



RBHS works to spread awareness and support for mental health in teens



Peer Counselors after a Board of Supervisors meeting



Cutler Vereschagin
 Staff Writer

There is an ongoing war that takes the lives of many today. This war is the fight for mental health. In our modern day, adolescent mental health is the frontline of the battle. With the advancements of social media that broaden the view of young minds and hearts, teenagers across the country succumb to stress far greater than ever before.

Nonetheless, mental health affects everybody. Many modern issues such as crime and public safety, ethical or moral controversies, and the mortality rates of this generation's youth can be traced back to the current mental health crisis. Even in our community, the battle of mental health affects our families, our friends, our teachers, and most importantly our students.

With the overwhelming anguish that this war brings, there is hope, and something worth fighting for. Mental health recognition and research has come a long way. Compared to generations before, the student

body's generation has the PERMISSION to not be okay. Teens have the opportunity to need help, to learn, and grow into emotionally intelligent individuals. Although every battle cannot be won, our losses do not undermine how far we come as a society. Even Red Bluff High School has come a very long way with mental health. From the Grit Center, to peer counseling, to the school psychiatrists and mental health specialists, and even teachers, this community has come such a long way.

Mental health is a vital and necessary quality to a

teenager's daily life; especially in this age, we need to be able to know how to control our emotions, maintain healthy habits, and build healthy relationships with others. The first step to spreading mental health awareness is learning to become aware of our needs. Tracy Miranda, a RBHS social worker and mental health specialist stated in an interview, "We all respond differently to stressful and traumatic events; just because you are high functioning, does NOT mean you cannot be in need of help or guidance to manage your mental health.

Feeling guilty for seeking help, down playing struggles, and feeling pressure of being a failure are all common experiences for teenagers, but the true growth begins during the first needed visit to the Grit Center, or the Family Resource Center, or even counseling when people are in times of need.

Help can't just come from a trusted adult either. The RBHS peer counselors are perfect students on campus who are always willing to help students in need. When asked about the peer counseling program, Danyel Beltran, a peer counselor, was happy to explain. "We will pick up students from their classes, and bring them to the Family Resource Center where they have one on one conversations with us, explaining their experiences to us. We are here to listen to them, and give them advice to help them solve their problems. Students have us as an alternate option to a normal counselor." No matter where students receive assistance from, students will always have mental health resources available at RBHS.



Photo Credit: Bluffer

Shasta College visits RBHS to help seniors

Aylin Santoyo Salas
 Staff Writer

On Wednesday, October 1, Shasta College was hosting an event in the F Building to help seniors who might plan on attending college after graduation. It started at 8 in the morning and anyone was welcome to attend it; those who did attend were excused from their classes. Shasta College educators talked about the process and its steps of enrolling in Shasta College and other programs they offered, such as transferring to a UC while attending Shasta College.

They also mentioned the first two years of college were going to be free for anyone no matter their financial status. Such was helpful, as they also focused on informing all seniors about programs that helped one financially as well as those that focus on helping one succeed and choose the path which interests them the most.

They pointed out that anyone who enrolls in Shasta College doesn't necessarily have to do it full time for the two years; they can choose to attend classes on campus part-time or go full courses online.

They mentioned important dates for seniors: when they should specifically apply and when to enroll for financial aid for all students of all classes. At the end they held a raffle for a chance to win a Visa gift card, along with a Dutch Bros card to those with the most answered questions.

Their slogan is "Shasta College is an equal opportunity educator and employer," meaning there is no such thing as not being able to apply or not qualifying for a chance to succeed and work in a certain field in the system. If one wishes to contact them in order to enroll for their Fall 2026 to Spring of 2027 class, as 2026 seniors, they can contact Redding Enrollment Services at (530) 242- 7650. One may contact their office here in Red Bluff, Weaverville, Burney Enrollment Services by calling (530) 242-7750, option 4. Or, visit their website at 'www.shastacollege.edu.'

They were back on campus again on October 14, 2025 in the afternoon in the Spartan Plaza (Cafeteria) for senior college application workshop aid presentation. It was from 4:45-5:15 pm, and from 5:15-6 pm there was a presentation held for Financial Aid (you could be entered to win a \$50 Visa gift card). At 6-7 pm there was an application workshop available to fit each interest you might have. Specifically, UC/Private school application was in room L107, CA State University at L109, and Shasta College in the F building, Butte College application was in L111 and Job applications/resumes in L105.

For more information, you may contact Sharris@rbhsd.org. Shasta College is here to help students with planning their future and helping choose a route in any career they wish to pursue.



Photo Credit: Google

Test scores have gone up in recent years

Kylie Crow
 Staff Writer

Junior year is a year where most importance is put onto students at Red Bluff High School to become their best selves academically wise. And this statement was taken to the maximum with the Juniors of last year (now the 2026 graduates of Red Bluff High School).

Specifically towards the California Assessment of Student Performance and Progress, or as everyone else knows it, CAASPP. With this being a test to help tell

School Districts on what areas the students are excelling in, or are failing in. The state then uses these scores, along with tons of other data they have collected from other areas, to give to each District as a way to help the Districts be able to improve the curriculum.

The California School Dashboard is the website where California releases these scores for each district. "Each school district gets this, along with graduation rates, suspension rates, AP Test Scores, College Career Indicator, and many more

all piled into this Dashboard." Quoted from Superintendent Mr. Brose, who talked with me all about the CAASPP and how these scores are used for.

Brose made it clear that these test scores

are very much a small percentage in how this is taken into account



Photo Credit: Bluffer

by the California Dashboard that is the entity that determines what improvements schools need to make. But to say he is proud of the 11th graders is an understatement, "I wanted to share the good news towards staff. As I always want to recognize them personally for helping our school." He feels that the big reason why these scores went up is because of the hard work from the English Department and other staff who have been constantly working on their curriculum.

Darbie Andrews, who works for the RBHS Family Resource

Center also helped this statement get out, by organizing the Senior Recognition Awards to have the CAASPP scores be awarded to all the seniors for working hard on this test. Brose, although, wanted to also say that for now, they have only gotten the English test scores, and he is feeling quite hopeful with the rest of the scores in all other areas as they release around November.

