

# Red Bluff High School to be evaluated by Western Association of Schools and Colleges

Keira Klein  
Staff Writer

This year, Red Bluff High School will be partaking in Western Association of Schools and Colleges (WASC) accreditation.

WASC is a process that supports school improvement through a series of visits that prove the school is actually focused on teaching and helping students learn.

As of 2023, they have accredited 5,185 schools, and have been active for over 60 years. They also have an international branch that accredits schools all over the world. According to the official WASC website, "ACS WASC provides assistance to schools worldwide, especially

in California, Hawaii, Guam, Asia, the Pacific Region, the Middle East, Africa, and Europe."

Their focus is not just on high schools, though. WASC is responsible for inspecting everything from elementary to supplemental education programs and schools. They also work closely with the California Department of Education, Hawaii Department of Education, and Council of International Schools. California's university system also involves them when it comes to A-G course requirements. Being accredited by WASC ensures that the school and the local community are actively

working towards a more educated generation. It also makes sure that the school's education program is up to date, and teaches everything that needs to be taught. "An accredited school is focused on a mission and goals for students; it is student-oriented

and examines its students' performance continuously," writes WASC's official website. During the accreditation process, students will also

be selected from campus at random to be surveyed by committee members. During the 2021-2022 school year, there were just over five thousand committee members that assisted in surveying students during accreditation. By doing this, WASC gets to

team is to understand the school's purpose, its program, and operations," says the WASC overview. All of this is crucial information used to determine whether the school is meeting standards. WASC's accreditation team will be visiting Red Bluff High School from March 20 - 22 of 2023. However, the work does not stop after the WASC committee visits. Afterwards, a self-study group is established at the school. According to the WASC overview, "The Self-Study Action Plan and report must be completed by all stakeholders. This includes staff, students, school board, School Site Council, parents,

and community members." Together, stakeholders will develop and put into effect a plan to work on all areas that WASC deemed to be in need of improvement.

The person in charge of this is Jessica Gantenbein, the WASC coordinator here at RBHS. She, along with Principal Hassay, work with staff and the School Site Council to prepare the school and stakeholders for WASC's visit, as well as the self-study committee that comes afterwards.

If RBHS is accredited, accreditation status will last from July 1 until June 30, 2024. It is an opportunity that has the power to make our school a better place for everyone.



## Auditions for musical conclude

Caleb Polster  
Staff Writer

The Red Bluff High School theater class is holding auditions for their musical reproduction of Louisa May Alcott's classic novel "Little Women."

The auditions will be held January 23 through the 25th, and sign ups are due by January 20. Mrs. Briggs can be located either in H-506 or the Drama Portable for details. There are six female roles and four male roles available, as well as an ensemble.

The plot of "Little Women" revolves around four sisters who mature and adapt in a world where women are at a disadvantage. Known for being an early work in the nineteenth century's growing feminist movement, "Little Women" explores the ups and downs of several womens' lives.

Louisa May Alcott wanted to prove to her audience that womens' lives were worthy of examination and recognition. Today it is regarded as one of the most important novels of the Victorian era.

Riley Mckenzie is in Theater II, and plans on auditioning on January 23. "It's 'Little Women,'" she explains. "A main cast of ten and ensemble, and it's the story of love and sisterhood. It's two acts. Someone dies."

Rose Kinner is also hoping to score a part in the musical. She says, "It's set in the Civil War. There's four sisters and their mom."

Kate Briggs stepped up to be the director of "Little Women" this time. "Our old director retired. I'd love to be Amy," Rose said. Riley says that, "We miss her, but Kate's doing great. I'd want to be Jo, the aunt, or the one who dies."

## California affected by flooding

Sophia Drugovich  
Staff Writer

Recently California has been hit with a major storm and it is proving to send its inhabitants into a bit of a panic. While other states are more prepared for similar types of storms, the recent events have come as a big surprise to most California residents.

Some have experienced power outages, flooding, water damage in general, debris blocking roadways, and many other inconvenient by-products of this storm. The storm has even proved to bring the President of the United States, Joe Biden, to tour the damage that the storm has caused.

These seemingly unrelenting storms have dumped approximately 24.5 trillion gallons or an average of more than 8.5 inches of rainwater over every acre onto the Golden State and it could

supply 816,000 people with water for a year. To put this in perspective, the Rose Bowl could be filled, to the brim, four times with the amount of water that California has seen in two weeks.

A common question that may be asked is "where is all of this water going?" and it is a fair one to propose. A majority of the water will be held in dams and reservoirs that were strategically placed all over the state. The rest of the water will be absorbed into the ground and be put into ground water storage. While all of this fresh water may be seen as a good thing to most, it can also come with some very inconvenient and hard to see past effects.

Californians are quite literally swimming in the abundance of excess water that this storm has left them.

Many have had home damage from falling branches

and the water damage that comes along with unprepared entrances such as windows and doors which both could prove to be very costly to fix.

Along with this there have been blockages in roadways including the Breckenridge Bridge near Red Bluff High School that was closed for a few days due to a fallen tree

that rendered the roadway completely unusable.

These types of extreme weather events in California often come as a complete surprise with some very unwanted side effects but the freshwater is desperately needed and most of its residents are glad that the storm passed through.



Crews work to remove the tree that fell on the Breckenridge Bridge

# RBHS staff get new wellness room

Asia Lugo  
Staff Writer

There is a new staff room coming to Red Bluff High School!

The wellness room is a freshly dedicated place for RBHS staff to relax and reduce stress, as well as collaborate as a staff.

