

# Cedar Post

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## Ancient Beings

By Jay Ramirez

Have you ever wondered where or whom we came from? This has always been one of the most questionable and arguable questions in the world. We have recovered and unearthed evidence of our existence from the past. Those findings have answered questions that scientists have asked over and over again, but with these answers came even more questions. In a recent discovery, researchers and scientist found ancient human remains in a cave in South Africa. They found a very well preserved skull belonging to Homo Naledi and adult and infant remains, which raised the

questions: if they decomposed their dead in caves. Scientist believed that this type of Homo species lived roughly around 235,000 years ago. Which means that Homo Naledi lived among our ancestors, the Homo Sapiens. This find started back in 2013 when almost 15 different individuals were found in the Dinaledi Cave system. When they studied and inspected the remains, they came to the conclusion that the Homo Naledi walked on 2 feet and climbed.

The Homo Naledi are very different from Homo Sapiens even though they lived at the same time.

Scientists are shocked that these two species are very different from one another. Still, scientists continue to find and discover ancient specimens. This will shed light on our past and hopefully answer questions.

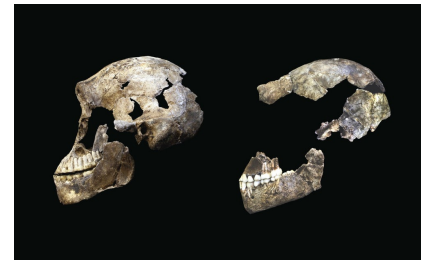


Photo Source:

<http://newatlas.com/homo-naledi-discovery-dating-human-ancestors/49450/>

## What To Do For Summer

By Justin Ochoa

Summer is almost here and you know what that means, you have the opportunity to not swim in negative degree water. No joke I'm from California and the average temperature there is like 90 °, here it's literally like 4 °. I swear I have been here for 11 months and every time I walk outside I say nope and go back in and grab 7 shirts, 2 pairs of pants, 6 socks on each foot, 2 jackets and shoes on top of my slippers. That's only to check the mail, which is basically 10 feet in

front of my house, I like the cold but not -9803 °, that's just excessive. It's like Utah screwed with the god of winter, there are two seasons here winter and WINTER!!!!

But summer is rolling up on us and at least I don't have to walk around with my special blankie. You didn't hear/see/read/braille that or whatever, got it good. I am also moving back to California so at least the temperature is normal there, well normal for me, i've lived there for 13 year's of my

life so I am used to it. When summer comes along hopefully it will be at least a little warm, enough for me to wear 2 less shirts but I'm still walking around with my blankie and no heat can stop that. Unless it's literally 115 degrees. Did you guys know that the hottest it's ever been in Utah is 117 degrees no joke look it up like dang talk about bipolar weather.

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## I Am Sick Of GS Warriors And Cleveland Cavs

By Shaun Sharp

I am sick of the Golden State Warriors and the Cleveland Cavaliers and here is why. Let's have a little lecture on these two teams in the NBA. Let's begin, so let's see about 8:30pm May 5th just watching the Jazz and Warriors game, series is 3-0 and I had a pretty good feeling that it was over for the Jazz and sure enough it was the Warriors that kick out the Jazz by winning four games straight so there is that. Next the past two years I have spent watching the NBA Finals. I am beginning to notice a very sickening pattern the Golden State Warriors have for the past two years, in the 2015 Finals they were there, in the 2016 Finals they were there as well, and guess what there is also another team that has done the exact same thing, the Cleveland Cavaliers. In the 2015 Finals they lost to Golden State 105-97 ok that's fair, oh but in the 2016 Finals they meet again and this time the Cavs rebound from their loss and actually beat, yeah you know them, the Golden State Warriors 93-89. I tell myself now that the same thing is going to happen again, I just feel it and if they do I don't know what I'll do. We will see how the year goes, if you want more info on the 2017 playoffs and previous Final results and also for more info go to [www.espn.com](http://www.espn.com)

