



Red Bluff High establishes first girl's wrestling team

Caleb Polster
Staff Writer

This year, Red Bluff High has adopted a girls wrestling program. Coach Al Skaggs has offered information regarding the formation of the sport. "Girls' wrestling is the fastest growing collegiate sport in high schools. It's the most challenging sport, whether it's boys or girls," he commented.

After Francisco Barriga became head coach for boys' wrestling, he realized the immense need for a girls' program. In the past, many girls have participated in wrestling alongside the guys, but the necessity of a separate program for increased

comfort among participants was evident.

So far, the sport has been extremely successful. If you're willing to invest hours of hard work and dedication, wrestling can be an extremely rewarding experience.

Havanna Schuster, a junior and a first year wrestler, says, "I just wanted it as a reason to get into shape for softball, and it's something that my dad did. The environment's pretty nice. It's not awkward because a lot of us had to start practicing with the guys." Havanna says that wrestling gives off a "family vibe," and that the best part is "winning a match, that feeling of being able to do that out there on



Photo Credit/Abigail Gregg

your own. You go in there and you think you're in shape and you realize you really aren't."

The girls worked mostly with Al Skaggs, who had a more prominent role in the foundation of girls wrestling. "I worked more with Al because he did more with the girls program than the rest. I learned more from my teammates because we were practicing with them."

Abigail Gregg was convinced to join wrestling by her friends, and was happy with her experience. It was "Competitive, but super friendly at the same time. So many people you meet everywhere you go." Her favorite part of wrestling was

the hard work required to be successful. "It gives you a great feeling. The coaches were super kind and helpful, and I mostly worked with Al."

Caitlyn Azevedo also played a huge role in the creation of the girls wrestling program. Recognizing the need for a girls wrestling program was obvious to Caitlyn, who had previously wrestled on the boys team. Girls wrestling has been a source of great opportunities for Red Bluff High School wrestlers. Girls wrestling is a fairly new sport among California high schools, and Red Bluff is proud to be one of the first.

AP Bio classes visit fishery

Sophia Drugovich
Staff Writer

From December to February, the two AP Biology classes that are offered by RBHS were part of a program with UC Davis where they hatched salmon eggs as part of an experiment. During this time they got the opportunity to take data, observe the development of fish, and talk with advanced scientists to help further their research.

The first stop on the trip was to the Feather River Recreation Park where the students met up with two UC Davis researchers.

Coincidentally when arriving another group of researchers were about to leave to complete a fish count survey along the banks. They kindly shared a bit of what their job entails with the students and answered their questions.

After the UC Davis researchers introduced themselves and gave instructions the class got to pick a spot and release their salmon into the river.

Following lunch the class went to the last stop on their trip, the Feather River Fish Hatchery. Here the students started the tour by asking their

guide questions and getting acquainted with how the facility runs, the students then proceeded with their walking tour. During their guided trip through the hatchery the class got to see where the salmon eggs were collected, hatched, and where they lived until they were old enough to be released into the river.

Overall this opportunity to be able to do important research and make connections with professional scientists and researchers was much appreciated by the AP Biology classes and hopefully it will continue for other classes.



Photo Credit/RBHS

AP Bio students pose at the Feather River Fish Hatchery

Celebrating RBHS Counselors

Keilina Lindstrom
Staff Writer

At our school's campus we have several amazing counselors who put blood, sweat, and tears into their job and they don't get enough appreciation.

Recently was National School Counseling Week 2023. It happened February 6-10, 2023, to appreciate the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

National School Counseling Week is always celebrated the first full week in February. If you didn't know who the

4 main counselors we have on campus are Sofia Harris, Margaret Gambetta, Darbie Andrews, and Dena Owens.

The counselors do a lot of work for the school like setting up classes for the new school

counselors really do for us. They do the hard work for the school for we don't have to.

On Friday, February 10th there was a banner put up for the counselors, they all got little goodies, and brought them

lunch. They were all really appreciative of the surprise and it felt good to be recognized. They are always there for us when we need them and always are ready to help, especially about career paths.

Since it is a stressful time of the year because school is slowly ending the counselors are there to help and talk you through it.

If you ever see a counselor in the hallway I recommend just saying "Thank you" because it could simply make their day better.

We Appreciate Our Counselors



Photo Credit/Michele Gunsauls

RBHS Guidance Counselors (Left to Right) Mrs. Gambetta, Mrs. Harris, Mrs. Andrews, Mrs. Owens

Mr. Spartan returns, Kristian Ago crowned

Codii Nguyen
Staff Writer

After a long hiatus, Mr. Spartan has finally made its return to Red Bluff High School. Mr. Spartan is an annual tradition that was unfortunately put on hold due to Covid-19 restrictions, with the last Mr. Spartan being four years ago in 2019. Think of Mr. Spartan as basically a male beauty pageant. The show is judged in three main components: a tuxedo walk, a talent competition, and a costume walk. Each contestant would be judged based on charisma, originality, and overall stage presence.

This year's candidates were Kristian Ago, Meiko Barragan,

Wade Dewsnup, Grant Gibbs, Colton Keffer, Joshua Miller, Ryan Nguyen, and Mateo Vazquez, all exceptional students at Red Bluff High School. The show was performed in the Performing Arts Center last Saturday, March 3.

The Masters of Ceremonies were Red Bluff High School alumni Kate Grissom and Samuel Story, the latter being the 2016 Mr. Spartan winner. The night began with the opening dance to the tune of Eminem's "Guess Who's Back," followed by the Tuxedo Walk, which allowed the audience to get a feel for each contestant and their personality. It was obvious that vigorous training and preparation were done before

the show, as all contestants seemed to be perfectly in sync.

Next up was the Talent Competition, giving each contestant the perfect opportunity to display their skills. A few standout performances were Wade Dewsnup's ecstatic

breakdancing, Meiko Barragan's emotional performance of his own original song, Colton Keffer's dancing reminiscent of 80's aerobic exercise videos, and Ryan Nguyen's ambitious recreation of Tyler, the Creator's "See You Again." Every contestant

performed exceptionally well, with each talent being unique and equally as impressive and met with thunderous applause.

Following the Talent Competition was the Costume Walk. The Costume Walk was just as, if not more, entertaining than the Talent Competition. It was hard for the crowd to maintain their laughter and excitement during every performance, especially during Grant Gibb's rambunctious and provocative cop walk and when Joshua Miller got his head shaved on stage.

Afterward was the behind-the-scenes video of the making of the performance and the closing dance to the song "Umbrella" by Rihanna. Following was the

awards ceremony, Kristian Ago received the Director's Choice Award, Wade Dewsnup received the Mr. Congeniality Award, and Colton Keffer received the People's Choice Award.