The Social-Emotional Learning (SEL) team has been working to change the Staff Room (A-4) into a wellness room. They agreed that this will likely be a 2 year process,

especially due to A-4 being demolished this summer.

The SEL team will be working with Red Bluff High School administration to find a new and improved location.

It is well understood that staff at RBHS can experience extremely high levels of stress and are working to manage it, and the wellness room aims to help with that.

The SEL team hopes that this new wellness room will give teachers and other staff a place to rest, relax, recuperate, and reduce anxiety and stress, as



Mr. Dais enjoys a game of solo ping-pong in the wellness room to unwind

well as provide a common place for staff collaboration.

The plan for the wellness room came about last Spring, when the California Teacher's Associate (by a vote), along with the Red Bluff Union High School District office agreed to take the money that was being used to fund teacher attendance incentives and instead use it to support the staff's social-emotional learning, in part in the form of the wellness room. The SEL team has continued to put in hours of hard work to create opportunities like the

wellness room.

Inside of the wellness room there is a ping-pong table and massage chairs, as well as other areas to unwind. There is also a coffee maker and refrigerator to provide refreshments.

The room is located in a central location on campus near the Cafe Sparta. Staff is encouraged to gather in this area during lunch to not only socialize with each other, but also socialize with students. It is a great area to participate in lunch time activities.

## Work Permits

- Effective January 1 2023, Work Permits will be issued at the District Office

## Italian Exchange

- Applications are currently being accepted for the Italian Exchange Program for the 2023 school year
- More information on Page 3

## Winter Formal

- The 2023 Winter Formal will be held on February 4

STAFF EDITORIAL

Honoring those who were brave enough to fight for their civil rights

Every year since 1986, the nation has observed Martin Luther King Jr. day on the third Monday of January. In our nation, the legacy he has left has inspired millions of people. Over the years, this day has come to represent what Martin Luther King Jr. stood for in his activism and his non-violent protest practices. Along with it, the struggles and triumphs of civil rights for Black Americans and the fight for racial equality that perpetuates today.

In 1955, MLK Jr. was inspired by Rosa Parks and her brave bus boycott demonstrations in Montgomery, Alabama. He became involved through creating the Montgomery Improvement Association along with other local ministers. For more than a year, the bus boycott continued, until the Supreme Court made bus segregation illegal.

In 1958, Congress passed the first Civil Rights Act since 1875 during the Reconstruction era. In the span of thirteen years, he went from being a pastor at Dexter Avenue Baptist Church in Montgomery, Alabama, to a national leader of the Civil Rights movement, speaking to hundreds of thousands of people across the country. The largest demonstration was held in Washington D.C with 250,000 people where "I Have A Dream" was given. He also wrote five books, his first being, Stride Toward Freedom, which documents the Montgomery bus protest. His other books told the story of the monumental moments in his career, as well as history. For example, his second book, Why We Can't Wait, is about the 1963 Birmingham campaign, and how we can continue ending racial injustice in America.

His most widely known works are speeches he gave, like "I Have A Dream", given during the March on Washington for Jobs and Freedom to spread the message that racism must end. His "Letters From A Birmingham Jail" was written during the eleven days MLK Jr. spent in the Birmingham jail. His letter was a response to white clergymen that believed that Black Americans shouldn't protest on the streets. The campaign was successful and on May 10, 1963, the city of Birmingham agreed they would desegregate and hire Black citizens.

In 1964, MLK Jr. became the youngest recipient of the Nobel Peace Prize at 35 years old and was awarded for his non-violent resistance against segregation and racial injustice. MLK Jr. didn't just advocate for racial equality but economic equality as well, regardless of race. This was called the Poor People's Campaign. It focused on economic justice through income and housing. It was intended to unite all races in America that were dealing with a common struggle: poverty. Martin Luther King Jr. also spoke out against the controversial Vietnam War and preached for international peace during his time as a speaker. MLK's legacy lives on in our nation.

A new statue for Martin Luther King has been built in Boston, Massachusetts, dedicated to MLK J. and his wife, Coretta King. The statue was made by Hank Willis Thomas to honor the couple's relationship.

Political Brazilian extremism

John Sheffield Staff Writer

During the second round of elections, October 30, 2023 Luiz Inacio Lula da Silva barely beat out former Brazilian president Jair Bolsonaro by only 2 million votes. After Bolsonaro's loss, he claimed election fraud and has camped outside army barracks across Brazil; befriend many military chiefs during his presidency. Bolsonaro also called for a military intervention to overturn Lula's victory.

Months later, January 8th Bolsonaro's right wing supporters stormed the Brazillion Supreme Court, Congress, and Presidential offices. Leading up to January eighth, misinformation,

conspiracy theories, and political manipulation fueled the attack on peacefully transitioning power. One hundred buses arrived in Brasilia from all parts of Brazil, bringing in Bolsonaro supporters.

They joined the two hundred protesters camped in front of the Army Headquarters, raising the total number of people there to over 4 thousand. The Braizzilian government refuses to confirm police and military troops were needed to force these attackers out of these federal buildings. Brazilian officials have already stated that all those involved in this attack against the government would be tried and jailed.

Additionally, the international community has a role to play in supporting democracy and the rule of law in Brazil. This includes offering support and assistance to the Brazilian

government and civil society in their efforts to defend democratic institutions and the rule of law, and holding those responsible for the insurrection accountable for their actions. The Brazilian insurrection was a dangerous attack on democracy and the rule of law. It is crucial that the government takes strong action to defend democratic institutions and the rule of law, and sends a clear message that such actions will not be tolerated.

The international community also has a role to play in supporting democracy and the rule of law in Brazil. It is also important for people to be educated and informed about the importance of a democratic society and the rule of law, and the risks of misinformation, polarization and extremism.

