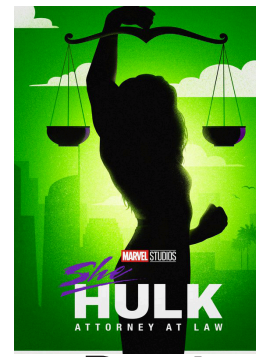




# The Bluffer



## Red Bluff to host Austrian Exchange Students

Sophia Drugovich  
Staff Writer

This coming October, Red Bluff High School is welcoming 33 Austrian students to join our RBHS family for two weeks. They will be coming between October 3 and 17.

During this time, they will be staying with American students and their families. While here, they will do all things Northern California. This includes trips to places like Turtle Bay, Redding, Chico, Sacramento, where they will visit the State Capitol, The California Museum, Old Town Sac, San Francisco, and much more. The school that we do the exchange with, BG Dreihackengasse,

is a world renowned music school. In October during their stay, they will play with the Chico State band and they will even be having their own concert for us at our campus.

since the nineties. As said best by our very own Mr. Dais, "It is a cultural exchange to get our students exposed to a new culture and expand their world view."

this is a wonderful opportunity to get to experience a whole new way of life. Our students who are participating are extremely

excited to get to know him and show him the rural American life. Part of this exchange is

COVID restrictions, but if it all works out, students will be going around March or April of 2023. They will be staying around Graz, which is the third largest city in Austria. While there, they will visit the largest concentration camp in Austria that was active during World War II, Mauthausen. They will also be visiting Salzburg, Vienna, tour a UN Site, various castles, museums, historical sites, and even get to make bread in a bakery that has been open since the 1600's.

Living in a town like Red Bluff, we don't get to see a lot of diverse culture. The Austrian exchange is a great way to safely travel and experience a new culture that you never would have seen otherwise.



Photo/KRCR

At Red Bluff High School, we have been doing the Austrian exchange program

Many of our students have not been out of California, let alone the United States, so



Photo/Google

excited to host Austrians. "Bronson Gilchrist, junior, is hosting an Austrian to give an Austrian a good American

experience. He is most excited to get to know him and show him the rural American life. Part of this exchange is

also having our American students go overseas to Austria. This year, it is going to be a bit tricky due to the

## Emergence of feral cats appear on the Red Bluff High School campus

Cordelia Klausner  
Staff Writer

Although all feral cats are strays, not all stray cats are feral. Stray cats are a lesser issue because they have been domesticated and are able to socialize fairly well with humans. On the other hand, feral cats are in a much more wild state and are much more difficult to care for. Because they avoid humans, feral cats tend to live in the shadows and look for hidden spots to stay where they will not be disturbed. However, they often struggle to find a stable food source unless they are provided with care through humans. Garbage is the most common food source for feral cats, though some may be fed by a well-meaning stranger. It just so happens that Red Bluff's feral cat population is especially high, and our school's campus is no exception.

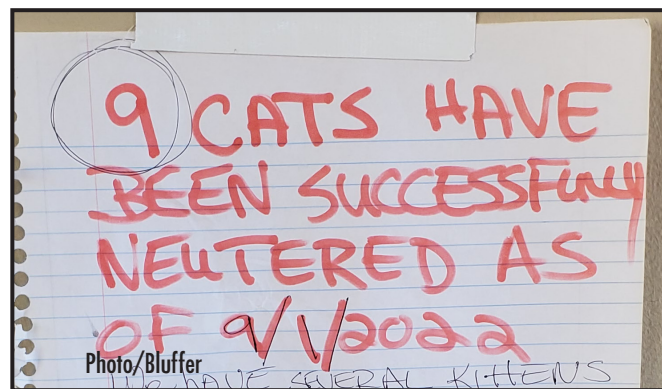
While entirely relocating or eradicating the cat population may seem like a good idea, it has been proven to be an ineffective method of managing the issue. Feeding the stray cats under the impression that it helps them is no good either, as it only worsens the issue. Ultimately, either of these are temporary solutions, which only contribute to the overall problem in the long term if they are not also spayed or neutered.

A note has been posted on the back of the J building to update students on the state of the cat population. This note, located on the wall behind Mr. Twitchell's classroom, explains that 9 cats have been successfully neutered as of September 1. When asked to comment on the cats living under his classroom, Twitchell said that it has certainly been an interesting issue. When asked to comment on his proximity to the cats he said that he can "...sometimes

hear them fighting, and there's sometimes an odor. I think it's great that there are people trying to catch them and get them fixed, they are definitely putting a lot of effort into it which is really cool." Barb Daughtery, who works in Tech, is one of the people who catches them and gets them fixed.

Mr. Brose has explained that our school is currently working with some community members to

catch and fix the local cat population. When describing the organization of this system of Trap-Neuter-Release here on campus, Mr. Brose has confirmed that at this point they have now caught and fixed 10 cats, but they soon plan to be moving onto the kittens when they are old enough. Slowly yet surely, the issue is being settled. Brose commented that, "While the cat issue persists,



Photo/Bluffer

A sign seen on campus regarding the feral cats

## Izzy's Bagels offers discounts to students and staff

Caleb Polster  
Staff Writer

Izzy's Bagels, located at 807 Lincoln St, is offering a discount to students and teachers at Red Bluff High. "We serve bagels and bagel products," says Liz Mendenhall, owner and founder of Izzy's Bagels, "We run daily specials such as Wednesday bagel pizza calzone, Thursday bagel dogs and Friday chocolate bagel bombs. On top of that, we offer a bagel breakfast sandwich and bagel sandwich with your choice of protein—either smoked salmon or the meat of the week that varies. We also have Red Bulls and other beverages to choose from." Since last year's article on the shop, their selection has grown. "Our selection definitely has expanded. We have added daily specials, a breakfast sandwich and more protein options for the sandwiches, as well as added Red Bulls, Italian sodas and more drink options. We also have grown our retail space and we are planning on adding more

gifts to the shelves." The discount offered to students and teachers, according to Liz, isn't widely known. At the current moment, ten to fifteen discounts are offered a week, though Liz hopes to grow that number. When asked about the future of the business, Liz said, "Next we plan on doing a few events at the shop. September 16, Todd from the library will be in to read a book to the younger kiddos."

