

The new facilities enhance the look of the campus and improve life for staff & students

Lexi Bradway
Staff Writer

You may have noticed the new buildings, gates, and speed bumps on your first day back to school.

The new office has been getting built since my freshman year, and they finally finished it up over the summer. Walking back onto campus with a new office next to the student parking lot was definitely exciting for many of the students.

With the new office came new amenities, and they're definitely quality of life improvements; the nurse has her own room to help students, the counseling office was changed and put inside the office, and they added a new additional conference room. The new office is a lot bigger,

so the accessibility is better for the students, parents, and workers. There have been a lot of complaints about the speed bumps, but they do not plan on changing them for the safety of the students.

You may be wondering, what is going to happen to the old office? While speaking with Principal Hassay about the topic, he mentioned maybe making them into new classes, and taking out the old portable classes so they bring a newer and more modern look to the school.

The students seem to be enjoying the new buildings, and the front of the school looks a lot more professional. I have interviewed a couple of students, and they all seem to have the same opinion about the new buildings. All of the feedback I've heard

so far is positive regarding all the changes—besides the speed bumps. I asked Karen Garibay how she felt about the new buildings.

"I think the new buildings are really nice," Karen said, "and it makes them look more modern and professional." Principal Hassay also mentioned that every time there is a construction project on our campus, they try to add more fencing to make our campus more secure.

The campus still needs work in the future, but many people think the new buildings were a positive change, and even though they may confuse people sometimes because it is different, it is something we can all get used to and help keep clean and new-looking.



Photo/Bluffer

Red Bluff High School welcomes its new and returning teachers for the 2025/2026 school year

Aylin Santoyo Salas
Staff Writer

As the 2025-2026 school year begins, Red Bluff High School welcomes new students and staff members from the Spartan community.

There are seven new members to the faculty; they are Mr. Wolosz, Mr. Watson, Mr. Polk, Mrs. Miller, Mr. Young, Mrs. Hayes, and Mrs. Diskin. We have interviewed them and asked them about the many things they look forward to at Red Bluff High School. To begin, Mrs. Polk is the new science teacher.

She attended Simpson University and Loyola Marymount University. Mrs. Polk looks forward to getting to know her students, and one of her goals is to help them succeed in all that they do. When asked why she chose to be in the field of

education, Mrs. Polk shared, "I had some fantastic teachers in middle school and high school who really changed me and showed me compassion, I wanted to be like them for someone else."

One of the first things she noticed about RBHS is that it's very organized. Her favorite subjects are history and science. Mrs. Polk also stated her favorite holiday is Halloween ("Christmas is a close second!" she added). When asked about why she wanted to become a teacher, Mrs. Polk



Photo of the new RBHS staff members

said, "I had some fantastic teachers in middle school and high school who really changed me and showed me compassion. I wanted to be like them for someone else." She also hopes her students know they can ask questions whenever they feel the need.

Additionally, Mrs. Hayes is a new English teacher. She attended Chico State University. Her favorite holiday is Halloween, along with Christmas. Her favorite subjects are reading and writing. We asked Mrs. Hayes what she looked

forward to at RBHS, to which she said, "Seeing the long-term growth in my students."

She also emphasized one of the things she noticed about RBHS is, "It seems like a very welcoming and supportive campus." When asked about what she would like her students to know, Mrs. Hayes said, "That I really do care about them, and everything I do is to help them in some way."

One of the reasons why Mrs. Hayes wanted to be a teacher because she wanted, "To help kids realize that their education is really the key to their future."

Moreover, RBHS is thrilled to have new members on campus this year. On behalf of Red Bluff High School, we extend a warm welcome to the new staff and can't wait to see their impact on our school!

RBHS rebrands advisory for sophomores and juniors

Nyx Hutcherson
Staff Writer

This year at Red Bluff High School, both the Sophomore and Junior advisories have changed names and how they work.

Sophomore Advisory has been renamed Sophomore Summit, and Junior Advisory is now being called Junior Journey. They have made the class more like Frosh Advisory, with classes rotating every Tuesday on a set schedule.

Sophomore Zeussiah Shaver says that he liked Frosh Forum last year, but the period simply

felt too short to get anything meaningful out of it, saying "If the class were 20 minutes longer, it would be better."

Most sophomore students seemed to enjoy the bi-weekly rotation aspect of their advisory class as Freshmen.

They would get two weeks with a teacher on Tuesdays, and then get to switch for another two weeks.

The rotation would happen between the four or five teachers teaching that grade's advisory. On Wednesdays, they would get to see their main advisory teacher, whom they were originally assigned.



Ms. Pelanconi's new Junior Journey class (Elli Nolan and Emery Plemons)

Students liked this because it gave them the ability to get to know teachers they otherwise wouldn't have met. Teachers also like the class because they get to see students they typically wouldn't meet.

As Yearbook teacher Ms. Coker explained, "I like the classes because I can make connections with students I wouldn't usually see."

Some teachers also enjoy the class because they can see students they used to have in previous years due to them moving on to the next grade and no longer having their class.

The teachers also agree that the rotation is beneficial for students. As well as meeting new teachers that they wouldn't have met before, they may be exposed to different electives they might not have known about through their original advisory teacher. Meeting new people seems to be the main point of the new rotating schedule.

Nothing else about the class has changed, as it still focuses on organization and helping students develop their other skills, like time management and building school spirit with events like the Frosh Field Day.