Look at stars to find yourself

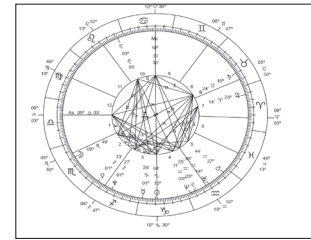
CJ Klausner Staff Writer

Astrology is all too often ruthlessly made fun of and criticized without a second thought. It is generally seen as a frivolous and idiotic interest held by delusional people with little to no basis in reality.

Typically, when being joked about, a caricature of the sort of person who would be into astrology is created. This archetype is generally a woman, non Christian, potentially queer, and politically left-leaning.

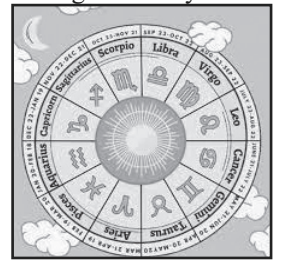
These jokes are ostensibly rooted in misogyny, continuing the unfortunately pervasive trend of discounting women's interests. Those who take time to understand it however, are

able to reframe it as a tool for reflecting on human nature. Oftentimes, when people criticize astrology, there are fundamental misunderstandings in how astrology works which motivate



their distaste. For example, the issue is often raised that there are only twelve signs which seems like a very narrow scope. There certainly are not only twelve different kinds of people! However, astrology is not a system which is meant to be used to make assumptions about others, especially not based solely

on one sign, as an individual's star sign is only one of the many signs which make up someone's chart. It is not about judging others, but taking what you know



about yourself and your loved ones and viewing it through a lens which allows you to verbalize abstract ideas about each others' person hoods. Not only is it an excellent way to discover aspects of our collective ever-evolving identities that may have never been considered without introspection, but it is also super fun.

A grim future awaits the 118th congress

Laylin Johnson Staff Writer

On January 3rd, the 118th Congress convened in order to begin the normal processes of government. Whilst the Senate was able to reconvene with nothing notable taking place, the House of Representatives repeated more concerning parts of our history. For the first time in 100 years, the House had to cast more than one ballot in order to select a Speaker of the House.

This occurred for two reasons, one being the Republican party's narrow win in the 2022 midterms, giving them only 222 seats in the House versus the Democrats' 212, a nearly exact flip of the 117th Congress.

The other reason was the division between the main bloc of the Republican party, and what can be described as the farthest right-wing of the Republican party, with Lauren Boebert and Matt Gaetz being notable members. For 14 ballots, around a dozen members of the Republican party refused to elect Majority Leader Kevin McCarthy to the office of Speaker. In order to finally win the Speakership, McCarthy had to concede to very concerning demands. McCarthy will now be at the

mercy of a snap vote happening after any altercation with his own party, giving the House the ability to oust the speaker with more ease than at any point in recent history, he also conceded to giving the holdouts more representation in house committees, as well as allowing votes on border security and term limits to take place.

In general, I find this nearly silent shift in power concerning, especially since the 118th Congress is split, with the House having a Republican majority and the Senate having a Democratic majority.

With committees being evermore stacked with conservative lawmakers, it will make it nigh impossible for Congress to agree on any law, only increasing the general dysfunction present in our government. Kevin McCarthy's fragile position is also troubling, as it will itself create instability in House leadership, and possibly recreate the extended Speakership vote. Though, I will myself be happy if the house votes to acquire term limits for Representatives, as that in itself is a good idea.

Nevertheless I hope the best for Speaker Kevin McCarthy in his attempt to pass legislation that he believes will truly help the American people, and hopefully he will oversee a stable, if not frustrating, term.

Golden Globe becoming insensitive

Veronica Ulloa Staff Writer

Was Evan Peters' Golden Globe win from "Dahmer -Monster: The Jeffrey Dahmer Story" feeding the 'serial killer fever' of Hollywood? Honestly, it's a step in that direction. There was already backlash for the series, "Monster" itself. The families of the real life victims did not get any compensation for the series at all and they had to relive the nightmares forced upon themselves.

Also, not only was it controversial for the series to be made itself, but when Peters accepted the award, he didn't



even mention the families affected by the murderer. I think that although Peters' on-screen portrayal of Dahmer was good, it still isn't excusable for him to not acknowledge the family at all. I mean, he could have at least contributed

thirty seconds to noticing the families that were affected.

To add onto that, this is not the first time the Golden Globes has been controversial. Last year, it was boycotted by actors and wasn't even aired on NBC. Back to the topic of the Dahmer controversy, Golden Globes hosts, Nicole Byer and Ana Gasteyer, cracked jokes about Dahmer not being a "nice guy" and even whipped out a pair of his glasses and said that Dahmer was a trend setter. Not only did Gasteyer whip out a pair of his glasses, but she continued to wear them when presenting the award. I think that's pretty outrageous, I mean, think of

the families. When the camera panned around the room, other actors were even appalled.

In the end, I think that the Golden Globes needs a reality check, or at least some sensitivity training. Come on people, it's 2023, let's get woke.

2023 offers new opportunities for a new year

Callum Lugo Staff Writer

Alright, hear me out. A New Year's is kind of overrated, in my opinion, because you just stay up til midnight, which is a valuable time. I could use sleeping, but instead, I'm up drinking sparkling cider and getting fat by eating a bunch of snacks.

Nothing cool happens when 2023 starts. It's just like any normal idea. Admittedly, it is kind of boring, but I think new year's resolutions are good. The hype around the new year is extremely contagious. It's 2023! Yippie!

