

Cedar Post

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Me, Myself, and I (And Lots of Bricks)

By Justin Ochoa

Quietness was all I heard, FOR THE WHOLE ENTIRE TIME. I am in the basement observing my surroundings. Being quiet and sitting in one spot for an assignment or it might be a timeout, could be either, I'm not sure. All doors I saw are shut except for B2 and there isn't anybody there. One of the classes up stairs is watching something that sounds like a movie. Oh I need to write this down, my first human interaction, well not exactly. There is this guy who walked by with a bucket.... Oh, well now it smells like paint, now I am wondering what is in that bucket. Mr. Elison obviously loves Jordan, and calculators. This is

super boring, what time is it?

Mr. Beck said he would be checking on each of us to see how we're doing, which is a lie because I haven't seen him once. The floor is super shiny, the janitor did a good job, can still smell the paint. Coach Bennett and some other teacher just walked into B insert number here because I forgot. There is one teacher who walked down stairs and started staring at me for a solid 7 seconds then walked away. The most common colour of lock is blue, lots of blue. Lots of bricks too, a ton of bricks, a ton of blue locks too.

My foot fell asleep, so ya, that just happened. Got so

bored started humming the Mission Impossible theme song. So I walked back upstairs and found out the whole class was already in the classroom and they totally forgot about me, meanies. Stay awake Cedar High.



Photo by Summer Warren

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Sweet Sixteen

By Shaun Sharp

The 2017 NCAA College Basketball Tournament has hit a turning point, it's time for the Sweet Sixteen! Sixteen of the country's best college Basketball Teams only get to play for a final chance at victory at the NCAA Final at Glendale, AZ!

For the midwest, Number one seed of the Kansas Jayhawks, face fourth ranked Purdue Boilermakers, then for the end of the midwest bracket it's third ranked Oregon Ducks, against the seventh ranked Michigan Wolverines.

Next to settle the East, it's the fourth ranked Florida Gators,

take on the eighth ranked Wisconsin Badgers. To finish the east bracket, third ranked Baylor Bears battle seventh ranked South Carolina Gamecocks.

In the West, number one Gonzaga Bulldogs face the fourth ranked West Virginia Mountaineers, next up the second ranked Arizona Wildcats show off their moves against eleventh ranked Xavier Musketeers.

And finally for the end of the sweet sixteen, in the South the unstoppable second ranked Kentucky Wildcats, face the third ranked UCLA Bruins,

then finally it's number one UNC Tar Heels try to hold off their opponent fourth ranked Butler Bulldogs.

So there is the 2017 NCAA Sweet Sixteen Bracket, who will get to the cup, who will push the limits to win and go for it all! My prediction is that the final two teams that will make it to the end will be the Kansas Jayhawks, and the Kentucky Wildcats. But who knows, it's getting down to the wire, it's anybody's game, go hard or go home.

Backstreet's Back: Vegas Residency

By *Sanne Halma*

Everybody! Backstreet's Back! Well, they never left. They just grew up, got a couple of kids, but they never stopped making music. You may know them from songs like "I Want It That Way," or "Everybody." The best-selling boyband in history headlines their Vegas residency "Larger Than Life" at The AXIS at Planet Hollywood.

Whether you're a hardcore fan like me or you just love boyband music, this show is a must see. I think boybands these days could learn a thing or two from the Backstreet Boys. I need five boys with matching outfits, synchronized dancing, and way over-budget music videos, aka the Backstreet Boys.

Should There Be Pets In School?

By *Summer Warren*

There are plenty of mixed feelings when the subject of pets in school comes up. Of course there are a few people that feel pets should be allowed in school just because they're cute. In fact, most of us probably agree with that. I mean, why wouldn't you? Animals are adorable. There are also people who think pets in school would be a huge distraction, and prevent students from actually learning anything. Now, that opinion is also true in some forms, but not as strong.

There are plenty of good qualities in classrooms with pets, such as stress relief, or being in a comfortable setting. However, there are also some bad points in having a pet in the classrooms. Some of these are a higher chance of illness, causing distractions, and it

could mess with the animal's health.

On the good side, there are plenty of obvious reasons. When an animal is in a stressful environment, like a classroom, it could help the students not be as stressed, therefore helping them with their studies. Pets can also teach children plenty of helpful things. When a child is taking care of an animal, not only do they have to handle it gently, but they also have to stay responsible for it. They have to feed it, groom it, and care for it in order for the animal to stay healthy. This isn't just a good thing to learn about pets, but a good thing to learn about life in general.