Friday 90°/65°

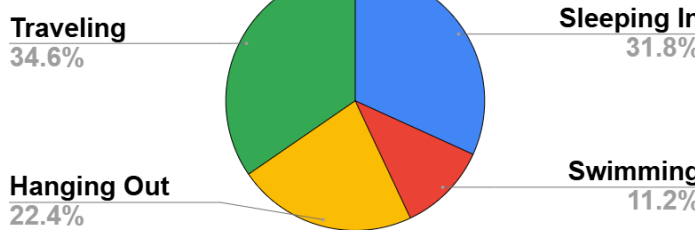
Saturday 91°/64°

Sunday 92°/65°

BLUFFER BRIEFS

- Yearbook photo make up day is on September 8
- Math tutoring in Mr. Penner's room on Thursdays after school
- Community Service project on Saturday September 13
- Suicide prevention walk on September 10

What was your favorite thing to do this summer?



105 RBHS students in grades 9 through 12 were asked what their favorite thing to do this summer

Staff Editorial

New speedbumps shake up school parking lot

The school parking lot and building construction finished just in time for the year to start, a year earlier than they expected to finish. The maps are updated and printed, as a guide for the school. The only guide needed now is how to get over the speedbumps without launching yourself into the roof of your car or scraping the bottom of your vehicle as you are trying to enter or exit the parking lot.

The reconstructed lot looks amazing and the paint is newly done, providing more organization to the often chaotic after-school rush hour. I can recall hitting the speedbumps as I entered and exited the parking lot, and

hoped that the remodel would be better. But if the speedbumps were not already bad enough, they have increased in both size and aggression. The yellow rows of cement are intended to slow the movement of vehicles, control traffic, provide more protection for pedestrians, and safety all around.

It is mandatory to include multiple speed breakers when modeling a parking lot, especially for school zones. I understand and respect the hours of hard work it took to make them, but I think the bumps are a bit too extreme.

I have heard complaints from many students, saying how in-

tense they are, the discomfort and nerves while they drive, and possible danger they cause. The smaller cars drag on the speedbumps, scratching the bottom of the vehicles and the yellow paint on the cement. The effects of the height are noticeable, as the wonderful paint job is being ruined. For the larger cars, and especially the trucks, the bounce is violent. Getting the front wheels over is bad enough, shaking the whole car, then when the back two wheels go across it, I feel myself relying heavily on the seatbelt.

According to the Federal Highway Administration Guidelines, the average height of a speedbump is 3-6 inches and you

are expected to go over them at 5 mph. Speedhumps, which are different from the bumps in residential areas, are typically 3-4 inches tall and designed to slow the vehicles to 10-15 mph. They have the same purpose, to slow and calm traffic, but they are significantly different.

I and several members of the Bluffer staff took it upon ourselves to go to the student parking lot and measure the speedbumps, out of curiosity and hoping to prove a point. To our surprise, each bump we measured only amounted to 3 ½ inches. One could argue that some bumps are taller or more abrupt than others, but out of the multiple that we measured at ran-

dom, they stayed relatively the same.

It's shocking that the design we call so drastic is only ½ an inch above the minimum. I do not know the lengths or dimensions from the original parking lot, but I thought those speedbumps were pretty bad to begin with. This is a different level, literally. It is possible that the students and drivers are simply not used to the new lot, but it is not just empty complaining, there is evidence of the damage painted across the parking lot.

Do I think they are an actual danger? No. Do I think they are inconvenient and annoying to deal with everyday? Yes.

Taco Bell proves to be the best fast food

Frank Ferreira
Staff Writer

This isn't just a craving, it's a lifestyle. Let me show you why Taco Bell is actually the best in the business.

When it comes to flavors and taste, Taco Bell has bold and savory flavors and has a good mix of spice that just makes you want to take another bite! The way it hooks you is not comparable with other fast food chains...

A MASSIVE perk that Taco Bell has is their hours, their long hours and long hard dedication to serving their customers with quality food 24 hours a day. That means no rest and no break from Taco Bell. Which gives you no excuses to say "Taco Bell is closed tonight.. Looks like no Crunch Wrap Supreme for me." Their hard workers, like Clay Graham, prevent you from making that choice of not enjoying a savory good meal from The Bell.

Along to accompany their savory meals, they have their own exclusive drink you can't find at any other fast food place, let me tell you about THE MOUNTAIN DEW BAJA BLAST! Let me tell you, you will never have a drink like this one. The sooth-



ing lime green color of the drink is appealing, as it is the flavor that is the best part of it. The tropical lime flavor, with the taste of the regular Mountain Dew base we are so familiar with, makes the taste of it a familiar and welcoming taste. Along with the Baja Blast, Taco Bell also has an array of other drink options to go along with the Baja Blast, such as Pepsi, Diet Pepsi, Mountain Dew, Starry, Brisk Mango Fiesta, and Lipton Unsweetened Iced Tea. Along with a Chilling variety of Freezes Like Mountain Dew Baja Blast, Strawberry Passionfruit, Dragonfruit Berry, and Mango Peach.

When it comes to their food, they are no slackers; they always come out with their quantity and quality of food like their own exclusive Crunchwrap Supreme, Cheesy Gordita Crunch, Nacho Fries, Beefy 5-Layer Burrito,

Cinnamon Twists, Chicken Quesadillas and even if those don't fit your taste they give you options to change how you want it with their customized options with various fillings, allowing for personalization on your food.

With Taco Bell the sky is the limit, they allow you to customize and do whatever you want to your meal, making your food whatever you want it to be.

Taco Bells environment is the ideal place to be when their workers always put in their best effort to make your food come back to you the way you want it to.

At the end of the day Taco Bell isn't just a Fast Food Restaurant it's a home... That's more than what other fast food restaurants could say, that's my reasoning for why Taco Bell is the best fast food restaurant

Live Mas.

Autocorrect makes students lazy writers

Emily McCoshum
Staff Writer

Autoocorrect and grammar-correcting applications are changing the course of modern writing.

In the past, before we became reliant on modern technology, things like important documents, letters, and novels were all corrected by hand.

Past generations not only relied on their education and grammatical knowledge, but had no other choice but to become self-sufficient.