If you ever want to start doing something like working out or trying to get out of a bad habit, New Year's is a perfect time to start stuff like that because you can start from day one, that day being January first.

You can start whenever, but January first is just a good time because you can keep track of how many days you've been following up on your resolution without doing any hard math. In addition, you get more motivation by starting out at the beginning of the new year.

There is that term "New Year New Me," but I think that's kind of dumb because people

base everything they do on that, and it's just a way to do things they don't like doing. There's a sense of optimism behind these resolutions because so many people are doing them. It is true that only nine percent of people stick to their resolutions, but you can do it. I believe in you! Doing them with a friend is ten times easier because you have a buddy and you can push each other. Trust me. It's way easier with two people!

If you stick to the resolutions, it can drive you to who you want to be, which leads to more confidence, and if you're more confident, you do almost everything better. Hooray! There's a sense of stability when you achieve those goals that help you out a lot. I think you should make some resolutions, stick to them, and become the person you want to be. New years is just a super good time to start goals.



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# Spartan Sound off



What is your New Years resolution?



Tyler Doelle (9)  
"I don't want to fail my classes"



Addy Stubbs (10)  
"To pass math class"



Raiden Gove (11)  
"To have cleaner language and to improve on snowboarding"



Gacie Fletcher (12)  
"Be able to do a cartwheel"



Mr. Hickson (Teacher)  
"To wear more of my wardrobe"



Ms. Batman (Teacher)  
"To manage time better and to watch less Love Island"

Sound Off / Mickey & Brailynn

## 83rd annual Bull and Gelding Sale

Luke Lyford  
Staff Writer

The Red Bluff Bull and Gelding Sale; a very popular event loved by hundreds for decades. The Bull and Gelding Sale has been around since the 40's and was created by a group of local ranchers. This year the event will be had in the last week of January and last that entire week.

Originally the sale simply started as an event to sell and buy cattle but since then it has become far more than that. Many people will go if not for cattle but also somewhere for people to hang out, drink with friends, and have a good time. With tens of sponsors the event has been thriving for years and many more years to come.

Many people would even refer to the Bull and Gelding Sale as the greatest stock show and sale west of the Rockies. According to the people holding the sale they predict that it will easily last for at least another eighty years. The FFA community here at school also plays a large role in the Bull and

Gelding Sale since they provide lots of animals to be sold and bought.

As of 2023 this will be the Gelding Sales eighty-second consecutive year! Not only do they sell just Bulls but they will also sell other animals, including dogs. These dogs would be referred to as Stock Dogs in the agricultural business.

If you didn't know, Stock Dogs, more commonly known as Sheep Dogs are bred and sold to herd cattle, so along with buying Cattle it can be nice to raise a Stock Dog as well. On their website you can find all the information about their Stock Dogs for sale as well.

If you would like more information about the Bull and Gelding Sale you can look at their websites for sales, events, tickets and more.



## Italian exchange will return to Red Bluff in the fall of '23

CJ Klausner  
Staff Writer

In the upcoming school year, RBHS will be offering the opportunity to participate in an Italian foreign exchange program! Upcoming Juniors and Seniors will get the chance to host a student in Red Bluff during the 2023-2024 Fall semester as well as travel to Italy during the Spring.

Italian students will be visiting Red Bluff from our sister school in Sesto Fiorentino, Italy. In turn, RBHS students will attend a school of roughly 1000 students which is relatively close to Florence, Italy.

This practice of the Italian foreign exchange has been offered here at Red Bluff High since 1994. Formal applications and interviews will be conducted to determine who will be selected for the program. Factors such as academic success and maturity will be taken

into account. Only 20-30 of the students who apply to the program will be chosen to participate.

The funding will be provided by students individually, though some student-driven fundraisers may also take place in order to help make ends meet.

small town Italy, as well as touring Rome and other surrounding sites.

Participants will be prepped for the trip by being instructed on Italian social issues and cultural practices as well as communicating with host families prior to their departure. Pelanconi shares



Photo Credits/Bluffer

Students will visit the Roman Colosseum during the exchange trip.

that "the foreign exchange program here at RBHS builds confidence in students who are soon to be going away to college".

However, this program is not only fantastic for personal growth and development, but also forging stronger social skills.

Ms. Pelanconi, one of the main teachers facilitating the program, believes it to be a "... great opportunity to experience a culture outside of yourself and have new experiences that can help form your future decisions". Students will be able to explore the treasures which Florence has to offer, experience

The trip aids many students in fortifying social bonds with their peers, building on pre-existing friendships. Additionally though, it is also a great way to find new friendships and connections in both fellow Americans as well as new Italian students, making for an all-around fantastic experience!

## Spartan Student Feature: Lee Bagshaw

Havyn Miller  
Staff Writer

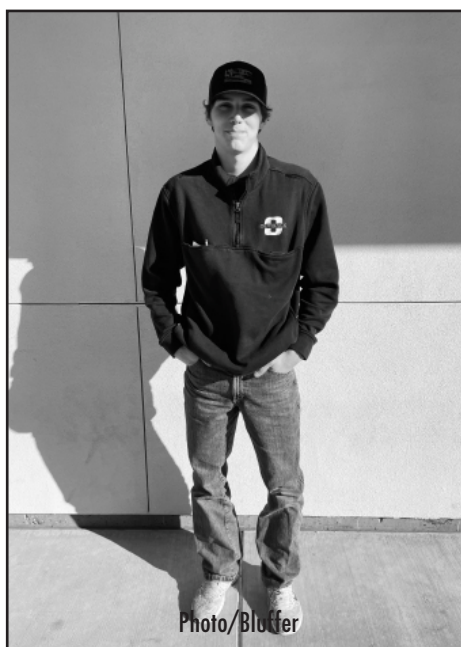
Red Bluff High School has gladly welcomed our new junior, Lee Bagshaw. Lee started off freshman year at Los Molinos High School, but later transferred to Red Bluff High School the start of his junior year. He has been a phenomenal student-athlete for his past three years of high school.

