

Cedar Post

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2017 Early Turkey Hunt

By Mckrae Spencer

My buddy tanner had a early season turkey tag and he couldn't get out with his old man so he decided to give me a call on a Sunday afternoon so of course I said yes. We headed out to a spot that we suspected had turkeys. As we got out there we started hiking around, shot a rabbit, and made our way to the ridge. We had hit this ridge and we flushed a small jake out of the brush.

We were pretty happy about that knowing now the turkeys are in the area. As we carried on our way we had a gut feeling to go up a little bit higher and hunt more over there. We started heading back to the truck and drove up about a half a mile and stopped there. As we got out we could here quite a bit of calling in the area, a group to the north of us and a group to the south. We figured let's try and

meet them right in the middle. So we crept down low and I noticed we didn't have big enough ammunition to bring down the bird so I ran back to the truck and found one high brass 3 inch shell. We decided that was gonna be better than nothing So we put a stock on these birds as we crept closer, the calls got louder tell we realized we were right on umm. They were just across this little ride so we carried on down this hillside and right as we reached the top I could see these birds. Feeding away. We crept on our knees now, waiting to give my buddy the go to shoot at one of the gouges looking birds. We were roughly about 50 yards out and we shuffled, we being as sneaky as we could tell I was looking right at them from around 30 yards now. I gave my buddy the

call to bang umm and he cracked 4 shots off at a real nice bird he dumped right there. We were both pumped, high fiving and screaming as the bird laid there. We were very happy that we did that; it was our first real hunt by ourselves.

The bird ended up being a real nice tom with a good thick and beard. I'm extremely glad that we were able to accomplish something like that and I sure hope we are able to do it again.

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Kong: Skull Island

By Jay Ramirez

If you have not seen the new Kong: Skull Island than you need to get out from under the rock you're living in and go buy some movie tickets. If you are into the action packed genre than I can assure you that you will love the movie. It has been over 12 years since the last King Kong Movie, which was released in late 2005, meaning it has been over 12 years. I can't

say that Kong: Skull island is the sequel to King Kong because they are two very different movies with each of them having their own style. What I can say is that both of them do have that action packed feeling, you know that feeling where you run out of popcorn 20 minutes into the movie or when you have to go to the bathroom but don't want

to miss a second of it. So do yourself a favor and go watch the new and awesomely amazing Kong: Skull Island.

The Great Outdoors

By Mckrae Spencer

Well, the outdoors is a great place and everyone has to experience it. If, you are from the city a nature preserve doesn't count, Central Park doesn't count, and neither does your backyard. There is something magical that happens we you hit the hills and just know you are away from ever little problem. You feel protected so to say you know there is no danger beside man and wild. If, you aren't in the hills or deep outdoors I highly recommend it I mean sure a national park is fun but that really doesn't count. You need to toss on a pack, go out in the middle of no man's land and get lost so to say knowing you need to rely on yourself. You don't got your phone, you got your self and the map. The outdoors is the best because you learn a lot that you didn't know about yourself and the more you know, the better. You are showing your hidden talents. When you are up in the mountains you are feeling, smelling, and breathing the best air.

Even if you are not stocking a animal or finding bone, there's just something special about being up there and not having a care in the world.

Gorillaz Are Back!

By Summer Warren

Gorillaz, one of the most influential bands of this time, is back with a new album! For the past two years, Gorillaz has been teasing us with the idea of a new album; an album that is going to be, "very upbeat, and I will try to set myself the benchmark of 125 bpm and nothing underneath that," Damon Albarn, the co-founder, vocalist, and instrumentalist of Gorillaz. With all we've heard so far, Hallelujah Money, Saturnz Barz, Andromeda, We Got The Power, Ascension, and

Let Me Out, it's clear that they are reaching their goal of being more happy and dance-like.

In previous years, Gorillaz has done music with plenty of different genres. In fact, it's one of the reasons they're so popular. Their first album, simply Gorillaz, which was released in 2001, had the genre title of alternative rock, or trip-hop. Their second album, Demon Days, released 2005, was more indie rock and electronica. Plastic beach, their third album, released 2010, however, was more synth-pop.

They also had The Fall, released 2010, which was a mix of alternative hip-hop and electronica. With all their experience in different genres, there's no doubt they won't pull off a nice new album.

