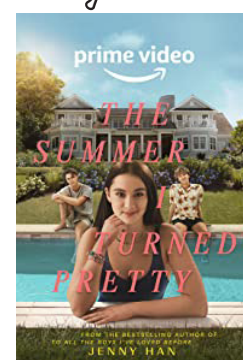




The Bluffer



Spartans welcome new staff

Keira Klein
Staff Writer

Every year, students at Red Bluff High can expect to see a few new faces around campus. Whether it's because of new job openings, previous retirements, or an influx of new students, new faces are a staple of back to school life at Red Bluff High. However, this year, there are more new staff members than ever. According to Principal Hassay, this is mainly due to two reasons. The first, is that many teachers left Red Bluff High after the 2021-2022 school year, one of which is actually a like former P.E. teacher Juan Casteneda.

Their replacements are Coach Darren Nye and Ms. Abigail West, respectively. The second reason is that the freshman class of 2026 had MANY more students than the previous freshman classes. This year's freshman class, according to Mr. Hassay, has about 50 more students than the class of 2025. This requires around 2 new classes to be added for each subject that the freshmen are taking, in order to accommodate for the extra 50 kids. No matter the reason, here at Red Bluff High, we have 6 new staff members, 2021-2022 school year, one of which is actually a like former P.E. teacher returning teacher. Mr. Joe Palubeski used to teach history and stage craft at

RBHS, and has returned this year as the Attendance Liaison, a job he loves. He is in charge of keeping track of the students that have major attendance issues, as well as managing the tardies. His favorite part of being back on campus is that he gets to interact with students daily. The newest member of the P.E. staff family, Darren Nye, taught at Norwood Middle School in Sacramento for six years before moving up to join the RBHS staff. He said, "I love seeing students push themselves beyond their own mind and reach their goals. It's very rewarding to see students grow and improve." The newest special

education teacher, Ashley Green, teaches in room H105, located right next to the snack bar. Abigail West, the new band teacher, says that she has felt very welcomed and supported as a new teacher. Students say she has big visions for the RBHS band, with hopes to add a string section and get at least 50 kids involved in band. Ms. West formerly taught piano at a high school and middle school, both located in Plano, Texas. She taught everything from beginning band to drumline. Ms. Lopez, who student taught last year for Mrs. Palubeski, is returning this year as an official full-time Spanish teacher. Her

students have described her as bubbly, charismatic, and "very, very sweet." Logan Deveraux, a sophomore who is going into her second year of Spanish with Ms. Lopez, said, "She makes students feel mature, and sees eye to eye with them." Lopez said that in her free time she enjoys playing tennis and basketball, as well as hiking. Ms. Mary Clark Sanchez officially joined the Red Bluff High science team this year, after teaching Anatomy with Mrs. Gantenbein last year. These new teachers are sure to make the 2022-2023 school year special. They are excited to be here, and everyone is hyped to have friendly new faces at RBHS.

RBHS to get new track

Codii Nguyen
Staff Writer

Red Bluff High School is planning on building a shade structure, and it will be located in front of the Plaza and science building that is adjacent to the science building. Superintendent Todd Brose thinks this new addition to campus will help students feel more comfortable during lunch and school activities. Todd Brose, some questions about this project. "It will provide students with more space to eat lunch, and allow for classes and activities to be held outdoors," said Brose.

The district feels that this new structure will also reduce traffic during lunch. Brose added, "Having this shade structure will reduce traffic in the Plaza, as well as provide more gathering areas outside the classroom."

Students often feel that the cafeteria is crowded during lunch time and would welcome a shady place to eat their lunch. The funds to help support this structure will not come from the original bond money that supported the other new structures that were built over the past two years.

The school is using federal COVID relief funds and this federal money is called ESSER funds. ESSER funds are intended to be used to help with infrastructure to help against the spread of COVID-19.

The school hopes to have this structure completely built by the end of summer of 2022. Brose said, "We anticipate to break ground in spring of 2022 and finish by the summer of 2022. The structure's cost is estimated at \$2.1 million."

He also said they will eventually remove the old AG building, construct new administrative offices and additionally put in place support buildings, which they hope will be built in the next three years.

This new structure will definitely benefit the students of Red Bluff High School. While many students sit inside, some kids like to sit outside during lunch. However, there aren't enough shaded spaces, especially for Red Bluff's climate during the summer.



Photo Credits: /Bluffer

Pictured above are a few new teachers at Red Bluff High School for the 22-23 year. Left: Ms. Green, Special Education, Middle: Ms. Clark, science, Right: Ms. Lopez, Spanish

New social studies class added to freshmen curriculum

Caleb Polster
Staff Writer

This year at Red Bluff High, the incoming freshmen have a new class on their schedules: Ethnic Studies. When asked what he thought of teaching the subject, Mr. Sean Linhart said, "I believe the year is off to a great start. The Ethnic Studies classes are engaged and have been very productive. My classes have had some really interesting and important discussions, and I'm looking forward to the rest of the semester." Mr. Linhart was involved in the curriculum's creation, and says he "was involved with the program from the start. I think that this new curriculum will help to create a more cohesive and understanding student body. I

also believe that this class will help to fill in some of the gaps in learning resulting from the last couple years of distance learning and disruptions. The best way to look at the Ethnic Studies class is as a crash course on many of the skills most students will need for the rest of high school, and their lives. The Ethnic Studies class will become a required course for all students beginning in 2025. It is better to start the process early, rather than wait, so that all students by 2025 will have had a chance to take the class and develop the skills for success throughout high school. "As I mentioned earlier," said Linhart, "the Ethnic Studies class will also expose students

to ideas and concepts they may have missed in middle school, due to learning disruptions because of COVID-19." Mr. Linhart enjoys teaching geography because "it touches on so many issues that are important to our lives. Geography is about understanding how humans

interact with the environment and each other. It is also about how economics, government, religion, and human diversity all interact and influence each other. It is a key discipline to understanding our modern world." Mr. Linhart was also asked if the implementation

of Ethnic Studies would pose a requirement for all students to take four years of social studies instead of the previous three. According to him, "No. Students will only be adding an additional semester to the Social Studies requirements for graduation. Students will still be required to complete two history courses (10th and 11th grade), government and economics (12th) in addition to the new Ethnic Studies class. Again, it is important to stress that the Ethnic Studies class is designed to best help students be successful beyond freshman year in their remaining classes." The Ethnic Studies class is a worthy addition to the already vast collection of courses to enroll in at Red Bluff High.



