



# The Bluffer



## Drama department to perform a fast-paced take on Shakespeare's plays

Jocelyn Thao  
Staff Writer

The highschool's fall play, "The Complete Works of William Shakespeare (abridged)," is right around the corner, and the actors are so excited to show you this year's showcase that they've all worked so hard to bring to the public. The play's auditions were the 29th and 30th of August, and everyone found out if they made it on September 2nd, the Friday of that week. As of September 6th, the cast rehearses every Monday, Tuesday, and Thursday afterschool from 3:30-5:30 p.m. As of now, we know that each cast member plays multiple roles in this year's showcase,

as well as their own unique characters and personas. This year's show is based on the one and only Shakespeare. Not just any Shakespeare play though, quite a number of them. The play is about a group of individuals who perform multiple Shakespearean plays in an attempt to make fun of them, because they think Shakespeare is just such a silly guy. For Jordis Gritman, a sophomore, this will be her second year acting, and you may know her from the fall play last year, "The One Act Play That Goes



Kaylee Johnson (above) and Bailey Ferguson (below) practice a scene from "Romeo and Juliet"

Wrong", or the spring musical, "Our Beautiful Mess: The Musical?", which is also available for viewing on YouTube. In this year's play, Jordis plays a variety of roles, such as a girl that has her hands and tongue cut out, an announcer for a school football game, and Gertrude in Shakespeare's play "Hamlet". Jordis is feeling very excited and proud for this year's play—excited because she feels that she is more confident that she'll be able to perform

better than last year because of her prior knowledge in acting, and proud because she made it into the fall play yet again. As of now, she says that everything is running smoothly and that they're getting their blocking down, as well as beginning to memorize their lines. She believes that the cast is a wonderful group of actors and loves working with them, as well as building the chemistry needed for a successful show. Make sure to be watching for when ticket sales open up, either next week or the week of the play, because tickets sell out extremely quickly! The play will be held on October 20th through to the 22nd. The 20th-21st showtimes will start at 7 p.m. sharp, and the 22nd will have a matinee at 2 p.m., and then another regular showtime at 7 p.m.

## College entrance testing underway

Cordelia Klausner  
Staff Writer

For decades, college-bound juniors and seniors in the United States have been expected to take the PSAT, the SAT, the ACT, or some combination of the three. The PSAT and the SAT are both administered by the College Board, covering math, reading, and writing it does not have a preliminary and language. The ACT test. The ACT also features an optional essay portion, which organization of the same the SAT removed from their name, and covers the same test in 2021. However, these topics as the PSAT and SAT, tests are not necessary for the as well as a science and reason majority of students. No public section. The ACT also features an optional essay, which was removed from the SAT in 2021. The PSAT is not submitted so as to qualify for certain colleges, rather acting as a preliminary test for juniors or out-of-state universities, intending on taking the SAT or to possibly improve their later. At RBHS, the PSAT chances at some universities.

is scheduled for October 12. The SAT, on the other hand, is submitted to colleges and can be taken by both high school juniors and seniors. It is offered in multiple times throughout the year and RBHS is hosting the SAT, the ACT, or some combination of the three. Like the SAT, the ACT is offered multiple times during the school year. Unlike the SAT, math, reading, and writing it does not have a preliminary and language. The ACT test. The ACT also features an optional essay portion, which organization of the same the SAT removed from their name, and covers the same test in 2021. However, these topics as the PSAT and SAT, tests are not necessary for the as well as a science and reason majority of students. No public section. The ACT also features an optional essay, which was removed from the SAT in 2021. The PSAT is not submitted so as to qualify for certain colleges, rather acting as a preliminary test for juniors or out-of-state universities, intending on taking the SAT or to possibly improve their later. At RBHS, the PSAT chances at some universities.

## Students start informative podcast

Luke Lyford  
Staff Writer

A uncommon and somewhat unusual podcast has arisen, and the creators are from Red Bluff High. Earlier this year, two female students started a podcast called The Godcast, centered around religion. The Godcast is about informing people about religion, and whether you believe in it or not, it is always nice to be informed. The Godcast has had several people interviewed, and they continue to bring a new guest on everytime. The students behind the Godcast go under pseudonyms on the show, these being Jayfeather Hamilton and Rose Michelle, while their real names are Keira Klein and Rose Kinner, two sophomores at Red Bluff High. The Godcast was created sometime in April of this year. As of now, there

are six episodes, one trailer, and one mini episode. Their platforms include Spotify, Apple Podcast, and anywhere else you get your podcasts, as well as a Youtube channel that is a work in progress. When asked about her reaction to the idea of starting a podcast, Rose said, "I was like ok, sounds cool." Her opinion on their show was that they started off rough, but progressing through the episodes, they

are slowly becoming better. Before recording the first episode, they had discussed how they had wanted it to sound and whether it was to sound more like an interview or more conversational. The first episode was with Keira's grandmother, Pam Klein. They said it was more relaxed, since both Rose and Keira knew Pam on a first name basis, however, the first episode still felt like

more of an interview due to the relationship they had with her. Another person interviewed does in fact go to the school, but as a teacher instead. Jamie Bliss, or Mrs. Bliss as most people know her, was interviewed on the third episode. She said her opinion on the show was quite good, because they were very well prepared. Mrs. Bliss was interviewed during May and her episode was posted May 29th. When asked about the show as a whole, she said, "I really appreciated the opportunity to talk with them. They were well prepared and had done their research. They were open and seemed genuinely interested in what I had to say and I appreciated that they were respectful." As requested, if you would like to be on the show or if you have any religious ideas or opinions, request to be on an episode