September 22, the Tehama County Cattlewomen will be in house handing out some recipes and information, as well as doing a raffle. October 15, we will be having a vendor fair which will include our neighbor Lacy Wilson and about 10 other vendors. We are always open to ideas as well. We have a space that we love and want to share. We offer free Wi-Fi so kids can come study and hang out. We also have a free library and some cool retail items." Having personally tried some of the bagels offered at the shop, I absolutely recommend trying out their products.

## RBHS Staff Incorporates Social Emotional Learning Into New Schedule

Keira Klein  
Staff Writer

This year, there were many changes to Red Bluff High School, by far the most notable being the schedule change. Bluffer reached out to students with a survey about their feelings concerning this change. 64% of students said that the schedule was just okay, while 29.8% said that they strongly disliked it. The

remainder were split between 'other' and loving the schedule. Advisory period is one of the biggest changes. Freshman Mackenzie Harris said that she felt like Advisory would be more fun with teachers that enjoyed teaching it. The majority of survey respondents, when asked what they would change about the schedule, said that they would either get rid of or change Advisory in some way. One student said,

"Take out Advisory because it's time taken out of our main classes that we could be using to learn." Principal Hassay said that the goal of Advisory is to focus on social-emotional learning. Another change this year is class flipping. Senior Briana Cross said, "I'm not a fan at all. I just like consistency, which I don't really get with this." Another survey respondent said the flipped schedule

made life difficult for those that had a job, because they had to go to work different times every single day. Noah Bennett, a junior, said that he "didn't mind" the new schedule because he has missed a lot of classes due to sports. Now he will not miss the same class every time he leaves. That was actually the main goal of the schedule flipping, according to Mr. Hassay: To make missing classes easier on

student athletes and tardy kids. However, according to student responses to the survey, the schedule has not achieved that goal. 57.7% respondents said that being absent and needing to catch up wasn't an issue, but after that, 30.7% of students said that the new schedule actually made catching up more difficult. Students were also upset about how little input they had on the schedule that they had to deal with. Mr.

Hassay said that teachers and Leadership students were able to voice their opinions when the schedule was being created, but most students were left in the dark. "Let us pick what would help us," one student said. This year will certainly be an adjustment for students and teachers, but it's one that everyone will go through together. Hopefully, these new changes will make life better here at Red Bluff High.

### Friday Night Live

- Friday Night Live is meeting every Wednesday from 1:30 to 2:30 pm in Mrs. Wagner's class (Room D97)

### Hispanic Heritage Month

- Sept 15 to Oct 15 is Hispanic Heritage month
- RBHS will celebrate by hosting baile folklórico dances and other events

### Suicide Prevention Training

- Suicide Prevention 101 is a 1 hour training available Sept. 29. Completion earns a certificate. Sign up in the counseling office or email dandrews@rbhsd.org

STAFF EDITORIAL

# Queen Elizabeth II passes away at the age of 96

On September 8th, Queen Elizabeth II of England passed away, at the age of 96. Her death marked the end of a long reign that began in 1952. The loss has been felt across Britain and all around the world. Elizabeth II has been loved and respected her entire career. She has presented a strong front during extreme political turmoil throughout the decades. The Queen's 70 years of ruling might be seen as a success to some, but underneath it lies deeply-rooted racism and deception towards the public. Hereditary systems are outdated and no longer useful. They are not functional, especially in England, where many people, especially the younger generations, are not in favor of the monarchy. There is no purpose for a monarchy if it's not being used for political reasons. With the Queen's death, a future without the Queen could be the beginning of a weaker monarchy, or no monarchy altogether. In her 70 years of ruling, the Queen notably remained as politically impartial as possible while upholding an extensive history of racism within the monarchy. The Commonwealth of Nations holds many of Britain's past colonies, and is a reminder of British colonialism that was never acknowledged by the Queen afterwards. Just like in the UK, the monarchy is merely a symbol of power in the Commonwealth that the monarchy grasps at. It should also be remembered that the Queen's son, Prince Andrew, has had serious sexual assault allegations that called his friendship

with Jeffrey Epstein into question. He was consequently stripped from his royal titles and duties in January 2022 by the Queen. The Queen remained tight lipped as her son's scandals made headline news. The most recent scandal of Meghan Markle and Prince Harry is the tip of the iceberg on how deeply racism runs within the blood of the monarchy. Some royal members were worried about the color that their son would be after his birth, because Meghan Markle is biracial. Prince Harry chose to leave the monarchy to protect his wife and kids from facing the levels of scrutiny that his mother, Princess Diana did. The Queen disregarded the smear tactics used in the media to ruin Princess Diana's and now Meghan Markle's public image. In such a modern world, the British monarchy has proven time and time again that they only protect their interests. The Queen has been revered for her stability in such a powerful position. But, her inaction and ignorance on issues will carry on through the next rule. This is especially true now that Prince Charles has been crowned King. He has divided the public since his first failed marriage with Princess Diana, and if the Crown is passed onto him, the monarchy's popularity will lessen. The Queen has been the glue of the royal family for many decades amidst many many scandals in the royal family. Their power will greatly shrink without her steering the path of the Crown, thankfully so. After the Queen's passing, the monarchy has no legitimate purpose besides being a figurehead of wealth and power.