Photo Credits: /Bluffer

History Teacher Mr. Linhart is teaching the incoming fresh geography.

Homecoming Info

- Homecoming dress-up week Sept 19 - 23
- Homecoming game Sept 23 vs Anderson
- Homecoming dance Sept 24
- Dance contracts are available in the student store

Senior Paint Your Spot

- Senior Paint Your Spot will take place on Saturday, Sept 10 and Sunday, Sept 11 from 9 AM to 5 PM

Sports Events

- Home football game Sept 16 vs Corning
- Volleyball tournament Sep 17 @ RBHS
- Field hockey Sept 21 vs PV

Bluffer opines on the new Cell Phone Policy...

With the start of the 2022-2023 school year, there have been numerous changes within the school's policy. One of these changes is the introduction of the new phone policy. This new phone policy requires students to have their phones put away inside their backpacks during instructional time. The reasoning behind this new policy is the belief that phones were a direct cause of school fights and the use of illegal substances on campus. Staff also felt that phones hinder the learning process. However, this new phone policy is controversial to the students. Some students even find it idiotic.

The idea that all these problems are simply going to vanish is problematic. The school's ideology is to prepare students for life after high school as they enter the adult world. How is it that they hope to prepare us for the adult world without treating us like adults?

Cutting out cell phones may change the rate of fights, but it also significantly impacts the students who rely on their phones at school. Students who work and need constant contact with their boss or manager can't maintain this line of communication when the phones are put away.

In some case, students have work experience and their managers frequently ask if they are able cover shifts or simply update them on work schedules.

Not only does this affect the students who work, but also those who rely on their parents for a ride home. Sometimes things change when parents cannot pick up their kids on time. If students cannot have their cell phones, they won't be notified that there's a change with their ride home. These changes happening at the school also affect students' ideas when entering campus.

As students, we used to believe that school was a place to learn about subjects like math and science, topics that challenged our brains. However, with these new rules, we aren't being challenged anymore; we are just conforming to the way administrators want us to live. Students are districted when administrators enter classrooms to monitor cell phone use or pull out students during class to attend a detention.

This new policy will directly affect how we see life after high school. Instead of thinking of ways to change the world, we are learning to comply with the rules of society, learning to stay quiet and obey. This isn't how our parents want us to be taught. They want us to be the next generation of leaders, sending us to school to be prepared to lead, but in reality, we're being taught to sit and listen. These rules that administrators are placing on students are damaging to us; as students, we need to demand change. The Future of Red Bluff High School is in the palm of our hands!!

A huge setback for reproductive rights

CJ Klausner

Staff Writer

In 1973, the Supreme Court ruled in favor of protecting the right of an individual to choose to end a pregnancy. This ruling—in a case between Jane Roe and Henry Wade—allowed for widespread access to safe abortion options, and was a huge milestone in the fight for reproductive rights. However, with the recent decision for Roe v. Wade to be overturned, the federal protection which has been upholding these rights for nearly half a century has ended.

The devastating consequences of this case being overturned are already a harrowing reality for many Americans. In many southern states, which have begun to place restrictions and bans on abortion, women who have sought to end their pregnancies have been met with countless complications. When Roe v. Wade was originally passed

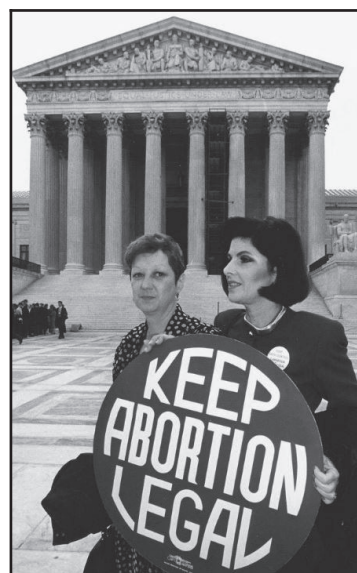
into federal law, states consolidated their practices which had previously been widely differing. Now that these laws are not federally protected, states have begun enforcing arbitrarily set restrictions which could make or break someone's career, and for disenfranchised individuals, could mean life or death. Even in the most extreme cases—where the life of a mother is in danger due to her pregnancy—she could still be unable, and in some cases prosecuted for receiving help.

People who receive abortions are typically already parents. Many are even Christian or married, traits one wouldn't typically expect when discussing people who have terminated pregnancies. Striking down Roe v. Wade was not a decision the Supreme Court made with the best interests of unborn children in mind. The judges who cast their votes in favor of

overturning this case were working under the pretenses of their own personally held beliefs. Six of the Nine active members of the Supreme Court are Catholic, which is certainly an acute concern when it comes to this particular issue.

This case being overturned presents a precedent which will primarily be affecting low-income women and their access to reproductive healthcare. It will force countless people to travel great distances for the chance to get access to receive the care they require. This is not always a possibility though. In cases of those in poverty, teenagers, and others in complex situations, these people will have to face the crushing reality of having either an unsafe abortion or carrying an unwanted child to delivery. The ruling will have effects on the financial situation, social lives, and the physical and mental health of both the parents and children forced into

reduced circumstances. This ruling is a significant blow to the future of American citizens' liberties. It is a ruling which could very well be a harbinger of further injustices for marginalized groups. With the court taking access to safe abortion, many are in fear of what other rights may be at risk.



Norma McCorvey, with attorney Gloria Allred in front of the U.S. Supreme Court in Washington, D.C. April 25, 1989.

Taylor Swift gets a bad reputation for carbon emissions

Sophia Drugovich

Staff Writer

Many celebrities have been under fire, with their reputations on display, recently due to their excessive jet usage, as reported by Yard. This group is pushing for climate equality and the reduction of carbon emissions. The celebrities in question include the likes of Jay-Z, Floyd Mayweather, Blake Sheldon, and Kim Kardashian, but the celeb under the most scrutiny is none other than the pop-princess Taylor Swift.

The basis of this article comes from one of the most infamous sites used to spread misinformation and lies, Twitter. The account where the "data" comes from goes by the username @CelebrityJets, where they track planes thought to be owned by various celebrities. One of the many flaws in their information is that there is no way to ensure the celebrity is on the flight while it is being flown.

On top of this, their "data" is not peer-reviewed

or backed by any reliable sources. Yard had a very prominent disclaimer proclaiming that the list is "not conclusive" and that there is "no way to determine if these celebrities were on all of the recorded flights"... so why did they base an entire article on it and start a hate campaign against Taylor Swift?