While today autocorrect is mainly used as a word-processing application, its origins stem from an older version, the spelling check. Since the moment

spell checks and autocorrect were introduced into modern day communicative technology, we have become reliant on its convenience—neglecting past methods and replacing it with a faster, more efficient, and standardized method. The program itself consists of a software that is used to automatically correct spelling errors, typos, and grammatical mistakes as you write.

In today's generation, autocorrect and grammar-improving applications have become a staple in our society. It is used in almost every household, business, and educational setting. While the use of autocorrect certainly has its perks, there are plenty of cons to its usage.

The consistent usage of automatic editing applications has

been found to result in the reduction of demand in your working memory, loss of attention to detail, and it overall reduces our ability to retain fundamental skills and learning habits.

However, the use of autocorrect isn't all that bad; its ability to increase productivity can certainly excel production, but it's important to use these applications as an aid rather than a crutch.

By refraining from these applications, you can focus on improvement by taking the time to practice without the use of aid and, with patience, your skills will improve.

Eventually you will become a better writer without the use of autocorrect.



Marvel introduces a New Era

Harmony Oakes
Staff Writer

Captain America — a patriotic hero who is known for his selfless acts and justice. Marvel created this character that would embody courage and freedom. Originally, Steve Rogers was a much smaller male – 5'4", weighing about 95 lbs – and struggled with many different diseases and setbacks. He struggled with asthma, scarlet fever, rheumatic fever, and so much more. But he also struggled with the intense need for justice. He was bullied because he was an easy target – however, his best friend, James Buchanan Barnes protected him. Rogers' one goal was to fight in the military, but because of his poor health he was classified as 4F — unfit for service. Eventually,

he was allowed into the military after he piqued the interest of a Dr. Abraham Erskine, who was the main scientist in the Super-Soldier program. Dr. Erskine chose Rogers for the program, not because of his body, but because of his character. After his body was modified, he became 6'2 and 240 pounds; this was the 1940's Captain America. Often, it is argued – "Who truly is Captain America?" While the majority of the fanbase believes that Steve Rogers will be the only good Captain America, there is another alternative: Lieutenant Sam Wilson. He was first introduced as The Falcon, but later became Captain America after Steve Rogers' death. Wilson was a former U.S. Air Force para rescue airman who used experimental EXO-7 Falcon wings. Wilson became a close friend of Steve's

and eventually became his successor. I believe that Sam Wilson was the best choice for the next Captain America. Often, Wilson is compared to Steve Rogers, and some fans believe that no one could ever truly replace the original Captain America, often blinded by nostalgia accompanied by a mass amount of bigotry and racism after the mantle was passed down. I firmly believe that although Steve would never have left Bucky Barnes in the present, Sam Wilson was an amazing choice after Steve's death.



The cost of college causes stress among both students and parents

Haven Anger

The average college student graduates with over \$38,000 in debt. And with these price tags following them for years making it hard to make a living for themselves. It can take up to 25 to even 30 years to pay it off. College should be a ladder to many opportunities and new things, not a trap of debt, therefore prices should be lowered

College is to open doors to better futures and careers for students that worked hard but with high tuition it does the quite opposite.

High prices also make college insufficient for some. Wealthy students attend the best schools without having to worry about

money or the prices of things, while the lower income students are often forced to give up on their dreams because they can't afford it. Most have to give up on their hard work because they can't pay the fees or the textbooks and this doesn't give students chances to show their full potential and skill.

Lowering tuition not only relieves stress but it allows students to focus on their studies but to reach their potential and goals. Some would argue that tuition is necessary to cover the cost of running the schools, but many colleges spend millions of dollars on things that don't directly help students. If colleges prioritized education over their profit they could always find a way to make tuition more affordable.

Not only do students have to pay tuition, they have to pay for the living expenses like housing, food and transportation. Housing costs can range from about 1,360 to 2,649 making it even harder for students especially with inflation. College is supposed to be preparing students for the future but instead is holding them back.

I think lowering tuition is the first step into making education into what's supposed to be not a trap of debt and stress about not being able to afford it or having to skip meals just to stay enrolled. Lowering tuition means students pick majors based on what they are passionate about, not just what's cheaper for them. Investing in lower tuition cost could pay off for both students and society.

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What are you most excited for for this semester?



Ridge Rainwater (9)
“Excited to see how fast I can run to lunch”



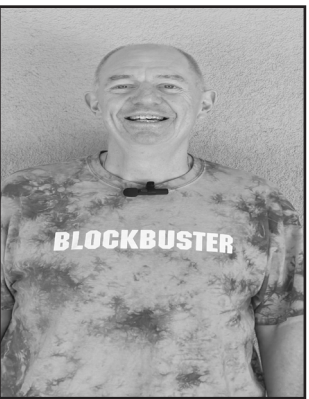
Sabella Robles (10)
“Floral Class”



Charlie Rice (11)
“Wrestling Season”



Carissa Gibson (12)
“Friday Night Lights”



Mr. Wheeler
“Going to the Manton Apple Festival”



Mrs. Polk
“Getting to know my students more”

Sound Off / Lillie Rainwater & Kaitlyn Stringer

Spartan Student Feature: Federico “Feffo” Gandolfi

Cinnia Paul
Staff Writer

Federico Gandolfi, otherwise known as Feffo, is one of this year’s Italian exchange students.

He was born and raised in a Northern Italian town named Brescia. This town is known for its vineyards, and in the fall months after the grape harvest, a festival of sorts commences. Similar to the Manton Apple Festival in the promotion of wine and local products, this festival is traditionally called Festa Dell’uva, which translates to Grape Festival. When asked what he was most excited to try in America, Feffo responded with high school, which may come as a surprise to some.

Feffo says that high school in America is “much more fun,” due to the fact that we have a choice in our electives; in Italy, the school picks your electives for you.