Rose Kinner (left) and Keira Klein (right) record an episode

## RBHS to host Austrian exchange concert

Sophia Drugovich  
Staff Writer

On the 3rd of October, Red Bluff High School will begin hosting Austrian Exchange students. The last time the Austrians exchange was offered at the high school was back in 2019 before the Covid-19 outbreak. The students that are hosted come from a renowned music school in Austria, called BG

Dreihackengasse. Located in Graz, the second largest city in Austria, the people who attend this school are professionals and masters of their wonderful craft, and have even been able to play with the Chico State band while on their stay. One of the most important things when doing an exchange is the sharing of new culture, traditions, and talent. The Red Bluff High School students and staff are so very lucky to have

the opportunity to witness their finely tuned craft on October 12th at our very own Performing Arts Center. At BG Dreihackengasse there are a wide variety of instruments that the students play. When they perform at the PAC, you can expect to see an accordion, double bass, cello, tuba, and a euphonium. Their band and choir will be performing music genres such as pop, Austrian folk music, and classical. When they

play, they will be wearing traditional Austrian clothing such as the lederhosen and other forms of special dress. On top of witnessing a professional performance, watching them play is a cultural experience and it gives perspective on how other cultures can do the same thing differently. This showcase of the talent possessed by these exchange students is very important, especially for the performing arts here at Red Bluff High

School, because it can be inspiring to see new ideas. When questioned about why he thinks it is important to have the Austrian students perform for us, Mr. Dais, one of the teachers leading the exchange program, said, "They are very talented and had to audition to get into the school. They are classically trained and they are so very good." To be able to witness and acknowledge their hard work and talent can be a

very rewarding experience for them, the performers, and you, the audience. When listening to and playing music there is an emotional reaction that happens and it has been proven that music can reach people in ways that are indescribable. Music speaks to the soul, its a universal language, no matter what tongue it is in, because it can convey such powerful emotions that words said plainly could never do.

### College & Career Center

- A College & Career Center will be opening at RBHS in October.
- It will be located in room A-2

### RC Club

- For RC car enthusiasts, the RC club is meeting in the Auto building every other Friday after school

### Volunteer Opportunity

- Lassen View Elementary needs volunteers for the Halloween carnival on Oct 29, 2:15 PM to 7:00 PM.
- Contact Abbie Sutherland at [abbiebrienne@gmail.com](mailto:abbiebrienne@gmail.com) or (530) 736-9578

STAFF EDITORIAL

# Men's mental health awareness needs to be acknowledged by society

In our society, we are ignoring the stigma around men's mental health, and this ignorance is literally killing them. This issue is prominent in young men who are most vulnerable to this social issue. These young men are following the ideals that they need to be strong, independent people who can't rely on anyone but themselves.

They create a mental checklist in their minds, a to-do list to prove that they are strong; for example, playing football and going to the gym would be two activities that would check off boxes on that list. On the other spectrum, asking others for guidance, showing emotion, and admitting when you need help are seen as signs of weakness. This narrow way of thinking is leading these young men to bottle up their feelings, and without someone there to support them, leads them to have mental health issues relating to self-worth.

To help cope with their mental health, they will start to pick up on harmful habits like drugs or alcohol addiction to help take the edge off. According to the American Foundation for Suicide Prevention, in 2020, the male suicide rate was 3.88x higher compared to women. Mental Health America published that 6 million men are affected by depression each year, and 62,000 men die of alcohol-related causes, compared to 26,000 women. Men are also three times more likely to misuse drugs, and suicide is ranked as a leading cause of death among men.

The facts prove that men struggle with mental health, yet they're still far less likely to seek help than women. The constant pressure for men to be strong ultimately makes them struggle to seek help. Many males fall victim to the idea that they should be tough enough to fix all their problems by themselves.

This leads them to believe that they can simply fix this problem quickly, or even be in denial that they ever had mental health issues. It will only worsen if we don't do anything to prevent this issue. UFC fighter Paddy Pimblet, after losing a close friend to suicide, left a message about the struggles men face with mental health, saying, "There's a stigma in this world that men can't talk. Listen if you're a man and you got weight on your shoulders. Please speak to someone. I know I rather have my mate cry on my shoulder than go to his funeral next week, so please, let's end this stigma and men start talking."

Society needs to normalize the male population being able to not only express themselves, but to share feelings and discuss sensitive issues with each other. Women are often praised for being sensitive while men are deemed to be weak or a wuss. We need to start spreading awareness of men's struggle with mental health to spark a change in our society, letting others know that it's okay to struggle, but it's never okay to struggle alone.

## Pineapple on pizza debate

Codii Nguyen  
Staff Writer

Pineapple on pizza is one of the most controversial topics among the pizza community. Many people believe that pineapple – or any fruit – doesn't belong on pizza; however, these simple-minded buffoons cannot fathom the exquisite taste of perfectly grilled pineapple on pizza. Based on a survey conducted in 2017, around 53% of people said they enjoyed pineapple on their pizza, and 12% of people disliked it.

Furthermore, nearly 29% said they hated the idea of pineapple as a topping yet never tried it. How can they hate pineapple if they have never tried it? Simply put, they are conforming to the trend of hating on pineapple. Nowadays,

people are brainwashed into thinking that pineapple should not be anywhere near pizza, as apparently, any fruit does not belong on pizza. Even so, they don't realize that there is already fruit on pizza: tomato. Using fruit on pizza is not new as tomato is classified as a fruit and is the main ingredient in creating pizza sauce.

Not only that, but the human body requires both salty and sweet things to produce the energy for normal bodily functions. The combination of pineapple on pizza can satisfy the human body and create an enjoyable biological response. Pineapple also has many health benefits; the average pineapple contains one-third of your daily value for Vitamin C, which helps tissue growth and repair. Pineapple also contains a healthy dose of Vitamin B, such as thiamin, B6, niacin,

and folate. These nutrients are what help your body convert food into energy and are crucial for forming new red blood cells and maintaining healthy skin cells.