Lee has always been involved in baseball starting at age six. Over the ten years of his experience, he has played as a shortstop, third base, centerfield, and pitcher. Lee enjoys being on the team with all his friends from middle and elementary school.

His goals for the upcoming baseball season are to throw over 83 mph and become a better teammate and player. This

year, Lee played for the Red Bluff High School football team as the safety. Lee has only played one full football season due to breaking his leg in one of his first football games freshman year.

His favorite thing about football is getting to tackle



Photo/Bluffer

other players in games and practice. Outside of sports, Lee enjoys

going skiing, hunting, and fishing with all his friends. For a majority of his life he has been very involved in Agriculture starting off with 4-H.

For three years, Lee showed goats at the fair for 4-H, which later led to FFA in high school. At school, Lee has been very engaged in FFA classes. For the past three years, he has been involved in Ag mechanics I, II, and III.

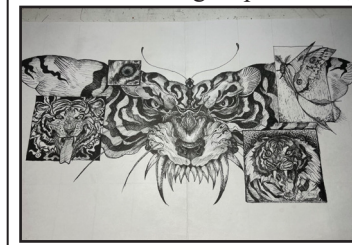
Along with this, Lee has been in Ag science, Ag biology, and Ag soil/chemistry. His goals for this semester are to maintain good grades and finish out his school year strong.

After high school, Lee plans on exploring all of his options for his possible future career. Overall, Red Bluff High School has been pleased to have this new student on our campus and for our sports teams.

## Artist of the month: Jessica Hixson

Jamin Diaz  
Guest Writer

Jessica Hixson is an 11th grader here at the high school, who has a passion for the arts and creativity. Jessica began her art interests when she was just 11 years old, teaching herself to draw and occasionally using Youtube as a way to learn. Back to when she began drawing, she tried to draw for at least an hour a day. Although school now takes up a lot of her time nowadays, she still takes time out of her day to draw and uses it as a way to relax. She's currently enrolled in our school's Art III class. She draws primarily animals, a favorite being drawing bugs for all the symbology opportunities they give off. For Jessica, art is a hobby but still finds the medium to be an enriching experience.



a way to express herself and manifest things. Art to her is a form of communication, one from which a message can be sent from the artist to whoever may be observing the artwork. "Art that has an intention can be meaningful." Jessica responded. Jessica also noted how art is actually quite an easy skill to develop, only needing a pencil and paper to begin the experience, and begin getting better. Jessica doesn't plan on having a career in art but instead has thought on possibly being a writer and going to college somewhere in Oregon or Washington after high school. Jessica is also a big cat fan and also has ten cats which can be a fun little art inspiration for her too.



## Spartan Teacher Feature: Mrs. Alamo

Keilina Lindstrom  
Staff Writer

Here at Red Bluff High School we have many great teachers and staff members. One teacher that really stood out to me was Mrs. Alamo, an English teacher that has been teaching for 6 years and this is currently her 7th year teaching.

She attended Red Bluff High School and was involved with many sports and extra curriculums. She then went to Shasta college for two years and finished college at National university, an online college. She knew

she wanted to be a teacher when she was in high school because she wanted a job associated with people and she figured out she wanted to teach high school students.

She knew she definitely didn't want to teach history or math and she debated P.E. or science but she picked teaching English because she likes to read and analyze things. Her favorite part about teaching is "I love the students and their different personalities and how funny and loving they are". If she wasn't teaching she would be running her own daycare

since she loves kids. If you chose to be a teacher Mrs. Alamo thinks "you should get a small job at a school to see if you would want to teach or not. It will give you an idea of what teaching is like."

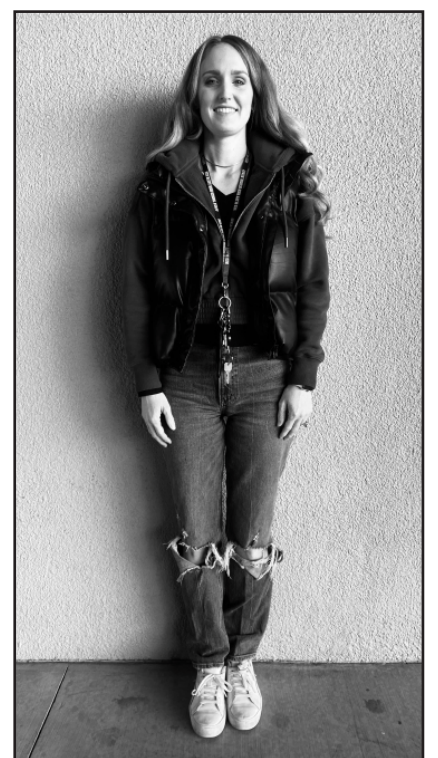
Since most of her family were teachers it inspired her to follow in their footsteps. When she is not teaching she loves spending time with her family since they all live locally.

Mrs. Alamo used to coach soccer but recently stopped. Mrs. Pelanconi, a fellow English teacher, said "Marissa is a very enthusiastic person and

brings good energy to the department."

Mrs. Alamo's opinion on life after high school is

"Not every path is the same, you shouldn't get stuck on the idea of a 4 year college. You need to find your passion and the path you want to take that is the best for you." Mrs. Alamo is a very bubbly and loving person and cares a lot about her students and wants to make a difference to the younger generation.