He further explains that in Italy there are specialized high schools. For example, he attends an art school, while in America our schools seem to have a more generalized education system. When the

question of sports arose, Feffo clarified that sports are not interwoven with school as they are here in America, rather they are separate. Another difference that Feffo and I discussed is that American high school is only four years long, while Italian high school lasts for five years. Feffo has one older brother. He shared that one of his favorite memories with



Feffo with his new friends Natalie Newport and Paige Ericksen

his brother was their trip to New York. Specifically the day they were alone together without their mother, and were able to explore the city. He also has a dog named Milu who is a Jack Russell.

One of the biggest differences between America and Italy that Feffo noticed was the A.C.

He reiterates that Italy still has A.C., yet American air conditioning is much stronger and found in more public places. They don’t traditionally have air conditioning at school, but they do at home. Feffo’s hobbies include watching films, drawing, and he used to participate in gymnastics.

dabbles in French. When asked how he was exposed to English, he explained that it is taught in school; however, he specifically picked it up from watching movies and shows during Quarantine. Feffo’s top three foods include pasta, pizza, and gelato. He also adds that in Italy sparkling water—

or rather known as water with

carbonation— is much more popular there than it is in the U.S.

His response to future plans was continuing his college education in the United States. However, he also hinted at concern for these plans as a foreigner.



Italian Exchange Student Feffo Gandolfi

Red Bluff High School FFA 2025-2026

Kylie Crow
Staff Writer

As the school year begins, so do many of the extracurricular activities that you can participate in throughout the school year. One of the biggest being FFA, with the group already having to leave the third day of school for the Superior Region FFA Chapter Office Leadership Conference.

Taking place in Nevada City, California, this four day conference was hosted at the Diamond Arrow Christian Conference Center for all the FFA officers across California. Mrs. Yates, the FFA advisor at Red Bluff, was joined by all 6 of the FFA Chapter Officers, including Alice Burlison. Alice Burlison is a senior and has been given the role of president of our chapter. She’s been involved all four years of high school and done tons of activities through FFA. “At this conference, we learned how to better our leadership skills to come back and better lead our chapter.... The sooner the trip was, the more time we could implement our newfound skills within our chapter!”, Alice stated to

me when I asked about the conference.

When I talked with Alice about how she felt about FFA going forward, she spoke about the excitement of leading the Red Bluff chapter to success, “As well as showing our members that our organization is more than just cows and plows— it holds so many opportunities for leadership and much more!”

Alice then raved about how amazing this conference was, and how it helped her grow closer to the

group of officers that would help support her during this exciting year. FFA has helped her grow as a leader and truly given her the confidence to lead our chapter.

As the 2025-2026 Red Bluff FFA President, she is excited to lead this year and has even begun to plan to take a ton of students to the National FFA Convention in Indiana. She ended the interview off with, “I’m extremely excited for this upcoming year and cannot wait to share my ideas as I serve.”



FFA at club day

Chance Geiger
Staff Writer

The annual Red Bluff High School Club Day is on August 27, and many people and clubs are excited for the event. Students are able to create their own new clubs or join pre-existing ones.

Clubs can help many students find new groups of people, learn something new, or give them something to do as an extracurricular activity.

Joining clubs can also help with college applications, volunteer hours, and help to be more involved with the school and community. Some of the notable clubs that a student could join are Art Club, Key Club, Eco Club, and several others.

There really is something for everyone. After talking to a fellow sophomore, Alyssa Casey, member of the Drama Club—she said that their club helps raise money for the performing arts department. The funds raised help with set preparations for plays, costumes, and out-of-school activities.

Alyssa said her favorite thing that the club does is “The showcases the club sets

up for funds.” In the past, the Drama Club’s showcases have included haunted houses and lipsync battles to support their club.

On the same topic of clubs for the upcoming year, Mrs. Durfee said she was most excited to see everything that Key Club offers because of all of the volunteer work they do. If anyone is interested in creating a new club, they could get an application in the Main Office and submit it for approval. Although it can be hard to try something new, you may not be the only new person to sign up and the current members would be happy to guide others and make you feel welcome.

With Club Day wrapping up, students and staff alike can look forward to everything the clubs have to offer—and if you don’t join a club on the 27th, it’s not too late. All the clubs are welcoming new members, even after club day, just contact the organizers of the club.

Whether you’re interested in drama, science, sports, or just helping the community, RBHS has a club for you.



Photo Credits/Bluffer

Teacher Feature: Mrs. Hayes

Cutler Verschagin
Staff Writer

Taking the stage as a new Freshmen English teacher, Mrs. Hayes has joined Red Bluff High School this year. Mrs. Hayes has been teaching for 8 years, starting in Fort Bragg, then moving to West Valley High.

Now, after being at Vista Preparatory Academy for the past four years, she has now joined RBHS.

She went to Chico State to earn her single subject credential in English. Her reason for moving to RBHS was her desire to teach at the high school level, claiming to have been wanting to teach at the high school level since her college days.

When asked what her

favorite part about teaching was, she answered, “Making connections with the students.

Kids make me feel young.” Not only is making connections her favorite part, but she finds that making connections and building healthy

relationships with her students is a personal strength of hers. In fact, many of her former students were excited to see her on the Red Bluff High School campus.

She is married and has three kids of her own, with twins that are two years

old. She loves reading and especially swimming, and she hopes to eventually have an in-ground swimming pool one day.

In the classroom, she has the most fun teaching poetry and leading the classroom through poetry-creating activities. Her funniest and most embarrassing teaching moment was actually teaching a poem about young love.

She asked the 7th graders to come up with the first thing they’d want to do with a new romantic interest that started with an I, hinting at “Impression”, referring to making a good impression.