Pineapple on pizza makes it a more nutritional meal than traditional toppings. Pineapple on pizza has also been endorsed by Canadian Prime Minister Justin Trudeau and is a favorite of many celebrities, including Jimmy Kimmel, Alton Brown, and Dwayne "The Rock" Johnson. Pineapple is a topping with many benefits and does not get nearly enough love. To those who are still doubtful of the delectable and succulent taste of pineapple, I implore you to try it. And to those still shortsighted and those who are refusing to acknowledge the unlimited possibilities of pineapple on pizza, stop conforming to society's normality and break free from the oppressive system we live in.

## Tunisia deserves its own independence now

Laylin Johnson  
Staff Writer

One story that was buried under the flood of articles related to COVID-19, President Biden, Russia, China, and a variety of others, was the disconcerting fall of Tunisia's democratic system of government.

Among the various revolutions that took place during the Arab Spring in late 2010 and early 2011, the Tunisian Revolution was one of the very few that ended with an actual transition to democracy.

Despite the blood and brutal crackdowns usu-

ally associated with the Arab Spring, Tunisia came out of it at least hopeful for a more free and fair future for themselves.

Tunisia had its first peaceful transition of power in 2019, after the current president Kais Saied was elected to replace

COVID-19 caused across the world, the Tunisian people blamed President Saied, much like we did to President Trump and Biden, for the economic downturn that Tunisia began experiencing during the height of the pandemic. Soon afterwards, President Saied seized power from both the legislature and judiciary of Tunisia, effectively becoming a dictator.

It is disturbing and saddening to know that the only country that came out of the Arab Spring a better country, has fallen back into authoritarianism. I hope that one day the Tunisian people can once again claim the freedom they have lost and that they deserve.



the interim president Mohamed Ennaceur, as the previous president had died in office. But among the chaos that

## US economy must improve for citizens

Laylin Johnson  
Staff Writer

Over 33 years ago, George H.W. Bush was sworn into the presidency of the United States, replacing one of the most well-known presidents in recent history, Ronald Reagan. If there is any one president whose legacy should be reanalyzed, Reagan's legacy is by far that one. His reforms and overhaul of the American economy can, at least in part, be blamed for the staggeringly large wealth inequality we face today, as well as all the negative effects that such inequality ensues.

Before the rise of Ronald Reagan, and even before the election of President Jimmy Carter, the United States subscribed to the economic policy of government-regulated capitalism, otherwise known as Liberalism. During the Great Depression and post-war era, Liberalism was able to provide nearly all Americans with steady, well-paying jobs, and helped cultivate one of the strongest economies in the world. This system ended, however, after the destructive stagflation that took place during the later years of Nixon's presidency, and continued into the presidency of Gerald Ford.

The elections of 1976 and 1980 proved to be incredibly important to the future of the economy, especially as the views of the recently-of-voting-age Baby Boomers would play an undeniably powerful role in the future of the country. Since they had just seen how an economy based on Liberalism could fail, they chose to support a new idea at the time, Neoliberalism. The elections of Jimmy Carter and Ronald Reagan began a period of reform that built the flawed system we now live with.

Beginning in 1981, Reagan and his administration drastically overhauled the American economy, with tax cuts for the rich, deregulation of the economy, increased military spending, etc. Since then our national debt has only gotten worse, and the rich have become richer despite the stagnancy of the middle class. But Reagan is not the only one to blame for this, every president since has refused to deviate from the policies outlined by Neoliberalism, even our current president Joe Biden. We must create a system that benefits all Americans, not the very few, and we can only do that, if we know what to fix, we must fix the economic system of the United States.

## Frustrating classroom structure

Logan Deveraux  
Staff Writer

The structure of a classroom has hardly changed in decades past. This is something that has become evident, especially when it comes to desks. Sitting at a hard, rough, wooden

desk, unable to move or fidget has mentally exhausted students. Studies show that about 79 to 90 percent of students study in bed rather than studying at a table or desk. They would rather be comfortable, and the same thing goes for in

classrooms. Students feel empowered being able to choose where they sit. With an uncomfortable chair, students are more likely to be distracted and fidgety. Studies show that with flexible seating, students participate in class discussions 48 percent more than with tra-

ditional style desks and seating. With that, it can be fun for students instead of being strict and controlling like most classrooms. In conclusion, flexible seating can be a good addition to classrooms and make for better results among students.

## Several endangered bees species need to be saved with interventions

Courtney Evans  
Staff Writer

Several species of bees have been endangered for many years, saving the bees from going extinct is a problem people have been trying to solve for a while.

As unimportant as bees may seem, honeybees are responsible for about 80 percent of the world's pollination. With bees dying at such high rates, plants that rely on pollinators will no longer be able to survive. With plants not being able to survive, not only would the availability of fresh produce decline but also the diversity of fresh

produce and human nutrition would most likely suffer. In the past 20 years, the American bumblebee has completely disappeared from 8 states and is very rare in others. This bumblebee has declined by 89 percent in relative abundance and is continuing to decline towards extinction. Under the Endangered Species Act of 1973, the rusty patched bumblebee became the first bumblebee to be listed as endangered in 2017. The year prior, 7 varieties of the Hawaiian yellow-faced bees were listed as endan-

gered. There are many factors as to why the bees are going extinct, for example, harmful pesticides that are resulting in death or habitat loss. Also more powerful storms, snowless winters, and heat waves are also having an effect on bee populations. Another cause of extinction is the varroa destructor. This is a tiny parasitic mite, which is a main cause of honeybee loss. The main reason is global warming, even though climate change can be natural in some cases, what we are experiencing now is a direct result of global warming. Bees play a very important

role in our environment, we need them for food and for our plants. Along with food and plants, bee's honey and other products have medicinal properties.