## Truck Shell Camper Build

By Mckrae Spencer

Well how many times have you got up to the mountain wanting to camp but can't get that darn tent up. Tents in general are a pain in the butt especially in the wind, rain, and other bad weather. Tents are a great tool for backpacking but for a camping trip it's time to ditch that old tent. Let's get a truck shell. If you have a truck shell you have a home on wheels. You can be that simple guy and toss a mattress in the back of your pickup or you can go into detail. Let's say you want to go on a week long camp well you can with a built camper shell. You will need storage and to do that you need to innovate. Let's build a small bed, make this about 6ft long 3 and a half feet wide and make it sit about a foot high. Now we have a higher bed and room underneath we can now find bins that will fit underneath for bed for storage. You should have some room on the other side of the truck bed let's make sure we can fit our cooler in there also a water jug. If we have extra space we can construct a little counter top so we can have a little work table

in there. Now I don't know about you but I like to see what going on at night so let's put a few stick on battery ran led pods on the top of the shell now we have a nice little space that's very useful. Thanks for listening to my ideas hope you can build something up and don't for get be creative.

## What I learned

By Justin Ochoa

This is journalism's last article so that means that we are checking out of our classes and almost done with school. Ya, I've learned a lot all school year but I am 97% sure I will forget it all during summer actually, better yet I am 100% sure I will forget it all in the first 2 and half weeks. I learned myself some stuff in journalism too, For example i've learned about you know how to wright and spel correctly and stuff. In Language arts I have also learned nothing besides the fact the high school is just annoying and why people drop out, I'm just kidding the class is helpful it just was long because i'm not the best at it, obviously.

In Math I had to get switched out of regular into advanced which that class is surprisingly difficult. Honestly this has been the hardest class I've taken in.... ever. In Spanish I learned a lot and so little at the same time because I didn't even take that class. P.E was awesome, I don't understand how people don't like that class it's a time where you can literally take a nap, oh wrong class, oh that's not a class.

Ok well P.E is still awesome because I love sports. Agriculture I learned about plants and animals and a fungus that sticks to your foot

and face, ok maybe we didn't learn about it but that would have been awesome. Science I did absolutely nothing the whole year besides pass my tests I literally didn't turn anything in besides tests and quizzes and apparently it's my best subject cause I got a four on my sage so ya. I hope all of you students had as much fun and learned as much as I did. Have a great summer Cedar High school.



Photo Source: Unknown

## Is Exercise Worth It

By Jay Ramirez

Exercise is one of the most important things to do to stay healthy. That's what you can do over the summer to get in shape and become healthier. Not only does it help your body, but you tend to focus better and won't get too tired easily. Not many people like to eat healthy, but they don't know that their whole life could change. You will be more active and energetic and will go out and do stuff instead of sitting around. You may think that it's hard

to eat healthy, but it's really not. There are many ways to eat healthy and lose weight. You can portion your meals. Say you eat a whole plate of food, you can instead eat half a plate of food. Also, if you get the urge to eat a snack like chips, candy and whatnot, you can instead eat an apple, or something healthier than junk food. Soon you won't even notice and think about all the healthy things you're doing and you will be doing these

things on your own. Another way it to exercise, I don't mean take a 2 mile run or workout like crazy, is to, instead of sitting on the couch or laying down on your phone, go out and walk. Or get out and do something productive. These are easy to help improve your lifestyle. Becoming productive in thing you do daily and the most important thing, become healthier.

## The Evolution Of Drone Filming For Action Sports

By Mckrae Spencer

The first action sports films were always small clips together, now they have been taken to a whole new level. There are things called drones and they are like a helicopter but got 4 propellers, they can make finding things to a whole new level from moving to different angles to a one shot, one clip video. Before

it was 10 to 15 clips together with a drone, we are talking on shot. That means less editing lest camera time. At this point we are now putting very high-end cameras in these drones and that makes a huge difference in these drones capability of filming aerial clips to get a new perspective. When filming with a drone you get shots

that you weren't able to shoot. You also have to be careful in case you crash, well not only are you out a drone you're out of a camera to. With new technology that means new filming ideas and showing new creativeness. So at the end of the day drone flying is awesome. Just send it.

## Attendance Is Important (I Know But I Refuse To)

By Shaytham Comdell

How important is school attendance? It is very important if you wanna pass, do great and to be successful in school. Attendance is one of the main things that teachers look for to see if you actually want to graduate otherwise if they find out your parents could also be in trouble with the law after a while. The main reason you shouldn't miss school is because you will miss out on the work you did and a lot of stuff you learned that day. Also your work will just build up and keep

building up the more you miss until you almost have a month or more worth of work.

