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Wright State Student Body

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The Wright State GUARDIAN

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Weekly Horoscopes
Star Signer
January 6, 2020

There's a rogue meteor with a cosmic trail sending the universe some mixed signals. This will place everyone in a focused state of mind. What all does this meteor have in store for your horoscopes this week?

ARIES

Still trying to find the perfect winter drink Aries? We suggest water with slices of winter white gourd! It's healthy and very trendy looking. Throw in some cranberries for an extra seasonal aesthetic.

TAURUS

Toss on your lucky scarf today Taurus you're in for a busy week! Social engagements start to pile up for the weekend and it's okay to say no when you feel overwhelmed! Don't get too caught up with a chatty Aries though, this person cannot be trusted.

GEMINI

Are you unhappy with your job Gemini? The stars sense instability in your career and see that your boss is a total airhead. We suggest starting your own business! Try your hand at flower arrangements, incorporate unique objects and candy into them!

CANCER

Single and ready to mingle Cancer? Look no further than the local coffee shop! Chat up that cutie that you see on the reg and ask them what their drink of choice is! You're feeling extra confident this week so get out there and meet your special someone!

LEO

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You'll find yourself in an intense mood this week Leo. People will feel you staring holes through their heads and running from you. Take a moment to reflect on why your emotions are running high. It's okay to admit that you drove to Chickfila on a Sunday.

VIRGO

The moon is centered with Mars this week Virgo giving you time to reflect on your relationships. If your partner likes to throw trash on the ground instead of throwing it in the designated trash can then throw that person away. If they treat the Earth like trash they prob treat you like trash too.

LIBRA

The Moon enters a new phase, inspiring you to travel and learn new things Libra. You're connecting with interesting people, but watch out for the ones with androids. Big surprises could take place this weekend regarding a friend with a pop socket.

SCORPIO

The Moon is tilted 23 degrees to the right. Which is encouraging you to tackle your to-do list just watch out for some obstacles around communication. Unexpected flare-ups surface in your relationships this weekend thanks to two stars arguing.

SAGITTARIUS

The stars encourage you to branch out beyond your usual routine Sagittarius. You might be feeling a little stuck lately on the mundane. This weekend brings you an extra dose of fun, flirtation and creativity! Talk to the cutie in the coffee shot! Find out what their go to order is and try it out!

CAPRICORN

Avoid signing contracts or making important decision for the time being Capricorn. The sun and moon are in a disagreement whose cooler and that is causing disruptions in your life. This weekend reminds us to step into our power but don't go overboard. Maybe just take power over your life.

AQUARIUS

Club Penguin will spiritually change you this week Aquarius. We suggest reviving that old love for the game and test your skills on the sled racing courses. The weekend have a good heart to heart with a close friend, there might be something on their mind.

PISCES

If you were a mermaid Pisces you would be a fantastic seahorse trainer. But you are not a mermaid and cannot legally purchase seahorses. We suggest to go horseback riding and learn how to care for a real horse. The stars encourage you to go out of your comfort zone this weekend, you might find a new crew of friends in the process.

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MLB considers cutting minor league teams affiliated with the Reds
Makenzie Hoferlin
January 6, 2020

Jamie Penwell contributed to this story

Major League Baseball (MLB) is considering cutting 42 minor league (MiLB) teams, and Ohio could be affected.

Four teams affiliated with the Cincinnati Reds are in danger of being cut, including: the Double-A Chattanooga Lookouts, the Advanced-A Daytona Tortugas, the rookie-level Billings Mustangs, and the rookie-level Greeneville Reds.

The current MLB and MiLB contract expires after the 2020 season.

After the possible cuts, the MiLB would decrease from 160 to 120 teams. In one theory discussed, the cut teams would then turn into a "Dream League," in which undrafted players could still play baseball.

Currently, most MiLB teams are independently owned and operated. After the possible cuts, these teams would be co-owned by the MLB and MiLB.

Ohio has six MiLB teams:

- Dayton Dragons (affiliated with the Cincinnati Reds)
- Akron RubberDucks (affiliated with the Cleveland Indians)
- Columbus Clippers (affiliated with the Cleveland Indians)
- Lake County Captains (affiliated with the Cleveland Indians)
- Mahoning Valley Scrappers (affiliated with the Cleveland Indians)
- Toledo Mud Hens (affiliated with the Detroit Tigers)

The Mahoning Valley Scrappers are the only MiLB team in Ohio in danger of being cut.

The Dayton Dragons currently hold the longest sellout streak in the country for all of professional sports and are safe from the cuts.