He wants to thank all the other staff for helping all students towards becoming successful in all areas that have been lacking due to the COVID Pandemic.

Weekend Forecast

Friday 75°/51°

Saturday 70°/51°

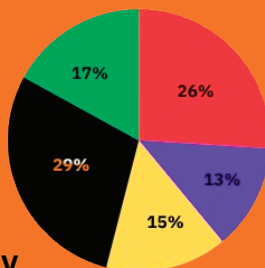
Sunday 73°/50°

BLUFFER BRIEFS

- Homecoming game on Oct. 24 against Enterprise High School
- Homecoming dance on Oct. 25 in the Pavilion at 8pm
- Football game on Halloween at Shasta High School
- Halloween on Friday, Oct. 31

What are your favorite Halloween activities?

- Dressing up
- Scary movies
- Pumpkin carving
- Corn maze
- Binge eating candy



100 students from 9-12

Staff Editorial

First Amendment rights remain under attack

President of the United States, Donald Trump has strived to protect the rights of the American people. The Republican party prioritizes individual liberties and constitutional rights.

However, the emphasis on “rights” is inconsistent and that the party actively seeks to limit certain rights and freedoms. Many times now and in the past our President has been seen picking and choosing which rights to uphold and which to not, even though the Federalist created the Bill of Rights so that none of our rights can be violated by our government.

Many Americans do not realize how incremental encroachment on a person’s liberties can lead to an eventual destruction

of civil liberties. This is not just a problem of President Trump, but he is definitely not trying to fix it.

In April 2025, right after the shooting at Florida State University, our President responded to the issue by saying, “I have an obligation to protect the Second Amendment and I will always protect the Second Amendment.” The people of America have become so brainwashed that once Trump said that, they believed he was on their side and is doing everything in his power to protect our amendments. However, he is actually slowly taking away our First Amendment rights on the down low. In May 2025 during an interview with Kristen Welker of NBC, Trump repeatedly responded, “I don’t know” when asked if he must up-

hold the Constitution. It could be old age and not understanding the question or it might not, who is to say.

After Charlie Kirk’s death, an interviewer asked Donald Trump, “My condolences on the loss of your friend Charlie Kirk. May I ask, sir, personally how are you holding up over the last day and a half sir?” and Trump responded, “I think very good and by the way right there you see all the trucks that just started construction on the new ballroom for the white house which is something they’ve been trying to get as you know for about 150 years and it’s going to be a beauty.” After this interaction Jimmy Kimmel used a clip of the video of the interview on his show and made a joke: “this is

not how an adult grieves the murder of someone he called a friend, this is how a four year old mourns a goldfish.” After this comment Jimmy’s show was temporarily suspended by ABC after pressure from the FCC. This suspension sparked a national conversation about freedom of speech. This is only a more recent example of Freedom of Speech being violated by the government of the United States.

A federal court ruled on September 30, 2025, that the administration violated the First Amendment by arresting, detaining, and attempting to deport non-citizens for their pro-Palestinian advocacy. Trump’s administration also banned news outlets, including The Associated Press, from White

House press pools for their reporting. In 2025, a federal judge ordered the administration to restore access, ruling it was a violation of the First Amendment. Trump has engaged in a pattern of threatening and filing defamation lawsuits against news organizations, including The New York Times, The Wall Street Journal, and CBS News. Critics argue these lawsuits are an attempt to intimidate the press by driving up legal costs, regardless of the suits’ merit.

Time after time again Donald Trump and his administration has tried to silence people and news networks if he doesn’t like what they have to say.

Much like a king silencing his subjects.

McDonald’s plays it safe- and it shows

Frank Ferreira
Staff Writer

In recent history, we have relied on fast food for cheap and convenient food options. Since the start of the fast food boom, there has been a reigning king of all the fast food chains, and that’s McDonald’s.

Established in 1940 by the McDonald brothers, Richard and Maurice have grown the world’s largest restaurant chain by revenue with just their bare hands. The McDonald brothers began the business in San Bernardino, California, and set out to sell their barbecue. However, burgers were more popular with the public, and the business model switched to a carhop drive-in style of restaurant.

From the 1940s to the mid-1950s, the brothers expanded their business, even incorporating the famous Golden Arches we all know and love. Ray Kroc turned their small business into the industry it is today, a successful and delicious treat. On paper, McDonald’s has been successful and triumphant in its endeavors, being the largest restaurant chain by revenue. But revenue doesn’t tell us the full story. McDonald’s



has been consistently good or mediocre, and what they have been since 1940. they have barely improved and brought little to no creativity to the business, making it bland and boring.

In an attempt to make their restaurant colorful and playful, they added a clown in 1971 named “Ronald McDonald.” McDonald’s received a lot of backlash from this decision, saying the clown was more “scaring” the kids away instead of bringing them closer to the family-friendly restaurant. Due to the backlash, they removed the mascot and tried to reform

into something more appealing, like a big ball of purple love: Grimace. Grimace, I don’t know what the thought process was behind it, but he just looks like goop. He’s a big purple monster. I would lean that he is more on the unappealing side of things if anything. In my opinion, McDonald’s mascots in the years have not been a success.

In conclusion, McDonald’s has not adapted or changed much of their food. Even the McRib is a special-time item and it’s considered one of the best. If they gave us more variety and new options, McDonald’s would be more highly regarded like Taco Bell.

Why makeup serves as a form of expression

Cinnia Paul
Staff Writer

Is makeup really empowering or is it simply a mask to hide behind? Do girls wear makeup to “accentuate” their features or to dull them? Now, I would never hate another girl for wearing makeup, nor for not wearing makeup.

I think to a certain extent it truly is an expression of art/oneself, yet is there not also a line to be crossed? When does makeup go from expression to camouflage, or is it somehow both? Well to answer a few of my own questions, I think it differs for each wearer. I don’t believe makeup is supposed to be something that has a right or wrong of doing, yet people being people love to act as though there is.