Next, the finalists, dubbed the Fab Five of the evening, were announced: Kristian, Wade, Colton, Joshua, and Meiko. The night culminated with Kristian Ago being crowned Mr. Spartan.

Ever so humble loser, Ryan Nguyen, said this following his tragic loss, "Overall, it was really fun, and I'm gonna miss practicing with the boys. My favorite part was definitely performing my talent, even though I lost." We in the Bluffer are really looking forward to



Mr. Spartan winner Kristian Ago poses with fellow contestants

Cheer Info

- There is a mandatory parent informational meeting for cheer on March 27, 6:00 PM
- Registration is March 28, 3:30-4:00 PM

Dodgeball Info

- Sign-ups for the dodgeball tournament are available in the student store
- Cost is \$12 per team
- Games are played at lunch

Health Occupations

- Applications for CTE Health Occupations are due April 7th
- Applications are available in the counseling center or J101

Artificial intelligence can be used as a teaching tool for high school

As we enter an era of advanced technology, the utilization of artificial intelligence (AI) in our society is becoming increasingly prevalent. From self-driving cars to voice-activated personal assistants such as Apple's "Siri." As AI continues to shape our world, it is also being adopted in education.

One of the most significant benefits of AI in education is that it can take care of the busy work that students face when writing essays. AI-powered writing tools can check for grammar, spelling, and formatting errors, saving students a lot of time and effort when completing these assignments.

With classes such as AP Language and AP Literature where students are graded mainly on the content within the essay, it allows them to focus on the content and argument of their essays

AI websites are also able to process data much faster than any human can. They can scan through large documents and summarize them, which makes it easier for students to get through their workload faster. This is especially useful when students have to read through lengthy research papers or academic articles. This cuts out the busy work allowing students to complete more assignments on time.

Another significant benefit of AI in education is that it can help students find sources for their essays. AI-powered search engines can quickly find relevant articles and research papers, saving students the time and effort of

having to sift through dozens of documents to find the evidence they need to support their arguments. A majority of time students spend on their essays is finding primary or secondary sources to support their argument. By allowing AI to find these sources it once again cuts out the busy work from these essays.

AI is also a helpful tool for students as it can provide them with instant feedback on their essays. By submitting their work to AI grading tools, students receive feedback on their writing mechanics, organization, and content. This process is much faster and more efficient than scheduling an appointment with a tutor, which can take up to three days to secure.

AI is not just beneficial to students, as teachers are also starting to embrace this technology. In fact, educators are now using AI to design lesson plans that cater to each student's individual learning needs. AI can analyze the work students turned in and identify areas where students to work on. AI is also being used to grade essays. By teaching AI tools the rubrics for various assignments, teachers can save time and energy by letting the AI tools do the grading for them.

Finally, AI is changing the way teachers need to teach. With access to AI-powered tools and resources, teachers need to create work that is innovative and that hasn't been repeated over the past decade. They need to think outside of the box and find ways to use AI to enhance the learning experience for their students.

The U.S must constrain itself from further involvement in globalization

Laylin Johnson

Staff Writer

The opinion is held by some, including prominent politicians in recent years, that our nation should shy away from increasing globalization, and turn towards a policy of self-reliance. Further within that group, there are even those who flirt with the idea of isolationism. However, I firmly believe that these individuals are mistaken in their reasoning, and the increasing popularity of these policies is concerning to me.

Our role in modern globalization has its roots in the founding of the United Nations and the North Atlantic

Treaty Organization, the UN and NATO respectively. These organizations were both founded with the overarching goal of preventing a conflict as large and as destructive as World War Two from happening again. So far as those organizations have existed, they have done an admirable and so far successful job of preventing this from occurring. Pivotal to their success was and is the prevalence of the United States in both institutions. This role, however, has begun to be undermined by those who believe that the United States should retreat itself away from the

international stage, and solely pursue policies counteracting the otherwise positive effects of internationalization.

Their main points of political infiltration come from a collective frustration towards and fear of the large trade deficit between the United States and China, estimated at around \$380 billion dollars. Whilst this is concerning, especially when the latter nation is an enemy, such ideas of isolation should not be applied to our allies. If we cease our commitment to them, namely Europe, we cease our commitment to the preservation of democracy around the world. Though if we are to

continue our commitment, we must practice restraint, one policy that I would be in favor of. We have learned the terrible lessons of Iraq and Afghanistan, displaying to us that we do not belong on battlefields outside of the European and American continent. We should spread democracy through example, not through neo-imperialism. The best way to do this is in conjunction with our friends in NATO, and our neighbors on the American continent. We must remember the lessons from our wars in the Middle East as well as Vietnam, that lesson being that we can no longer effectively stand alone on the world stage.

School pizza is the best lunch option

Griffin Grondin

Staff Writer

While having a few different choices of lunch might be a good idea for the school to incorporate, and everyone might have different tastes, I'm still led to believe that school pizza is the best choice of food here. While this opinion might not be the most agreeable to most, there's some points presented that make this a valid argument. Everyone has their own tastes, and prefer different food for their lunches—possibly a salad, or maybe the orange chicken, sometimes the exact items one might want may not be available. Now the school pizza is presented, not the most appetizing meal, not the healthiest option, but the most consistent. Every lunchtime in the school presents you with the opportunity to eat the pizza, and there isn't a day it isn't offered in the cafeteria. With this, there are still different options of pizza one might like, such as cheese, pepperoni, garlic chicken, and the occasional all-meat, so there is still variety in your food if that's something you value. It's not being said that it's always the best option every day, as it's up to what you feel like

eating that day, however what is being said is that there is consistency in the pizza that isn't shown with most items on the menu. A good counter argument to this opinionated article is that the salads are offered every day, and while this is



an irrefutable point, there are a few problems with this. Some might not like to wait in the much longer lines to obtain those salads, and by the time they get to the counter, their favorite choice of salad might already have run out. Along with this, there are yet a few people who don't mind waiting in those lines, and might have a few choices of salads that they like, and to that point there's nothing to argue on. While some might not like the pizza, it does offer a consistency unlike any other.