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This doesn't mean that they are safe from changes to their program though. According to Baseball Reference, the Cincinnati Reds path currently looks like this:

Rookie: Billings Mustangs, Greeneville Reds, AZL Reds, (foreign) DSL Reds

- A: Dayton Dragons
- Adv. A: Daytona Tortugas
- AA: Chattanooga Lookouts
- AAA: Louisville Bats
- Pro: Cincinnati Reds

After the possible cuts, the path to becoming a Cincinnati Red would look like this:

- Rookie: AZL Reds, (foreign) DSL Reds
- A: Dayton Dragons
- AAA: Louisville Bats
- Pro: Cincinnati Reds

What does this mean?

With this change, it could be more difficult for baseball players to make it pro.

Some disagree with the plan, such as Gov. Dewine, who claim these baseball teams are very important to the economy and the fans of each community.

The proposal is still in discussion; no action is set in stone yet.

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Most anticipated movies of 2020

Trey Brown

January 7, 2020

With 2019 in the rear view, its time make another arbitrary list that ranks movies in order that won't hold up within a few months, with all the undated films sure to pop up out of nowhere. With that in mind, these rankings are not in any particular order.

“Tenet”

Christopher Nolan returns to the director's chair for the first time since 2017's

“Dunkirk,” and he looks to be crafting an “Inception”-esque action-thriller. John David Washington and Robert Pattinson are set to star in this film. Based on the trailer, I predict that the film will center on time-loops.

“No Time to Die”

99.9 percent sure that this is Daniel Craig's final turn as James Bond (never say never) and based off the trailer, this film looks to be his best since 2012's “Skyfall.” The film also sports a promising cast with Ana de Armas, Lashana Lynch, Rami Malek and Lea Seydoux, the latter reprising her role from “Spectre” (2015).

“Dune”

I'd never heard of “Dune” before I read that Denis Villeneuve would be directing the film. Villeneuve's directorial work on films like “Arrival” and “Blade Runner 2049” are some of the best of the 2010s, so I'm excited to see what he does here. Timothee Chalamet is set to star.

“Black Widow”

It's been 10 years since filmgoers were first introduced to Scarlett Johansson's Natasha Romanoff a.k.a the Black Widow. It also feels like it's been 10 years since talks about a movie starring the character began to surface. Well finally, on May 1, 2020, “Black Widow” will arrive in theaters and it's sure to be a spy-thriller of marvelous proportions.

“Onward”

A Disney-Pixar film set to star Tom Holland, Chris Pratt and Julia Louis-Dreyfus. I don't know what else to say if you're not intrigued. I'm not privy to the Disney empire either but Pixar films are almost required viewing at this point.

“Wonder Woman 1984”

D.C. films have been on a roll as of late with films like “Joker,”

“Shazam” and 2017's “Wonder Woman.”

Speaking of which, the sequel is set to hit theaters in June and it promises to deliver some heavy-hits from the titular hero.

“Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn”

I promise that I'm not a huge fan of D.C. Comics-related content, however, the teaser material that has surrounded this film and Margot Robbie's energetic portrayal of Harley Quinn in 2016's “Suicide Squad” has me cautiously optimistic.

“Ghostbusters: Afterlife”

Will Finn Wolfhard ever not star in a horror film? Paul Rudd's in this too? Plus, the trailer is surprisingly good, which I didn't expect given my low-care-level for “Ghostbusters.”

“Soul”

The second Disney-Pixar film on this list. “Soul” is set to star Jamie Foxx and Tina Fey. I know that these films aren't in any specific order (I promise), this movie is more anticipated for me than “Onward” is.

“The Photograph”

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I've seen this trailer twice, on separate occasions, and both times I was intrigued. Issa Rae stars along with Lakeith Stanfield, who seems to be in nearly everything.

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Remembering the biggest moments of the decade

Shaddia Qasem

January 7, 2020

It's official: we have finally entered the "roaring twenties." The start of a new year is always exciting, and with this being the start of a new decade, the excitement is different.

Many big events have taken place in this past decade, some positive, some negative and some downright shocking. Here are a few moments that you might have forgotten about:

The first iPad (2010)

It's odd to think about a time before our beloved modern Apple products. Taking a look back at what the first-generation iPad was capable of, it seems silly to think that our minds were blown by an electronic that was not yet in its true prime. In 2010, we never imagined all the capabilities of the iPad and the future iPads to come.

The royal wedding (2011)

This wedding, hands down, was a moment for the books. Millions of eyes were glued to the television watching the live feed of the royal wedding. Everyone everywhere stepped into the world of royalty to watch a fairytale unfold live.

The end of the world (2012)

Were you one of the people thinking that 2012 was the end of the world? There's nothing scarier than not knowing if there will be a tomorrow. What made it even scarier was the film about it, digging everyone's fears deeper.