Moreover, makeup holds many origins, dating back to Ancient Egypt as a sign of wealth and appeal from the gods. While the ancient Romans thought differently and viewed makeup as a selfish act, and believed it should only be used to enhance the physical appearance rather than decorate it. Makeup also holds history with rumors of sex-workers originating



from the Roman period, and still to this current day there is a “conservative” and “eccentric” way to practice it. However, the Renaissance era, again, changed the way we viewed those who wore makeup as it became extremely sought after as a sign of wealthiness. Although, most of these ideologies we still deal with today.

Young girls, women, moms, grandmas, aunts, and cousins all hold the belief that they must be presentable, though it may be unfair of me to claim that every woman feels this way, I believe that this is something women can agree on. As a woman, whether you wear makeup and how often you wear it, it is still easily recognizable as to how it affects our entire gender. Makeup is such an interwoven part of “girl-culture” that there is even such a thing as

“republican makeup” and “liberal makeup.” Isn’t that simply absurd? Wasn’t makeup supposed to be an expression of one’s beauty and not of a political party?

How a woman does her makeup is almost like a secret form of communication between other women. As I stated earlier you could (I’m not saying every stereotype is true) decipher the way a woman politically stands, how old she likely is, the media she may consume, and even her occupation. It may seem simple, it may seem easy, and it very well may seem stupid, yet it is truly a part of feminine culture, again whether a woman participates in it or not as the majority of us do. Although it does seem silly as to the fact that essentially face paint can communicate all of this, and even determine a woman’s worth.

Why ‘Clash Royale’ has become one of the best mobile games of all time

Ezra Lugo
Staff Writer

The mobile game Clash Royale got super popular really fast because of a bunch of things coming together at the right time. The company Supercell already had a massive game called Clash of Clans. So when they made Clash Royale, a ton of people were ecstatic to play it. The game itself is multi-faceted, with the main component of the game being similar to your typical lvl Tower Defense.

Clash Royale is an online game where the battles are fast and intense, and it’s relatively easy to learn how to play. You just put down troops and try to break others towers while keeping yours safe at the same time. But the game takes a lot of strategic gameplay. You had to be careful about using your elixir, which is basically the energy needed to deploy a troop. Another reason Clash Royale got so popular was because of the spotlight it received from ESports. It was a

ton of fun to watch professionals play in tournaments. Sometimes watching professionals truly inspires you and it makes you want to play and get better as well. One huge reason that this game became one of the most popular games was because it was a free to play game. meaning anyone can download



it and start playing without paying anything at all. If you wanted to get better faster you could spend money, but you don’t have to. The game is very captivating because it is rarely

the same, there are weekly updates, as well as so many different strategies or methods you can use to play against an opponent. There is a ranking system in Clash Royale which makes you want to play more and get better.

Additionally, there are so many new game modes that are being added that it always keeps you on your toes, it is like waiting for a new episode of your favorite TV show that just ended on a cliffhanger.

One way to help work your way up the ranking system is to learn how to count elixir. Counting elixir can be very difficult because the game is fast-paced but it is for sure possible. To count elixir, you always need to keep track of your opponents’ placed troops. Once you get the hang of it, predicting their plays can be a piece of cake.

In conclusion, Clash Royale is an online fast-paced game that is super diverse and captivating. In my opinion Clash Royale is one of the greatest mobile games of all time.

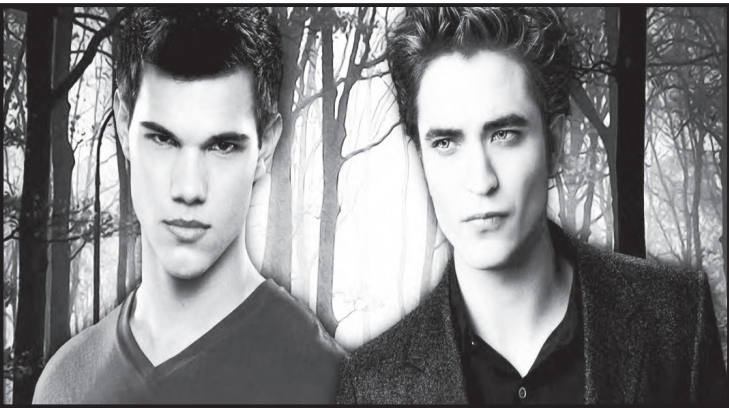
The decade long debate: Team Edward vs. Team Jacob

Harmony Oakes
Staff Writer

Team Edward or Team Jacob? Now, you might be asking yourself, “Isn’t Twilight a decade old?” Well, the answer is yes – and yet it still is a monumental moment in almost every teenage girl’s life. Before going over the choices—yes, I am biased. Edward Cullen, a hundred and four year old teenager, versus Jacob Black, a six-five, jacked shapeshifter.

I mean, is it really a question? Not only that, but in the books as well as the movies Jacob treats Bella Swan like she’s human; Edward treats Bella like she’s fragile and he’s waiting for her to break. You could say Edward is just protective, but it gets to a certain point of being just straight up possessive.

I’m not saying Jacob doesn’t have his faults – imprinting on Bella’s daughter Résumé; sorry, Renesmee is one of them. However, I believe the only reason Jacob imprinted on Renaissance was because when he tried to imprint on



Bella, which happened when they kissed in the mountains during the third book. The only reason he imprinted on her daughter was because he wasn’t able to imprint on Bella due to her mental shield – which we later see is her vampire power.

This also is one of the main reasons I believe Edward pursued Bella in the first place. His vampire power is the ability to read minds; however, he couldn’t read Bella’s. She was his serenity, his silence. Now, Bella is Edward’s blood singer – which means he is constantly thirsting for her blood every moment he is near her. In

the first movie/book he almost kills her by drinking her blood because he goes into a frenzy. Frankly, Bella is nothing but a blood bag for him. I fully believe if Bella was raised by Charlie Swan, her father, she would have chosen Jacob. I believe the only reason Bella chose Edward is because she wasn’t in love with him, but rather the idea of being a vampire.