Social media's negative impact on the youth

Logan Deveraux

Staff Writer

Social media is known to be entertaining and oftentimes you find yourself spending hours on your phone; however, it has altered teens' view of reality and it gives them unrealistic expectations of how their lives should be. Social media took off in the 2000's when people really began to start posting and creating content. In 2015, a report was released by Common Sense Media that proved that children between the ages of thirteen and eighteen are on social media for about nine hours a day. Kids from the ages

eight to twelve average at about six hours a day- not including social media used for homework purposes. Using social media, especially this much, can distract kids from school or other more important things. It has been linked to the rise in anxiety and depression rates, is the reason for cyberbullying, and creates peer pressure. If a young child is watching their favorite content creators doing something dumb for views, they're going to think that's cool to do and start adopting those same habits. With all this, there is still more. People's ideas of how relationships should be has become unrealistic. People

do not try to win their partner over with a nice dinner or go on dates anymore. It is now trendy to treat people poorly because it is considered funny and it is more frequent that you hear about partners cheating because social media networks have made it easier to do so. It is also very common now to pursue multiple people at the same time. Even just relationships between your friends and family have changed. Instead of visiting your grandma, you might just send her a text instead. People are so chronically online that they are missing out on precious moments and other aspects of life outside of the unrealistic

world within social media. Now, you may be thinking, why don't you just delete social media if you think that it is ruining people? While some people might, others won't because they will not be in-the-know. Not that that is important, but it might make you feel left out. For these reasons, social media is lame.



Markus Cleveland: the GOAT

Bradden Grubert

Staff Writer

Marcus Cleveland won thirteen X Games Medals and a world championship in slopestyle/big air. On February 27th, 2023 he won yet another men's slopestyle world championship. Marcus Cleveland is a Norwegian professional snowboarder who specializes in slopestyle and big air events. Although Marcus is only 23 years old, he's first person to ever land a quad cork 1800 in a competition. He is on his way to becoming one of the greatest snowboarders of all time.

Since winning both first and second in his X Games debut in 2017, he's unstoppable,

winning not only X Game competitions but multiple world championships.

I personally believe that Marcus' aerial abilities and limitless creativity will allow him to not only continue winning these huge competitions, but progress the skill cap in men's slopestyle/big air to a point that we've never seen before. Marcus has never failed to impress and by the time he turns thirty, he'll be one of, if not the greatest snowboarder of all time. In X Games competitions, he has eight gold medals and five silvers, whereas Shaun White, who's considered the

greatest snowboarder of all time, has thirteen gold medals, three silver, and two bronze.

At this rate, Marcuss is going to surpass Shaun White in terms of medals. All Cleveland needs to do is get those X Game medals, and place well in the next two Olympic competitions. When it comes to Olympic performances, Shaun White's record blows Cleveland out of the water.

However, I think that if Marcus performs perfectly at the next two olympic competitions, and continues to dominate in X Games, he will surpass Shaun White as the greatest snowboarder of all time.

Fettuccine Alfredo is the superior Italian dish to eat

Callum Lugo

Staff Writer

I once went to this restaurant and thought, "I'm going to order some pasta." So, I ordered the fettuccine alfredo, and it was amazing! Personally, I believe that fettuccine alfredo is better than pretty much every other type of pasta. However, if I said that to an Italian, they might get upset because they eat a lot of pasta. While spaghetti is also good, it's highly dependent on the quality of the meatballs. If the meatballs don't taste good, it ruins the

entire dish. Additionally, I'm not a big fan of skinny circle noodles; I think square noodles are where it's at.

But let's talk more about fettuccine alfredo. Not only can you have the classic dish, but there are also variations like chicken alfredo or shrimp alfredo. If you don't eat meat, you can always substitute with vegetables. The alfredo sauce is made of parmesan cheese, butter, cream, and salt. What's great about this dish is how simple it is; there aren't many ingredients, and you can make it almost

anywhere. You can add various spices and seasonings to make it more to your liking and get creative with it.

However, fettuccine alfredo is quite fatty due to the butter, cream, and cheese, and if I ate it for a few days straight, I'd definitely gain some weight. But the shape of the noodles is just perfect compared to other types of pasta. You can wrap them around your fork like spaghetti, but they don't slip as much or get tangled. Overall, fettuccine alfredo is just better than most other types of pasta.

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Spartan Sound Off

What is the luckiest thing that has happened to you?



Reese Plemons (9)
"Scoring a goal in soccer."



Carson Hall (10)
"I won 500 dollars on a scratcher."



Sydney Bennet (11)
"I found a four leafed clover."



Colton Keffer (12)
"I survived a car accident going 90 MPH after rolling seven times."



Mrs. Lopicollo (teacher)
"Meeting my husband at a wedding on the Queen Mary."



Mr. Shilts (Teacher)
"Bet on the horse with the longest odds at the last Kentucky Derby and won 200 dollars."

Sound Off /Mickey & Brailynn

Future Farmers of America holds spirit week at RBHS

Courtney Evans
Staff Writer

FFA has been playing a huge part in our world for many decades now. As it tends to be overlooked by many, agriculture is all around us as it contributes to everyone's daily lives. Agriculture has a great effect on the food we eat, the fuel in vehicles we drive, and even the clothes on our backs.

Part of FFA's mission is to increase awareness of the global and technological importance of agriculture and its contribution to our well-being. FFA is known to create the future leaders for the world or in other words, the future farmers of America.

For students involved in FFA, they are provided with many great opportunities and necessary life skills and can also get help with career choices as there are roughly around 300 jobs in the agriculture industry that can be fit for various personal

interests and skills. FFA is a great

community to get involved in for those interested in agriculture and could benefit people who are interested in getting a job in the agricultural field, as another part of their mission is to strengthen the confidence of agriculture students in



RBHS FFA teachers hold Teacher Of The Year awards for their outstanding work in the Ag. Dept.

Here at Red Bluff High we had our annual FFA week, every year this week runs from the week relative to George Washington's Birthday, in recognition of his legacy as a farmer and an agriculturalist.

FFA week is used to raise awareness of FFA and all it has to

offer to our students. Along with a celebration of all FFA and agriculture has given us over the years. FFA week is one of the bigger celebrations held, with over 850,000 FFA members in celebration that week. Students here on campus had been hosting activities. We hosted a door

decorating contest that started on Monday the 27th, and it went on till the end of the week, Friday the 3rd, and were judged during 1st period. We also held a hot dog feed at lunch put on by our FFA students outside the Ag Shop.

To keep the FFA spirits high throughout the whole week we also had a series of fun dress up days. The themes were, Merica Monday, Country vs. country club, Frat Boy, Throwback day, and Finally FFA Friday, where we dressed up in the signature FFA colors, blue and gold. After seeing how much spirit our school had for FFA week really showed how much we care about agriculture and our FFA community. Celebrating FFA week gave our students involved in FFA a chance to shine and share with the school what FFA is truly about.