Photo/Bluffer

# “Puss in Boots: The Last Wish” surprises fans; will be a memorable animated film

Keira Klein

Staff Writer

Every once in a while, a great movie that will live on in

first “Puss in Boots,” which had a score of 86%, the newest addition to the cat saga captivated viewers. The return

was followed throughout the movie. “Puss in Boots: The Last Wish” opens with Puss losing his eighth life. With

scenes. However, there is so much more to be analyzed. Throughout the entire movie, there is the underlying tone of

from this fearless feline’s second movie is that life is precious but delicate, so we must live it to the fullest.

of 2022. Filled with useful and practical life lessons for all ages, this part of the “Shrek” franchise will live on forever.



history is released. For 2022, that movie was “Puss in Boots: The Last Wish.” Many feared that the movie would not live up to the original, which was released in 2011. However, this movie not only met, but exceeded those expectations. With a score of 96% on Rotten Tomatoes (compared to the

of beloved characters such as Kitty Softpaws and the introduction of new ones like Perrito and Goldilocks kept viewers of all ages interested and entertained. While the movie primarily focused on Puss in Boots, each of the other characters had their own unique storyline that

only one left, he decides to pursue the Wishing Star to wish for more lives. At the same time, he is on the run from Death. The movie continuously flashes back and forth between Puss’s storyline and the other characters’, all of which eventually weave together to form the closing

the futility of life. The feline protagonist is constantly asking the question: Have I lived a fulfilling life? It’s something that everyone can relate to having felt, and a question that oftentimes strikes fear into people’s hearts. Perhaps the most important lesson we can learn

When Puss runs from death, his life is fearful and anxious. When he is living freely, knowing that at some point his time will be up, he is still enjoying the company of his chosen family on his adventures. “Puss in Boots: The Last Wish” is easily one of the best movies to come out



“Best movie of the year!”

## “Wednesday” fans have mixed emotions on the Netflix series

CJ Klausner

Staff Writer

The Netflix series “Wednesday” is the latest addition to the beloved and bizarre world of the Addams family. Released on November 23, the 8-episode series stars Jenna Ortega as a 16-year old Wednesday Addams. The cast is impressive, featuring Catherine Zeta-Jones and Luis Guzman filling the roles of Wednesday’s parents, Morticia Addams and Gomez Addams, as well as bringing back the original actress who portrayed Wednesday, Christina Ricci. The show was created by Alfred Gough and features direction from Tim Burton. This is Burton’s first real television work in nearly 40 years, directing half of the episodes in the series. The show follows Wednesday as she transfers to a boarding school for “outcasts” after being expelled. Throughout the series, she makes unexpected friends and enemies, goes to therapy,



and helps to solve a murder mystery case. Wednesday’s energy is as macabre as ever, not straying too terribly far from the Wednesday we all know and love. However, she has become a bit more

its far-fetched nature suits the show’s fantastical mood. Her one real character flaw is her emotional issues and excessive angst. She is seen throughout the series to drive people away, including her new friends, but most uncharacteristically, her family. Many online are criticizing the series for changing this aspect of her character, as there is not a clear motivation for why she would have reason to be withholding from her parents as much as she does in the show. Her distrust of her parents has concerned many fans of the Addams family, as they are so well-known for their loving dynamic. Overall, though, the show is entertaining and definitely worth a watch.



“A decent watch.”

## Joji’s album, “SMITHEREENS” brings many listeners to tears

Courtney Evans

Staff Writer

The popular singer-songwriter, and rapper, Joji, that many know and love has gifted his fans with yet another great album. His newest album, “SMITHEREENS” dropped on November 4th of 2022. The album is a little smaller than previous albums, with a total of 9 songs and around 25 minutes of listening time. It may be small but it is still just as good as his other previous albums. Months prior to dropping the album, Joji dropped the lead single, “glimpse of us”. This single gained popularity very fast and even ended up numbered 8th on the billboard top 100. Following “glimpse of us”, Joji also dropped a second single, “YUKON”, which was an interlude. Alongside the dropping of the album, a third single, “Die For You”, was released as well. To promote the

album, Joji has been on tour since September of 2022. Joji’s songs are very unique and could be categorized into a few different genres like R&B/soul, lo-fi, and

great examples of the type of songs Joji writes. Many songs touch on the topic of being stuck on someone or still in love with someone even though you are no longer with them, or that they have moved on. The songs are always relatable for his targeted audience. This album can definitely hit hard when listened to at the right time. They still have the romance parts of them that many tend to love but are also different from most love songs with the hip-hop and R&B feel. Joji is a great artist that always drops many great albums that never disappoint. If you are looking for some new music to listen to, Joji is a great artist to listen to.



trip hop. As many music artists tend to do, Joji has always kept a certain type of aesthetic or similarity in every one of his albums. Most songs in his albums have been consistent, break up or love songs. The songs in SMITHEREENS are



“Really pulls on listeners’ heart-strings.”