One of her students answered, “The good ol’ in & out”! She was very embarrassed, but loves that memory.



Photo Credits/Bluffer

K-Pop ‘Demon Hunters’ is breaking records and gaining millions of fans

Kylie Crow
Staff Writer

Sony Animations has slowly become one of the top-competing animation studios.

One specific movie has been breaking multiple records across the music categories, Netflix watching, and has even gone from Netflix to coming onto the big screens of specific theatres for a massive sing-along event on August 23rd and 24th: K-pop Demon Hunters. It’s even getting greenlit for a TV series and multiple sequels allegedly in the works already

First being announced in 2021, this film has been in development for over 4 years; it’s finally being released on the streaming platform Netflix.

As of August 15, this film has overtaken the internet due to the catchy songs, heartwarming enemies-to-lovers plot, and having a wonderful story centering on Korean culture and mythology. The animation is able to give serious emotions, yet have goofy moments that reference K-Drama and anime-type style faces. The humor

is hilarious and helps make the characters have depth.

The story follows a 3-women K-Pop group named HUNT-

RIX, which includes Rumi as the main singer, Zoey who is the lyricist, and Mira, the choreographer. These three girls are not just a K-Pop group, but are also protect-

ing the world from demons. Generations of these girl groups are slowly solidifying the Honmoon that acts like a barrier between the demons and humans.

The demon king, Gwi-Ma, slowly has been losing his power as the girls are coming closer to sealing the honmoon forever. Until Jinu starts an idea of a K-Pop

boyband to gain the fans’ souls to grow Gwi-Ma. As we follow the movie, we meet characters like Bobby, the girl’s manager, Susie and Derpy, Jinu’s bird and tiger, and hilarious background characters.

The movie has been breaking records across the platforms, being awarded many ‘firsts’ on lists like Top 100 and Spotify. It has been breaking records on Netflix with how watched it has become, and for a good reason.

Maggie Kang and Chris Appelhans, the directors, have given us a movie that is about the power of friendship, romance, and how loving yourself is just as important when trying to help others. I highly recommend trying the movie, even with the questionable name and the relatively trope filled plot.

The movie truly shows that you can do tropes well and to never judge a movie by the name. With this success, it highlights that we need more original ideas in Hollywood that are well-made.



‘TikTok’ may be the most engaging social media app for teens

Anais Estrella
Staff Writer

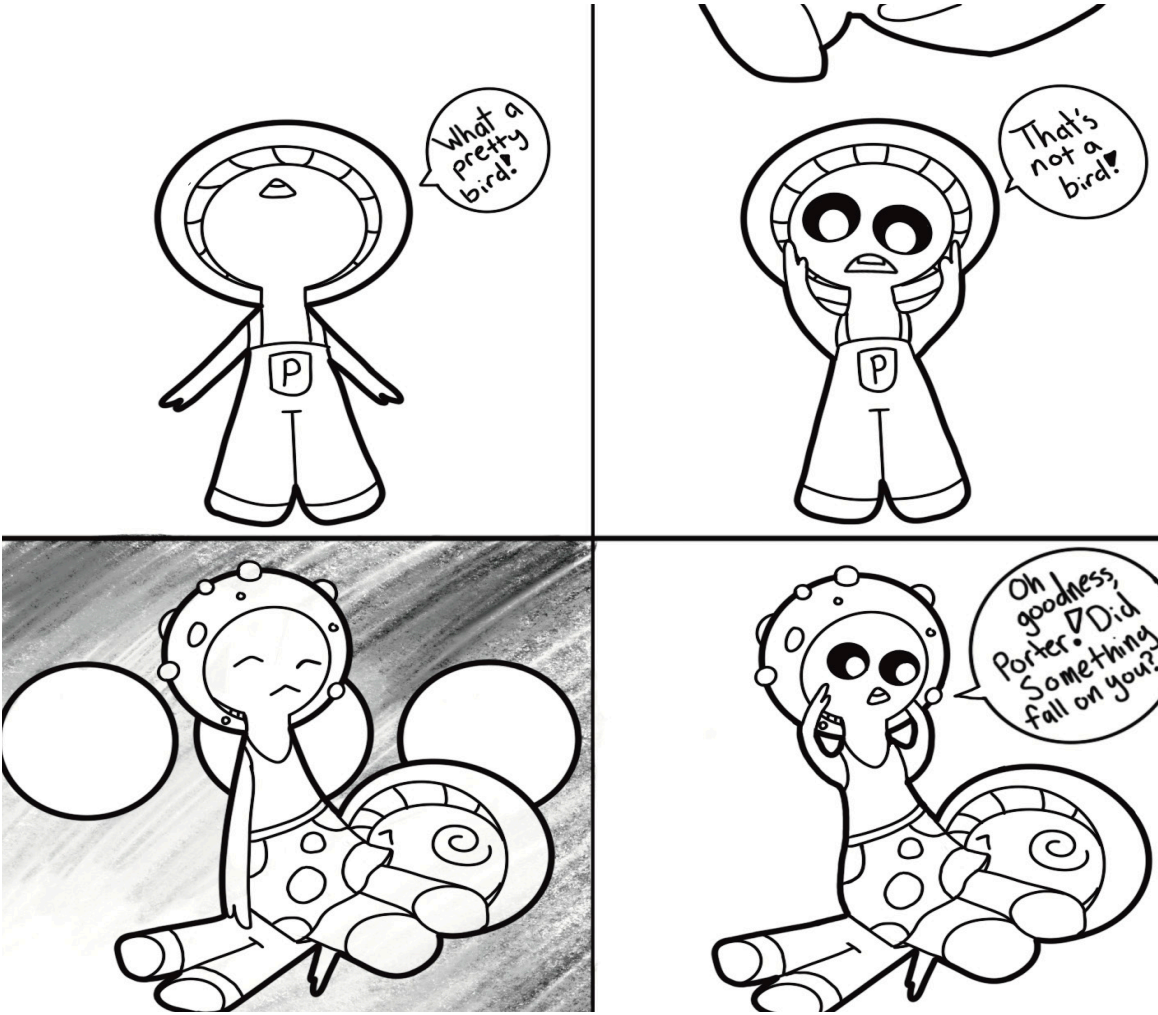
TikTok is a very famous form of social media that almost any average person has, or at least be familiar with. You can go up to just about anyone and the chance of them having TikTok downloaded is a pretty big probability. TikTok is a form of social media that takes an algorithm to show you short-form content. While scrolling through the app, there’s many different types of content people put out. Whether it’s funny, relatable, skits, or even scary videos, there seems to be absolute endless content. People also really like posting on Tiktok, just because the