Spartan Student Feature: Riley Mckenzie

Bailey Ferguson
Staff Writer

Riley Mckenzie is 15 years old and a sophomore at Red Bluff High School. You may know her because her dad, Cody Mckenzie, works for the Red Bluff Round Up race track. Riley herself was even in the Round Up float for the Christmas parade! You may also recognize her from her incredible performances in our school plays and musicals.

Riley is involved in theater and happens to be an incredible actor. She is currently in the spring musical, "Little Women," playing the role of Mrs. Kirk. Her favorite parts about being involved in the musical so far include being able to yell a

lot when she's in character, and being able to work on her singing which she claimed was rough in the beginning.

Additionally, Riley enjoys working with fellow actor, Bailey Crews. She has always been participating in theater since she did Missoula

Children's theater, and has taken theater during both her freshman and sophomore years. Her favorite part about acting is getting attention and being able to goof around. For



fun, Riley loves to read, and she is currently reading "Animal Farm," and when asked about sports she replied, "God no to sports, I'm so unathletic." Riley's favorite class of this year is P.E. because of her fellow classmates she gets to spend

time with. Her other classes include Advanced English, Algebra 2, and Honors Chemistry, which she says is pretty difficult. Miss Mckenzie happens to be rather spirited as well, she thoroughly enjoys attending school football games as well as dances, dressing up for spirit weeks, and she loved being in Josie Park's skit for Spirit Court Princess. Speaking of Spirit Court, Riley happens to be following in her older sister Stevie Mckenzie's footsteps, who was a nominee for Spirit Court in 2019, school spirit runs in the family!

Riley Mckenzie is hardworking, creative, and above all a comedic genius, and I think we can all agree she has a bright future ahead.

A quote that gets her through her day is, "Do no harm, take no crap."

Powderpuff returns this year with spirit week and rally

Logan Deveraux
Staff Writer

The annual Powder Puff Football game and rally has always been something to look forward to since its return last year and even before then.

Powder Puff is a flag football game where the junior and senior girls go head to head in a fierce competition. This is the second Powder Puff game since it was so sadly postponed in 2020 due to the Corona Virus when the whole world essentially shut down.

The game will be held on Friday, March 31st at the football field from 6:30-8:30. If you so unfortunately missed watching and enjoying the Mr. Spartan pageant and competition, do not be upset! The Mr. Spartan contestants will be putting on their very own show during halftime at the game.

Before the game, there will be a Powder Puff rally to get everyone hyped for the game in the later evening. The week of March 27 to March 31 leading up to

the game and rally, there will be a dress up week to show your school spirit and support for the game, players, and coaches. The coaches are usually some of the Varsity Football players who have chosen to help teach the students how to beat the opposing team.

The coaches for the junior and senior teams are not final as of the time this has been written, so there is no way to tell for sure who the coaches will be for the 2023 Powder Puff game.

The whole production is run by Abby Rainwater and the rest of Student Government. Please join us and show your support for each and every person that works hard to make this game happen each year.

Let's not forget to give credit to the coaches as well as the rest of Student Government as they are the backbone of putting on the whole game, spirit week, and rally. If you are interested, come out and support the 2023 Powder Puff game and have a good time!

Spartan Teacher Feature: Mr. Ky

Asia Lugo
Staff Writer

Mr. Ky Struck has been teaching for about 10 years, he started subbing at a private school in 2013. Mr. Ky has been working at Red Bluff High School since 2021 and he refers to himself as a "freshman". Mr. Ky Struck became a teacher because he has always worked with students and even coached before becoming a teacher.

He fell in love with working with students so he decided to pursue education. Mr. Ky's favorite thing about teaching is the

relationships he builds with the students and the memories he makes with his colleagues. Mr. Ky's least favorite thing about teaching is "dealing with the negativity", he also works in lunch detention.

When Mr. Ky was younger he attended Foothill High School and even played on the soccer team.

Mr. Ky Struck now has a beautiful wife and an adorable daughter that is 2 years old, he even has a baby on the way! Mr. Ky says his presence helps the environment and he

has a really good sense of humor which is true. He also loves to help in classes when teachers leave the room and needs someone to supervise the classes. I asked Mr. Ky for his opinion on the cafeteria food and he says he gets flashbacks when he eats the chicken sandwich.

Mr. Ky always knows how to brighten a student's day and the relationships that Mr. Ky forms with students shows how much he cares about student's feelings.

He's always roaming the halls and he is an amazing

person, and students love his sense of humor.

His office is located by the library but he is typically seen in the halls, taking students out of class for lunch detention and taking them to the F building, helping teachers out when their class needs to be supervised, or in the Spartan Refocus class watching students. Next time you see Mr. Ky around the high school don't be scared to say hello because he loves interacting with the students on campus.



Jane Austen adaptation, 'Persuasion', fails to encapsulate the sophistication of novel

Cordelia Klausner

Staff Writer

Near the end of 2022, Netflix released a new period

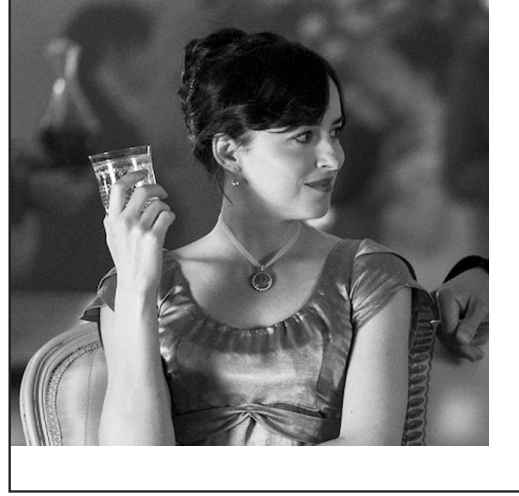
Anne, quietly tormented by a past heartbreak, reuniting with him. The scripts' failed modernized approach to Jane

takes unwarranted liberties with costume design. The only real asset of this film is the cast, which stars

this book which have done a much better job in production as well as staying true to the source material. In contrast to

accurate Persuasion adaptation to date. The acting and writing is simply better. However, because it is more accurate

of Jane Austen worth their salt would suggest either prior adaptation over the most recent release.



drama, yet another adaptation of a Jane Austen novel. Widely regarded as one of the most highly sophisticated of her books, the movie attempted to adapt Persuasion. This is the last book which Jane Austen published, which is reflected with its more serious and mature tone. The story follows

Austen's writing ultimately falls incredibly flat. The humor is entirely out of touch, and the 'relatable' take on the story's protagonist simply doesn't work. The writing isn't just unsuited to the original story, it was a failure overall. The movie's direction is visually uninteresting and

Dakota Johnson and Cosmo Jarvis as the main love interests.. Characters like Anne's hypochondriac sister Mary Elliot played by Mia McKenna-Bruce and Richard E. Grant as the comedic relief Sir Walter Elliot both stood out. Luckily, there have been 2 prior adaptations of

the most recent reboot of the novel, both the 1995 and 2007 adaptations did much better jobs of remaining true to Jane Austen's writing and tone. The 1995 film best portrays the story as Jane Austen would likely have imagined it when she wrote the original novel, and is undoubtedly the most

and Anne's character is more somber, it does drag on and end up being slow, especially towards the beginning. The 2007 adaptation strikes a good balance between these elements, though, with an incredible production value and a suitable tone. Ultimately, any admirer

of Jane Austen worth their salt would suggest either prior adaptation over the most recent release.