I also believe that because vampires are like drugs to humans, when Bella went through withdrawals in the second movie/book she only went to Edward in Volterra because she was

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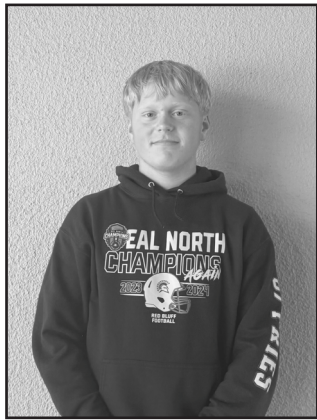
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What is your dream Homecoming theme?



Braden Fries (9)
“Wizard Of Oz”



Iris Neevel (10)
“RomCom”



Tydus Reinhardt(11)
“Mission Impossible .”



Addyson Alderson (12)
“Night at the cringe museum. ”



Mr. Richardson
“James Bond”



Mrs. Manzo
“Met Gala”

Sound Off /Lillie Rainwater & Kaitlyn Stringer

Homecoming Presents Fun and Exciting Activites Themed “A Night in New York”

Olivia Owens
Staff Writer

As the weather cools and the regular, boring weeks of school pass by, the subtle excitement of Homecoming week is making its way to the RBHS campus. Homecoming Week kicks off on Sunday, October 19th, with float construction from 12:00 to 4:00 p.m. at the school farm. Students from each class will come together to build their homecoming floats, which will be judged and showcased during Homecoming. All students are encouraged to join in, and float building will continue daily from Sunday through Thursday. Food will be provided for everyone who participates.

On Monday, October 20th, we'll start with the Kickoff Assembly, where the homecoming princesses and queen nominees will perform a short and fun skit. Freshmen will attend the assembly during first period in the PAC, sophomores in second, juniors in third, and seniors in fourth.

Monday's dress-up theme is “The City That Never Sleeps,” which is a cozy pajama day. During lunch, the student government will be putting on the Monday Mixer LTA, a relaxed activity with games under the shade structure. Float construction

resumes from 3:30 to 6:30 p.m. Tuesday the 21st, which is Tacky Tourist day. The LTA is the fourth annual Wiener Dog Race, which has become a recent tradition. Float building continues from 3:30 to 6:30

theme, Thursday's dress-up day is “New York, New York: Twin Day.” Find a buddy, and pick an outfit! The LTA will be a fashion show, and sign-ups will be available about a week before the show. Thursday also

at the football game later that day, and the infamous car show will be featured once again at Friday's LTA. The winners of each category will be included in the Homecoming parade. The car show will include categories

games, announcements, and skits, so be sure not to miss out.

The parade will take place at 3:45p.m., and will include dozens of different floats: sports teams, clubs, FFA, and more. The homecoming floats assembled by each class will also be on display.

After the parade, at 5:00p.m., our very own Red Bluff Spartans JV football team will go head-to-head against the Enterprise Hornets. In between the JV game and the Varsity game, the homecoming queen coronation will take place.

Each princess and nominee will be escorted out on the field, where the Homecoming Queen will be announced. Then, our Varsity Spartan football team will play against Enterprise at roughly 7:00p.m. The halftime show will include performances by cheer, dance, and band.

Lastly, of course, is the homecoming dance. From 8:00-11:00 pm on Saturday, the “A Night in New York” semiformal 2025 homecoming dance will take place in the pavilion to end the very fun and eventful week of homecoming.



Photo Credits/Bluffer
Student Government preparing for HOCO

p.m. Wednesday, October 22nd, brings a lunchtime scavenger hunt, and the dress-up theme is Uptown vs. Downtown: choose casual sweats or dress fancy. To stick with the New York

marks the final day of float construction, with judging beginning at 6:00 p.m. Friday will be an exciting day on Red Bluff's campus. The dress-up day is a white-out at school and

like the ugliest car, most spirited, and more. Towards the end of the school day, the homecoming rally will take place in the Pavilion with all students. This will feature many

Spartan Student Feature: Aarayah Sides

Ezra Lugo
Staff Writer

Get to know one of our Freshman girls here at Red Bluff High School! I, Ezra Lugo, was allowed the privilege of interviewing one of our newest freshmen girls, Aarayah Sides.

Aarayah graduated from Lassen View Elementary School District and decided to go to Red Bluff High School to continue her education.

She grew up in Dairyville on a farm with a large family. Her favorite sibling is her older brother, J.R, although she has many. Aarayah says her favorite thing at Red Bluff High School so far is the food, she specifically made note of the pepperoni pizza. Her favorite class on campus currently is dance. She states that she enjoys the teacher, her classmates, and the music. She is looking forward to dancing during the Holiday Classic Rally, which takes place during the basketball season in winter.

She really loves to play volleyball and is on the freshman volleyball team here at Red Bluff High School, so if you want to watch her play and support the Freshman, come out to the home games.

Aarayah is planning on the pursuit of becoming one of our female wrestlers in the winter and

she is excited for that to start.

Another fun fact about Aarayah Sides is that she loves reading, and her favorite book is called “The Perks of Being a Wallflower”. The book was created by a man named Steven Chbosky in the early 1900s. This book also includes a film adaptation that came out in 2012.

She is a very social person and loves making new friends. Her close friends describe her as a social butterfly. If you

already know who Aarayah is, or would like to make a new friend, Aarayah is the girl to be friends with. She loves high fives in the hallway so if you see around campus give her a high five and she will return the favor.

Luckily for Red Bluff High School, Aarayah is just one of many of our freshman girls that will represent being a Spartan for her freshman year and for the next four years to come.



Aarayah Sides
Photo Credits/Bluffer

Exploring BTS of HOCO Dance ‘25

Chance Geiger
Staff Writer

Football has been in season for quite a while now, which ultimately means that Homecoming is on the horizon, and with that comes many exciting events, fun activities, and most importantly, Homecoming itself.

One of the most important parts of Homecoming is the theme, which was decided by student government. In the last few weeks, student government has been spending extra time planning by splitting up into several different committees to organize and prepare each aspect of the event in detail.

Participants in the club recently started working closely with members of the community for sponsorships on food and float construction, along with donations for the students and their dance.