Now, the bad side. Taking care of a pet takes a lot of hard work and determination. If a child has a short attention span, they

might lose interest in the classroom animal quicker than you think. Of course there will be other children, and a teacher to help care for the animal, but people tend to get lazy. Another problem is illness. If the class animal is not taken care of to a large degree, it could cause the children around them to get sick, or get some kind of disease. It depends on the animal, of course, but you should always be cautious.

So, what do you think? Should animals be allowed in classrooms? Why? There are plenty of reasons for both the yes side, and the no side; almost



Photo By *Raiden Mcnett*

Summer Activities

By *Raiden Mcnett*

Bored this summer? Here are 15 activities to keep summer alive!

1. Go to the arcade here in town. It's cheap fun and not far away.
2. Glow stick tag take a bunch of glow sticks break them then open them, put the glow on some old clothes you don't care about and at night it makes a fun easy game.
3. Go see an SUU play. They are always different with a good twist.
4. Camping. It's never a bad idea.
5. Play a summer sport. There are lots here in town.
6. Go mudding/off roading. Everyone likes to get his or her truck dirty every now and again.
7. Take a trip. There are so many places to go that are amazing and not too far away from us.
8. Take a day for just you. Do something unique for you.
9. Summer games.
10. Go for hikes there are so many hidden spots that few people know about here.
11. Walmart racing, take two carts fill them full of random items and see who can put them back the fastest.
12. Try something new. Hobbies are always something fun to try out and hey you may end up liking one or two.
13. Go fishing, Utah is one of the best places in the U.S. to go lake fishing.
14. Cloud watching/Star gazing, Sometimes it's nice to take a moment and just look up.
15. Road trips take some friends or family and go drive someplace and have fun there. Be a tourist and try new things in a new city.

Movie Review: LOGAN

By Emily Osborn

If you're an X-men or wolverine fan this movie is a must see. Viewer discretion is advised because the movie is rated R for violence and profanity. The movie follows old man Logan who takes care of Charles Xavier and a young mutant girl with the same abilities as Logan. The movie is exciting, intense, and heart breaking. The little girls acting is amazing and the overall feeling of the movie is very raw and

endearing. If you aren't into violence and excessive use of profanity than this movie probably isn't for you. If you're into action and gritty superhero movies and love a good storyline with great character development this movie is for you. I personally liked this movie because i've been a longtime fan of Wolverine, he is my favorite X-men because he has the coolest mutation and

the best most detailed backstory. I liked how the movie wasn't all fuzzy and mushy it gave the characters edge and made you feel the heartbreak and emotion they felt. Overall this movie was amazing and is probably one of the best X-men movie to date.

The Depot Junction Haunting

By Shaun Sharp

This is the story about; The Depot Junction Haunting here in our very own backyard of Cedar City. The Place, Godfathers Pizza. One day on a bright, and sunny business day a middle aged individual, a psychic walks in and says something absolutely outstanding, the individual says that there is a former worker who died in the boiler room of the establishment, or "basement" and also says that he or she is still down there and present to this day, but he or she is not alone, cause there are others down there as well.

There has been some things going on around the Restaurant, multiple times, such as cases of screaming, talking, clanking, and moaning. Not only that things have happened during business hours, like the TV has been turning off and on again, and a few things have been moving around by themselves too, like pizza boxes and bags being moved around at night, captured on surveillance cameras, and a final herd notice is that at the front of the restaurant there has been cases of a little girl crying and screaming right in front of the main door. And then the day after the same psychic walked in and ordered a meal and he or she instantly knew that something was up about the place. And that is the story of The Depot Junction Haunting.

What Is Noodling?

By Mckrae Spencer

I'm not sure if you familiar with the term noodling. This is when the dummy's ditch the fishing poles and jump in the water. They start feeling around till they find a hole then they wait for the catfish to latch on to there arm. People die doing this stupid thing from these massive fish latching on to them and pulling them in too deep. They also got to deal with

the risk of feeling around and finding a snake or a snapping turtle. You never know what's under that murky water. That's a big risk for honestly not that big of a reward you letting a massive fish bite you so you can pull it out of the water. Why not throw a line out there and hook it. Plus if you are able to hook it you get to feel the fight that that fish is

giving a really understand the power of some fish of that size. Now I'm not saying noodling's bad, I thinks its cool it take some guts to internally have a fish latch on to you. I'm just letting you know what can happen to you while you're out in the water.

How To Sit In A Chair

By Justin Ochoa

How does one sit in a chair properly? With your bottom in a chair, feet flat on the floor, straight up, no, too simple. Backwards, maybe? How about upside down? Makes sense. How about with your chair on the desk sitting upside down and backwards? If that were possible that would be too perfect. The way to sit in a chair can be in a variety of ways, it just depends on how you would like to be comfortable during class. I normally carry my chair

around class I mean that I still have contact with my chair so technically it's not wrong. Ok maybe it is, don't do that, you will get in trouble, most likely, unless your teacher is cool. So my the teacher told me just to put; to sit in your chair normally and end it there cause I've said enough, but who's to say what is normal and what is not and no I'm not going to end there because I have more to say. Sit in the chair how you feel is appropriate unless it's on the

ceiling don't sit on the ceiling, it hurts when you fall. Especially if the chair falls on you after you fall and you are trying to get up, and it just comes out of nowhere and you just get hit randomly not even expecting it. Stay sensible Cedar High.