## Mug Mania ; The feeling of Mug

Codii Nguyen  
Staff Writer

The mainstream sodas, such as Coca-Cola and Pepsi, appeal to most of the general public; however, a beverage that is most often overlooked is Mug Root Beer. Mug Root Beer was initially known as Belfast Root Beer in 1940 and was manufactured by the Belfast Beverage Company in San Francisco, California. It would later be known as Mug Root Beer and use the iconic bulldog as its logo. It wouldn't be a stretch to call Mug Root Beer the best beverage in the world, as the rich foam, its eye-catching logo, and its succulent aroma appeals to all of the body's senses. It has a distinct yet complex flavor, and the feeling of refreshment

one gets from drinking it is nearly unmatched by any other name-brand beverage.



The taste stays long after your first sip; the sweet vanilla

flavor coats your tongue while the carbonation fizzes in your mouth, leaving you craving more. Creamy, sweet, and refreshing; that is Mug Root Beer. Furthermore, Mug Root Beer can also be used to make root beer floats, a feature that cannot be done at all with other sodas. Also, while soft drinks are not considered healthy, root beer is regarded as a healthier option than cola as it contains less sugar and does not have the harmful acids found in most sodas. Although Mug Root Beer still contains copious amounts of sugar, its succulent and addicting taste is well worth it. From personal experience, my doctor recommended that I cut back on my daily Mug Root Beer intake; however,

I noticed zero change in my health or skin after a few days. The only change I noticed was the lack of joy in life after being deprived of the sweet, delicious taste of Mug Root Beer for so long. It only took a few days before I went back to drinking two Mug Root Beers a day. Unfortunately, Mug Root Beer can't be found anywhere. It is seldom served in restaurants, yet it's just scarce enough that you can find it on enough occasions to satisfy a craving. This scarcity makes Mug Root Beer almost seem like a treasure and makes it all the more appealing. Simply put, no words describe how perfect Mug Root Beer is. To those who are not yet convinced, I implore you to try it, and maybe then you'll see how it is the best drink in the world.

## Fixing welfare in USA

Laylin Johnson  
Staff Writer

The welfare system in the United States is, by most accounts, bloated and ineffective in achieving its purpose. One could argue that this is an issue related to the amount given to those in the welfare system, that the payout is too high and encourages freeloaders, or that it is too little and leaves those in need stuck in destitute. However, I believe it is an issue of structure more than total payout, as there are tens of different agencies and commissions that all give varying payouts for even more varying reasons and goals. In order to simplify the system, and possibly save public funds in the process, the United States should switch to a system of Universal Basic Income.

The idea is simple; give every single US citizen, or at least those close to the poverty line, a universal base income. As mentioned before, it would simplify a bloated and overcomplicated system, and take a significant amount of bureaucracy out of the American welfare system, likely saving money in the process. An extra benefit, if the income is applied to all, is that more money would circulate in the American economy, as that money would go to businesses that provide essential services, such as food. If history has told us anything, it is that all it takes to build a better system is a strong leader to convince our government to enact essential reforms, and perhaps in the future we will be able to create the "Great Society" former president Lyndon B. Johnson stood for.

## Foo Fighters drummer dead Fans remember Taylor Hawkins

Caleb Polster  
Staff Writer

Taylor Hawkins, drummer for Dave Grohl's band Foo Fighters, is remembered as one of the greatest drummers of all time. He tragically passed away on March 25, 2022, leaving behind him a wife and three children. His life began in Fort Worth, Texas in 1972, before moving to Laguna, California. Hawkins joined Foo Fighters after they had already released their first album, The Colour and the Shape, so Hawkins' first appearance was on the 1997 single "Monkey Wrench." Quickly afterward, Taylor began contributing piano, vocals, and guitar, as well as drums to Foo Fighters' tracks. Ever since 1999, Taylor has been listed as a co-writer on each subsequent album. Many famous artists have performed with Hawkins over the years, including Brian May, Chad Smith, Elton John, Slash, and Roger Taylor. Taylor Hawkins has talked about

his major musical influences throughout his career, noting Phil Collins, Ringo Starr, and Neil Peart, among others, as having influenced his drumming technique. A heroin addiction culminated in an overdose in 2001, during which Dave Grohl is said to have stayed by his bed for the entirety of Hawkins' two week coma. Following the incident, Hawkins had been sober for the remainder of his life. Dave Grohl considered Hawkins as being like family to him: "My brother from another mother, my best friend, a man for whom I would take a bullet." On March 25, 2022, Hawkins reported suffering from extreme chest pain, notifying emergency personnel. He was dead by the time he was found. No cause of death was given. Since the tragedy, one tribute concert has been held by Foo Fighters and the Hawkins family, while another will take place on September 27. Shane Hawkins, son of the late drummer, honored his father by playing drums during a performance of "My Hero" at the first tribute concert.