To put it plainly, this article is not based on facts and is used to stir up attention and anger in the media. The fact that the list is being used to attack single people is a little disappointing when they could use their platform to share and spread whatever they do, which is very unclear.

When important talks like this happen in the media, the first stones are often thrown without really knowing the information about what is happening, so next time everyone should check their sources before we have some really bad blood.

Vanilla proves to be the superior flavor

Callum Lugo

Staff Writer

Is vanilla ice cream the best? Yes, it is indeed the best ice cream flavor for multiple reasons.

There are all these flavors like Mint Chip, Rocky Road, and Cookies and Cream, but you don't know if they're going to be any good. However, don't fret. Vanilla is a classic and amazing flavor. It has two other kinds, Vanilla Bean and French Vanilla. While vanilla is the plain version, french

vanilla is richer, creamier and all around tastes better. Vanilla bean is made with actual beans and has a more natural taste. Personally, I would rather have vanilla over chocolate. Chocolate

is just an overrated ice cream flavor and is definitely beneath vanilla. One cool thing about vanilla ice cream is that to make one gallon, it takes 3 gallons of milk, which is a lot of milk for the amount of ice cream. One of the people who helped write the Declaration of

Independence, Thomas Jefferson, also invented vanilla ice cream. He then later brought it to the United States from France in the 1770's.

Vanilla ice cream makes up 28 percent of all ice cream sales, which is actually the highest out of all flavors. Even better, you don't just have to eat vanilla ice cream straight. It is also in a bunch of desserts; for example, you can put it on brownies or ice cream sandwiches, but that's not all. You can make giant milkshakes with it

and add other ingredients such as cookies, Oreos, or candy bars.

To be honest, there're so many flavors of ice cream that you can choose from, and they are probably better in certain situations, but vanilla is like that one blanket at your house that isn't the best, but it's your first one and you love it because it's super comfortable. Next time you get an ice cream, and you don't know what to choose, get vanilla. You can't go wrong with vanilla.

Should EU Militarize?

Laylin Johnson

Staff Writer

The Russo-Ukrainian War has undeniably shaken world politics to its core. Peace in Europe has been completely destroyed by President Vladimir Putin and numerous other Russian oligarchs. This has led to a drastic change in politics in the European Union, and more specifically German politics. Throughout the post-war era,

Germany was keen on keeping a relatively small military in an effort to remember the lessons of previous German states. It will always remain in historical memory that whenever a unified Germany militarized, those in power abused the capabilities of Germany's economy and military, and plunged the world into both World Wars.

As a fellow NATO ally, this raises the question of

whether we should support their present militarization, especially since Germany now plans to reach the important, though non-binding, 2% of GDP target for each NATO members' military. Without a doubt NATO will become stronger due to this change, and it could provide justification for the US to decrease its military spending. But this is a double-edged sword, since an increased German force will also make Europe more capable of defending itself without direct American support. This

makes it increasingly likely that future NATO foreign policy will sway more towards the interests of the EU, and away from the interests of the US.

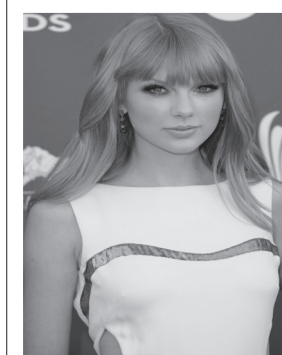
Though I will always respect the interests of fellow democracies, and especially democracies in NATO, I find this sway concerning. In recent history, the US has had increasing blunders in foreign policy and foreign intervention, including the Iraq War and War in Afghanistan. But I believe our strategic decisions relating to China should be maintained, strengthened, and unified with

the strategies of our NATO allies, including Germany.

Despite the war in Ukraine suggesting that Russia should be considered our main enemy, China should be considered our true adversary for at least the next half-century. China has already secured stakes in over a dozen European ports, making our European allies increasingly reliant on Chinese investments. In the near future, we could see a terrifying shift of European interests being melded towards a Sinocentric worldview, and the US could become even less important

in international politics.

There is one way to combat this. We must undertake a dramatic change in our foreign policy, towards investment over intervention. We must stop insulting our allies and instead invest in their economies and ports, as well as increase foreign investment in general. The way the world is shifting now is concerning. If European nations continue to militarize without the US increasing its soft power in conjunction with it, America will be left behind in a new Sinocentric world.



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Spartan Sound off

What were your first thoughts about RBHS?



Randy Gove (9)

"Looking forward to history class."



Paige Ericksen (9)

"It's way bigger than Lassen View."



Jace Ledbetter (9)

"Bigger than Berrendos"



Maci Cohn (9)

"Excited for Art class."



Grayson Duarte (9)

"Excited to be in high school and meet new people."



Josie Jones (9)

"Very large campus, also excited for Ag Mechanics."

Sound Off / Mickey & Brailynn

Red Bluff High School students attend Kiwanis Camp over summer break

Callum Lugo
Staff Writer

Some students at Red Bluff High got to attend Kiwanis Camp as camp counselors over the summer. We asked three of them about their experiences, and their favorite parts were hanging out with the

campers, making friends, and making tie dye shirts. Kiwanis Camp was founded in 1915 and has been going ever since. Kids go to Camp Tehama and stay up there for four days attending all the activities the Kiwanians (adults) set up for them. Some

activities include dodgeball, wood working, fishing, water sports, archery, corn hole, wiffle ball, and making tie dye shirts, which was one of Mickey Cohn's favorite things at Kiwanis Camp. In arts and crafts, campers made a little box with some wood, nails, and a little bit of sandpaper to make it smooth. After, they painted their box to their liking. Water sports had a volleyball game with water balloons, and if the water balloon exploded on you, you were out. While there are good things at the camp, there are also bad things.

Some of the counselors that were interviewed said that their least favorite things were staying up all night, and how short the camp was. Kiwanis has made around 100 million dollars and dedicated 19 thousand hours to strengthening the community and helping kids around the world.

Towards the end of the camp, there was a water day where kids got to ride tubes down a small river for fun. Kiwanis is held at camp



Photo Credits/Bluffer

Campers and counselors after a long hike on the Bumpass Hell trail



Photo Credits/Bluffer

Kiwanis Camp counselors pose for photo after pulling an all-nighter

Tehama which is in between Red Bluff and Chester, at Mineral. It's a really scenic area with a river next to it, a creek right by the cabins, and hiking trails that go through the forest around the camp. The campground opened in 1935 and is always booked with other camps wanting

to stay there. It was a great year back, since last year there was a fire at the camp, cutting it short for the campers.