Photo By Justin Ochoa

Travel Guide: Europe

By *Sanne Halma*

When I hear Europe, I think culture and travel. As a Dutchie (or probably everyone living in Europe), I'm used to travelling from country to country without difficulties. Want to be in Paris in 3 hours? No problem, you can easily take the train from Amsterdam and arrive in Paris in a short amount of time. You see, travelling in Europe has never been easier. It's pretty cheap and you get to see the different cultures, which is rather interesting. That's why I wanted to share a list of places you definitely need to visit when touring Europe.

Venice, Italy

Romance, beautiful canals, and good food are certainly what a trip to Venice will give you. Trust me, it definitely beats the look-a-like-casino.

La Sagrada Familia, Spain

Antoni Gaudi's famous church attracts millions of people each year. While they expect the church to be completed by 2026, 100 years after its architect died, the church will blow your mind and is worth a visit.

Keukenhof Park, The Netherlands

Flowers, flowers, and more flowers is what you will see in Keukenhof Park. The best time to visit Keukenhof is April and beginning of May.

Brussels, Belgium

Chocolate, waffles, frites. Just three words.

Athens, Greece

Greeks are the sweetest with strangers, there's a lot of sea, it's full of architecture, and the Greek cuisine is to die for. Enjoy Athens' nightlife while learning about Athens' history.

Tuscany, Italy

You may have heard of Tuscany as the birthplace of the Renaissance, and it's true. Just walking down the streets gives you plenty of sightseeing. As Venice, the food is amazing and the cooking traditions date back thousands of years.

Provence, France

While most tourists would plan a trip to Paris, Provence is one of the most beautiful regions of France. Shop the markets, enjoy local food, learn about

lavender, and probably my favorite: rent a private villa. Best Thing Ever

Budapest, Hungary

Because of its thin earth-crust, Hungary is said to have more than 1,000 hot springs, which means... Spa days. Budapest Royal Palace is one of the most beautiful buildings ever build. Oh and it's one of the most cheapest spots in Europe right now. Win-win.

Charles Bridge, Czech Republic

King Charles IV commissioned this bridge in 1357. Try to visit at dawn and get a real atmospheric experience because it will be full of tourists by 9am.

Northern lights, Scandinavia or Iceland

The Northern lights are nature's most stunning phenomena. The best viewing spot is around Abisko in Swedish Lapland or Finland. Everyone has to see them at least once in their lifetime. Most viewers find it a spiritually uplifting experience.

Spring Break: 35 Things To Do Within 100 Miles

By *Emily Osborn*

Spring break is fantastic, no school for a whole week and summer is right around the corner, and it's just a taste of freedom. Kids often times face a problem of what to do with their time, so here's a list of 100 things to do within a 100 miles of Cedar City.

1. Kanarrville Falls Hike
2. Go to Park Discovery
3. Walk the Canyon Park trail
4. Skate Exit 59
5. Walk around Old Iron town
6. Star gaze at Southern Utah University Observatory
7. Swim in the lake on the hill
8. Swim at the Aquatic Center
9. SUU climbing Wall
10. Walk around the historic Downtown
11. Shop at the Red Cliffs Mall in St. George
12. Catch a Movie with luxury seating on \$5 tuesdays at Stadium 8
13. Catch a discount movie at Fiddlers Stadium
14. Hike Angel's Landing
15. Hike the Narrows
16. Camp at the Zion Campground
17. Go for a bike ride around the city
18. Go rappelling at Red Cliffs
19. Learn how to Scuba Dive
20. Go read at the city Library
21. Have a picnic up Cedar mountain
22. Bake cookies and have a scary movie night
23. Play night games at the park
24. Go to the Art Museum of Southern Utah
25. Go four wheeling
26. Go dirt biking
27. Have a nice dinner at Centro Pizza
28. Have a breakfast date at the All American Dinner
29. Go to the Grand Staircase at Escalante
30. Fishing at Navajo Lake
31. Go to Bryce Canyon
32. Swim at little Jamaica by St. George
33. Get ice cream at Bulloch's drugstore
34. Get coffee at The Grind
35. Go for a drive up to the C

What Lurks Around In Old Iron Town

By Mckrae Spencer

Now if you leave in good ole Cedar City chances are you know about the old mines out west. Well ya see, not to long ago they mined out there for coal and iron but after the mine closed, quite a few men were out of jobs, except for this one particular man. He was a hard working, middle class aged man, he had a long mustache and a wrinkled old face and smoked about a pack a day. Nobody really talked to this man but as soon as the mine closed he went crazy. He couldn't leave the mine it was almost as if the mine took over him, he never could think, all he knew what to do was mine. As he dug and dug he never found a darn thing, he just grew older and more bitter. Well 10 years past and no one had heard about the man from the mine. People were starting to explore out there and a group of teenagers decided it

would be a good idea to go into the mines. These young kids had never heard of the man that never left the mine.