Everyone helping out with the dance and all the related events are working very hard and putting in an impressive amount of effort, especially since most of them have never put on an event of this scale before. After speaking with Mrs. Garcia, Bluffer learned that her favorite part of Homecoming is “how it brings current Spartans

and past Spartans together as a community.” She also enjoys Dress-Up Week, which always gets students excited and ready for the upcoming celebration. Each day has a fun and creative theme that gives everyone a reason to show off their creativity and school spirit.

The coronation may be Mrs. Garcia's absolute favorite event of all. She says she enjoys seeing the fun that the girls have together during the process of being nominees and experiencing it all side by side. The dress code for the dance is semi-formal, and many people are expecting to see short dresses, cute outfits, and casual men's button-ups and jeans.

Homecoming is a very important event that brings together new students and old students alike, including some of the golden grads who are attending to see how the school has grown and changed when they went there fifty years ago. Homecoming is more than just a dance or a football game—it's a time for both Spartans, past and present, to celebrate where they came from. As Mrs. Garcia said, “Once a Spartan, always a Spartan.” Hoco reminds us of this.

Teacher Feature: Mr. Penner the Math Wiz!

Mackenzie Harris
Staff Writer

In the math department at Red Bluff High School, very few teachers are as well-known or iconic as Mr. Penner. Now in his twenty-first year at Red Bluff High School and with more than a dozen years of teaching at three other schools before that, Penner has spent much of his life shaping students' education and helping them think beyond the numbers on the page.

If you asked him what superpower he'd choose, you might expect something eccentric. Instead, Penner says he'd want “to help people understand things they don't understand.” It's the exact power he brings into his classroom every day.

Penner knows math isn't everyone's favorite subject. “The hardest part,” he admits, “is when students don't try and give up too easily.” But the reward, he says,

is in the students who push themselves, the ones who want to learn and improve their lives. “I come to work to help the kids who want to take advantage of their situation,” he explains.

He's also aware of math's reputation. Many students claim they'll never use it, and some openly dislike it. Penner sees things differently. “Math challenges your mind to think in ways that transfer to every aspect of life,” he says. “Learning math makes you better at music and everything else, because you've trained your mind to process information better.”

Part of the problem, he believes, is cultural. “For years, people have said it's okay to be bad at math,” he points out. “There was even a Barbie doll that said, ‘Math is hard.’ Parents say, ‘I couldn't do math either,’ and now kids can just use AI to

avoid trying.” Penner views this as a missed opportunity. For him, math is less about solving equations and more about developing resilience. “Failure is part of learning,” he says, “but too many people see it as proof they can't do something.”

Outside the classroom, Penner keeps a full schedule. He works out three to four times a week, plays guitar and sings on his church worship team, and spends time with his family. He's been married for almost thirty years and has three adult children. A Red Bluff native, he still lives about a hundred yards from his childhood home. Teaching runs in the family, too. “The vast majority of my family are teachers,” he says. “If everyone around you understands the world of teaching, it really helps, there's a lot of camaraderie.”

Penner originally studied

engineering before majoring in mathematics and math education, which explains why when asked, if he could teach another subject, he'd choose engineering. “It's nice to see the application of

everything,” he says. Still, he's found his perfect place at Red Bluff High, where his decades of experience, love of learning, and quiet “superpower” continue to shape many students.



Photo Credits/Bluffer

Mr. Penner and his sons

‘Fourth Wing’ captures readers with a fiery blend of romance and rivalry

Lexi Bradway
Staff Writer

In the mythical town of Navarre, dragons, riders, and mythical creatures lie among the gates. In the Riders Quadrant, the young adults must bond with a dragon, learn to fly, train for combat, and, most importantly, survive.

Violet Sorrengail was forced into the Basigath War College by her mother, who is the general of the Riders Quadrant. Violet, on the other hand, had a whole other plan for her life.

She was nothing like her mother or siblings, who were tough and rebellious and graduated from the War College. She had always planned on being a Scribe, like her father who valued reading and writing over war.

She practiced, reading, writing, and histori-

cal research her whole life, practicing to be the perfect Scribe.

After her father’s death, when she was young, she realized she had no say in what her future holds. Violet is a small and fragile individual who has a chronic illness, making her physically weaker than her peers in the Riders Quadrant.

This forces her to work

harder, practice more, and become physically stronger

to be able to survive. Despite the hardships she faces because of her weak

frame, she is determined to survive and prove to her mom

that she is not the weak girl her mother had always seen her as.

Her body isn’t the only thing holding her back,

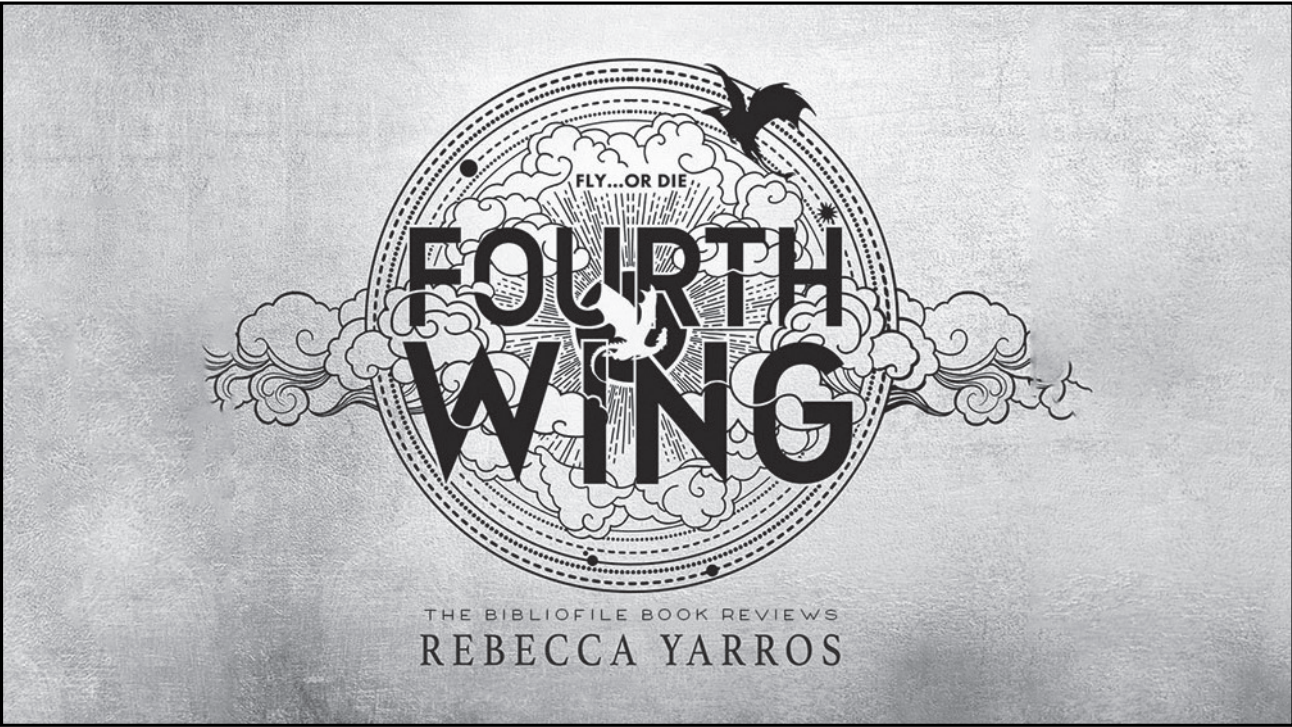
But, she is the daughter of his father’s murderer. Despite their rough past, Xaden