"Try watching an earlier adaptation"

Yeat album doesn't live up to expectations and disappoints

Keilina Lindstrom

Staff Writer

Recently the rapper Yeat released a new album called "AfterLyfe" and it can be streamed on all music platforms. Yeat mostly got popular off social media and because his song "U Could Tell" was featured in the hit show "Euphoria". His streams sky rocketed from there. He has released albums back to back since 2019. I honestly don't know how he can produce this much music so fast, "AfterLyfe" is a sequel to his previous album "Lyfe" which most of the songs on that album

id change", "woa...!", and many more songs. A lot of people off social media were excited for the album to come out since most of his previous songs have been hits. He releases albums

how his music is different from other artists and others say his music is hard to understand.

I personally liked the song "Shmunk" the best because NBA Youngboy's verse was really good and the song sounded differently from the others. If you are looking for a new upcoming popular artist I would definitely recommend Yeat but listen to his other albums because they are better than this one.

Yeat is currently on tour and had his first concert of the tour in Toronto. He sounds pretty much the same in person and in his songs. Overall this album was kinda boring and I liked his others better.



"An alright rap album."

got popular on TikTok. The album has 22 songs and in total is about an hour long. It was released on February 24th, 2023. The songs that have features are "Shmunk" featuring NBA Young Boy, "rav3 p4rty" and "mean feen" featuring Kranky Kranky, and "now" featuring Luh Geeky. The songs that just feature Yeat are "No more talk", "Bettr Off", "Nun

pretty frequently and they get popular really fast. His songs are catchy and have good flows to them. In my opinion I think the album was over hyped and most of the songs sound the same. A few songs were really good and sounded different.

There are a lot of mixed reviews on Yeats music and I am kind of in the middle. Some people say they like

Casa Ramos remains a beloved restaurant by many students

Luke Lyford

Staff Writer

Out of the countless Mexican restaurants and taco trucks in Red Bluff, one is taking the lead, Casa Ramos. Casa Ramos is a family owned and operated food chain, the first Casa Ramos taking off in 1997 in Yreka, California. Many of his friends and customers strongly suggested that the owner needed to expand his operation, to which he listened. From there the business grew to parts of Northern California. Thankfully our town was lucky enough to get blessed with our very own Casa Ramos. People love the restaurant and always mention how their service is truly impeccable. The staff is super inviting and friendly and will always get you what you need. When asked about the

restaurant, sophomore Keira Klein says, "I'm actually so excited because we're eating there tonight and I can't wait to have some of their tortilla soup. I will literally request

smack dab in the middle of town, but not in the middle of nowhere either. The train tracks however are right outside the parking lot which can be pretty cool to see.



Casa Ramos is somewhat known for having pretty good catering services. The restaurant can serve what's known as a party platter, having loads of small taquitos and whatnot that I can personally say are very good. Casa Ramos is also a great place for parties with the back room being able to fit roughly twenty plus people at once. It's overall a super fun experience to have them all sing to you giving you a hat and a squeaky chicken.

it when they don't even have it on the menu." One of our English teachers here at the school, Mrs. Bliss said "Casa Ramos, I love their tortilla soup and the waitresses are super friendly and inviting. Oh and I love their warm chips." Through online reviews and what I have heard, they serve excellent margaritas, all the way from Mango to Jalapeño. As far as the location goes it is pretty nice since it isn't



"I love Casa Ramos so much"

Philosophical novel, 'The Alchemist', discusses self-discovery and different spiritual experiences

Bailey Ferguson

Guest Writer

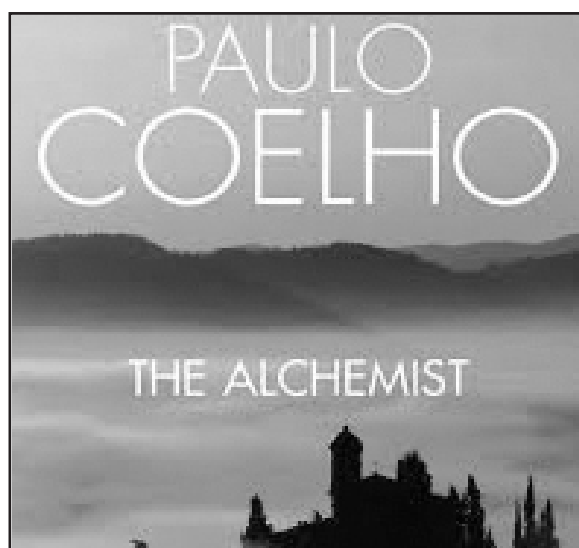
The Alchemist by Paulo Coelho is a book so fantastic it can hardly be put into words. Featuring deep philosophical wonderings, self-discovery, fantastical/magical themes, and a wide range of characters, this story truly makes the reader think about the world around them, and look inwards at themselves. The book follows a boy named Santiago who resides in the hills of Andalusia, a community located in Spain. He lives his life working as a shepherd when he begins to have dreams about treasure he must find in the Pyramids of Egypt. Confronted with this wave of destiny Santiago faces,

he begins his journey, and along the way meets people who give him new perspectives on life, God, and purpose. These characters include a gypsy woman, a king, a crystal merchant, an Englishman, a beautiful woman, and most importantly, the Alchemist.

Santiago goes through experiences that induce a wide range of emotions and viewpoints, and we watch as he grows throughout the story. To avoid giving away the actual events of the book, I will share my interpretation of the tale.

I found this book gave me hope about the world. There are an array of complications that take place during Santiago's journey that could easily break down a person's will.