Things with Camp Tehama have been uncertain since COVID-19, but that uncertainty is pretty much over and camps are going back to normal, with kids from all around attending.

Spartan Student Feature: Abby Rainwater

Havyn Miller
Staff Writer

Our senior class president, Abby Rainwater, is a fun and outgoing student at Red Bluff High School. After high school, she is planning on going to college to study physical therapy. Abby has played soccer and cheered during her years attending school. Along with a travel soccer team for 6 years. Her favorite high school experiences have been going to Friday night football games, volleyball games, and dress up days. She was super excited and happy when she found out she won her position as president.

Abby is a great person to have to represent our school because she works really hard and tries her best at everything. She is willing to listen to students' ideas on events and is great at helping others. She wanted to represent her senior class because she loves being involved with school activities and events. She says, "I also have enjoyed being apart of the class of 2023 these past years and I want to make this year the best I can for all of us and now being senior class president it gives me a chance to do so by

being our voice and getting to help plan all of our events and create new ones!".

Her plans this year as president is to add some new events such as senior awards, senior car parade, senior assassin, and some other fun sports competitions. Abby would like to inspire everyone to have better leadership throughout the campus and help the lack of

school spirit that we have had these past years. She hopes everyone just enjoys their high school years with no regrets and to most of all have fun while it lasts. Overall, Abby is as great student athlete and will make this year fun for student body and teachers. We are looking forward to staying in tuned to the last year of her high school career.



Photo/Bluffer

The first Club Day of the School Year!

Griffon Grundin
Staff Writer

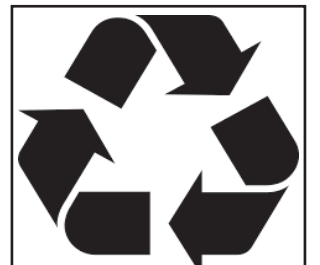
Club day has just passed, as I'm sure you've been told through posters, the daily bulletin, and much more, but why should people join clubs? Ms. Garcia says that joining clubs is beneficial to meet people who share common interests, and along with this, clubs help to take your mind off of academics every once in a while to make school more fun and less daunting. Still, what if there's not a club for you to join where you would feel included? With how diverse the clubs are and the number of them, it's an easy task to find one that may suit you!

Clubs range or vary from those such as Connect Crew, which focuses on helping transfer students and freshman get into the hang of things quicker, to the NAMI on Campus High School Club, which spreads awareness about mental health and wellness to show that mental illnesses shouldn't be disregarded and shouldn't be accounted for as less than any other medical condition.

What if you're looking for a club that's more designed for

the fun side of things and tailored for specific interests? That's great! The school has those, too! Ranging from the Dungeons & Dragons Club, which focuses on seeking adventure from D&D, all the way to the Art Club, which allows for students to just create art and have fun while experimenting with different art mediums!

Now, while there have only been four clubs specifically talked about here, it's encouraged to go to the school website or visit Ms. Garcia in room L110 to see the rest of them, thirteen as of currently. Although Club Day has passed, it doesn't mean that you can't join any of the clubs. In fact, it's still heavily encouraged that you do so. Once you join a club, it might be a good idea to try to help your friends find a club that fits them and assists them in looking at school more fondly.



Spartan Teacher Feature: Mr. Nye

Stevie Moore
Staff Writer

Darren Nye is a new physical education teacher at Red Bluff High School. Growing up, he attended Corning High School where he enjoyed playing three sports throughout the school year: football, basketball, and tennis.

After High School, Mr. Nye began his future at College of the Redwoods. He then later transferred to University of Alaska Anchorage, and finished his journey at Chico State with an undergraduate degree in Recreation Admissition. Afterward, he got his masters' degree in education and teaching curriculum. Mr. Nye especially loves any time spent with his family, and he and his wife recently welcomed a baby

boy: Nash Nye. Despite that, after Nye left Tehama County he claimed that he would never come back, years later he decided it would be easier for his family to see each other and his newborn baby.

His hobbies include mountain biking, exercising, and anything outdoors. Mr. Nye decided to be a teacher to make an impact on students; he says, "When I was younger, I loved my relationships with my teachers, and I would like to do the same for young students, too." He found a perfect job at Red Bluff High School being the JV assistant football coach and the weight training/

PE teacher. While in high school, his favorite subject was strength training/PE. This is why he was inspired to become a strength coach when applied for a job at Red Bluff High School. As well as being a new teacher, he's also taken on the role of instructing the newly introduced Athlete Committed Program.

Being a coach helps Nye connect, and build friendships with the students and people around him. His goals for the JV football team this year are to prepare them for varsity football next year, and of course, win. He chose this job because of the administrators and the type of people he gets to work