## Mediocre but interesting podcast, “Unexplained” disappoints listeners

Bailey Ferguson

Guest Writer

This podcast took me on a rollercoaster ride. I listened to Season 6 Episode 27 of “Unexplained,” which is focused mostly on a 1960’s tale that takes place in West Virginia about a monster sighting that was reported. This monster is named Mothman. I am going to rate the podcast a 7.5/10. First, I’ll talk about my qualms with it. Immediately the podcast opens with a very confusing ad, and once our narrator, Richard MacLean Smith, begins talking, he begins with historical stories about Christopher Columbus, which ultimately made me lose interest right away and was not a great hook to reel the listeners in. Additionally,

I had a difficult time keeping focus of this story because his structure of storytelling



consisted of starting one tale and interrupting it with others, a cycle that continued throughout the podcast which I found quite

annoying. Finally, I don’t appreciate the multiple part aspect of this episode, as this episode was only part one of a three-part story. As a result of this, my rating lost a few points on the 1-10 scale. Although, there were many other characteristics that I thought were done well in this podcast. What helped draw me in regardless of the painstakingly boring intro, was the narrator’s voice, which was notably fitting for the theme of the episode. He had a soft accent and quiet

demeanor, which set the tone perfectly. What I mostly enjoyed about this podcast was the narrator’s ability to effectively connect each story he told into one major incident of the Mothman sightings. I found this incredibly impressive. I also greatly enjoyed the thrilling nature of this episode and that the actual story made me very uncomfortable, which is exactly what I expected! Once again, it’s a 7.5/10 for me on the Mothman.



“It was hard to follow along with, but really interesting.”

## Murder Mystery Impresses

Keilina Lindstrom

Staff Writer

‘A Good Girl’s Guide to Murder’ is a popular murder mystery book written by Holly Jackson. The book first came out in 2019 and the next two books of the series came out shortly after. On the app Good Reads the book has a 4.5 star rating and has many good reviews. Five years ago, Andie Bell, a popular senior girl who attended Fairview High School, was murdered by her boyfriend Sal Singh who then killed himself. The case then became closed but they never found Andie’s body. Fast forward to present time, Pippa Fitz-Amobi decided to study the case herself for her big senior project. The case never sat right with Pippa. Little did she know that studying the case would put herself and loved ones in danger. Sal’s family was hated ever since what happened and treated

them like monsters especially Sals younger brother Ravi who later becomes Pippa’s partner I recommend reading this book if you are 14+ and check the trigger warnings in the book because there are some mature parts. The book mostly got popular off TikTok by many teenagers and young adults. Since the book got so popular recently the author announced that the book will become a tv series on the BBC channel. Fans are excited to see the characters come to life on the big screen. I believe that people that haven’t read the book will fall in love with the show. I recommend this book to anyone who likes mystery and suspense.



“Good suspenseful murder book!”

# Sprinting into the New Year with soccer's most successful week yet

Jocelyn Thao  
Staff Writer

Soccer is one of Red Bluff High school's many winter sports, which most of the students have been waiting for almost half the school year to come around so that they can try out and join the teams. Boys soccer tryouts first began on November 15th through to the 17th and the players that made it onto the team were notified about it on November 18th via text message.

Their practices happen Monday through Thursday and sometimes on Fridays from 6 to 8pm. There are two teams for this

season, the boys JV soccer team and the boys Varsity soccer team, and when interviewing a few of the players from the JV team here's what they have to say. The first player I interviewed was sophomore



Addy mungia (18) throwing in the ball to her teammates

JV captain, Josiah Vicuna. Representing number 9 on the field, Josiah tells us that some of his strengths when it comes to soccer are

definitely the strength he has in his kicks as well as his great ball control. When asked who his aspirations are, he says that his idol and the person he looks up to is Cristiano Ronaldo.

He, as well as the two others I interviewed, say that they first started because their parents signed them up at a young age, which is a pretty common thing for most parents to do. Josiah has been playing for about 7 years now and he enjoys playing because he likes that he is able to do something that he loves as well as be able to play with his friends while he's doing so. He believes that the team works well together, especially lately with their increasingly

good communication skills and their continued work on better passing and better pressuring. Another player that I interviewed from the JV team was freshman Andrew Alvarez. Andrew, number 4 on the field, has



Two boys fighting for the ball at a local Red Bluff soccer game

been playing for about 6 years now and says that his strengths on the field are that he's very fast and can read the field pretty well. He says that he likes to play

soccer because it's fun and he's been playing since he was little. He loves being on the team because it gives him more reason to play soccer. Lastly, freshman JV player Eric Miramontes, number 8 on the field and

Soccer can give you not only a good physical state, but also a great way to make more friends with people in different grades as you, because as the saying goes, "the more the merrier"! All three players plan on trying out for the school's soccer team again next season. The team's next game is up against Foothill on January 20th in our hometown, and the game after that is on the 23rd against Orland here again in Red Bluff. Having played 2 pre game seasons and 3 regular games as of January 13th, their win lose score is 2-1. Varsity volleyball has faced coe team hwith serve received, and covering their hitters, they believe this has caused lots of trouble with winning games.

They have recently undergone the challenges of having a new coach midwall is concluding this season with 4 games won and 22 lost.

an experienced soccer player having played for about 8 years, tells us that he enjoys soccer because he loves playing with his friends as well as making new friends on the team.

Overall, the team has shown their strength and persistence finishing out the season.

## Boys BB takes another loss!

Piper Hardwick  
Staff Writer

Coming back from winter break, Red Bluff High's basketball team came back to play against Shasta. They started off strong at first but then started to go down hill ;iwever, they still tried their hardest.

Mr. Armstrong has been putting his team to work for the big league that is coming soon against Pv, Enterprise, Foothill and Chico, Pv is their biggest opponent and hoping that they can beat them but they aren't going to be too cocky. He is also hoping to get his team geared up to try and compete for the league and hoping to go strong.

I asked Diego Ortiz what he thought about how his team played against Shasta and he exclaimed that he thought they played well and tried hard to take a win, he is excited about the league and hoping to beat Pv but knows they can beat Foothill, Chico and enterprise. Knowing that they are going into the league he knows it's going to be tough and his coach is making sure that they are pushed to play hard and tough.