We don't realize that an insect so small can have such a large impact on the environment around us. If bees go extinct there will be a very negative impact on the world, so bees are definitely worth saving.



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# Spartan Sound off

Who is your favorite celebrity and why?



Jacky Graves (9)  
"Davante Adams, because he's a leader and inspiring."



Eleanor Bliss (10)  
"Zendaya because she is very accomplished."



Manny Ruiz (11)  
"Kevin Hart because he's short and makes me giggle."



Lizzie Cannon (12)  
"Snoop Dogg because he is cool and chill."



Mr. Howell  
"My wife because it doesn't get any better than that."



Ms. Null  
"Matthew McConaughey because he is genuinely a good human."

Sound Off / Mickey & Brailynn

# Red Bluff High School floral classes blossom into the new school year

Keira Klein  
Staff Writer



Photo Credits/Bluffer

For the eighth year this year, Mrs. Trunnell returned to Red Bluff High and unlocked her classroom doors. She teaches three different subjects: Ag Soil Chemistry, Intro to Floral Design, and Advanced Floral Design. The Floral Design classes are huge hits with students of all walks of life, all over the school. The Intro to Floral Design class can be taken by Sophomores and older. Students are required to complete Intro to Floral Design before moving on to Advanced Floral Design.

From there, a third year class is offered, where students intern at a local floral shop.

Both the Intro class and the Advanced class are very hands-on. The Intro class does labs almost every block day. Labs include boutonniere and corsage making, bud

vases arrangements, and monthly arrangements. The 'monthlies' are the big projects that the beginning students do. These arrangements are then sold by the same students that create them. Sales of these arrangements are now closed for the first semester, but they will open again for the second. Customers can choose to pick the arrangement up at the school, or have the student deliver it to them.

Mrs. Trunnell said that she loved to coordinate the arrangements with the season that they are in. For example, the October arrangement will include Halloween colors, and the December arrangement will be made with Christmas in mind.

In Advanced Floral, the majority of the time is used to create arrangements and projects for everything from weddings to school dances. Recently, the class created bouquets for the Homecoming queens. That same week, they were cramming to finish a wedding project



Photo Credits/Bluffer

that included boutonnieres, garlands, and bouquets.

While the class does revolve around hands-on projects, there's quite a bit of business involved, since Floral is classified as a CTE class. Learning how to price projects and accurately budgeting are components of the Intro to Floral Design class. Both classes are also responsible for managing a portfolio of their work, whether that is a monthly arrangement or a hair clip. While the Intro to Floral students only take

pictures and write blog posts, the Advanced Floral students are responsible for taking pictures, writing blogs, and running a digital portfolio. Mrs. Trunnell said that she does this to prepare kids for a job in the floral industry. By creating a portfolio now, students are prepared in the future to showcase their work.

The Floral Design classes are huge hits on campus, and it is likely that they will continue to be, since they teach so many useful skills in such a fun way.

## Spartan Student Feature: Aralynn Stroing

Havyn Miller  
Staff Writer

Aralynn Stroing is a spectacular student athlete at Red Bluff High School. She is a very welcoming and kind hearted human who enjoys sports. Her passion for sports is very strong and she has been playing for many years. Swimming is her main sport that she has done for seven years total. She is a very fast swimmer and is very competitive when it comes to racing her opponents.

This year will be her second year swimming for Red Bluff High School and it won't be her last. Her favorite memory from the swim team last year was when everybody dressed up in cowboy boots and hats for one of their meets. It was a great day for everyone to work hard and still have fun.

Another sport that Aralynn has been very phenomenal at is basketball. She has played basketball for almost 5 years and enjoys being a part of the team. Her

favorite basketball memory is getting to meet new people and hangout with her friends while at practice or in a game.

Last year, Aralynn tried track for her first time which she really enjoyed. She is a very fast runner and did great at the meets. Her favorite memory from track was hiding under the bleachers with her friends to stay out of the rain during a meet.



Photo/Bluffer

Aralynn is a very hard working student and spends a lot of time balancing her life between all of the sports that she is committed to, making time for her family and friends, and most importantly her homework in her advanced and dual enrolled classes. She says she tries not to procrastinate on any homework so that she will have time in her day to enjoy other activities. Some of these activities include: reading, baking, practicing for sports, and hanging out with her friends.

While at Red Bluff High School, she has enjoyed going to the rally's for the school spirit and the rowdy crowds. Her favorite event that the High School putson is the "Holiday Classic" because it is during basketball season and there are lots of fun activities throughout the week. Overall, Aralynn has been a great student and athlete for Red Bluff High School to have for these past years.

## What's next for FFA?

Callum Lugo  
Staff Writer

In FFA of 2022-2023 Alexia Amore is the President and her Vice President is Sophia Berbena. Right now they are getting ready for the C O L C conference for the officers which will be held in Sutter for the Chapter Officers only.

They are also raising money so they can go on a trip to Indianapolis for a state convention, when they go to Indianapolis they will be representing the Red Bluff FFA Chapter. I asked how FFA was going this year and Sophia Berben says, "it is going very good right now, so far the experience is great."

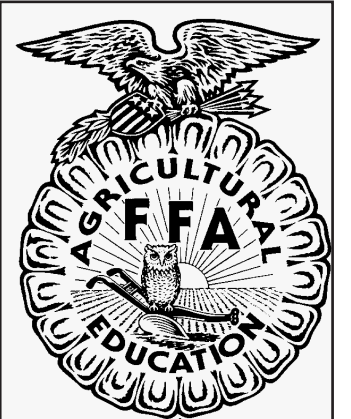
The Vice president was a freshman in a sophomore science class and she proved to her advisor that she was responsible and mature. The teacher then handed Sophia a form for an interview, saying she would be a great component for FFA.