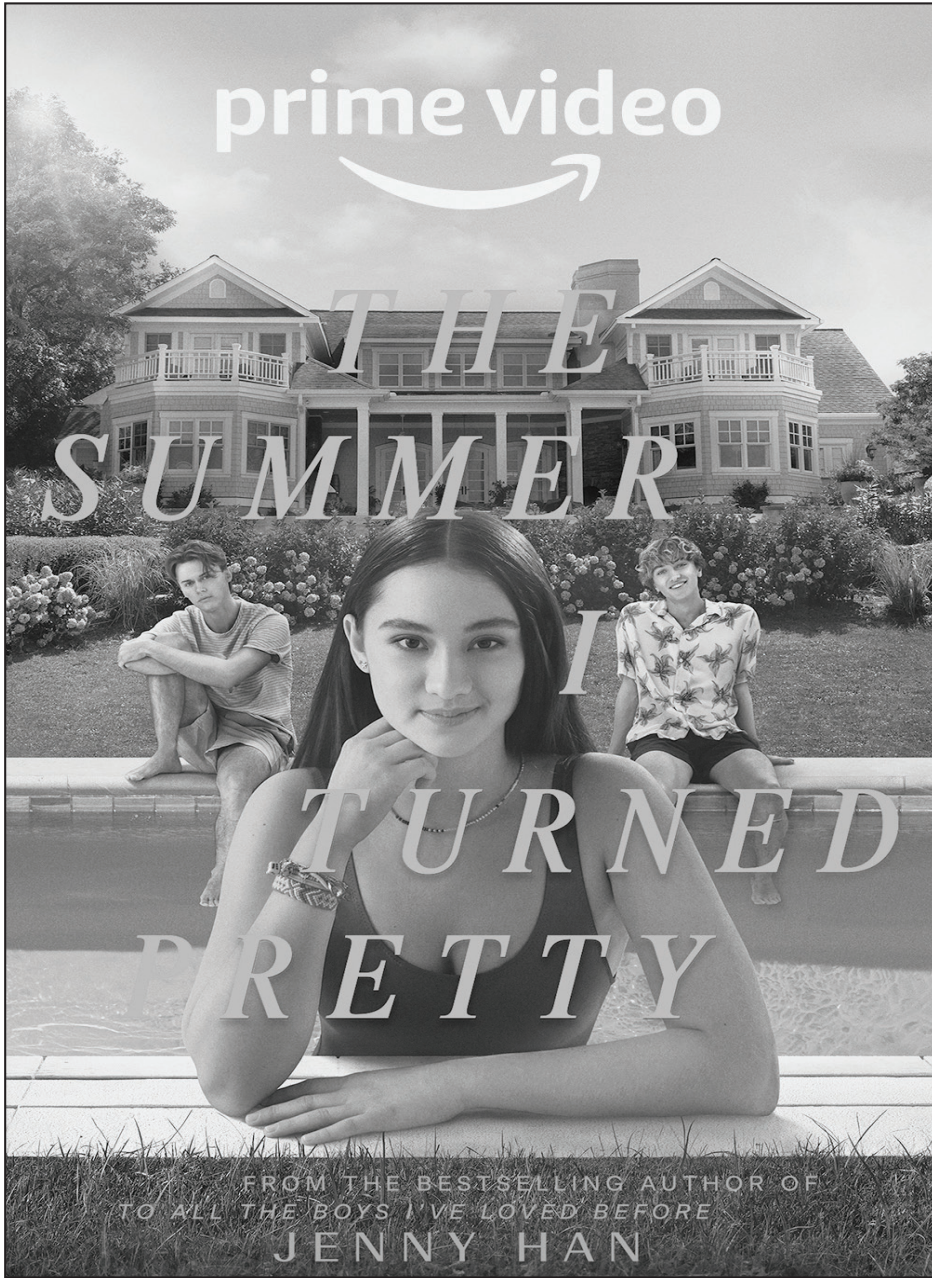
around. This year, Nye looks forward to rallies, Friday night lights, sports games, and mostly being back in a high school environment with great people.

One fun fact about Mr. Nye, is that he tore his achilles twice within a span of four months, the first time while playing basketball. Right as he was healing from his injury and walking again, he tripped on a doorway stair and re-tore it. Mr. Nye is very excited for all his expected adventures at Red Bluff High School.



Photo/Bluffer

New show based on book triology 'The Summer I Turned Pretty' becomes a fan favorite among teenagers



Keilina Lindstrom
Staff Writer

The Summer I Turned Pretty is a new TV series on Prime Video. It came out on June 17, 2022. The show is based on a three-book series by Jenny Han who also made the *To All The Boys I've Loved Before* movies and books. The first book is *The Summer I Turned Pretty*, It's Not Summer Without You, and the last book is *We'll Always Have Summer*. Each season of the show is based on a different book in the series. The show is about a girl named Belly who has been going to this summer house since she was little with her mom and brother, her mom's friend,

and her two sons, Conrad and Jeremiah. Belly's whole life, she has been in love with Conrad, but this summer, she has a new love interest, Conrad's brother Jeremiah. This summer, Belly wanted it to be one she'll never forget. At the end of the show, you will see who she ends up with. Jenny Han directed the show and made it so similar to the books that the audience could be hooked. When I watched the show, it was like the books came alive. The show had a good soundtrack with plenty of prominent artists like Taylor Swift, Tyler the Creator, Tame Impala, Frank Ocean, Billie Eilish, and many more. The books are trendy on TikTok, and it has become more popular

ever since the show came out. #TheSummerITurnedPretty on tiktok has over 1.3 Billion views on tiktok. Before the show came out, it had already been renewed for a new season, and after the show came out, the cast started making season two. The Summer I Turned Pretty was one of the most popular summer shows. The age rating of the show is TV-14. There are some topics for an older audience, and there is a trigger warning for grief. So if you want an excellent teen summer show, watch *The Summer I Turned Pretty*.



"The best summer show out there!"



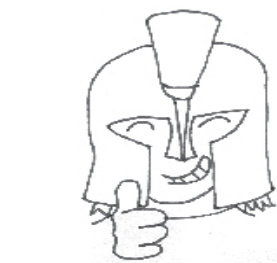
'Anything Goes By Emma Chamberlain' discusses how mental health impacts us

Mia Gleason
Editor-In-Chief

Emma Chamberlain, 21 year old influencer and creator, has a lot of thoughts about life and all that comes with it, which is why she created her award-winning podcast, *Anything Goes* with Emma Chamberlain. Her podcast focuses on growing up, relationships and friendships, dealing with anxiety, depression, and existential crises. However, she also discusses light-hearted topics such as fashion trends. For the past two years, she's discussed something new weekly, to keep listeners engaged in the episodes she creates. When listening to *Anything Goes*, you will hear different topics related to growing up, anxiety, relationship and friendship advice, fashion, and other lifestyle issues, along with her life stories. Emma has become a representative of today's young women in the media

and feels like a big sister with the intelligent advice she gives. My favorite episodes of hers are her deep and introspective episodes. They feel especially personal, as if she was talking to the listeners individually. She has a mature insight on life and it's easy to listen to her speak about her opinions. One of my favorite quotes from one of her more profound podcast episodes is, "There are billions of people on this planet doing more embarrassing things than you're doing," from the episode, "Regaining Perspective." Although this might be incredibly straightforward, it's easy to forget, and Emma always tries to keep it real with her listeners. As a listener, her podcast helps ground me back into reality and put things into a larger perspective. For anyone dealing with anxiety or struggling in life, this podcast is extremely comforting to listen to because of how well she articulates her advice. It's easy to trust

her advice as well, because she never hesitates to relate it to her own personal life. *Anything Goes* might be the only podcast I regularly listen to, but it has had such a positive impact on my own life, I'd recommend it to anyone.