Pictured at the left is drummer Taylor Hawkins at One Love Malibu in Calabasas, California on December 2nd, 2018

## SUVs should be obsolete

Ryan Nguyen  
Editor in Chief

Today's car market is oversaturated with SUVs, and I'm personally sick and tired of it. Wherever I go, whether that is going to get groceries, heading to work, or even just going to school, the majority of cars that I see on the road are SUVs. These monstrosities of an automobile are just an eyesore. They are these big ugly bricks on wheels that people love to buy for some reason. These bricks of a car have no personality other than looking just like a brick. If I were to look at three SUVs from different car companies with the logos covered up, I would guarantee that I couldn't tell you that these cars are made from different brands. On the other hand, if you were to show me three various sedans or even sports cars from different companies, I would tell you the brand with 100 percent accuracy. Getting behind the wheel of an SUV is also a nightmare compared to a sedan. The center of gravity is so high that it creates the issue of rolling over when in a crash. Another effect of having a high center of gravity is body roll when going into turns. Whenever I take a turn in an SUV, I constantly fear rolling over. SUVs are also killing car companies' interest in making fun new cars for the consumer. Look

back into the 90s and early 2000s when every car brand had a sports car. Think of Honda today. You wouldn't think they would be a part of the sports car market,

but Honda had the NSX that car they sell is a Honda Civic. With public interest favoring the 90s and the S2000 in the early 2000s, which car enthusiasts the day and age of fun cars loved. In 2022, the "sportiest" for people to enjoy is closing.

**The 2022 Ford Explorer**

"The worst SUV on the market, I always slow down when I see it because I think it's a cop car"  
- Ryan Nguyen (Editor in Chief)

★★★★★

**The 2000 Honda S2000**

"It's not cheap, but its reliable."  
-Mikeo Vicuna

★★★★★

**The 2022 Toyota Supra**

"It's really nice and drives fast."  
-Kaden Schorovsky

★★★★★

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

# Spartan Sound off

What is your favorite part of HOCO week?



Joscelyn Tremayne (9)

"Dance and seeing everyone having fun."



Jackson Bachmeyer (10)

"Float Construction because of the free food."



Kalie Cox (11)

"Dress up days because I want to look the best."



Trevor Tatro (12)

"The football game for sure"



Ms. Vasquez

"Seeing everyone get excited and spirited."



Mr. Dais

"Seeing students and staff coming together and showing school spirit."

Sound Off / Mickey & Brailynn

# Red Bluff High Homecoming 2022 'Spartans Party the Night Away'

Havyn Miller  
Staff Writer

Red Bluff High School kicks off the school year with homecoming week. This week is a very packed week with lots of activities and dress up days. Starting off with Monday, September 19, 2022, our dress up day will be themed "Stay in v.s. Go out", everyone can wear their pajamas or show up in an outfit made for going out. Tuesday's dress up day will be "celebrity day", students will dress up as their favorite celebrities. Wednesday will be "age day", the freshmen will dress up as baby's since they are the youngest, sophomores

will be sorority girls and frat boys, juniors are mom and dads, and the seniors will represent old seniors. Thursday is "party with a pet", everyone will bring a stuffed animal as their pet (No real pets will be allowed).

Lastly, Friday will be green and gold for school colors. During lunch there will be music and many activities for students to participate in and win prizes during the whole homecoming week. These activities will begin with Monday (petting zoo), Tuesday (cake walk), Wednesday (wiener dog races), and Thursday (Raffle). On Friday, September 23, students will have shorter periods during their day because there will be a homecoming rally held at the end of the school day. Be prepared for all the awesome games and messy activities that Student Government has in mind. This rally will be exciting and fun, so be ready to get loud!

Throughout homecoming week there will be float constructions happening after school hours for each grade. Everyday after school,

students will be allowed to work on their floats from 3:30p.m-7:30p.m. Each class gets their theme and float to construct. The freshman's theme is "sleepover", sophomores are "rock n' roll", juniors have "Las Vegas", and the seniors have "BIRTHDAY PARTY".

Every year lots of students put a lot of time and money into making their class floats perfect. These amazing floats will be presented on Friday, September 23, in between Jv and Varsity games. Along with queen coronation, there will be six homecoming queen nominees from the senior class that will be presented and one will win queen. The winner will be announced between these games as well.

On Friday, September 23, both Jv and Varsity football teams will be playing at their home field v.s. Anderson High School at 5:00pm/7:30pm. The theme for this game will be "white out", so make sure to come support the football teams, get ready to be rowdy!

On Saturday, September



Photo Credits/Bluffer

24, there will be a dance for all students, put on through Red Bluff High School. Tickets are sold at lunch in the student store and the last day to buy tickets to the dance is Friday, September 23, so get one while you can.

The homecoming dance is not a formal dance, but it can be if you would like it to dress up. Most students get matching t-shirts with their friends to wear to the dance all together. At the dance there will be drinks, snacks,

and great music to dance with your friends or partner. The dance will start at 8:00pm and end at 11:00pm. Be sure to bring extra money for any extra activities. Students, teachers, and parents put a lot of time and effort into putting on these dances for students to enjoy their time with their friends. Red Bluff High School is very excited for homecoming week and the spirit that will be shown by every class.

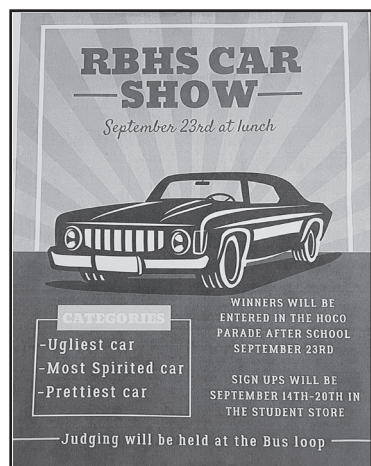


Photo Credits/Bluffer

## Spartan Student Feature: Jose 'Chacho' Chavez

Havyn Miller  
Staff Writer

Jose "Chacho" Chavez, is a phenomenal student athlete at Red Bluff High School. He is a great leader for the students and an even better athlete.

