

# Cedar Post

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## How To Focus Better In School

By Emily Osborn

Focusing in school can be a challenge especially when it's mid year and all you want is to sleep in and not have five hours of homework for once. So what can be done to solve this problem? I have come up with a few different ways that can help you focus better in class.

The first way is to get more and better sleep. The first step in doing this is setting a regular time to go to sleep and wake up, having a routine that you do before you go to bed and after you wake up. Avoid playing music before bed instead play a white noise or sound machine this will make it easier for your mind to drift off. When waking up set your alarm to an upbeat song to help you wake up in a better mood.

The next way to focus better in school is getting proper nutrition. Breakfast is in fact the most important meal of the day. Even if you don't have enough time to sit down and eat you can stock up on breakfast bars or other easy to grab food items and eat on the way to school. My go to is a smoothie, just throw a bag of pre prepped fruits and veggies into the blender and add juice and yogurt, then eat on the go. My favorite way to get adequate nutrition is by keeping snacks in your locker, car, and backpack.

My last tip to focusing in school is, get involved in the class. Take good notes; use different colors, bold headlines, and star the important stuff. Answer the teacher's questions and read along, this may not always be interesting but it's effective. Goodluck from us here at Cedar Post.



Brent Stettler snapped this photo

## Utah Duck Hunt

By Mckrae Spencer

With the 2017 duck season now in play Utah hunters are getting out there as much as they can. The Sevier River is starting to ice up leaving a few places on the river available to hunt. Therefore causing it to be a great hunt.

## Martin Luther King Jr.

By Raiden Mcnett

Martin Luther King jr was born on January 15, 1929. He died April 4, 1968. King was an American Baptist minister and activist who was a leader in the civil rights movement. He is best known for his non violence protests and speeches, Which was based around his Christian beliefs.

King became a civil rights activist early in his career. He led the 1955 Montgomery Bus boycott, and helped found the Southern Christian Leadership Conference (SCLC) in 1957. Serving as its first president King led an unsuccessful campaign against segregation in 1962 in Albany, Georgia and helped organize the 1963 nonviolent protests in Birmingham, Alabama. King also organized the march on Washington where he gave his "I have a dream" speech.

Because these ducks don't have many spots to land to you have to be a great shot to have any success. So, no more having to shoot and chase the ducks. You can deek the river having a great hunt, but you better bring a heater and dress warm because it's cold out there. With only a few old timers still have their fields open. You still have to ask the right people to have a great field hunt.

If you have the decoys you can have a great goose hunt. So take my word for it, dress warm and hopefully with a little luck you can have a nice shoot.

There he established his reputations as one of the BEST orators in American history.

On October 14, 1964 King was awarded the Nobel Peace prize for combating racial inequality through nonviolence resistance. In 1968 King was planning the Poor Man's Campaign



Okamoto took this photo

when he was assassinated on April 4th in Memphis, Tennessee. His death caused many riots in cities all around the country.

Along with the Nobel Peace Prize he was awarded Presidential Medal Of Freedom and the Congressional Gold Medal. We now celebrate Martin Luther King jr along with all his achievements on January 16th.



Contributed to Businessinsider

## Donald Trump Takes Office

By Judd Lucero

How do you feel about Donald Trump taking office on January 20th? Well here a few things he plans on doing his first 100 days in office.

He wants to first propose a Constitutional Amendment to impose term limits on all members of Congress.

Secondly, he wants a hiring freeze on all federal jobs to reduce federal workforce through attrition.

Thirdly, a requirement that for every new federal regulation, two existing regulations must be eliminated, which means for every law that he passes two of them must be eliminated. Fourthly he will: cancel every unconstitutional executive action, memorandum, and order issued by President Obama, so he will cancel laws that were unconstitutional that former President Barack Obama signed. Those are some of the many different things President-Elect Donald Trump plans to do. What do you think about these things? Good or Bad?

## CHS Blanket

By Justin Ochoa

With the cold, windy, rain and snow filled winter, why not stop the cold weather. What better way of doing that than snuggling up your own personal cozy, spirit filled, custom Cedar high blanket?

Oh, you would like too, well Mrs.Esplin is selling that exact thing for \$60 in her classroom.

Take my advice that blanket is ridiculously soft, well worth the money. Mrs.Esplins classroom is 512 all the way at the end of the 500 hall. Stay cozy Cedar High.

## Region 9 Games

By Shaytham Cowdell and Shaun Sharp

The Region 9 games are underway here in Southern Utah, the Cedar High Redmen were at an amazing 7-game winning streak then ended up losing at Desert Hills by 10. The Redmen bounced back trouncing the Snow Canyon Warriors by the score of 69-29 last friday. The top 4 teams have a shot at the State Tournament. This will start February 23rd and end on the 25th at Utah State.

## Life After Pearl Harbor

By Summer Warren

The bombing of Pearl Harbor is a very familiar thing for Hawaiians and Americans alike. Although there are some still alive today who experienced this tragedy, young students are still able to learn about this disastrous event and the casualties it came with. However, we never really go into depth about what it was like for Hawaii after the Pearl Harbor bombing.

First off, the attack on Pearl Harbor was an event during WWII when Japan bombed America. The original plan from Japan was to bomb the US Pacific Fleet as to warn them not to interfere with the war. However, it did the exact opposite and got America out of the neutral state it was in. The bombing was spread out all over Hawaii, causing 2,403 deaths and 1,178 injured Americans. Like it said above, teachers never really go into detail about what exactly happened to Hawaii after the Bombing of Pearl Harbor. Luckily, new information along with photos have been released to the public to really get what happened. On December 7th, 1941, 353 of Imperial Japan's fighter planes, bombers, and torpedo planes attacked Pearl Harbor ships with bombs.

Lets see how this all works out; if the Coaches can pull their team together, and have their fighting chance at the title.

Two home games this week pit The Redmen against Pineview and Hurricane high school.



There were even some suicide bombers attacks. Hawaii suffered greatly from this. Sadly, anyone who wasn't from the states inside of the country was put under strict military rule. This included Native Hawaiians, Japanese-Americans, Chinese, and many others. However, due to these people making up more than 37% of the population, they already had many jobs that helped America economically, such as teachers, factory owners and many more. So, although everything was very strict, people let them keep their jobs.

Although the military got back into shape after three years, and military rule decreased greatly, the island still suffered greatly. There were still problems with everyone getting good amounts of food, suffering from poverty, and still being in a strong hold, but the island is now in a somewhat safe zone.



Photo source unknown