"An interesting podcast for anyone"

Steve Lacy's New Album 'Gemini Rights' Leaves Fans Satisfied

Mason Voorhees
Staff Writer

Gemini Rights is the second full length album and latest from RnB singer and bassist Steve Lacy. He originally gained notoriety as a member of the band The Internet. He quickly became known for his smooth bass playing and angelic vocals. I'm happy to say *Gemini Rights* delivers. Here, Steve likes to experiment and give us a mix of sounds that we haven't had before. You can get latin based instrumentals like in *Mercury* or you can have a spacey, ethereal atmosphere seen on *Cody Freestyle*. This album has a lot of great tracks that will keep you wanting more. *Helmet* is a bouncy, 70s inspired love letter to an ex of his that goes over greatly. He brings an energy to the track that gives you the idea that he's okay, but on a deeper look lyrically, you can see that he's far from it. You also have the global smash hit *Bad Habit*. This track is

undeniably one of the most catchy and infectious songs of the year. It also has a really nice switch of the instrumental that breaks the monotony at just the right time. Over the course of the record, you can hear Steve overcoming a bad stage in his life. He lost a lover and he feels like he's lost himself. He uses music to help him recover from the heartache and turmoil in his life. When he says things like "Guess I'll move on, Love won't harrass me forever." He wants to convince himself that the feeling won't last forever,

even though he knows he might be wrong. By the end of the record, he finds himself a new lover in *Give You The World*. When he finally reaches this resolution, it feels extremely satisfying and earned because we heard him through this whole journey of his. It's not as simple as it appears on the surface. There are multiple ways to look at it. Did he find a new lover and now he's happy? Or is it just a cycle of love and heartbreak? You can choose the message. That's what makes it great. I have high hopes for his next release whenever that'll be. Steve Lacy has yet to disappoint.



"Really good and really different"

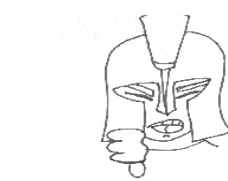
'Minions: The Rise of Gru' Takes over social media

Luke Lyford
Staff Writer

The sixth minions movie, *Minions: The Rise of Gru*, was finally released to the public over the summer, after the first sneak peek at the movie was released way back in February of 2020. The movie was finally released on July 1st, 2022, a whole two years after the first trailer. After much anticipation for the movie, it of course blew up at the box office, with an outstanding 1.159 billion USD in box office. In the first week of the movie coming out, it had already made 107 million dollars. Videos had arisen on social media app Tiktok, where large groups of people would go to the children's movie wearing suits. These videos became viral,

getting millions of views and likes, with the common hashtag #gentleminions. #gentleminions was because of the "gentlemen" wearing suits to the movie and acting very in love with the movie, by screaming aggressively and even getting kicked out. The actual plot of the movie however, was not terrible, but in my opinion it was quite overrated. The plot starts off with a young Gru, protagonist of the *Despicable Me* film series, directly after he met the minions who, although adorable, are quite the troublemakers. Our young Gru gets an application for the *Vicious 6*, the supposed best criminals around. The *Vicious 6* has an opening position which Gru is eager to take. When trying to take something from the *Vicious 6*, Gru puts

himself in a terrible situation where his problem-causing minions are forced to save him. All in all I would say the movie is not very original and quite predictable, and although the animation is on point, the plot takes away from that fact. As far as official ratings go, Rotten Tomatoes has given it a 71%, Common Sense Media 4/5, and 6.6/10 from IMDb. Overall, the movie has a total score of 4.6/5 stars. Although the movie has good ratings, I would beware thatas manyuch of the ratings were probably joking, so you'll just have to watch it yourself.



"Minions was very overated and"

Bluffer's Favorite Summer Activities

1. Travelling
2. Going to the beach
3. Swimming
4. Sleeping
5. Paddleboarding
6. Playing videogames
7. Going to the gym
8. Parasailing
9. Wakeboarding
10. Watching movies



Red Bluff High School kicks off the football season with a strong performance vs U-Prep two weeks ago

Courtney Evans
Staff Writer

Red Bluff High's 2022 football season has officially begun! To get everyone warmed up for the season, there was a scrimmage against U-Prep. The scrimmage was held at U-prep, where our JV and varsity teams played. All in all, it was a very successful practice game, and our varsity team played great. The players got a really good practice in, and the scrimmage really got them pumped for the season ahead. It was enjoyable to watch how well they all worked together out on the field. To get everyone riled up for the first game of the season we held a Hawaiian rally last week, it seemed like everyone had fun and it really got us all in the school spirit and ready for the first game.

A few representatives from the bluffer went around to see how the varsity team is feeling about this season. To begin with, we interviewed the head coach, Coach Dericek, about how he is feeling so far and what he thinks is the biggest strength the varsity team has as a whole. He says, "I'm super excited! They all have a very good unity. They are great at including everybody, and working together." We also talked to a few of the players on the varsity team about how they are feeling. We asked junior Raiden Gove, he said, "It's very exciting to be playing with new people this season. I am feeling very confident about our varsity team, we all have a lot of potential. The hardest

thing I will deal with will be controlling my nerves and making sure to stay hydrated, which is very important." Junior Jose Chavez says, "I'm feeling pretty good about myself. As for the team, we are united as one, the players

same goal, we are all wanting to win and also become better players. I think the biggest challenge of the season will be getting through injuries and keeping my grades up." We also interviewed senior Kristian Ago about how

very eager to get out on the field. I'm super excited about the season starting. I think our team has really great chemistry. The scrimmage was definitely a good practice game to kick off the season. The

struggle with is messing up or forgetting plays." Senior Wade Dewsnup said, "I am pumped now that the season has started! When the team is together we are dawgs. The main challenge I face is getting in the right mental state before going out on the field."

After hearing all that confidence from our varsity players, it sounds like we have a very thrilling football season ahead of us.

It will be super exciting to watch our teams play for the remainder of the season. Friends and families, remember to mark your calendars, the next game will be tonight, Friday September 9th!

It will be located at U-prep and both JV and varsity teams will be playing. The games begin at 5:30 pm and end at 10:30 pm. Make sure to show up and support our teams!



