masters tournament. Another goal is to beat Chico, because they have won D1 11 years in a row.

This year's coaches are Francisco Barriga as the varsity coach, Al Skaggs as the JV coach, and Jessie Orduonon as the assistant coach. This is Mr. Barriga's second year coaching, and he wants to coach until he can't anymore. He wants to provide the athletes with the same great experience he had when he was their age. The team is most excited for the Masters tournament and have



Photo/year-
Landon Barriga winning a match

very high hopes. It's still not too late to sign up for wrestling. Practices started the 7th, but they still encourage students to join.

RBHS Thanksgiving

We found out what Red Bluff High School students are planning to do this Thanksgiving. From travel to shopping to family time, we all celebrate the time of giving Thanks in our own special ways. Happy Thanksgiving and have a wonderful break.

Black Friday

Black Friday is coming up sooner than you may think. Here are a few of last year's most popular purchases, as well as this year's most anticipated deals and purchases from the OS and Red Bluff High School Students.

Most Popular Items from Black Friday 2021



Nintendo Switch-Most purchased item, 2021



Apple AirPods-2nd most purchased item, 2021

Most Anticipated Deals



Dyson Vacuums



LED TV's

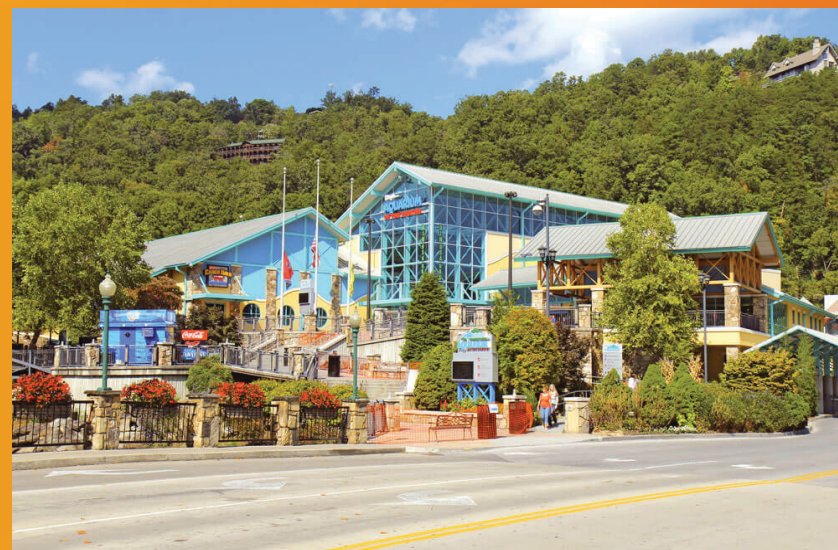


Red Bluff High School Students are most excited to buy clothing products this Black Friday

Thanksgiving Plans



Red Bluff High School most popular travel location-The Coast



Ripley's Aquarium in Gatlinburg, Tennessee



Outside Universal Studios-Orlando, Florida

Thanksgiving Foods

Thanksgiving Staples



Candied Yams



Roasted Turkey & Cranberry



Red Bluff High School student's favorite Thanksgiving Food



Stuffing

Thanksgiving Ideas

Interesting Places to travel for Thanksgiving



Williamsburg, Virginia



New York City, New York

Things to consider buying this Black Friday



Apple Watch 8 (LTE/41mm)



Sony WH-1000XM4

Unique Twists on Thanksgiving Staples



Air-Fried Stuffed Sweet Potato



Sweet Onion Spoon Bread