algorithm helps push out new content quickly, keeping people updated on all the trends and things happening in the world. I



chores. It also sometimes does spread misinformation, but that’s a common characteristic with every social media app out there. I think that this is a really well-made app, and people could potentially use it for good. TikTok really does have a lot of things to offer. My favorite feature on TikTok is the repost button, as I think it’s a really fun feature to use. I also think that being able to share videos is really useful whenever you want to send a video to someone else. TikTok really can be a good app to use in your spare time, as it can help keep you easily entertained. I recommend this app to anyone who enjoys social media. It’s a really easy app to use, so it

personally really enjoy the app, as I use it almost daily. There’s many videos to watch and can serve to be an easy time killer. But, it does have a pretty addictive form of content that keeps you on the app for longer—potentially keeping you from doing your homework or



‘Wishbone,’ a must listen by pop artist Conan Gray

Mackenzie Harris
Staff Writer

On August 15, 2025, Clio Award winner Conan Gray released his fourth studio album titled Wishbone. When Gray is asked about the origins of the title, he says, “The wishbone is one of the only wishing rituals that requires two people.” The album revolves around these two people, Gray and a mystery lover, where each different song captures their journey of lust, desire, miscommunication, and ultimate heartbreak.

In the first title track, Actor, Gray shares his experience being kept as a disposable secret. The feeling of resentment is everywhere in the vigorous, pumping tempo as well as the lyrics “And the church bells won’t stop ringing, for an undead wedding day... while I spent it being erased.” The theme of lunacy and frustration continues throughout the album, in tracks like Romeo and Caramel. Gray draws parallels to the Shakespearean tragedy in his song Romeo with his lyrics “I took that blade into my ribs” and “where art thou?” to show the nature of the relationship: toxic and inescapable.

What makes Wishbone stand apart from Gray’s past albums is its cohesion. Rather than feeling like scattered journal entries, the 12 tracks unfold like chapters in a single story. After Actor sets the stage, This Song slows the tempo, while capturing the intimacy of con-



fessions through the melody. The mood brightens briefly with Vodka Cranberry, where Gray sings of summer and the intoxicating pull of romance, only for the sweetness to sour in My World, as obsession and desire blur the line between passion and destruction. Midway through, Nauseous is the breaking point, a visceral de-

picture of love turned poisonous, before Connell and Sunset Tower unravel the wreckage with guilt, regret, and distance. By the time the listener reaches Eleven Eleven and Care, Gray goes back to the theme of wishing rituals. Eleven Eleven captures the fleeting hope of making a wish at just the right time, while Care ends the album in quiet acceptance, acknowledging the pain of love while refusing to diminish its worth.

In its twelve tracks, Wishbone is less a collection of songs and more a single, unraveling story. Conan Gray shares his most vulnerable confessions, wrapped in melodies that linger long after the music fades. As the raw emotions of summer come to an end, Wishbone stands as a must-listen album that captures love, loss, and longing in their most unforgettable form.



A must listen!!

The new Superman movie restores hope

Madison Thompson
Staff Writer

The newest Superman movie (Directed by James Gunn who also directed Guardian of the Galaxy and other Marvel movies) marks a fresh chapter in the Man of Steel’s story, introducing audiences to a grittier, more complex version of Clark Kent, also known as Superman.

Superman has exploded with popularity since its release date in July. It has received various good reviews on a multitude of apps, such as TikTok and Letterboxd, in such a short time.

To give a brief summary of this movie without giving away any major spoilers, the story follows Superman’s (David Corenswet) journey to resolve his Kryptonian heritage. He embraces his role as a hero and an embodiment of truth for the people, however his obstacle here is none other than Lex Luthor, the story’s villain. Superman is to confront Lex Luthor, who has orchestrated a plan to build a nation and eliminate Superman

out of resentment of his power. This leads to a war between the two, and to make a very long story short, the duel ends in Superman’s victory.

A central theme within this movie franchise is the reflection of the world’s social issues being brought to light; it’s not just a superhero film as it appears on the surface.

I believe this movie did especially well depicting conflicts within our

world, as well as human flaws. The film also speaks to the challenges of navigating dual identities.

From my perspective and how I’d interpret it, this movie is about the enduring importance of human kindness and the power of making morally correct decisions.

This movie has restored a lot of hope in me, and is overall a good and definitely recommended watch.





What sport do you play and for how long?



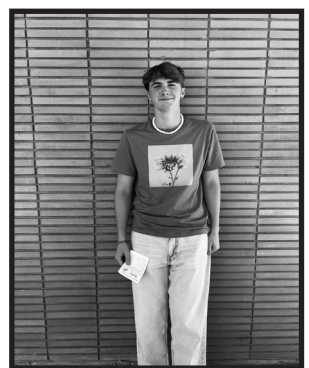
Bobby O'Hara (9)
"I play volleyball and have played for 4 years."



Cohen Kramer (9)
"I do cross country and this is my first season."