Attendance is an essential if you need to graduate; you need at least 90% attendance. Attendance shows how much you want to learn and displays that you want to be in class this demonstrates to the teachers that you are trying. A lot of the attendance is graded by U, T, E, S, and blank. The blank is just for if you're present in class and the others stand for U is unsatisfactory, this is for

citizenship which is how you act in class. T is tardy E is excused and S is Satisfactory which is also a part of citizenship. All attendance is, just you showing up. It doesn't affect your grade as long as you do the work required. Mainly attendance is important because you get the class work for the day done and it helps you keep your grades up. That's mainly all there is to attendance, show up, suck it up, and do the work.

## Guide To Summer Slay: Summer Wellness 101

By *sanne Halma*

Summer is around the corner and there is no better time to reintroduce some ways to keep you healthy during those warm months. It is easy to neglect your health, but looking after yourself is so important. Here are some tips that will increase your overall wellness this summer.

1. **Water.** Don't underestimate the power of water. Most people don't even know they're dehydrated because they're used to it. Drink your water and you will feel instantly better. Give your body the hydration it deserves and you will glow.
2. **Meditation.** The summer can be a hectic time. Festivals, parties, and vacations can have a toll on your spiritual health. Even if it's just five minutes, take the time to do some deep breathing, lay in savasana or put your legs up on a wall. Give your mind a break and
3. **Sun.** Everyone needs vitamin D, but taking a pill is not the best way to get it. It's harder for the body to absorb and let's be honest, who doesn't love the sun. 15 minutes in the sun is enough to get all the vitamin D you need.
4. **Walking barefoot.** Why do we want to get out of our tight clothes the moment we get home? It just doesn't feel right. Walking barefoot is so simple but feels so good. Take a long beachwalk or walk through nature, as long as you connect.
5. **Socialize.** This one isn't really hard, I mean what else do we do during the summer. But the next time you go out with your friends or family, make sure to really interact with them. Stay off your phone and start real conversations with them.

6. **Sunscreen.** Now I know that this is a product, but it is your best friend when it comes to summer. You should always wear sunscreen, even if it's raining, but you should up your sunscreen application during the summer. With all your time in the sun, you need protection. Make sure to use a natural sunscreen though; you don't want to slather all these chemicals on your body. I would also recommend to bring a hat and cover up if you know you're going to be in the sun for a long time.

These are my top tips for slaying your summer, the natural way. Of course, don't forget to eat (and drink) your greens, exercise regularly, and sleep for at least 7 hours every night. You will not only feel and look amazing; you will also have the best summer ever.

## Guide To Summer Slay: Products For Your Best Glow

By *Emily Osborn*

Not only do you need to feel your best to look your best, you also need the best products. Here is a list of products and what they do to help you maximize your summer beauty routine.

1. All natural sunscreen, for the face and the body. This is a must have because most unnatural sunscreens contain harmful and toxic ingredients that can harm your body and cause cancer. Some good all natural sunscreens are; Face: [Badger Damascus Rose SPF 25 Sheer Tint Face Sunscreen Lotion](#), Body: [Badger SPF 25 Sunscreen Lotion Unscented](#).
2. Blotting paper, these are good for hot days when your face might be more oily than usual. You can keep them in your purse, carry on, or backpack for easy access on the go when you need them. You can also find blotting papers with gold flecks that give your face a subtle glow. [SEPHORA COLLECTION Blotting Papers](#), [Tatcha Original Aburorigami](#).
3. Body oil, this product is great for keeping your skin moisturized and glowing. Make certain to choose a body oil that is natural and light weight. It works best when you use it after you shower and let it soak in for a bit. [Burt's Bees Lemon & Vitamin E Oil](#), [Weleda Sea Buckthorn Body Oil](#).
4. Sunglasses, not only are sunglasses adorable but they help to protect your eyes from

harmful UV rays. Sunglasses have a large variety of shapes, sizes, colors, and prices range from cheap to pricey. Places like Forever21 and Ray Ban have great shades. Aviator Sunglasses, \$17; [target.com](#),

This has been the list of some products to help make your summer slay. There many other products perfect for summer this is just a short list.