Marcos Torres was saying how the league will be a challenge to do and hoping that his team will play hard and to

not give up when they are losing. Their team is going strong and have been trying to take wins from game to game, Marcos is always hyping his team up and always encouraging them to do better and to not give up.

The Varsity basketball team has won 6 games and lost 12, the first home game for the league was on Thursday 1-12-23 and they hosted Chico High.

We asked some of the Jv players how they think they play with their team. Ryan Ross thought his team played well

toughest team to play against. They would like to win when they play at Red Bluff High.

Kaden Leaf said that he played well against Shasta and so did his team, he was out for the beginning of the season but then got to start playing a couple weeks ago. As of right now the Jv team is playing strong and been winning and losing games, they are hoping to win more games before the season ends and Varsity hopes to win more too. The basketball team will be having games in



Red Bluff Varsity Basketball boys mid-game during a timeout.

against Shasta even though they took a loss but they tried their hardest and played through. He also knows that Pv is the

the next week being away and then home games, during those games we should have more people there to support our Red Bluff High School team.

## Girls BB travels to Florida!

Logan Deveraux  
Staff Writer

Thanks to the generosity of our community, our Red Bluff High School Lady Spartans were fortunate enough to participate in a tournament with fifty other high school teams. Over Christmas and New Years break, the varsity team was lucky enough to go to Orlando, Florida, where they competed in a basketball tournament against teams from all across the country, as well as attend a Celebration of Athletes dinner and see and experience some local attractions.

Unfortunately, their trip was not as smooth-sailing as they all had hoped. Trying to get to Florida, the teams' flights got canceled which forced them to spend three hours in the airport with no chairs to sit on, so they had to sit on the floor. When they were finally on their way to Orlando, they had to split up and board

three different flights from two different airports.

At last, our Spartans had arrived at the tournament, but two days late, causing them to play in two games quickly after arriving.

And because of the delay, the Spartans had no chance of winning the tournament at all, but the team said they still had a lot of fun and enjoyed playing.

While in Florida, the team stayed and played at Gaylord Palms Resort, which is believed to be where NBA players have stayed before. The tournament was hosted within the resort and contained other exciting attractions like a water park, restaurants, and turtles and alligators. Sophomore player Aralynn Stroing says, "It was a fun and nice time to bond with the team." She also notes that the team had to take three separate airplanes on the way back as well as the way there, but she says

it was okay because she got to sit with her friend, Cidney Matatule; another Sophomore player. Cidney says, "It was a really good bonding experience and it was fun." Senior, Haley Christensen, says, "I feel closer with all my teammates and I enjoy playing with them and spending time with them." They were able to go and take in a once in a lifetime experience, bond and make friends and memories that will last a lifetime.

Upon returning home, the team had to play in another tournament at West Valley High School and have continued to play in routine games against other schools in our league. These motivated and determined spartans are very exciting to watch and you should most definitely go out and watch them if you find yourself with the time.

They have seven games left, four of which are home games. Go Spartans!

## Carving into the New Year! Alpine season begins

Codii Nguyen  
Staff Writer

This year, the Red Bluff Alpine Team is excited to start a new season. Hitting the slopes can be challenging, but with the help of coaches Jacob Daricek, Geoff Barrow, and Kyle Higgins, this season's athletes are prepared for everything.

Alpine sports involve using an apparatus to slide downhill on snow-covered slopes, such as snowboarding and skiing. In snowboard racing, riders must race down a downhill course constructed of a series of turning color indicators called gates placed in the snow at prescribed distances apart. A gate consists of a tall pole and a short pole that are connected by a triangular

panel. The racer must pass around the short side of the gate; passing the long side of the gate doesn't count. If they fail to do so, they must stop and tread back up to go through the gate.

In skiing, riders slide down snow-covered slopes on skis with fixed-heel bindings, requiring immense core strength and balance.

Alpine sports are extremely dangerous as many as an estimated 1 out of 3 competitive skiers injures themselves during the winter season. A simple mistake can leave riders out for the entire season, so the team practices rigorously three days a week to minimize the risk of injury.

The team wakes up extremely early in the morning to arrive at school

at 6:15 for practice. If they come any later than that, they have to do walking lunges as punishment. Tuesday through Thursday, the team spends training their legs and core, and on Sundays, they go to Mount Shasta to practice. Every Monday, they race. Standing at a height of 4,322 meters above sea level, Mt. Shasta is typically snow-capped year-round. With a deep maritime snowpack, reliable California weather, and a total skiable area of 636 acres and 38 conventional trails, Mount Shasta offers great slopes, beautiful views and landscapes, and versatile hills to challenge both experienced and inexperienced skiers.

Sophomore student, Luke Lyford, said, "The mountain is gorgeous; it's

really amazing to just be at the top of Douglass just to look out and see no fog, clear skies, and the beautiful range of mountains as far as the eye can see.

Snowboarders and skiers use Snoww, a socially integrated app that tracks elevation, max speeds, and distance to navigate through the mountain. The app also allowed riders to compare times with other riders. On a race day, everyone races twice on the same course. After that, they can either freeride or go home.

Their first race will be on Monday, January 23. The Red Bluff Alpine



Team has been training extensively for the past few weeks,

and they hope to impress during this incredible season.



# WHAT'S NEW!



Out with the

OLD

As 2023 ramps up, new trends have exploded while others have fizzed out, in order to make sure you are up to date on celebrities, fashion, social media, food and trends we have laid out the most promising trends of 2023 and trends that can stay in 2022.



In with the

NEW