Riorson and Violet Sorrengail must work together to survive. Don’t go trying to find this town because it is in the book Fourth Wing by Rebecca Yarrows, a fantasy romance novel with plot twists behind every corner that will make you grip your seat.

This book holds a high rating of 4.6 stars out of five, with over 3.2 million ratings on Goodreads.

I picked up this book two days ago and couldn’t put it down until it was finished. It left me thinking about it during class, the gym, and literally anywhere I was. I needed to know what happened next, and you do too.

You can find this book in our school library, on Kindle, Amazon, and it is basically in every store you can think of. Check it out, along with the rest of the Emphyrean series; you will have trouble keeping your jaw off the ground.



The ‘Minecraft Movie’ breaks new grounds in gaming cinema

Myah Wiedel
Staff Writer

Many popular movies have been released in 2025, but one in particular had an impact on going to the movies with your friends.

The Minecraft Movie released on April 4, 2025, is a live action version of the game called Minecraft which has definitely been popular since its release.

This was an anticipated film due to the people who enjoy playing the game, but backlash exploded when the trailer dropped. The expectations for this movie were high, but fans were disappointed when seeing the quality of

the film. This disappointment didn’t last long as it warped into an exciting new meme to talk about.

This meme derived from the line in the trailer where the main character, Steve, played by Jack

watch this movie.

The people who clean the movie theaters after the movie ends had to sweep up popcorn and pick up trash that had been thrown into the air by the viewers. Videos on TikTok were posted exposing this trend to everyone who saw, so the box office success was great.

It became the highest-grossing video game movie with a worldwide total of over \$950 million. The movie had a

comedy background, but focused on action and adventure. It has passed the high of popularity, but will remain as a meme of this year.



Black, said the line “chicken jockey.” Theaters throughout the United States were trashed with popcorn and drinks as people flooded into them looking to

Apple faces criticism as its iphone disappoints buyers with the new release

Anais Estrella
Staff Writer

If you have been keeping up to date with the latest phones, you probably have seen that Apple has recently released their new iPhone 17 models, along with a new model called the iPhone Air.

Usually, people are always ready and even excited to see what Apple has to offer for their new phones, but this year is different from most. They had a new redesign with both the iPhone 17 and iPhone Air, which many people, including myself, are not a fan of at all.

On their newest phones, they have redesigned the shape and feel of the phone, including the camera and the look of the back. A lot of people enjoy picking out the color of their new iPhone and are excited every year to see what colors they release for the new models, but this year’s colors aren’t very ideal. For the iPhone 17 pro models, they have a new color called “Cosmic Orange”, and

many people are complaining about the color. People are not happy about the options that they have, and the prices of the

reaching over \$2000. And with the starting price of \$799 for the base model, the price makes it less accessible for many people, since not everyone can afford it.

I, personally, think that Apple should design their phones with the consumer in mind, maybe even lowering the prices and adding features that people want to see.

I feel that Apple is falling behind its competitors with their software, as they have put features on their phone years later as something “new and improved,” when other phone company brands have had the same feature for years.

On social media sites like Tiktok, people have expressed their complaints on Apple and their iPhone 17 models, and many people are not happy about it.



phones. This year has had by far the highest prices yet for the iPhone, with the highest prices for the iPhone 17 Pro Max

Bluffer Bits



‘The Conjuring:Last Rites’ frightening finale released

Madison Thompson
Staff Writer

Since October has just started, new collections of horror media are coming out, an example being The Conjuring: Last Rites. This film was released to the big screen on September 5th.

The Conjuring has been a popular horror movie franchise since 2013, and was created by film producer James Wan. The movie famously stands out because it is based on the disturbing true story of paranormal investigators back in 1970 Ed and Lorraine Warren, who are played by Patrick Wilson as Ed, and Vera Farmiga as Lorraine.

The first film is set in Pennsylvania which introduces us to the famous haunted doll ‘Annabelle’. 10

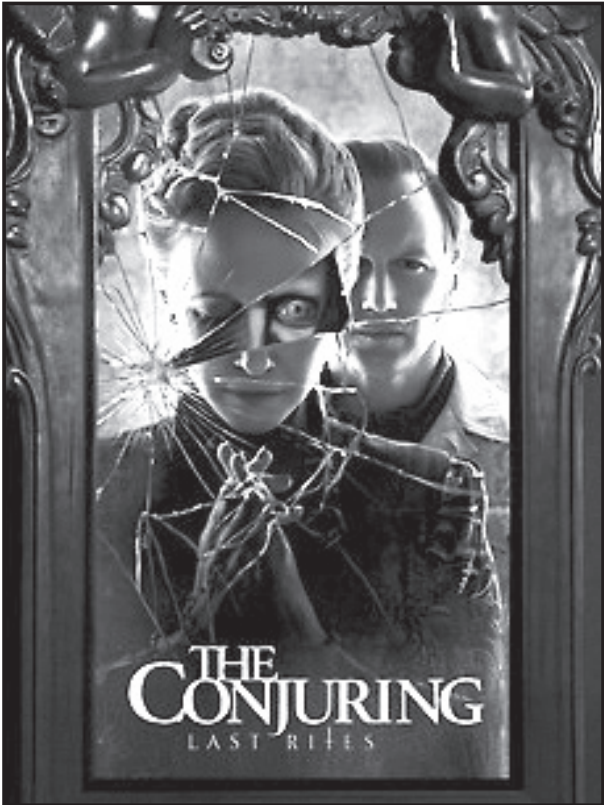
movies linked to the Conjuring time line are created, ending with Last Rites, set in 1986. The

investigate a haunting involving an antique mirror.