The new album, Humanz, is said to be fully released April 28th, and is also said to have 19 songs. Nearly all the songs have guest appearances, such as De La Soul, Jehnny Beth, and Popcaan. Needless to say, Gorillaz coming back will definitely be a nice, new experience.

World News

By Raiden Monett

Moscow has been bombed. A train station was going along, how it does, when a bomb went off in the station due to a suicide bomber. There was another bomb at another stations, but it was found and defused in time. This left 14 people dead and countless injured.

Mexico made big pivot away from U.S recently, going more into trade with Argentina and the European union. Mexico said it wasn't feeling so

welcome in the current trade agreement.

Dozens have been reportedly dead in new Syrian gas attack. 70 confirmed dead, hundreds injured. World leaders are placing blame on the Syrian regime, while Syrian military denies taking the blame.

Trump says, "United States is ready to handle North Korea alone, if China does not step up." The U.S. has been switching from dry terrain

training to wetland training in case actions are needed. On Wednesday, North Korea launched yet another test rocket in spite of the United State asking them not to do so. "It was an airborne middle finger to Trump and Xi before they sit down for their summit." said Euan Graham, director of international security program at Australia's Lowy Institute. We will see what becomes of it all.

Yeet

By Justin Ochoa

Yeet, I'm face-palming on this train wreck of a listicle, weaksauce man, before you ask yes those are all words, well a fresh bake of words that were just added to the book of definition or as some people call it the dictionary. Us as humans use abbreviations so much that the people who make these put some in there, and just when we thought we couldn't get any lazier, we stand corrected. NSFW means not safe/suitable for work, like

why not make a word for it. Nope, they're just sitting there all like ima do this. Binge-Watching, really, like that slang and now it's a word so, you can use that now and it is you know, word.

Truther, you know those words that don't sound like a word but isn't a word but it is a word, well this is a word that doesn't sound like a word but is an actual word. It oddly means someone who believes an

important subject is true through the POWER OF CONSPIRACY, so ya. Abandonware, software that is abandoned, way, way to get creative with that one. Hey, it could've been worse, it could've been Softabandonware which would make about as much sense as the other word. There are so many words like these that I could go over but my head is hurting from this. Stay worded Cedar High.

How To Be And Stay Organized

By Sanne Halma

Being organized is something a lot of people struggle with. According to BBC, there are multiple studies that show that women are better at multitasking, which resulted in being more organized. A survey done by ABC news found that men who have more sex don't organize their sock drawers or cook dinner for spouses. Hmm interesting. Organization may take some time, but it has many benefits and is actually not that hard. For everyone out there who has a hard time trying to keep

things organized, don't worry. Here are some tips that will help you get your life together.

Hang out with people who are organized. Nothing will motivate you more than seeing your friend or family being organized.

Plan. You may have heard of this before but creating a to-do list will help you get things done. The way you create a to-do list is really important though. Instead of putting down 35 things to do, write down three things. Just three and you will

accomplish much more.

Declutter your life. Get rid of stuff you probably will never use again. Think birthday cards, manuals, cookbooks and crazy kitchen tools you have never used, friendless socks and clothes you haven't worn in the last six months.

Take baby steps. It will take some time before you get the hang of it so don't feel like you have to be super tidy right away. Implement some of these strategies one at a time and it will be much more successful. Good luck!

NC's Championship Win

By Shaun Sharp

Last week the Men's NCAA Basketball Championship was concluded with the North Carolina Tar Heels taking away the big prize from the Gonzaga Bulldogs, and now having seven consecutive championships for as long as the team has been around. The last one they had was in the year of 2009, and I am sure that they really wanted this one, not this time though. The Tar Heels had a 33-7 game streak out of the year. Still to this day North Carolina celebrates their well-earned championship in 2017.

On the other side of the Court the Gonzaga Bulldogs suffered a loss, they missed out on getting a championship, key word or letter "A" the Gonzaga Bulldogs have never won a championship. They could have had one if they didn't lose by only six points, they could have made a couple of threes but you know that famous phrase, "Go hard, or go home" if you want to see offseason stats, teams, games and much more check out www.espn.com

What Do Cedar High Students Eat

By Emily Osborn

50% of students prefer Tacos El Jefe to Valeries.

5 out of 6 students prefer the Main Street DQ to the one on Burger Alley.

Out of Taco Time, Del Taco, and Taco Bell the majority preferred Taco Bell.

4 out of 6 students prefer

Wendy's rather than McDonalds.