Chacho loves to spend his time outside of school hanging out with his friends and family. When he gets bored he likes to go workout at the gym to get in shape for football. Chacho has played football for 11 years, he played for Junior Spartans and later moved to the High School Team.

Throughout his life, he went to Metter Elementary, Vista Middle School, and then Red Bluff High School. During his freshman year, he started track and continued playing football.

He says, "My favorite football memory was Freshman year when my team played Shasta High School and were down by one touchdown. We performed a pass play, I caught the ball, ran forty yards and broke four tackles while in the process to get a

winning touchdown. After the game, I chest bumped all my teammates and we were really excited." This football season, it is Chacho's First year on Varsity football and he is most excited for the atmosphere at the games, the audience and rowdy crowds there to watch them play, and to see how well the team improves throughout the season.

After High School, he had the idea of attending a college in Oregon to finish off his sports. Many friends and family have supported and cheered for Chacho throughout his football career.

Red Bluff High School is very grateful to have Chacho at our school to be a role model for other students.



Chacho (4) preparing to take a snap from Fernando Maldonado (55)

## Ag Department holds first FFA Social

Stevie Moore  
Staff Writer

The first FFA social of the year was held on Monday, September 12th, 4-6 p.m. at the Red Bluff High School swimming pool. Every month, FFA members and staff put on multiple fun events for members of the FFA community to participate in and earn their credits.

This program is available for students at Red Bluff High School who are interested in FFA (Future Farmers of America) as a possible career or for college applications. Ag socials are a very great way for teenagers to get out and try new things while being supervised and safe.

At the swim party, all FFA members were able to show up and participate in all activities as long as they brought a swimsuit or swim trunks. A local snow cone truck, Island Ice, arrived at the school at 4 p.m. to serve delicious snow cones paid through FFA sponsorships.

Students were able to enjoy hanging out with friends, swimming in the pool, and playing corn hole on the sides. If students attended this FFA

social, they gained their FFA credit for the grading period. FFA students need a certain amount of credits throughout each semester of school. You earn these credits by: attending monthly socials, after school activities, participating in competitions, and even engaging in lunch events.

Our FFA president, Alexia Amore, is a great leader and role model for all students and teammates. She is very outgoing and is willing to help all teachers and students with anything. Alexia was extremely excited for this FFA social because she loves seeing everyone involved in projects and events. Although she was unable to attend the swim social last year, she would like to keep it fun and exciting for everyone. She says, "The FFA socials are great ways for students to connect, and come together more as a group."

It helps students meet new people and know what it is like to be on a team." FFA teachers are very proud of the effort they put into setting up and planning these social events for students to experience.

## Spartan Teacher Feature: Ms. Garcia

Stevie Moore  
Staff Writer

Karlee Garcia is the new Student Government teacher this year. Since she is an alumni, and was in student government during her own high school years, she is excited to bring back old events this year. Ms. Garcia went to Lassen View Elementary/Middle School, and years later graduated from Red Bluff High School.

Ms. Garcia's favorite class in her high school experience is a tie between Dance, and Mrs. Palubski's French class. She continued her journey at UC San Diego. While earning her bachelor's in Human Development, and later earning her master's degree at Michigan State

University in Student Affairs Administration, at first she wanted to be an activities planner at the college level.

After substitute teaching to earn extra money, there was an open job at Red Bluff High School. With Mr. Hassay, along with Mrs. Rodriguez, pushing her to take the job, Ms. Garcia finally considered teaching as a career. Ms. Garcia also teaches math. She chose math because there is always a solution that you can reason out. She compares math to a puzzle that you have to figure out.

She was interested in teaching the student government class because

she loves working with juniors and seniors and is "excited to see the kids grow into little leaders." Her favorite thing about the class is planning activities and being with good students. She is nervous about remembering important things to do regarding the class this school year; however, that is outnumbered by the excitement of student activities, and school spirit that she is excited to be a part of.

Ms. Garcia feels that the school has been lacking school spirit in the past several years, and she is excited to bring the community back together in that way. She says it was not necessarily easy

or difficult getting started because she has so much support around her. Although she is nervous about the big planning student government takes on, she knows that with the work of herself, and a great group of kids, we can make it work.

Shelby Azevedo was the previous student government teacher. Ms. Garcia says that Mrs. Azevedo helps her so much with the challenges she is facing in this new position. Garcia is also very thankful for Ms. Vasquez, the leadership teacher, for helping her take on a lot of these new responsibilities.



Photo/Bluffer



# 'She Hulk': A Disappointing Marvel Show

Luke Lyford  
Staff Writer

She Hulk, a new Marvel show with much controversy and mixed opinions. She Hulk is one of the new Marvel shows that have come out on Disney Plus and it is sloppy to say the least. The speed at which Marvel keeps producing shows and even movies is incredible, although, because of this the quality shrinks astronomically. She Hulk is already one of the worst Marvel shows made in my opinion as well as many

others. The overall rating for the show is a sad 2.2 stars, with big companies like Rotten Tomatoes giving it an eighty-eight percent on their rating. The show starts off with Jennifer Walters, our main character, otherwise known as She Hulk going on a road trip with her cousin. Her cousin happens to be the real Hulk Bruce Banner, where much goes wrong and she is accidentally turned into a Hulk. After this she is forced to try to change her lifestyle as a lawyer to fit her life of being a public sensation.