Lorraine collapses to the floor mid investigation and goes into painful labor, giving birth to their child Judy Warren, who was shown in previous movies.

In later years, they come back to this mirror to successfully vanquish the demon that lies inside the mirror, in the end discovering that it is the same one that nearly led to Judy’s near death in childbirth.

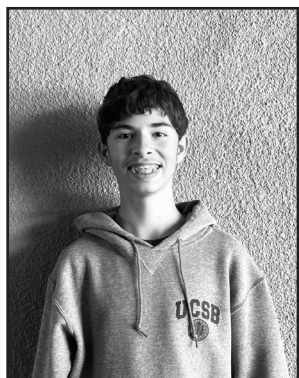
This movie compared to the first, in my opinion is much less creepy, the first movie has a much more unsettling vibe to it, most likely due to the sound track and camera quality, but the Last Rites was a perfect way to end this disturbing true story.



Conjuring: Last Rites follows Ed and Lorraine in 1964, they

Spartan
spotlight

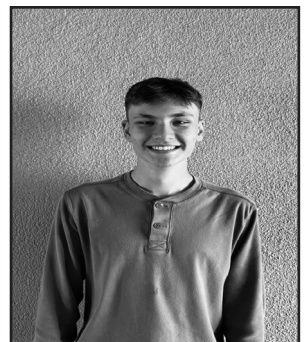
Who is your favorite athlete and why?



Owen Hickok (9)
“Myself because I am the best at everything.”



Kylie Arrowsmith(10)
“Harper Murray because she is good at volleyball.”



Brendon McNulty (11)
“Mr. Palubeski because he is the goat.”



Juliette Lopez (12)
“Michael Jordan because he played in Space Jam.”



Mr. Twitchell
“Aija Wilson because she’s dominant, clutch, and the best hooper chick I’ve ever seen.”



Ms. Garcia
“Jackson Olson because he is a great banana ball player.”

Spartans are tackling all of their opponents this season

Kamryn Crow
Staff Writer

The Red Bluff High School’s football team is having a great season so far! Their pre-season record is 5-0, and they are eager to enter the league to make a strong start. Their first league game is on October 10 at 7:00 pm, and it is against Pleasant Valley, which is usually a tough team to beat. They also played Football on October 17. Tonight RBHS will be playing Enterprise HS for the 2025 Homecoming game. This year, everyone can agree that the bond the RBHS players have is indescribable.

CJ Bartsch, a senior on the football team, says, “This year our team is doing amazing. Everyone is having fun, our team is teaming, and we are winning, so I’d say we’re all having a great season so far.” He also said, “Even though I didn’t

play last year, I can tell this year has been a lot better. Last year, there was a lot of individual talent, but this year, we learned how to use it as a whole. We know that every person gives something good for our team, and that helps us win.”

Not only is their bond better this year, but they are all extremely humble, too. What makes this team stand out isn’t just their talent on the field. It’s their bond they built with each other. Play-



Varsity returning to the stands after their game

ers describe themselves as one big family where trust, encouragement, and accountability are always being said, whether it’s during intense practices or in the

locker room before games. AJ Eden, a sophomore on varsity football, says, “I would say we’re doing better than last year because last year our team wasn’t as close and our bond wasn’t as good. We’re just spending a lot of time together, and we’re all young, so we played together before, most of us at least, which is why we have developed such a strong bond.”

From long practices to Friday night lights, everyone supports one another and keeps the energy positive. The team has fun both on and

off the field, sharing laughs, inside jokes, and that’s what makes every game special. It’s clear that for the Spartans, football isn’t just a sport; it’s something that brings them together, and builds forever lasting connections.

Other players, like Beau Silva, a Junior on varsity says, “The best part of the season isn’t just winning games, but the memories made along the way. We are just one big family who is having fun and playing really well and winning.” With league approaching, the Spartans are determined to keep their winning streak alive and finish strong.

No matter the outcome, it’s clear that this year’s Red Bluff team has made their school proud and reminded everyone what Spartan spirit is all about. One thing we have taken away from the beginning of this season is that this team isn’t just good, they’re a family, and that’s why they are having such an amazing season.

The volleyball teams hope to kill it in upcoming games

Mariah Craig
Staff Writer

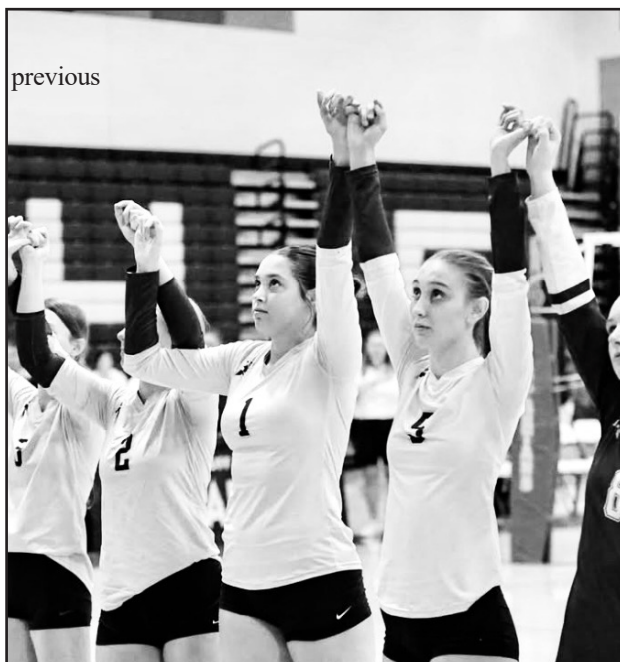
The Spartan volleyball players are setting themselves up for a great season. With a couple of bumps from their games, it is still looking good for the Freshman, JV and Varsity teams. With the stats not being recently up to date, the Freshman girls are at one win and three losses.