Regardless, Santiago finds the importance of being a way to appreciate every present, which is a powerful



moment; he cherishes his trek from Spain to Egypt and the interesting people he meets rather than solely focusing on the treasure. This book emphasizes

message that Coelho has executed perfectly. Another factor that makes this book a captivating read, is the setting description and detailed connection

our main character has to nature. Personification takes place in things such as the wind, or the desert, or the sun, which is ultimately very mind-bending, yet purposeful. I find this use of nature coincides with a connection to God.

What makes the faith in this book so mesmerizing is that I feel as though anyone could enjoy the imagery and bliss Santiago feels that is inherently spiritual, regardless of their religious or political position. The Alchemist is a book that can provide hopeful wisdom to a vast range of people who feel lost. This book teaches the healing power of listening to your heart, following your dreams, and being grateful, whilst being coupled with absolutely beautiful imagery

that transports the reader to the sea shell ridden sands of the African continent.

The Personal Legend portion of the book creates a sense of self-fulfillment in the reading, that I feel could comfort and inspire people for generations to come. My point being, Santiago can teach us a lot!

From handling fear to appreciating beauty, this young man is incredibly wise. Overall, this book was a positive experience, 10/10.



"A good read for all the lost souls."

2022-2023 Alpine season comes to a close for the racers, but the season isn't over for casual riders

Veronica Ulloa
Staff Writer

As Alpine season comes to a close, our own Red Bluff High School community participates in State Qualifiers at North Star. Many different schools from many different areas go to compete at States. The Red Bluff High School Alpine team offers snowboarding and skiing.

There are around 45 snowboarders and 10 skiers on the Alpine team. The Alpine team creates a community for all Red Bluff High School students wanting to join. All grades are able to participate and it is a great way to make new connections.

The Red Bluff High School Alpine team has been practicing at Mt. Shasta Ski Resort and on campus, doing dry land exercises at

school practices and on the mountain. Red Bluff High School Alpine racers have worked extremely hard to perfect skills and be a great

team. To raise money at the beginning of the season, the Alpine team sold wreaths, so students have been raising money and putting in the work

on and off the mountain. Red Bluff High School Junior, CJ Klausner, said her favorite part of Alpine was going down the hill.

going fast down the hill." Coaches Barrow, Daricek, and Higgins have worked amazingly hard at making the Alpine team an exceptional

experience for students.

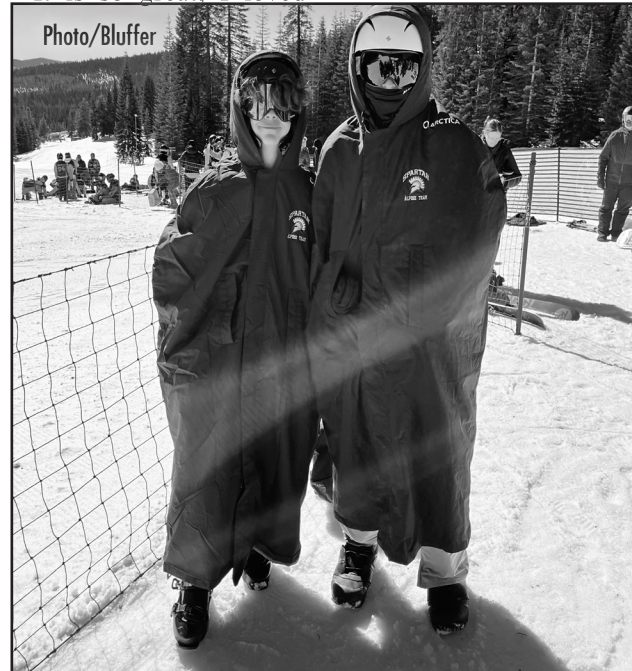
During an interview with Klausner, insight on being a racer was discussed. "Alpine is a very self driven sport," says Klausner,

"you need lots of motivation". For skiing, a lot of coaching is self led. Since Alpine is an individual sport, you need to have a lot of discipline as well. When Alpine team members race, they go through slaloms and giant slaloms. These are courses for the team members to go down. Our Red Bluff High School Alpine racers practiced many hours to perfect going down these courses.

Alpine allows Red Bluff High School Students to experience different areas and meet new people from different schools. Overall, the Alpine team is a great motivator and a great way to find new people.



On the move, Raiden Gove carves around a gate



Bronson Gilchrist and Quinton Byrne huddle together

JV Baseball swings toward a new season

Jocelyn Thao
Staff Writer

Baseball has started back up at Red Bluff High School and it has started with a bang!

Tryouts happened before our big break, and were broken up into 3 consecutive days.

Once everyone found out if they made it or not, they were given their team's practice times.

For the JV Baseball team this year, practices occur Monday through Friday and go on from 3:30 all the way to 5:30.

One player I interviewed on the team is named Pate Cahoon, a freshman right field as well as number 16. He began playing baseball in

the 2nd grade, and ever since then it's been something that's stuck with him throughout his years. It's

something fun he enjoys to do, and is one of his favorite activities to participate in.

As of now, March 2nd, their next game would be happening on March 7th. Baseball, as well as any other sport, is encouraged for all to tryout and test their skill to see if they can make the team.

Although not everyone makes it, it's a good incentive for new players or even seasoned players to put in even more work for the next year's season of baseball to come.

With struggles of finding a coaching staff, the team still feels optimistic toward the beginning of their season and the rest of the year.



Ryan Rooss prepares to approach the plate last season

Varsity B-ball's new field

Piper Hardwick
Staff Writer

Baseball is starting off the season with losses and no field. They have been trying to finish it up before they start having home games but there is no chance of doing that.

Varsity baseball has about two to three tournaments coming up at and the last one was at Foothill High School, they pulled up some underclassmen up to varsity, we heard from Lucas Owens and he exclaimed that he feels the new field needs to be done by now because he wants to have home games, it would be nice when it's done, it would look nice. Their team had a tournament a week ago and

they went against Shasta which they Won by 9-2, they played hard and good.

We also heard from

patchy, it was just not good to play on and so the principal decided to fix the problem

for the team. Their other idea was to put actual stands instead of the terraces we have, people find them uncomfortable, you can barely see the game from up there also. We don't know what else they would be fixing because

the dugouts do look like they need to be fixed also but it must be a step at a time to fix everything. The new field is gonna be done in a couple of months hopefully, unless they don't work on it because of the rain.

Next year the team hopes for a home field along with a strong team. The rough start for this year makes it hard for the team to be good. This is because practicing on the football field is not as beneficial to the team.