Edward Snowden blows the whistle (2013)

Leaking critical information that changed the way we viewed our privacy, Snowden dropped the mic on everyone. The use of electronics, and our knowledge of who might be listening or watching, has changed since then. Although this information may not have affected people's use of technology, there is no doubt that technology is now used with the awareness that privacy might be disregarded.



Total solar eclipse (2017)

Experiencing a once-in-a-lifetime phenomenon is, of course, a once-in-a-lifetime opportunity. Although it was a big deal, not everyone got to see the incredible event; some saw complete darkness for a moment, and some were just confused. Luckily, it is said that there will be another occurring in 2024. Be prepared!

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Movie review: Inception
Makenzie Hoeflerlin
January 8, 2020

“An idea is like a virus. Resilient. Highly contagious. And even the smallest seed of an idea can grow. It can grow to define or destroy you” – Cobb

Imagine waking up from a dream confused because it was so real you thought it was reality; we have all done it. “Inception” is an exceptional movie that plays with the idea of not knowing a dream is a dream until you have woken up.

“Inception,” directed by Christopher Nolan, was a 2010 box office hit and was nominated for several Oscars.

The movie follows the main character Cobb (Leonardo DiCaprio) as he navigates his way through the dream world as a thief hired to extract ideas from people’s heads.

The plot of the movie revolves around the idea that inception (planting an idea in someone’s head) is also possible. But how could someone possibly give someone else an idea without said person knowing it wasn’t their own idea?

Cobb and his team must go into this said person’s dream. But in order to keep their actions secret, they have to go several dreams down. They have to create a dream inside a dream in order to go into the next dream.

But they can’t go too far down in the dreams, otherwise they will get stuck in limbo and lost in the dream world forever. Oh, and each level of the dream stages happen at different speeds, so five minutes in the first level could mean a whole hour in the second level and a month in the third.

Confused yet? There’s more.

Everyone thinks inception isn’t possible, but Cobb knows it is... because he’s done it before.

This brings up a whole new complicated plot involving his wife, and the whole reason he has to do all of this to begin with.

“Inception” is not your typical Sci-fi movie, pulling on ideas that are often hard to grasp and wrap your head around.

The movie is packed with action and will require your full attention to fully comprehend the plot. Even then, you might have to watch it a few times.

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The movie definitely leaves you with many questions and ideas to contemplate hours after finishing it, but also contains some hard to catch humor that will get you laughing between the jam-packed action scenes.

Actors such as Dicaprio and Ellen Page did an amazing job of bringing Nolan's idea to life.

"Inception" has become one of my new favorite movies simply because there is nothing else like it.

The movie is unique in every aspect of its plot and construction, and the ending leaves you pondering the entirety of the almost three hour long movie.

Whether you have seen the movie before or this is your first time hearing about it, I would give it a 10/10 and recommend watching it immediately.

For those who have Netflix, watching "Inception" can be as easy as turning on your TV because the movie is part of the new release list of 2020.

Ways to prepare for the new semester; realistically
Natalie Cunningham
January 8, 2020

With the new semester coming up, there are plenty of ways to get ahead of the curve and be prepared.

Personally, I love being prepared and organized but I'm not always great at actually preparing and organizing. I've brainstormed some of the most helpful tips for preparing for a new semester.

Email your professors

Sending a quick email to your professor introducing yourself, asking if there are any additional materials you need for the course, and expressing interest and excitement for your new class is a great way to start off on the right foot with your new professor and stay prepared for class.

Buy a folder/binder for each class

Keep all of your course materials, homework and study guides in the designated folder or binder for each class. As an extra measure, you can color code each folder/binder to match everything for each specific course you're taking.

Read the syllabus

When your course syllabus is posted on Pilot, print it out and highlight important or key points on the syllabus. I would also keep this printed syllabus in the folder or binder I mentioned earlier so you can refer back to it as needed.

Find out where your classrooms are

Once you've found all your classrooms, time yourself walking from your dorm/apartment/car to each class so you know how much time to allow yourself to get to class on time.

Find study lounges

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This is especially helpful if you have breaks between classes. Find a comfortable study area near your next class if you have a break, that way you won't have to stand awkwardly outside the classroom for 45 minutes.

Plan to pack a lunch/snack

This one is also important if you have breaks between classes or if you're like me and can't focus very well if you're hungry. Make sure to bring something that doesn't need refrigerated unless you're bringing a good ice pack. I recommend carrots and ranch, peanut butter and jelly sandwiches, and cookies.

Good luck with all your classes and have a great semester. Raider Up!

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WSU Lake Campus introduces plans for workforce center

Marissa Couch

January 8, 2020

Within the next two weeks, Wright State University's Lake Campus will hear from Ohio's General Assembly regarding a proposal to build a brand-new workforce center.