The JV girls are at three wins with six losses, and the Varsity are at eleven wins with seventeen losses. Many spectators have said they can agree that this is the hardest they have seen the teams work, surprised with the ending outcome of the game.

However, with that being said, the teams are still putting their hard work into every game, even if the score does not reflect how they played. With the positivity on the court, the crowd sees their

effort being put into the game.

Karely Villalobos, a Freshman at Red Bluff, on the Freshman team is playing her first year of volleyball for the Spartans. “My



Varsity during the National Anthem

court is a DS which is a Defensive Specialist in the back row.

In order to get a good pass for my setter, we all have to have a good connection, communication and positivity on the court.” A player that has been there to help

Karely and the other players keep that positivity up is Regan Troberg. Always maintaining her emotions on the court and bringing her best self everywhere she goes. Lucy Nelson, a Sophomore at Red Bluff, on the JV team is playing her second year of volleyball for the Spartans. “Having a team with such a positive attitude and being open to pushing me to being the best player I can be, shows our unity on and off the court.

To know that it is ok to make mistakes because everyone does. Fixing it to the best of their ability.” Ava Alvarez, a Junior at Red Bluff, on the Varsity team is playing her third year of volleyball for the Spartans. “Team bonding is one of my favorite things in volleyball. When you not only get to know your teammates as players, but as people.”

Your team is everything. Getting everyone together knowing that they are your support on the court, shows how Red Bluff has true unity in their sports.

Athlete feature: Yaneli Chavez

Kylan Tingly
Staff Writer

This year’s RBHS Varsity cheer team has been bringing all the spirit and stunts this year.

As our annual homecoming dance and football game is nearing the cheer team is getting prepared to perform at the kick-off rally, and half-time at the football game. Getting ready to amaze and excite the crowd as always. The homecoming football game will be on Friday, October 24 against Enterprise at home. With JV starting at 5:00 p.m. and Varsity at 7:00 p.m.

This year’s homecoming game and kick-off rally are more than just another event on the calendar for Yaneli Chavez; they’re the culmination of years of dedication to her team and school. A senior on varsity cheer, Yaneli looks forward to performing at the rally and football game the most.



Yaneli Chavez

The kick-off rally always gets the students excited for the football game and dance. Her favorite homecoming tradition is the royalty. Getting to see the

nominees on Friday night is always something glamorous. She has been cheering for about eleven years, and is shining bright as the season is coming to an end later next month.

Making sure to end the season strong alongside her team.

Cheering for RBHS has influenced Yaneli to encourage her to put herself out there, and has helped her build her confidence throughout her experience. Her favorite memory with the team was this year when they were stunting on the beach in Santa Cruz. Something fun and memorable that bonded the girls together. Spirit is important here at RBHS, and Yaneli says that the cheer team helps people to get involved, and encourages spirit throughout the school and the students.

Cross Country hits the ground running

Madison Harris
Staff Writer

The Red Bluff Cross Country team had tryouts before school started. They’ve been working hard ever since to improve their times and to work on beating their personal records. Their head coach is Kellen Starmer, and the assistant coaches are Philip Graber, Dena Owens, and Victor Trejo.

The coaches have been hard at work trying to get their athletes in shape. The maximum length runners can race on is 5,000 meters or about 3.1 miles.

There is also a two mile race and two one-half mile races. There are both team and personal scores.

The team score is determined by the overall finishing places of their top five runners. The individual scores are simply determined by what order the runners

finish the race in. Freshman Avery Glenn says her favorite part of cross country is crossing the finish line at the end. Her personal best for the 5k is twenty-four minutes and twenty-nine seconds.

Her running buddy is Freshman Kylee Ellis. Ellis’s best time for the two one half miles is sixteen minutes and forty-four seconds. She also said that her favorite part of cross country is being able

to stay in shape for other sports. Freshman Cohen Kramer’s best time is fourteen minutes and twenty-three seconds for the two mile. His favorite

part of cross country is running with friends, particularly Owen Hickok.

They had their first meet on August 29 against Bill Springhorn Classic and their next one is on October 18. After their league is over they will go onto the Eastern Athletic League championships.



Cross Country after a race

Kylan Tingly

Staff Writer

Our Red Bluff Spartans Field Hockey

Team has been putting in hard work this season. Led by varsity head coach Daisy Brose, assistant coach Ashley Green, and JV head coach Diondra Wilfong, these girls have great guidance and support throughout the season.

With coaches that motivate and lead these girls they are bound to end this season with a great experience, and great memories. One of our Freshman at Red Bluff High School, Brynn Mahoney, a Midfielder/Forward on our JV team highlights the team’s positivity. This is Brynn’s first year playing field hockey,

and she has found great joy in it. She says that she joined the team because she thought it would be a good experience, and that her friends thought she would

how she plays on the field.” The key to having a successful team is being able to look up to your teammates and have the motivation to work hard, and get better

each day. She also says that her biggest influence and supporter is her mom. Her mom comes to all of her games to cheer her on, and always supplies her with motivation and positivity.

One of Brynn’s favorite memories with the team so far is when they all went bowling as a team bonding activity.

She thinks that the team bonding was lots of fun, and that it brought the girls closer together. Brynn wants to continue her field hockey journey throughout all four years of high school. Continuing, field hockey’s last home game will be on October 20, at 4:00 p.m.

do well. One of her friends on the Varsity team, Addison Ceja is someone who she looks up to and gives her inspiration when it comes to her sport.

Brynn states that they have grown up together, and are very close. “She gives me inspiration because of her personality and



Spartan player stays strong with the ball

A Night in New York Homecoming Nominees

Red Bluff High School

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