As you may be able to tell, I am sad to see what Marvel has done to them as in the first movie with him he played a far better part in the show. After this the show only goes downhill even more, even though people like Wong who is Doctor Strange's previous assistant are thrown into the mix of everything they are running out of ideas as they decide it would be a good idea to make She Hulk twerk with Megan Thee Stallion. In my opinion the show is rapidly declining and I wouldn't recommend it, however, if you are into original Hulk movie. With these things you might as well give it a shot.

## 'The Butterfly Effect' Is A Helpful And Compassionate Podcast

Courtney Evans  
Staff Writer

The Butterfly Effect is a podcast that was made to help people with their mental health. It is a very real podcast that has real people with real experiences that they have faced in life. The Butterfly Effect was created and is hosted by Queen-Jeneve Szymoniak. The very first episode of this podcast aired April 24th, 2020, but her most recent episode aired back on March 28th, 2022. This is a very raw podcast, and Queen does not sugarcoat any of the stories or topics. The stories that are shared come from her experiences or other peoples. Most of these episodes mention very serious topics about many different aspects of mental health, like anxiety, depression, burnout, and many more. The episodes will discuss a situation or story that has happened, and not only explain how to work through the problem and help people not let that problem hold them back in

life, but advice on how to handle the situation better if it ever happens again in the future. The Butterfly Effect can help people work through their own struggles, be a safe

gives is very well thought out and can really help people get through the struggles they face. I feel that the podcast was very enjoyable to listen to, it has a very calming nature.



The host is very softly spoken, and there are no loud intros or outros. I think it could even help calm people down in hard moments. The podcast does touch on very sensitive topics that could be hard for some to listen to, but it also brings awareness to many mental health problems that society tends to overlook today. The Butterfly Effect is a very positive podcast that has many benefits for its listeners.

place for them, help them feel accepted for who they are, and can help teach people and inform them about how to help others that struggle with their mental health. This podcast has a lot of potential to help others and could possibly save lives. I think that this podcast deserves more recognition for bringing light to many topics that do not get talked about enough. The advice the host



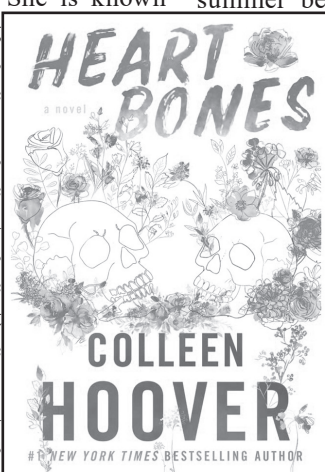
"It's really good and will be helpful to many people."

## A Perfect Emotional Novel

Keilina Lindstrom  
Staff Writer

Colleen Hoover is an author who got pretty popular recently on social media. Her most popular books are It Ends With Us and Verity. She is known for her amazing plot twists and relatable characters. There are books by her that are also very good but aren't as hyped up as the others. Heart Bones is one of those books. I have read plenty of books written by Colleen Hoover and this book might be one of my favorites. I believe that this book should be more talked about on social media. This book has been out for many years, and I think

it doesn't have the hype it deserves. This book is perfect to read during summertime. It is about a teenage girl named Beyhah that doesn't have the best homelife, and decides to live with her dad over the summer because of an event that happened at her mother's house that is revealed early in the book. While traveling to go to her dad's house she meets a boy named Samson in an odd way. They hang out every day and at the end of summer they end things and continue their own life plans. He has problems of his own that she doesn't know about yet. The average reviews on the Good Reads app for this book is 5 stars. Heart Bones is a young adult romance



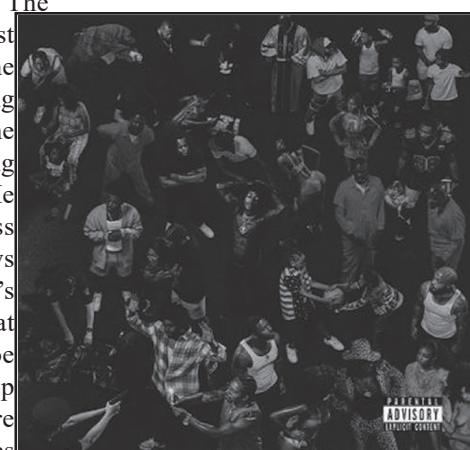
"A great emotional summer read"

## JID Impresses Fans With New Album 'The Forever Story'

Mason Voorhees  
Staff Writer

Piggybacking off of the success of his previous album, DiCaprio 2, and being a core member of J Cole's collective, Dreamville, Atlanta rapper JID continues his momentum with his all new album The Forever Story. Over the last few years, JID has become a master of flow, having one of the best flows in the scene. He sticks the landing on The Forever Story. He finds the near flawless combination of slick flows and snappy lyricism. It's on full display here that JID can stand toe to toe with the best that hip-hop has to offer, though, there are definitely a few times when he gets a little loose with it and it sounds a bit awkward. There's also a variety of really high quality and unique beats. The production creates a world in which it seems like only JID could exist in. Producer Kenny Mason is behind a handful of tracks here and their chemistry is off the charts. Dance Now is undoubtedly one of the best songs on the album and that

wouldn't have been possible without the great sample work and production from Kenny. The beat also pairs up really nicely with JID's extremely unique rapping that includes weird flows and voices, yet it's so infectious that I can't



Sound. This song never really did it for me. 21 Savage's verse was great but that's about where the praise ends here. Coming around to Just in Time where we see another Kenny Mason beat along with a feature from hip-hop legend Lil Wayne. Wayne has been hit or miss for the past few years, but his lengthy verse here is amazing. JID wants his versatility to be known. He shows off the vocals in a soulful track titled Kody Blu 31. He sounds like he's in a natural element for him, rather than sounding like a rapper trying to sing. It seems like JID crafted the perfect storm for The Forever Story, making it certainly one of the best rap albums of the year.