The progress of the new baseball field

Manny Ruiz and they talked about how the field needs to be done because he is tired of practicing on the football field because it's not where they should be practicing, they have been working on the field since a week before school started which is insane because they are still not done with it. The new field was getting re-made because the field before was terrible, the grass was

Softball's best season yet

Piper Hardwick
Staff Writer

Softball is starting off the season with tournaments, games coming in fast. Talina Bussell is starting out on varsity for her second year, she has been playing softball for 5 years, she plays many positions on the field including third base.

The first varsity game will start on wednesday March 8th, Talina hopes for a successful season with her team. With several months of practice a successful season appears to be on its way.

Tryouts took place on February 16th with six cuts, these passionate girls are ready for a big season.

There are three coaches all returning from last season, although they only been coaching for a year they started to make a successful team.

The Jv team had about one or two tournaments

last weekend, they lost a few games but overall they won more than they lost. They have about 13 players on their team, Jv has a mix of freshmen and sophomores, Varsity have juniors and seniors and

least once. Their practices are described as enthusiastic, learning and outstanding because they get to learn new ways to pitch, bat, and get ground balls. The girls have fun at the practices when their friends are there or if they are doing their favorite thing.

The varsity team has many bench players because a lot of their players are injured or recovering from an injury.

The weather has been messing up practices and games for the girls because the fields are all grass and dirt, it's been just pouring rain almost every day.

With the season fast approaching many hope the weather clears and players can return to the field.

some sophomores are moved up to varsity because they are just too good.

The team's biggest opponent is Foothill, they have lost to them but they hope they can beat them at



Kimberly Nunez up to bat waiting for the pitch

Athlete Feature: Keeli Smith

Havyn Miller
Staff Writer

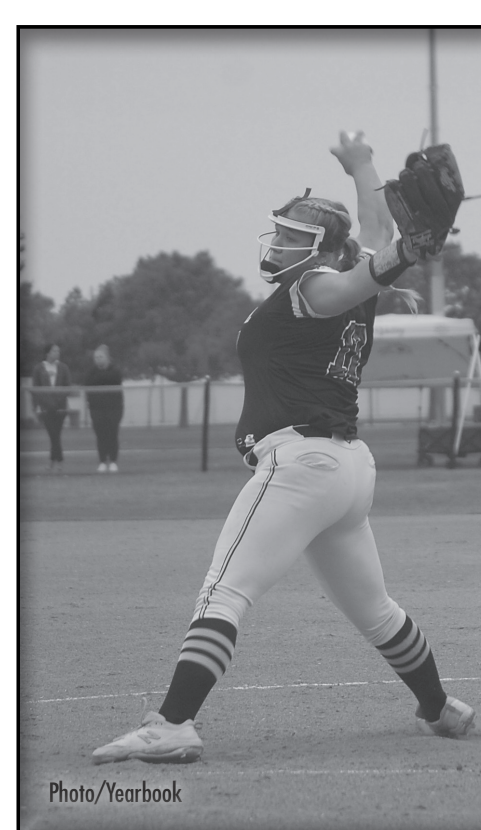
Keeli Smith is a Red Bluff High school student who has shown outstanding commitment toward her academics and sports. She has played on Varsity for all four years of high school and she is their main pitcher.

Keeli enjoys playing for Red Bluff because she gets to play with her friends and work on things she can't do during travel ball. She has played softball since she was four years old.

Recently, she has been playing for her Universal Fast Pitch Gold travel ball team located in Martinez, California. Keeli started travel ball ten years ago and has played on multiple teams including LTG, Breeze, and Universal. She works very hard for her position outside of high school practices by working out at least three times a week, pitching lessons once a week, and hitting twice a week.

Keeli was selected out of six pitchers from California, Nevada, Arizona, Hawaii, and Oregon to go play on the Hall of Fame Stadium in Oklahoma City for her 12U national team. She also played on a team ranked

seventh in the nation and attending Sacramento State her team went 44-2 for their season. Her record was 16-0 with an ERA of 1.63.



Photo/Yearbook

University with a full-ride scholarship where she will continue her softball career. At Sacramento State, she is planning to obtain her bachelor's degree and will be majoring in health sciences and minoring in psychology.

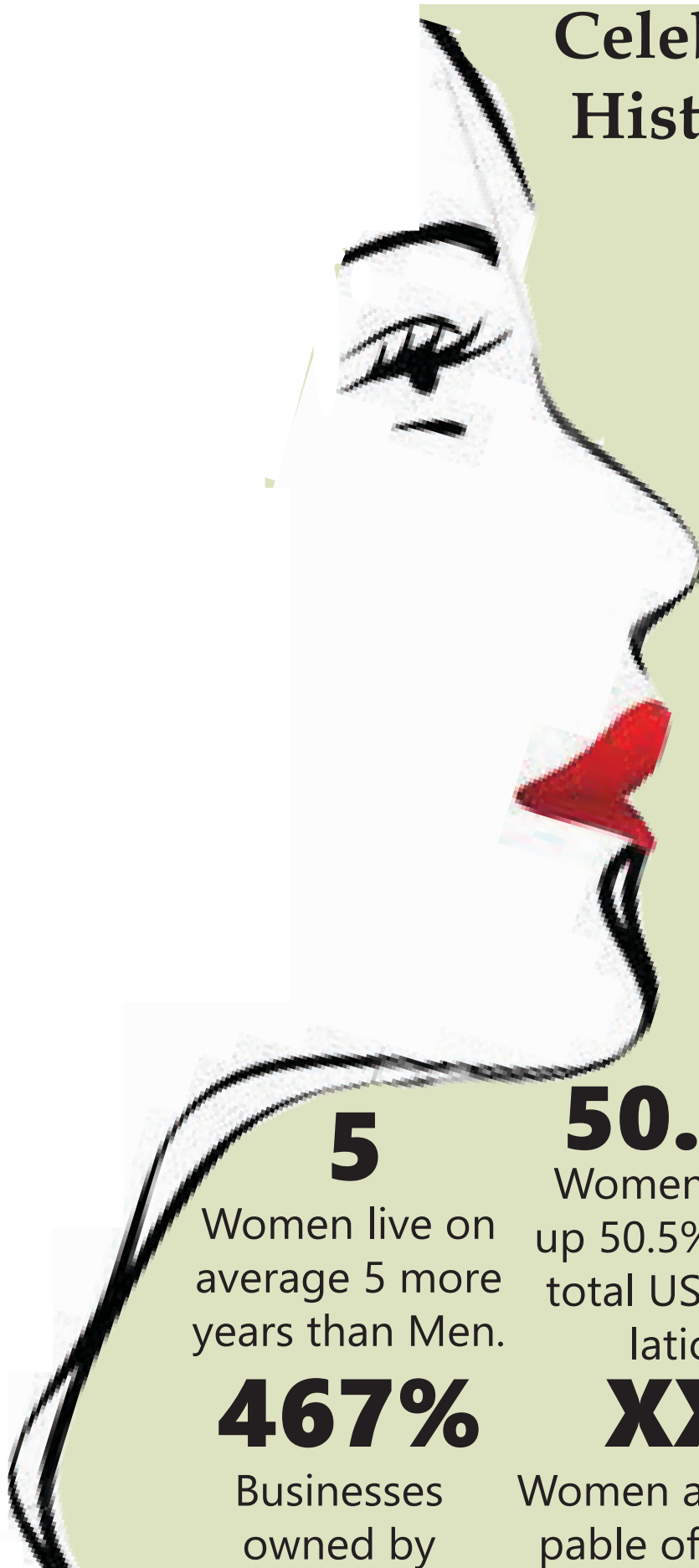
Outside of school, Keeli loves to travel, coach softball to young kids, hunt, and hang out with her friends. After graduating, Keeli and her family are planning on taking a trip to the Dominican Republic to enjoy their time together before college.