A While ago they spent the day at the Tehama District fairgrounds for tehama annual Tehama County Farm Bureau 4th Grade Farm Day. That event gave the youth of our community the opportunity to understand where their food comes

from by going to different stations. FFA also helped set up signs and posters for the Tehama County Cattlewomen and Downtown Red Bluffs annual Red Bluff Been-N-Brew. That is actually a fundraiser that occurs each year, with proceeds going to scholarships and the beautification of our downtown.

Up next for FFA on september 27th, they will be joining an open close speaking team which is for a contest in november. I asked the Vice president why she was in FFA and she said it was because her family has always had a love for agriculture and it is a great experience to be involved in.

She also said it was because she loved it. I also asked if there were any problems so far with FFA and Both the President and Vice President said there are no problems and it's going well.



## Spartan Teacher Feature: Mr. Hein

Stevie Moore  
Staff Writer

Cory Hein has been working at Red Bluff High School for 23 years. Growing up, Mr. Hein had an amazing high school experience. He was an Eagle attending West Valley High for his entire high school career. Hein said, "I really enjoyed high school." What made high school so worth it to Mr. Hein was at all of the rallies, and he also participated in several extra curriculars.

However, over topping all this as his favorite memories are, winning championships in football and track. When his high school journey was over he went to Shasta College,

and then continued to Cal Poly SLO and finished his journey at Chico State for a teaching credential.

Mr. Hein has had several jobs over the years including working at gyms, construction work, and grocery stores. Landing his job career at Red Bluff High School, Hein can not imagine doing anything except teaching history; he describes it as his dream job.

Choosing history was such an easy pick for Hein because of an amazing sophomore history teacher he had. This teacher was also his football coach, and inspired him to do both. Aside from teaching, he also loves coaching, spending time with family, houseboating,

snowboarding, hunting and football. In his coaching experience he has been the head coach for RB football, women's soccer and women's track. Overall, he coached football at the high school level for 20 years, and he wishes that someday he can continue coaching high school football. Mr. Hein and his wife, Kim, have two kids, and he said the birth of his twins is by far his most important memory. The twins are named Dustin and Karley, age nine.

In his freetime he studies history, but also enjoys coaching his son's flag football team, and his daughter's soccer team in the spring. Hein has traveled all around the world. His favorite places are Mexico,

Canada, and Europe. His favorite historical spots are anywhere in Europe, especially London, Normandy and Munich, Germany. He loves Rome so much because of the historical importance and if he got to choose any era of history to grow up in he would choose to be a Roman General.

If Mr. Hein won the lottery he would buy an island, live like a king, and we would never see him again. As a history teacher Hein said, "My biggest fear is Putin launching a nuclear war for no distinct reason." Overall, Hein loves teaching high school history, and couldn't imagine his life differently.



Photo/Bluffer

# Mya Hawke and Camila Mendes star in all new Netflix teen movie, 'Do Revenge'

Cj Klausner  
Staff Writer

"Do Revenge" is a Netflix original released on September 16th, 2022 starring Camila Mendes and Maya Hawke as the leading ladies-Drea and Elanore. Immediately after its launch, the media was already buzzing about the new feature, with many being shocked at its quality given Netflix's track record when it comes to teen flicks.

The premise of the movie is incredibly reminiscent of the 2004 classic teen film "Mean Girls"- following two girls scheme to get back at those who have wronged them. However, the movie's modern twist works well, portraying Gen Z less poorly than many of Netflix's past attempts. "Do Revenge" centers around

an expensive private school with every major character being wealthy except for the protagonist Drea- who is

dramatic nature. Sophie Turner was another actress with an outstanding screen presence. The supporting cast all did

they seemed like fascinating characters who deserved more valuable time on screen. The primary antagonist is Max, a

garners him praise throughout the movie and is rarely called into question despite his blatant hypocrisy, calling out

of the character of Max.

The choice to cast him as a widely-loved yet deeply insecure and malicious character made for an incredibly interesting performance. The costuming was bizarre, with the students either sporting pastel colored uniforms when they were at school, showy expensive get-ups when anywhere else.

The heavily stylized costuming was distinctive and fit the theatrical storytelling style. The eventual plot twist seemed predictable, but the story altogether made up for what it lacked by being fairly entertaining.



there on scholarship. The actress who portrays Drea, Camila Mendes, had a particularly Mean Girls-esque performance, carrying herself very similarly to Rachel MacAdams in her role as the infamous Regina George. Her over-the-top acting perfectly suited the movie's absurdly

very well with the material they were given, however there was a severe lack of development in a number of characters.

Drea's ex-friends, the group of popular kids who brushed her off, came around again to accept her in the end with no believable motivation to do so. Not only that, but

fake-woke teenage boy who.

He establishes the ridiculously titled "Cis-Hetero Men Championing Female Identifying Students League" and dresses in clothing not unlike to that of Harry Styles- often paired with painted nails, rings, or pearl necklaces.

His virtue signaling

a very real issue in which men succeed by functioning under the guise of progressivity.

The character is played by Austin Abrahams who viewers may recognize from roles like Ethan from Euphoria- who is regarded as one of the least toxic characters in the entire show- essentially the opposite



"A competent teen movie"

## 'Titanic Rising' a personal, inventive album by Weyes Blood

Mason Voorhees  
Staff Writer

With no exciting new releases, an all-time great record came to mind. That being Weyes Blood's 2019 album, "Titanic Rising." She pours it all out on this project, creating one of the most personal, inventive, and interesting albums that I've heard in recent memory, featuring a wide range of production choices and stunning vocals along the way. It kicks off with "A Lot's Gonna Change." Its message of moving on and things getting better is delivered flawlessly, being extremely hard hitting due to her powerful vocals mixing with calming production. This is commonplace throughout "Titanic Rising." Each new idea and theme that's introduced feels extremely fleshed out and earned. Another great example of this is "Picture Me Better," the penultimate track. The song itself is a letter to a friend who passed away during the process of making the album. Weyes Blood reflects on the good times with her friend,

along with the grief she's felt since their passing.