"One of the best of the year."

## Bluffer's Favorite Songs

1. Jeremy-Pearl Jam
2. You Don't Know How it Feels-Tom Petty
3. 24/7-The Neighborhood
4. Dead Sea-The Lumineers
5. Fly Love-Jamie Foxx
6. The Walls-Chase Atlantic
7. Starry Eyes-The Weekend
8. Paranoid Android-Radiohead
9. You Belong With Me-Taylor Swift
10. Empty Chairs-Don McLean



# The football players talk about goals, opinions, and statistics according to how the new season is going

Logan Deveraux  
Staff Writer

While football is the most popular sport in the United States, it is also one of the most exciting. Our Red Bluff teams kicked off the season against the Lassen High Grizzlies.

Unfortunately, only one of our three teams is able to call that game a win. Freshman starter, Avyon Bonner, begins her first year as defensive tackle. Being one of two girls on a team of all boys, she says that playing with them is basically the same as playing with any other team.

She says that she gets her own locker room, too, and she enjoys playing

with the guys because it's nice to get away from only girls.

Other freshman players, Marco Zepada and Brenden Purington, say they are most

excited to get to play this year. Marco also says football is "a good way to get your mind off things." They both have little experience with playing, but they are ready to learn and get better this year. The junior varsity team was happy to call the Lassen game a win. Sophomore linebacker, Paul Snider, says he plays football because it is fun and he looks forward to playing in games with the team this year. He has played for six years prior to this season and his goal this year is

to get sixty tackles.

When asked what it's like to play in JV versus playing on the Frosh team, Jaden Bommer said, "it is the same thing with a different title," he also adds,

Lastly, the Varsity team; this season they pulled up two sophomores, Caidence Dial and Landon Kunau. These aspiring student athletes work hard to keep their place among the

He plays because he enjoys the tough competition and being able to tackle the opponents. He has played for seven years and is hoping for five or more wins this season. All in all, the



Carson Ledbetter running the ball right to a defender



The football team right after a timeout was called

"there is bigger competition and higher expectations to meet." He also said he plays because it is a contact sport and "tackling kids is fun." Their practices were recently moved to be later at 7:30 to 9:30 so it is cooler.

upperclassmen. Dial says that playing with the team is not much different than playing on the Frosh team last year; however, he does note that everything moves at a much quicker pace.

football teams are working hard and look forward to the rest of the season. Football is an exciting sport, and we are all super excited to watch our Freshman, JV, and Varsity teams destroy the competition. Mickey Cohn says, "My favorite plays consist of any play that benefits my team." This statement is super general and didn't really answer the question but as long as he supports his teammates and wants to win, that's what it's all about.

## 2022 Swim team hoping to get the Red Bluff pool fixed

Luke Lyford  
Staff Writer

The Red Bluff High swim season has started with a rough beginning. The swim team has had to be relocated for a short period of time this season because of an issue in the main pool.

The issue with the pool being a piece of the filter being broken, that needed to be specially made. Because of this, the team had to go to the coach's, Julia Brant, personal swimming pool. Her personal swimming was in the same format as the school's pool, being twenty-five yards long. The only difference being that there are two lanes at Julia's as opposed to the six lanes at the school's pool.

When swimmers on the team were asked what they thought about this change of venue, Sophomore Aralynn Stroing said,

"It wasn't a huge inconvenience because we got free transportation to coaches house."

As well, Junior Landon Skelton said that it was a small inconvenience, but in the end "it worked out well." As of now, the team is back to swimming in the school's pool as the pool was fixed in just two weeks. It is definitely



A picture of the swim team after a meet

a good thing that they are back to normal, because according to the students, there are far more swimmers, primarily freshmen, who want to swim this year.

Sophomore student, Aralynn Stroing, started swimming when she was just eight years old, so for a total of seven years.

When asked she said that her mom had signed her up along with her friend and Aralynn enjoyed it so she hasn't stopped since. Before the high school team, she had started swimming on the Red Bluff Tritons. When asked Aralynn said, "My favorite stroke is backstroke because I get to breathe the whole time, even though it's not my best." Junior Landon Skelton said he started his swimming journey in freshman year and enjoyed it a lot, and it has continued for about three years as of now. His reasoning for joining is just the fact that he wanted to do a sport in the fall.

Skelton said, "Breaststroke, because it is most enjoyable." The next swim meet will be Sept 27 against PVValley at Red Bluff.

## 2022 new tennis team sweeps their first games

Jocelyn Thao  
Staff Writer

One fun fall sport that's been going on at Red Bluff Highschool is Girl's Tennis. Girl's Tennis tryouts, as well as their first practice, started on the first day of school, August 10th, and everyone that tried out made it onto the team. So, if you were afraid to try out for the team because you didn't believe that you would make it, no worries, because everyone made it and tried their best.

so keep that in mind if you're interested in trying out for the tennis team next year. The team's practices are almost every day, from right after school until

about 4:30, where they practice at our high school's tennis courts, as well as the tennis courts on Lincoln Street, which is also where their matches take place.

We interviewed one of the new coming JV players this year, Drasti Patel, and she told us her perspective on the sport. When first asked why she decided on playing tennis this year, she tells us that because of the summer heat and there being nothing to do, she and her brother, Dev, began to play throughout the summer and she began to grow a fond liking to this fun sport.

She says that she enjoys tennis and thinks that it's a very fun after school activity and anyone is able to play if they try to. Drasti

does believe that although their uniforms are cute and fun to play in, they are a tad showy, but that doesn't stop her from playing her best!