Joslynn Owen (9)
"I'm playing golf and I'm looking forward to my first season."



Luke Bliss (10)
"I do swim and I've done it for a year."



Landon Quadrelli (10)
"I play football and I've played it for 8 years."



Kara Kupfer (12)
"I play field hockey and I've played for 3 years."

2025 volleyball season hopes to get better before league begins

Madison Harris

Staff Writer

The girls' volleyball team had tryouts on July 14 and have been preparing for the start of the season since. The Frosh team members are Jocelyn Clonts, Riley Gleason, Zeva Hart, Bobby O'Hara, Matilynn Ryant, Regan Troberg, Karely Villalobos, Emily Villarreal, and Lydia White.

They lost their first game the other day against U-Prep in two sets. Freshman Jocelyn Clonts, who plays center middle, was asked about what she thinks her team needs to work on, she replied, "My team is really good, but what I would think that we should work on is our serves."

When asked what she thinks her team does well she mentioned they are good at getting

hits. She said that she is lucky to be a part of the team. Our JV team is the only Red Bluff team to win a game so far. Their team consists of Kylie Arrow-smith, Ryder Casteel, Taylor Cox, Kamryn Crow, Finley Dominick, Ellie Eggleston, Evani Garcia, Emersyn Lopiccolo, Cassidy Merkle, Lucy Nelson, and Kylie Orduno. They won against U-Prep on August 7.

They lost the first set but came back and won in the following

two.

"I am mostly looking for-

ning more games this season since we have all gotten better

as players and as a team." Sophomore Cassidy Merkle said in an interview. Many of the girls on JV played with each other on the freshman team last season so they already have a stronger dynamic.

The Varsity lost their first game on August 7. The players on Varsity are Ava Alvarez, Destiny Drum, Camryn Dyke, Ellie Ellis Voth, Jazlynn



2025 football season looks forward to games against WV

Olivia Owens

Staff Writer

We are excited to announce that this year's Spartan Football season is starting soon. August 28th-29th, is their first home game against West Valley.

Each year, the Spartans and the Eagles go head-to-head to start the football season off with a game called The Cattle Bowl, which will be hosted at our very own Spartan Stadium. Frosh is on Thursday at 5:30, JV is on Friday at 5:00, and Varsity is at 7:00. Coach Dericek, the head coach of the Varsity team, gave his thoughts on the upcoming season: "Even though we have a small team this year, we have a good group, and I can't wait to see them compete with each other throughout the season." He also expressed his excitement for their approaching game on the 28th-29th. "I am most excited for the Cattle Bowl

against West Valley. I think it's a great way to kick off the season and to bring the community together."

Our other coaches include Derrick Watson, Taylor Hickson, Isaac Jackson, and Collin Ramirez for the Varsity Team. The JV head coach is Ryland Sanders, and the assistant coaches are Kenny Armstrong and Anthony Garza.

Lastly, the Frosh head coach is Tyler Demerath, and his assistant coach is Brandon Robinson.

how we play against West Valley."

Fourteen of the twenty-seven players on the varsity team are seniors. The seniors include CJ Barscht, Brandon Branscombe, Pate Cahoon, Trace Gavris, Jackie Graves, Mason Lyford, Bryce Owens, James Parker, Brendan Purington, James Ramey, Nyliss Reese, Cruz Severa, Ashden Wehbe, and Marco Zepeda. Xavier Nunez, a sophomore at RBHS, is also on the Varsity team. Xavier is excited for the new season.

"I think that even though the Varsity team is small this year, we have good camaraderie, so I think we are going to have a good season. I'm also excited to see how we play against West Valley for our first game," he explained.

Be sure to show your Spartan spirit at our first home game this year. Good luck to all our football teams. Go Spartans!



Marek Owens, a running back on the Frosh team, is anxious for the Cattle Bowl; however, he states, "I'm definitely nervous for our first game, but I think we are a good team, so I'm excited to see

Girls tennis makes core memories

Destiny Drum

Staff Writer

This year's Red Bluff Spartan's girls tennis has started. Their first game was August 19th against Orland. The first home game is going to be on August 21 against Anderson Highschool at 3:30. The head coach is Cynthia Santos and the assistant is David Bilhar. The seniors playing this



Sisters Celebrating After a point year are Mackenzie Harris, Bella Brockman, and Cherish Hendricks. The sophomores playing this year are Madison Harris, Elise Brockman, Raleigh Day, Anna Palermo, and Teagan Hatfield. Lastly, the only freshman that is playing this year is Navleen. Tennis can make a positive impact on the tennis players

life, both on and off the court. It can help the girls with personal growth, discipline, gain confidence, and boost their self-esteem. Although tennis is known to be an individual sport, there is a strong team dynamic that gives everyone support and encouragement among teammates. Mackenzie Harris, a senior on the team, states "My favorite memory was the van rides with all the girls." This is an example of the memories you can make that doesn't just include actually playing the sport, but being a team and having fun. Tennis is an amazing way to build friendships and connections. Mackenzie also said, "Both of my parents played tennis in high school, so it inspired me to play it like them." A lot of the time, people play a sport because their parents inspired them, but this doesn't have to be the case for everyone. You can start playing tennis because you enjoy the sport. Playing tennis, or any other sport, can help you learn valuable skills in life that include time management and prioritization. Learning to balance tennis with schoolwork, activities and your personal life can help you teach you these things. Come and support the Spartan girls tennis team!