Red bluff high school has been very grateful to have Keeli here on our campus for the past four years. She has inspired and motivated many students in class and on the field. We can't wait to see her accomplish big things in life and enjoy her time as a college softball player.

Celebrating Women's History Month since 1987

International Women's Day is an occasion dedicated to celebrating the progress made in the campaign against sexism while also acknowledging the fight ahead. It offers a chance to honor the many women, named or lost to history, who have dedicated their lives to advancing towards equality, to salute those who in spite of the sexism they faced, persisted. At the same time, International Women's Day aims to raise awareness for how much farther we have to go in order to reach gender equality. As we reach the 114th anniversary of International Women's Day, everyone can be reminded to play a part in helping forge gender equality, through supporting women and challenging systems that don't.

International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women. Ideas spread throughout International Women's day originate throughout the 19th-20th century with the first major event occurring in February 1908, when 15,000 women fought against low wages, long hours, and lack of voting rights in New York City. This event would then inspire the creation of the first International Women's day by the Socialist Party of America on February 28, 1909. This then led to the proposition of the first International Women's day by German Socialist and Women's rights activist, Clara Zetkin, at the International Conference of Working Women in 1911. This proposal would be accepted unanimously by the Convention and was celebrated annually on March 8 starting in 1913. This would continue unofficially until 1975 when the United Nations, officially declared International Women's day a global holiday that would be celebrated each year on March 8. Until 1977 when it allowed its member states to celebrate International women's day on any day of the year, resulting in a wide variety of dates to ensure the holiday reaches as many people as possible.



5
Women live on average 5 more years than Men.

467%
Businesses owned by women of color grew at a rate of 467% over the national average in 2017

50.5%
Women make up 50.5% of the total US Population.

XX
Women are capable of seeing more colors on the red and green Spectrums than Men.

3.4%
Women voted at a rate 3.4% higher than men in the 2020 election.

39.1%
39.1% of Women have graduated with a college degree; compared to the 36.6% of Men.

THE HISTORY OF INTERNATIONAL WOMEN'S DAY



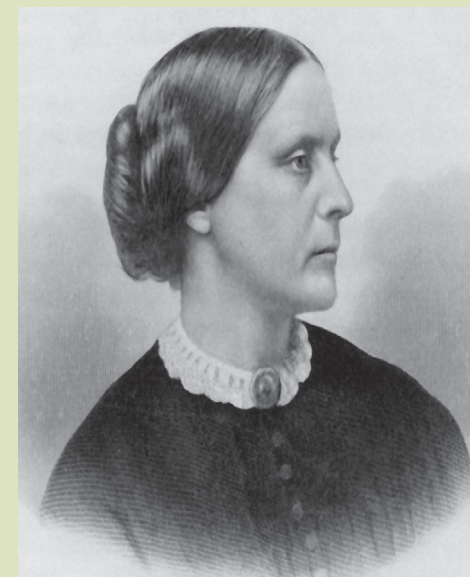
Mimosa Tree

The Mimosa originate as the traditional flower given on international women's day as a result of the first International Women's Day known as the "Festa Della Donna" hosted in Italy by the UDI (Italian Women's Union). They chose the Mimosa as it represents strength, sensibility and sensitivity. Although many other countries have adopted their own traditional Women's Celebration flowers, the Mimosa has remained a staple for the advancement of Women.



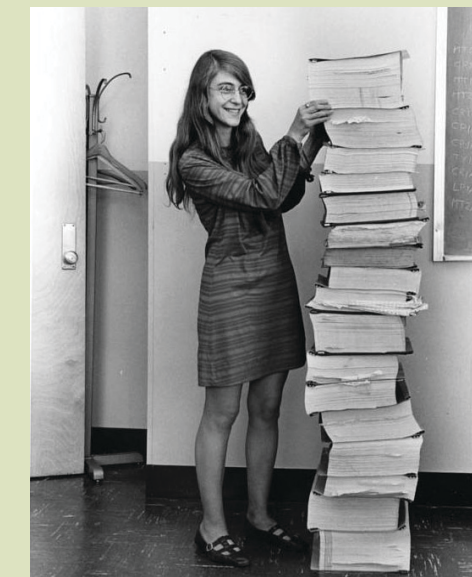
Elizabeth Blackwell

Elizabeth Blackwell was a pioneer of the Feminist movement that led to the expansion in career and education opportunities for Women. She not only became the first woman to receive a medical license in the United States, but she was the first woman on the Medical Register of the General Medical Council for the United Kingdom.



Susan B. Anthony

Susan B. Anthony was a pioneer of the suffrage and anti-slavery movement throughout the 19th century: helping escaped slaves find refuge, holding anti-slavery rallies and working with other influential women to gather signatures towards the passing of the 13th amendment.



Margaret Hamilton

Hamilton was one of the most vital components behind the Apollo mission; she created the navigation software that was responsible for in-flight navigation and the moon landing. She was also the Director of the Software Engineering Division at the MIT Instrumentation Laboratory



Sojourner Truth

-Sojourner was an outspoken abolitionist and women's rights activist, most famous for her speeches denouncing slavery and demanding increased rights for women. With her most notable speech being "Ain't I a Women" delivered at the 1851 Women's Rights Convention.



Mary Church Terrel

Mary Church Terrel is considered one of the most influential colored women in history through her election as the first president of the National Association of colored women and her vital role in the creation and advancement of the National Council of Negro Women.