A Picture of the Varsity boys in the Team room with the newly donated couch.

are all very disciplined, we are all working towards the

he's feeling. He says, "I was only thing I think I may

Overhead Smashing the way through the Tennis season

Logan Deveraux
Staff Writer

As the new school year begins, so do all of Red Bluff High School's fall sports! Girl's Tennis, one of the more underrated sports, is starting its season and is more ready than ever. Senior and varsity player Casey Deveraux has played all four years of her high school career. She is one of few seniors on the team. Deveraux says that the best part about playing is hanging out with friends and being active. As you can imagine, playing during fire season here in California creates a problem due to high levels of smoke. Deveraux says it's not too bad most days, and when it is, they take breaks often and do not overwork themselves too much. Sophomore player Sophia

Berben says she enjoys Tennis because it is a fun way to spend after-school hours and gets her in shape for basketball season. She also enjoys bonding and hanging out with the team. Berben says, "Having new players on the team is exciting because you get to help them with the learning experience and see how much you have improved and how they progress in their own ways." She also notes that the heat is not a problem as she's used to it due to being an active member of FFA. Finally, she informs us that Chico High School is the team's biggest rival. They have practice on the days of the week they do not have matches. They usually go from right after school at 3:30 to 4:30. The team has most matches

on Tuesdays and Thursdays. Their first pre-season match was against Orland on Tuesday the twenty-third. The team's first official season match is on September thirteenth at Red Bluff against Pleasant Valley. In total, they have eighteen games and two tournaments, counting pre-season and not including finals. Their season ends on October eleventh unless the team makes it to the finals, which will be on October twenty-second and the twenty-fourth. Team finals will be held on October eighteenth and twenty-sixth. Lastly, individual finals will take place on October twenty-ninth and thirty-first. To conclude, this year's tennis season will be fun, and you should come to watch the matches.

Field Hockey begins season with fresh players

Jocelyn Thao
Staff Writer

Field hockey starts our school year off to a great beginning, with practices having begun on August 8th and so many new, and returning players piling in for the new season. The players received their uniforms on August 17th, so each player is by now easily identifiable by number. With their first home game transpiring on the 31st of August, it's a very good warm up for the new team to adjust to the string of games that will come soon thereafter. Having talked to many of the returning players, they all hope that this year they can pull out at least a few victories for the team this season.

With so many new people coming in from many different grades, it's such an exciting new energy that really brings an amazing team spirit with it. We interviewed two returning players on the field hockey team, Marisa Barragan and Lizzy Johnson, to see how they feel about this season, as well as last season. Marisa, a sophomore, plays defensive middle and back on our highschool's team, and as one of many returning players says that she's very excited about the new season starting back up and loves coming back with the prior knowledge of being on the team last year. Marisa goes on to say that she's glad they have more people wanting to

join the team, and that she feels they all get along well and hopes that they enjoy this season of field hockey. Lizzy Johnson, a junior, says that the two things she enjoyed most from last season were all the bus rides home from games, and that she loved bonding through the secret sisters that they do all through the season. The one team that she is most excited to go up against this year would have to be Lassen, because she believes that they give the hardest hits, and is ecstatic for a challenging and fun game. With their next game taking place on September 13th, everyone should try and attend their game to show support for the team as well as our school.

Setting volleyball season off successfully with recent win

Asia Lugo
Staff Writer

At our school, our varsity volleyball team has just started up. They had open gyms throughout the summer and had tryouts August 2nd, 3rd, and 4th. Their first game was Thursday August 18th, home against Yreka. The second half the score was at 12 to 10 then soon after 12 to 10. Payton Byrne had some amazing hits that game with her serves and spikes. Elaina Owens was racking up points with her serves. Manny Ruiz was really into the game that night, he had amazing cheers and was hyping up the crowd, he was definitely

that spirit of the student section that night. Before the game, Haley Christensen and Maci Dyke predicted how they felt about the game's going to go and they said they were excited and thought they were going to win, and they were right. Haley Christensen and Maci Dyke's answer to, "Why did you want to join the volleyball team?" was, "To escape from life", and "To be a part of a team". Their opinion on their most competitive school is Enterprise or West Valley. The



The Girls Varsity Volleyball team in their first timeout

easiest team they have played was Central Valley, Maci Dyke even said "I felt like falling asleep when we were playing them". Haley and Maci think their largest competition will be Uprep and West valley. Some players have been playing together since freshman year, while others have been playing since 6th grade. This year's team captain is Aaron. They practice everyday and train hard for these games and tournaments and you can tell it pays off. Obviously being a part of

a team means a lot to them, and they play great out on the court. The varsity team has 3 new juniors on their team this year and they get along with their team well. They have a total of 20 games this year including their tournaments. The head Varsity coach is June Borgwat with the assistant coaches Jessica Curl and Blossom Arrasmith. Their next game is Thursday August 25th at West Valley at 6:30 then they have their Battle of the Buttes tournament, Saturday August 27th in Sutter. This year's Varsity volleyball team is filled with committed and valuable players that will take this team to the next level.

Player of the Issue Nelly Navarrete Avelar

One of Red Bluff High School's most exemplary students is Nelly Navarrete Avelar. Nelly has lived in Red Bluff her whole life, attending Jackson Heights for elementary and Vista for middle school. While at Vista, Nelly was awarded student of the year at her 8th-grade graduation. While in high school, Nelly is heavily involved with the school being a part of Key Club, Women Support Women, National Honors Society, Eco Club, SOLES, and lastly, being the Active Student Body President. Along with the many clubs she's a part of; she's an honors student with a weighted GPA of 4.4 along with being class rank number 6. This summer, Nelly attended a summer course at UCLA on political science. She was awarded a \$4,600 scholarship which covered the total cost of her class, food, and dorm expenses. After high school, Nelly hopes to attend UCLA, where she wants to major in psychology. Nelly plans on being a lawyer; she chose this career path because "I like to argue with people, even if I'm wrong, it's just entertaining to me." Nelly is also the Co-Captain of the Cheer team. She's been doing cheer for eight years, starting in the 4th grade. When asked why she decided to start cheer, she replied, "I wanted to do football in the 4th grade, but my mom didn't let me and signed me up for cheer instead." Cheer has taken a significant role in Nelly's life. She has made many friends while on the team, which has helped her "come out of her shell." When asked how she balances school, cheer, and other extracurriculars, Nelly said, "I like to keep myself busy, and I truly believe that if you're passionate about something, you'll always find time to get it done."