Students liked Starbucks and The Grind equally.

Lin's beat out Smith's 4 to 6.

Students also equally preferred Sonny Boy's and Dickies.

Every student interviewed said they ate out rather than bringing lunch.

When asked if they would eat cereal with water 4 out of 6 students answered with no.

Upcoming Nascar Races

By Shaun Sharp

For those of you who know nascar, or are a serious fan of it, this article will keep you updated. This upcoming Saturday, the *Monster Energy Nascar Series* heads to Texas Motor Speedway April 9th at 11:30 a.m. for the O'Reilly Auto Parts 500 as the more experienced rookie, Kyle Larson tries to beat out the 2nd year rookie Chase Elliott as these two try to hold off the Vets. But the better experienced drivers such as Martin Truex Jr, Brad Keselowski, and his

teammate Joey Logano try to fight and get to the top of the charts.

Next week's race will be held at the most gruesome and shortest track on the circuit, also known as the colosseum of Nascar, Bristol Motor Speedway April 23rd at 12:00 p.m. for the Food City 500, both races can be viewed on Fox, or on your mobile device on the Fox Sports Go app, or go to Nascar.com for live race updates and for more info. There is a lot of racing left in

the season cause we are only six races into the long 38 race season, who you think is going to win the next two races, every race is points, and in this sport points are your lifeline to have a shot at a championship, once again visit the Nascar.com site, or just download the Nascar app.

Meal Prep 101

By *Emily Osborn*

Meal prepping is an easy and efficient way to make certain you have healthy meals to eat all week. Meal prepping is where you bulk prepare and set aside food for each day of the week, the food can be anything from salad to noodle bowls. Prepping can be as simple as pre-packed lunches or as extensive as pre-prepped breakfast, lunch, dinner, and snacks. My favorite meals during the springtime are salads, smoothies, and Buddah bowls. My favorite snacks are just raw fruit, veggies with hummus or ranch and macadamia or pistachios. Here's how you prep healthy and fresh food for the whole week.

Step 1: Make a menu of all the meals

you want to make. You can make a different lunch everyday, the same lunch or alternate lunches, this is totally up to you. I recommend alternating between two or three different lunches a week.

Step 2: If you don't have all the items needed for your meals go grocery shopping, but if you do have all the items needed simply gather them all together.

Step 3: Mis En Place all your food and equipment, this is a French term for pre-measuring ingredients and setting aside items you know you'll need.

Step 4: Make an ordered list of everything that needs to be done. Once that is done begin the cooking process.

Step 4: Once everything is cooking and if you have some down set out all the containers you'll be putting your food in, label if need be. For this step I recommend using tupperware and plastic baggies.

Step 5: Assemble the meals. Put all of the finished food in the containers or baggies you set out. Make certain to keep all of the food together.

Music's Effect On The Brain

By *Summer Warren*

Music is a big part of our lives. Most of us listen, dance or sing to it every day. The thing we don't realize, however, is exactly how much listening to a simple tune affects our brain. The brain is a strange organ that does so much at once doing everyday things, to the point where we couldn't possibly count how much it does. So, of course, the same happens when listening to music.

When people listen to music, they tend to feel some kind of emotion. For example, if you're listening to a sad song, you may feel a bit sad. Or maybe you're listening to a cheery dance song and feel happy. This effect most people in two ways.

One way is called face perception. A study from Nidhya Logeswaran and Joydeep Bhattacharya states that face perception is when one person is listening to a song, happy or sad, and depending on the tune, they may think

someone they're looking at is either sad or happy. Say you were listening to a sad song. There's a person sitting across from you, minding their own business. You may think they look a little bit sad when, in reality, they are totally fine and natural. That's what some tones and tunes do to our facial recognition, but emotions in is a different story.

When it comes to emotion, music can either have a perceived emotion or a felt emotion. The difference between perceiving emotion and feeling emotion is quite simple, really. When one feels an emotion, that means they can feel specific emotions in situations, such as being happy or sad. But perceived emotions is when your brain is thinking or feeling something. It makes you understand emotions without actually feeling them in the process. That's what music does to you. Generally, we only have perceived emotions when listening to music, but when you actually start to

cry, or feel angry, or anything, that's when you are actually feeling emotion.

Music is a big part of our lives. We all listen to it without realizing how much it does to our brain. But now we have a small idea of what it does. How do you plan on having this information? I hope this hasn't ruined anyone's music experience.