Practice makes perfect in girls golf

Myah Wiedel

Staff Writer

The 2025-26 Red Bluff High girls golf team has begun practicing in preparation for their first game. The team consists of the following freshmen: Joslynn Owen, Taylor Pitner, Trinity Snider, and Ever Weik. The only sophomore participating this year is Ceinna Owens, while the juniors include Charlotte Dent and Nevaeh Flores. The seniors are



Evangeline Bower, Rylee Jones, Jessica Parraz, Brenda Pulido Torres, and Abigail Wagner. The appropriate golf attire must be worn by the players. It consists of no short shorts, jeans, or jean shorts allowed. Athletes need a ride to

and from Wilcox Golf Course and they need to have their own set of golf clubs. Charlotte Dent, a junior of the golf team states, "I wanted to play golf because my dad and grandpa played golf." Charlotte has played on the softball team her past two years at Red Bluff High, and plans to continue her career. She thought golf would be similar to softball, but she found she was wrong. She states, "The hardest thing is reworking my fundamentals and changing my swing." The first match is Wednesday, September 10th at Wilcox Oaks at 2:00pm. Gold Hills, Canyon Oaks, Wilcox Oaks, Riverview, Grape Ranch, and Butte Creek is the list of the next matches in chronological order. On October 22nd the EAL Finals are held at Wilcox Oaks with the NSCIF Championship November 3rd. The skill and hard-ship shown in practice proves this team has the determination to go far. Following the same success of last year, we aim for the championship bracket! Please come and support your fellow Spartans at their upcoming games. Make sure to wish the players luck in their future matches if you see them around campus.

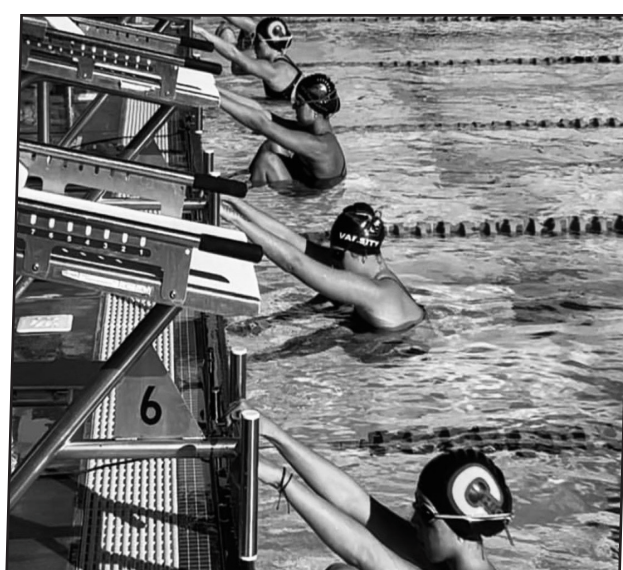
RBHS swim team competes against Chico for first meet

Kylan Tingley

Staff Writer

This year's 25-26 Red Bluff High Schools swim team is about to get started in these next few weeks. Their first meet will be in Chico on Wednesday September 10, against PV at 4:00. The team is led by head coach Julia Brandt, and assistant coach Marty Bosetti. Alyssa Dausse, a Junior at Red Bluff High, has been competing for the Red Bluff Spartans swim team since her freshman year. She has also been swimming for Red Bluff's local youth swim team—the Red Bluff Rockets—for many years. Alyssa stated that her favorite part about being on the swim team is "Spending time with everyone on the team." One of her most valued memories about swimming is "On Wednesdays, getting to play water polo at practice." Alyssa says that the meet she is most excited for is the first home meet, which will be on Wednesday, September 17 against Enterprise at 4:00. "The first home game or meet for any team always seems to be the most anticipated, so that is why I look forward to it." Alyssa's favorite stroke is the backstroke, and her favorite event to compete

in is the 100-meter backstroke. Julia Brandt, the head coach is a Red Bluff High School alumni,



Swimmers getting ready to start their race

and used to compete in swimming herself. She still holds multiple records for the swim team to this day, and carries out her love for the sport through coaching. Alyssa says something that always motivates and inspires her from Coach Julia is "[W]hen Julia will always tell us to give 110%. Whether it is a hard day at practice, or at a meet, she will always remind us to give all of our effort as soon as we get in the water." Words can do more than just inspire young athletes—they turn into action. And

for Alyssa Dausse, that's the truth.

We had our shootout game on September 20th against our rival team, Coming High, and they were crushed that night with a score of 49-14.

Our student section had a theme of red, white and blue that night. Don't forget to go support our JV and varsity football games on Friday nights! Their next upcoming game is an away game against Pleasant valley on October 11th, JV at 5:00 and varsity at 7:00. They practice every day right after school from 3:30 to 6:00.

On Tuesdays they have two practices a day, one at 6:30 a.m. and 7:00 p.m., and on Thursdays they have a team dinner after practice with help from the varsity players' parents.

The varsity team has been doing an amazing job and a great season so far, and we are excited to see what the next game has in store for them.

Meet Your 2025-2026



Class Officers!



ASB

**Lillie
Rainwater**
TREASURER

**Kara
Kupfer**
VICE PRES.

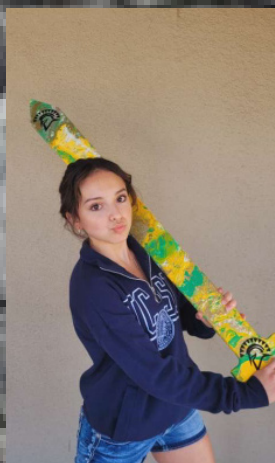


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Chavez**
PRESIDENT

**Karen
Garibay**
SECRETARY

Seniors

**Deanna
Gonzales-
Sanchez**
VICE PRES.



**Brenda
Pulido**
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Purington**
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Juniors

**Brendon
McNulty**
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**Regan
Olivarez**
VICE PRES.



**Braylon
Armstrong**
PRESIDENT

**Charles
Rice**
SECRETARY

Sophomores

**Kamryn
Crow**
PRESIDENT



ONLY ONE
QUEEN IS
RULING
THE
SOPHOMORES,
WHICH
SPARTANS
WILL JOIN
HER?