Written by Ryan Nguyen

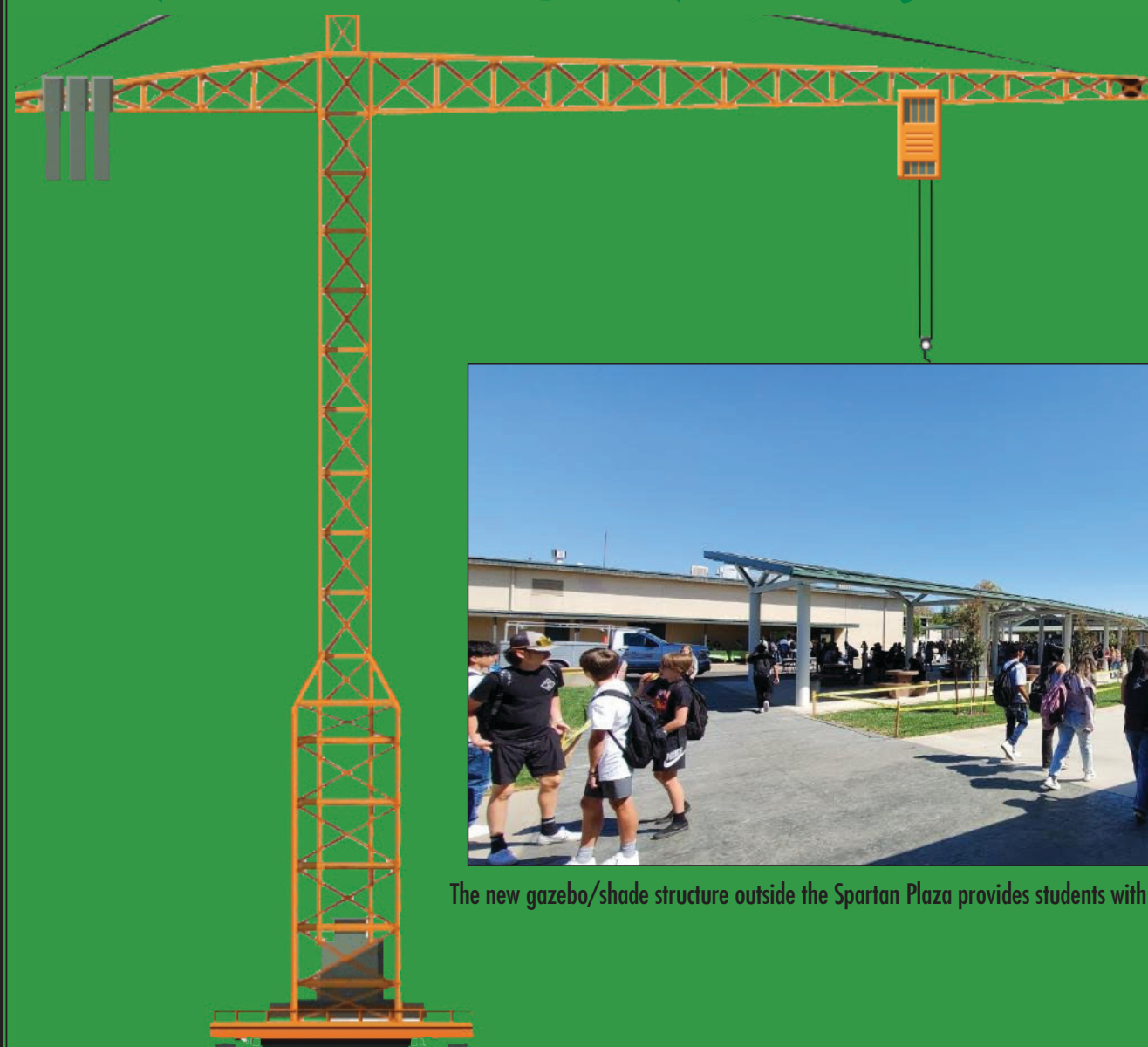
Red Bluff High School JV & Varsity Football 2022

Date	Day	Opponent	Location	Time
19-Aug	Friday	Scrimmage	UPrep	TBD
2-Sep	Friday	Lassen	Red Bluff	5:30 & 7:30
9-Sep	Friday	UPrep	UPrep	5:30 & 7:30
16-Sep	Friday	Corning	Red Bluff	5:30 & 7:30
23-Sep	Friday	Anderson	Red Bluff**	5:30 & 7:30
30-Sep	Friday	West Valley	West Valley	5:30 & 7:30
7-Oct	Friday	Chico	Chico	5:30 & 7:30
14-Oct	Friday	Foothill	Red Bluff	5:30 & 7:30
21-Oct	Friday	Enterprise	Enterprise	5:30 & 7:30
28-Oct	Friday	PV	PV	5:30 & 7:30
4-Nov	Friday	Shasta	Red Bluff*	5:30 & 7:30
** Homecoming *Senior Night				
10-Nov	Thursday	NSCIF Quarter Finals		Highest Seed H
18-Nov	Friday	NSCIF Semi-Finals		Highest Seed H
26-Nov	Saturday	NSCIF Championship		Highest Seed H

WELCOME BACK RBHS

We are happy to welcome you to the new 2022-2023 year, here at Red Bluff High School. This is just a few of the many things that have changed since last year or you can come to expect as your first year at Red Bluff High. We have new constructions outside the plaza and parking lots, new Student Government Officers and the new disciplinary and Dress code policies. We hope you have a wonderful and fun year in 2022-2023. GO SPARTANS!

NEW CONSTRUCTION



The new gazebo/shade structure outside the Spartan Plaza provides students with more outside dining choices. Photo/Bronson G.

RBHS OFFICERS



Nelly Navarrete
ASB PRES.



Ryan Nguyen
ASB VP



Trevor Tatro
ASB SEC.



Lillian Gardner
ASB TREAS.



Abby Rainwater
Senior Pres



Mya Rodriguez
Senior VP



Rustan Vaught
Senior Sec.



Alize Shaver
Junior Pres



Brailynn V.
Junior VP



Ericka Soliz
Junior Sec.



Amy Hernandez
Junior Treas.

NEW POLICIES

CELL PHONE PROCEDURES

- 1st violations of this policy will result in phone confiscation till the end of the day and serve 1 day of lunch detention. Refusal to give up phone will result in the 3rd offense
- 2nd violation of this policy will result in phone confiscation with need of a parent/guardian to pick up the phone. Student will then be required to serve 2 days of lunch detention
- 3rd violation of this policy will result in phone confiscation with parent pick up of your phone, Serving 3 days of lunch detention, and no phone allowed for the remainder of the semester

RBHS DRESS CODE

- Outer clothing must adequately cover all undergarments
- Front and back midriffs must be covered
- Shorts and skirts must exceed past the thumbs from hanging arms
- Tops must have 2 straps, with no undergarments showing
- No pajamas/sleepwear except on dress up days
- No gang related clothing or apparel. Determination at the discretion of the administrator
- Clothing which displays illegal substances, obscenities, racial/ethnic slurs, or sexually suggestive is not allowed
- Unnecessary safety pins, spikes, chains, or pointed objects are not allowed
- All students must wear shoes or sandals
- Disruptive clothing to the educational process will not be allowed. Determination at the discretion of the administration