Those kids rolled up to the opening of the mine around 8 pm, they came prepared with a few head lights and a good ole snickers bar. They kicked the old wood blocking off the entrance to the mine and started walking with their lights on high beam, that was there first mistake. As they crept in deeper they found some old tools such as a pick axe and a few shovels. The kids moved on, then out of the corner of one of the boy's eyes they saw a shadow with a dim light, deep down the tunnel. The shadowy figure had large fingers and hair all over. The kids got a mean spook and decided to come back during the day.

As they turned to head back out woosh, the dirt fell, they

fell down a deep tunnel straight to the bottom of a pit. As they hit the ground with a thud they looked up and all they could hear is chuckles from the top. One of the boy's head lights went out, the others turned their head lights down, as they were all scared, there was something in the bottom as they felt around it was slimy and dry at the same time. Soon they realized it was a snake, it started rattling then BANG! it bite one of the boys, the kids started panicking and one of them grabbed an old mine tool and killed the snake. Then they started moving back up and as they were going up the boys legs who got bit locked up and started going crazy. They started panicking really bad and one of the boys grabbed the pick axe and starting hitting the walls then out of the blue he broke out. It was sunny and bright and

realized it was the next day. Their truck was about 2 miles away from where they were, they ran to the truck as they got there, the boys noticed they didn't have the keys. The boy who got bit started feeling very weak and couldn't speak, the boys knew they were at least 30 minutes to the nearest hospital. Then the boy who drove remembered he had a spare in his tool box but it was jammed. Then they got that old pick axe and started prying the tool box open till it snapped then got the key and started the truck. As they were driving back there was sound so loud it overpowered the sound of the engine running saying "DON'T COME BACK EVER AGAIN." So they left and barely made it to the hospital in time to save their friends life. The 3 boys never returned to that mine shaft for the rest of their lives.

Wendigo

By Summer Warren

When thinking of urban legends, or scary stories, people tend to think of skin walkers, or maybe clowns. Although clowns are a global "scary story" trope, skin walkers tend to be more known because most of us are from Utah, or around Utah. However, there are plenty of other legends and terrifying creatures that so call "exist". One of these is the Wendigo. The legend of the Wendigo first started around the Ontario and Quebec provinces of Canada by the Algonquian people. It is said to be native to the northern forests of the Atlantic Coast, Great Lakes Region of Canada and America during the winter. In fact, the legend says the Wendigo only comes out

during the winter, for it cannot handle heat or light. Of course, however, that is only a saying passed on through generations.

Wendigos are described to be very fast, and very slick and sneaky. However, in many cultures, the Wendigo is said to be partially blind. They are said to see through movement and smell. With the Wendigo's thin and long figure, it is able to jump and crawl at incredible speeds. It's always hungry, and always wanting more. They will go after any meat they possibly can, but it generally chooses to go after humans, for that is what it's physical self would enjoy most. The Wendigo, usually, is said to be an evil spirit that roams the lands, but isn't a physical

creature. It becomes a physical, tangible creature when the following happens: Say you and a friend were hiking through the woods of Chibougamau, Canada. Keep in mind this is back in the day, where there were no phones and that if something terrible happened, you'd have to touch your way back to town. Anyway, imagine you and your friend get lost and clueless to where you are. Eventually, you start to freeze. You run out of food as well. Now, the Wendigo spirit is already intrigued. The only way it can become a physical being, however, is if you or your friend eat each other. Yes, you have to perform cannibalism for the Wendigo to take over once you die.

Sadly, the transitioning from

human to Wendigo does not start after you die, though. In fact, in many stories, it's what really causes your death. It is said that you feel yourself become thinner and thinner by the minute; that you are always hungry and starving. You feel your body get longer and longer, for Wendigos are said to be close to fifteen feet tall. Your fingers also start to grow. Not only do they get longer, but they get sharper and pointy. There are many other things that happen to a human once the Wendigo takes over, but most things are too graphic to put in a school article.

To sum this up, due to length, Wendigos are spirits of the north that overrule people who have been taken over by greed.