This song comes near the end of the album, after we've gone on an emotional journey with her and built a connection. This causes you to feel a similar ache



see before and after what led her to this mindset. The track "Something to Believe" is all about her struggles with modern life and how hard it can be when you have a sense of hopelessness and have nothing to put your faith in.

There are also two fantastic instrumental tracks, the titular track, and the outro, "Nearer to Thee." Both include spacey, underwater instrumentals that help immerse you into the album and really allow you to feel that the song is written just for you.

The tracklist here is airtight, without a single miss. Each song feels like a new world, and a new insight into her mind. Lightning struck when Weyes Blood made "Titanic Rising."

and a similar pain. On the way there, you come across the soul of "Titanic Rising," "Movies." "Movies" feels like the culmination of the entire album, despite being nearer to the middle.

This track includes other-worldly production that pairs up nicely with her beautiful vocals, as she expresses her feelings of desire for the simplicity and perfection of the lives of those in the movies. We



"One of the best of the 2010s"

## 'Heartstopper' a relatable LGBTQ+ show based off a Book

Keira Klein  
Staff Writer

In April of 2022, Netflix premiered an LGBTQ+ rom-com. It was an instant hit among teens and young adults, getting renewed for a second and third season shortly after the first's release. Heartstopper is based off of four comics of the same name, written by Alice Oseman. The main storyline follows two teenage boys, Nick and Charlie, as they work their way through high school romances, parties, and sports. Oseman said that the two characters originally appeared in a different novel of hers, Solitaire. She decided to tell their story independent of Solitaire, which led to the creation of the Heartstopper graphic novels. Charlie, who is an openly gay boy, is the subject of a lot of harsh discrimination, but this is not the focus of the show. It is a nice change from stories of LGBTQ+ people being

harassed. Many LGBTQ+ people, especially teens, are tired of seeing constant

main characters, Charlie, Nick, Elle, and Tao, are rarely the subject of harsh discrimination.



homophobia portrayed in stories that are supposed to be uplifting. Heartstopper offers a cute love story that is almost entirely free from homophobia and homophobic characters. Instead of focusing on the troubles of being gay, the show, for the most part, focuses on the beauty of it. The

Instead, they are shown at parties, in class, and at rugby games, having a good time like everyone else around them. Without the stigma of being gay attached to the characters, it allows viewers to see the characters as more than just LGBTQ+ kids. This plays a huge part in normalizing different sexualities. Something else that made the show a fan favorite is how it casted an actual transgender woman to play a trans teen in the show. The fight for LGBTQ+ people to represent themselves in the media has been a long one, so to have a show do that, and do it well, is something that

made many viewers happy. Netflix also put a lot of effort into making sure the teams behind the camera were just as diverse as the on-screen cast. They even hired an LGBTQ+ advisor to ensure that the writers made the show's scenes as accurate to the teen experience as possible. However, the show isn't just binge-worthy for LGBTQ+ people. Anyone that is a fan of cute teen romances, funny friendships, and relatable scenarios would love Heartstopper.



"Really great an uplifting"

## 'The Guns of August' a sad book about World War One

Caleb Polster  
Staff Writer

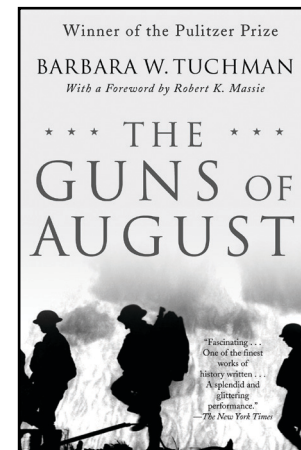
'The Guns of August', by Barbara W. Tuchman, was published in 1962 to critical acclaim and remains one of the greatest historical volumes ever written. In the novel, Barbara describes all of the events in meticulous detail that led to the beginning of World War One, and details what happened throughout the first month of the war.

August of 1914, as Tuchman shows you, is one of the most exciting, important, and world-altering months in world history. What could have been a humongous global disaster was reduced to the bloodiest battle up until its time and shocked the world like nothing had before. Beginning with the funeral of Edward VII of the United Kingdom, Tuchman lays out what was in the minds of the funeral's attendees. At the event were nine kings, including Kaiser Wilhelm II of Germany, Edward's

nephew, unbeknownst to the rest of the crowd to soon be the driving force behind the largest campaign in centuries. The next few chapters are devoted to discussing and analyzing the war plans and strategies of

As stated before, The Guns of August was instantly popular. A favorite of president John F. Kennedy, Kennedy also cites the book as having influenced his decisions during the Cuban Missile Crisis.

The Guns of August won a Pulitzer Prize for general nonfiction in 1963. In fact, at president Kennedy's funeral, representatives from more than ninety countries attended the service, surpassing that of Edward VII's, detailed in Tuchman's novel. A film adaptation was developed in 1964 to a warm reception. After publication, Barbara Tuchman continued to write novels regarding the first World War. I highly recommend reading The Guns of August whether you're a historian, war-enthusiast, or just a general reader.



nations such as Germany, France, Britain, and Russia. Weaknesses and strengths of each plan are highlighted and used as foreshadowing to rationalize many of the coming events. From here until the end of the novel, every major battle and tragedy is painstakingly recorded down to the legitimate dialogue between generals.