Their first game was August 30th, and the winnings and losses varied based on who was playing. For Drasti though, she won her match against her West Valley opponent and claims that it was a pretty easy sweep. The Girl's Tennis next upcoming match is October 5th, and if you want to watch some serious hitting, then show your support for the Red Bluff Highschool's Girl's Tennis team and attend this awesome match!

The girls tennis team are so excited!

## 2022 Cheer team excited for the new games to come

Asia Lugo  
Staff Writer

The 2022-23 Red Bluff High School cheer team made its debut at the first home football game on September 2.

They have been working really hard lately to get ready for all the big games coming up. September 16, they had the shootout game against Corning and performed a special routine. The following week, tonight, they have the homecoming game, then a Halloween game on October 28. The team has practice every day from 3:30 to 5:30, and even some days they have early morning practices. At the first JV and varsity football game, the music wasn't very loud,

but they cheered through it and it still came out incredible.

There was a delay in cheer uniforms and camp clothes, but they have finally arrived. Their uniforms are black long sleeves which can be very hot in this heat. Nelly Navarrete states that, "It's not that hot, because our uniforms have always been long sleeved, so we are used to it. We also have late games, so it's not that hot at night." They're learning a new fast paced routine for the shout-out, which is next Friday.

I asked freshman Maci Cohn what her favorite part about cheer-leading was, and her response was, "my favorite thing is dancing." Maci thinks this routine will top the previous routine by far.

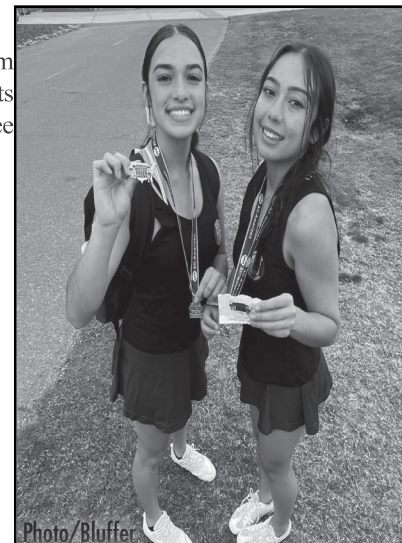
They have been working on a routine for shootout and have to quickly learn the homecoming routine before the 23rd. The cheerleaders have to learn two routines, one by shootout, and one by homecoming. Recently, because of all the work they have been doing, there have been a lot of injuries, and people have to sit out during dances. With all the missing cheerleaders, it's hard to perform. There is a new foreign exchange student from Germany that has joined the cheer team, she is a senior and joined September 13, and her first performance will be homecoming. The JV and varsity coaches are Cory and Deana, they work

really hard to make the team cooperate and the cheerleaders really enjoy the football games and performing for the audience. We are

really excited to see them cheer at all of their events and can't we wait to see their next performance.



A selfie of a part of the 2022 Cheer team



A picture of Akemi Brewer and President Nelly Navarrete

## 2022 golf team travels far

Logan Deveraux  
Staff Writer

Golf is arguably one of the most mellow sports that Red Bluff High School has to offer. Generally speaking, almost 80% percent of all golfers will not have a handicap under eighteen. Meaning, there is little room for career-ending injury. On our girls golf team, there are ten players, but they can only take the top six girls to matches; similar to tennis. As you may have noticed, there is not a golf course at the high school, so the team has to travel to Wilcox Golf Course every Tuesday, Wednesday, and Thursday for practice. If a golfer does not drive, they have to find a ride or another way to get there.

Junior, Reyana Gonzales, says they have matches once in a week but not on a set day. She also mentions that it is really hot out on the course and it is very tiring and draining. Reyana has also included that there are trees alongside the courses, but generally they provide little to no shade on the green. Despite the commute to and from matches and practices, Reyana believes that it is worth it for the joy of playing golf. This season, the golf team is scheduled to have six matches and two tournaments. However, if they play well, there will be finals and then championships. These matches normally take place early in the day, usually 9am to 1pm. Now, even with the inconvenient scheduling, Sophomore,

Nevaeh Anger, says she does not miss a whole lot of school. Nevaeh also adds that she joined the golf team because she wanted to try something new. Her favorite part about playing is when she hits the ball and it goes far. While golf is one of the more lesser known sports, it is pretty fun and you should consider giving it a try.



A picture of the 2022 Tennis team in a line at the Red Bluff High School tennis courts



# RBHS Homecoming 2022

This year's annual Queen Nominees are in. Nelly Navarrete, Courtney White, Mya Rodriguez, Kenzie Bradley, Lizzie Cannon, Abby Rainwater, and Payton Byrne. We've asked our nominees one question to understand what they're all about. What's your favorite highschool memory: Nelly said her favorite memory was winning ASB president, Courtney said her favorite memory was anything involving cheer or NASA, Mya's favorite memory was winning spirit court, Kenzie's favorite memory was making the varsity softball team, Lizzie's favorite memory was the 2021 Winter Formal, Abby Rainwater's favorite memory was getting removed from a West Valley football game, and finally Payton's favorite memory was Powder Puff. Not only do we have these amazing Queen Nominees, for each grade level we have a princess. The Freshman princess is Yaneli Chavez, the Sophomore princess is Chloe Webb, and finally our Junior princess is Mylih Wagner.

## QUEEN NOMINEES



Nelly Navarrete



Courtney White



Mya Rodriguez



Kenzie Bradley



Lizzie Cannon



Abby Rainwater



Payton Byrne