"Recommend for any book lover"

## Popular new app 'BeReal'

Kelina Lindstrom  
Staff Writer

BeReal is a new social media app that is very popular mostly for teenagers. It sends a notification everyday at a random time and you have two minutes to take a picture. If you miss the two minute timer nothing will happen. You are still able to post your daily BeReal but it will just say you posted late. You cannot text on the app, you can only use pictures to communicate. In the picture it is a view from the front and back camera. You can see what your friends are doing at that certain time. When someone posts something you can react to it with a picture of yourself. You can either just have your friends see your post or you can go to settings and switch it to the discovery page where everyone can see it. This app is used by all ages and it is pretty safe because you have to accept friend requests for people to see your post. If someone takes a screenshot of your BeReal you can see who it is if you share the app to other people. There isn't really any bullying on

the app so that is a good thing. The app was made by Alexis Barreyat, a former employee of GoPro, and Kevin Perreau. BeReal is getting popular really fast and it's already worth over 600 million dollars. It has 21.6 million monthly users. The app is still growing more everyday. I recommend getting this app so you can see your friends' posts and to post funny stuff. Everytime someone posts it will just make your day more fun. I would ask your parents if it is alright to get the app.



"This is a fun app!"

# Red Bluff team plays Anderson and ends in a major obliteration with scores of 42-16 and 52-0

Asia Lugo  
Staff Writer

Football is a very important part of school at this moment, with all their games, and especially with the homecoming game. The homecoming game was held on September 23rd, with the JV game at 5:00 p.m., which is 30 minutes earlier than the regular time. We had to start the JV football game early so we had enough time for the coronation of the homecoming queen. The coronation was in between the JV and varsity games, 30 minutes to an hour long, and announced the homecoming queen. Many fans from our school, the opposing

team, and family members attended the homecoming game that night and got to see the amazing games JV and Varsity played. At the homecoming

game we went against Anderson, which was the first time we went against Anderson this season, and we were excited to see how they played, but Red Bluff played amazing that night. Both our JV and varsity teams did very well that night, and we beat Anderson by far, with the JV score of 42-16 and the Varsity score of 52-0. We also had our shootout game on September 16th against our rival team, Corning High, and we crushed them that night. They weren't even able to get any

points on the scoreboard. Our student section and audience were wearing our green and gold shirts made by the school that said "Beat Corning". We were even getting dirty looks by the Corning cheerleaders when they saw us with our shirts. Their following game was an away game on September 30th against West Valley, with JV at 5:30 and varsity at 7:30. This was also Red Bluff's first time playing West Valley this season, and we didn't know what to expect. Don't forget to go and support our JV and varsity football games on Friday nights! Their next upcoming game is an away game against Chico on October 7th, JV at 5:30 and varsity at 7:30. They practice everyday right after school from 3:30 to 6:00, and on Wednesdays they start practice later, and from 7:00 to 9:00. A couple weeks ago, the Red Bluff football team, along with some other varsity players, were on the KRCC



Red Bluff Football team after a timeout during the game



The JV Red bluff football game before a play

News Channel because of their amazing gameplays, and also ended up making the play of the week, when sophomore Landon Kunau intercepted the ball, resulting in a turnover. All three levels, freshman, JV, and varsity, practiced together to share the field last Monday in order to gain a sense of unity. All levels of the football team get along really well with each other, and despite their age and grade, they all care about football and work well together during drills and practice. We have been having a really good season so far, and we are excited to see where these teams take us.

## Tennis players explain their incentive for joining the team

Codi Nguyen  
Staff Writer

This year, the Red Bluff High School girls tennis team has had a great start to the season. They have performed tremendously well, winning a majority of their matches. The team practices vigorously every day from 3:30 to 4:30 and from 1:30 to 2:30 on Wednesdays.

The team is led by coach Cynthia Santos, who has coached the girls tennis team for four years. Tennis originated in England during the 19th century; it's an extremely competitive sport in which players play on a rectangular court in which they aim to hit the ball onto the opponent's court in a way that they can't receive it.

Requiring skill and accuracy, tennis is an incredibly hard sport to master. The team practices

singles and doubles; the doubles groups are already set for the whole season as the team likes staying together as a pair because it allows them to work on communication and team bonding.

The team's top three players are Abby Bentley, Keria Klein, and

forward to seeing how the rest of the season plays out." Johanna has shown tremendous and rapid improvement despite this being her first year on the team. Sophomore Drasti Patel said, "I love tennis because it's easy, it's a really simple sport to understand and play."

Their next match will be on Monday, September 26, 2022, against Chico High School. Chico High looks to have one of the strongest teams in the Northern Section, winning their previous match against Pleasant Valley and have remained undefeated this whole season. However, the Red Bluff team themselves have an extremely impressive roster under their belt and will definitely put up a great fight against Chico High.

Since, "I love tennis because it's easy! It's simple and easy to understand!"



A picture of the new Red Bluff tennis team

Katrina Eusted. Sophomore player Johanna Geveden said, "Tennis is pretty fun. It also gets me out of P.E, so that's pretty cool. Looking

## RBHS cross country team competed in race in Arcata

Griffin Grondin  
Staff Writer

The Cross Country team is a welcoming community in which you can become part of a team that just might make school a better experience for some. Cross Country is a sport that consists of running in rather open environments and often areas that aren't on school grounds, where traveling for events is a regular thing.

Events are an often occurrence and allow students to participate in something that involves taking part in off-campus activities with familiar faces as you become friends with those around you. Unfortunately for this year, applications to take

part in being a part of the team have been shut down, although come summertime in July there will be yet another meeting where the Cross Country team can fill you in on information about it, and how to join.

Common reasons for joining the team consist of increasing stamina and endurance, to find a fun activity to look forward to when coming to school, and to be a part of a team on campus. Some main reasons many people don't even think about joining are about the annoyances of running, or not believing that you could last a full run without falling due to exhaustion, but these worries are little and few when you actually start running for the

first time.

After school, Cross Country practices every day after school. They typically run two or three miles after school. They competed in a race in Arcata which is located in Humboldt County on the weekend of Sept 30. The team looks forward to this experience because they run on the beach and have bonding time while camping.

The Cross Country team is a very active group as well, as just from October 15 to November 10, there are already four events that they have lined up to enter in. While an active community might not be one for you, there's really nothing to lose from just trying out this upcoming July in the summer.



A picture of the 2022 Red Bluff Cross Country team during a cross country meet

## 2022 swim team excited about the upcoming season

Havyn Miller  
Staff Writer

Throughout the years at Red Bluff High school, many kids have enjoyed the competitive sport of swimming. The swim team is a very fun and hard sport to engage in.

Swimming is a great work out for the students and helps them make new friendships. Although swimming is not the most popular high school sport, it is a great way to stay in shape for other sports or activities.

This year the Red Bluff high school swim team is coached by former student and swimmer, Julia Brandt, and Marty Bossetti. The swim team's very first swim meet at home will be on Wednesday, October 5th, this meet will take place at the Red Bluff High School swimming pool. Anyone is allowed to stop by and come watch the swimmers win their races.

The swim team is ready to do great and have fun this season. One swim-

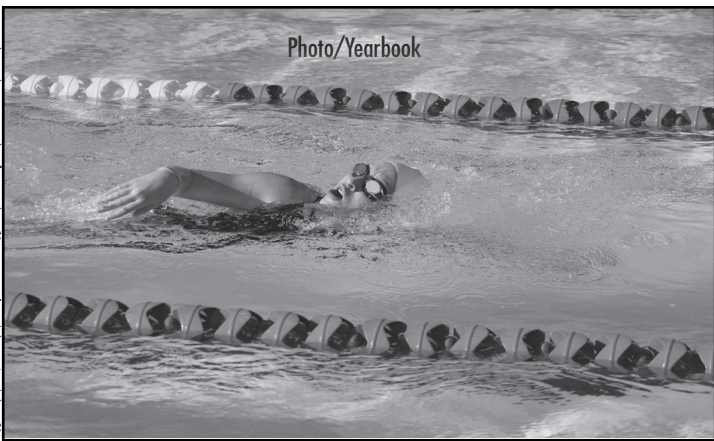
mer off the swim team, Jordan Brandt, has been swimming for the past eleven years, she started swimming at just five years old.

Last year, she swam a 50

free in 26.2 seconds, which is a phenomenal time for a high school athlete. Along with winning section titles last year as well. Her goals for this year are to try to beat one of her sisters swim records from the previous years.

This season, Jordan is most excited for the vans ride on the way to swim meets where everyone just laughs and eats snacks to get hyped up for their events. Her favorite memory is from sophomore year when Niko Munoz spit on Ava Erickson's swim cap while at practice. Everyone thought it was so funny and it was the highlight of that season. Swimming is a sport that requires a lot of commitment and effort.

Red Bluff High School is very excited to see every individual on the swim team's improvement throughout the year and see them succeed.



A picture of the race during the recent swim meet



## PLAYER OF THE ISSUE: Haley Christensen

Callum Lugo  
Staff Writer

Haley Christensen Is a Senior at Red Bluff High School. She plays on the Red Bluff Varsity Volleyball team. She plays outside hitter and has been playing ever since she was in seventh grade.

She plans to go to Cal Poly or Boise State, but Haley doesn't want to play in college. Her goals for the season are to win, play hard, and to have fun. Haley played because she thought it was fun and she got to play with all her friends. Her favorite memory was back when she was a freshman and

won the Foothill Tournament. Haley is 17 years old and works at Julia's Fruit Stand by Los Molinos.

She played volleyball for all four years she's been at high school. The Volleyball girls are having a tough season so to get ready Haley sits with her team and tries to hype everyone up.

Sometimes they act like they are sports broadcasters and have a good laugh before games.

Haley is a committed athlete who also plays basketball. While playing sports, Haley also maintains excellent grades.



Photo/Bluffer

# RBHS Lunch Choices

## Off Campus Options

RBHS students have two major options for lunch each day, either going off or staying on campus. Although 9th and 10th graders are not allowed off campus, we asked around and this is what people had to say.

Fastest Travel

Burrito Bandito  
-12 Min-



Slowest Travel Time

Jack and the Box  
-22 Min-

Best Bargain

Little Caesar's



Worst Bargain

Starbucks

Most Popular

Raley's



Least Popular

Taco Bell



Favorite places to eat lunch?  
-"A&R or McDonald's to get a happy meal."



Aura Wellen, 12

Favorite places to eat lunch?  
-"My anatomy class with Mrs. Clark."



Mikeio Vicuna, 12

## On Campus Options Cafeteria



### Today's Lunch Menu

- CAFE LINE**
- Chicken Alfredo \*CS
- Cheese Pizza
- Garlic Chicken Pizza
- Hawaiian Pizza
- Meat Lovers Pizza
- Pepperoni Pizza
- BURGER PIT**
- Spicy Chicken Sandwich
- Double Double Burger
- Black Bean Burger
- Cheeseburger
- Buffalo Chicken Sandwich
- DELI**
- Turkey Sandwich
- Sandwich, PB&J, Large
- Chicken Caesar Salad
- Tortellini Salad
- Taco Salad

Most Popular  
-Pizza

Least Popular  
-Rotating Food

Favorite "because it's the best food in the world."

Least Favorite "The meat is always soggy."

## Snack Bar

Most Popular  
-Cookie

Least Popular  
-Slushie

Favorite "It's freshly baked."

Least Favorite "I don't have a least favorite because they sell really good"

Quotes taken from a Google Form survey distributed to freshmen and sophomore classes (52 total responses).