"Once we have that number in hand, we sit down and have serious discussions with the university architects," said interim dean of WSU's Lake campus. Dr. Dan Krane.

The workforce center:

"We're building this new center but a sub-story is that this is going to help us tackle some of these classroom space needs that we have," said Dr. Krane.

The proposal is that a new structure would be built, in which the school's business enterprise center would move. The current business enterprise center would become a vacant space which could be utilized for more space for instruction.

"Student enrollment at the Dayton Campus has been declining consistently for the last several years, the opposite is true for the Lake Campus. While there is excess instructional space at the Dayton Campus, that is unequivocally not the case for Lake Campus. We're busting at the seams," said Krane.

This project has been in the works for seven years, according to Krane.

"It [the workforce center project] was next in line and the time is definitely right for us to go ahead and finish off the work that we had begun so long ago in getting the project up and running," said Krane.

'All those things are coming together'

The center has been a priority at the Lake Campus since August, since the grand opening of the Lake Campus' extension of Andrew's Hall.

"We've had great success in impressing upon key legislators that it should be a priority for the region as well," said Krane. "All those things are coming together right now."

Right across the street from the Lake Campus is a brand-new facility: the Tristar Career Compact.

"It's a result of a collaboration between 10 local school districts. It's virtually unprecedented across the country, let alone in Ohio," said Krane. "It's a real statement to the commitment to the community and

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enhancing the local economy, particularly the booming manufacturing industry that's taken place in the northern part of the Miami Valley."

Tristars impact

Tristar Career Compact is a career technical center where high school students can attend to gain vocational skills, according to Krane.

"What we're talking about with this workforce development center is a very natural progression from what's happening with that Tristar Compact," said Krane.

Mercer and Auglaize Counties have the lowest unemployment rates in the state, according to Krane.

"The workforce development center is going to be a neat opportunity for us to upskill the current employees that these companies have but also to help train people within the region to take those high paying manufacturing jobs," said Krane.

The Lake Campus houses a business enterprise center that is all about getting students traditional and non-traditional the skills they need for their career fields.

"There's a large variety of courses that are available within the business enterprise center and they're designed with that sort of thing in mind," said Krane. "You can do that straight out of high school, or you can do it coming in after having had a job for decades and you just want to be able to continue to be competitive in that job market."

How does this impact a community?

Studies in the state of Ohio have shown that students are likely to settle within 100 miles of the college in which they attended, according to Krane.

"They're aware that if you build this sort of thing, those students are going to be trained and they'll never leave," said Krane. "You can do things like come to southeast Ohio to try and recruit people where there is high unemployment to go where there is low unemployment or you can just double down on your efforts to keep the local people from moving someone else and I think it's all of the above, they're really working to fuel that fire of the booming economy."

More information is to follow in the coming weeks regarding the progression of the project and when to expect the center to unveil.

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"I think fall of 2020 is unrealistic, spring of 2020 could be a possibility, fall of 2021 seems likely," said Krane.

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Lake Campus New Year's resolutions (for those who are late to the party)

Roxanne Roessner

January 9, 2020

Happy New Year's, Lakers! We hope that you are having a great winter break and that you are sticking to your resolutions for the new year.

Don't have a resolution yet? Here are some ideas that you can still apply to the upcoming semester at the Lake!

Stop procrastinating

Last semester is behind you. New classes loom in the approaching semester. Make the resolution for the Spring 2020 semester that homework will not be done the night before. Grab yourself a planner and space it all out.

Be more conscious about what you post on social media

We have all heard this growing up in the new age of technology, but it is always nice to be reminded to be careful about what you post. As all our teachers preached, "the internet is forever." Take time to think about the meme you're sharing or the subtweet you're about to tweet.

Put money on your Wright1 Card

Please do not forget this! Nothing is worse than having to print an essay before class and having to transfer money to your card to pay for it. Avoid the stress and put a few dollars on it before you need it.

Renew your student membership to the YMCA

Bring your Wright1 Card and Spring 2020 semester schedule to sign up for your student membership to the YMCA. They offer numerous facilities and programs to keep your mind and body toned for the new semester.

Actually use your student membership to the YMCA

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This one is the tough part, but use your student membership. Go back after the first week. Swim some laps in the pool and maybe play a game of basketball with your classmates. It's too good of an offer to pass up!

Stop in at the new Library and Technology Center between classes

Newly opened in October 2019, the Library and Technology Center is the perfect place to stop between classes to organize your homework and prepare for your next class in a peaceful atmosphere. It has plenty of seating and several desks with outlets for you and your electronics to recharge.

Do the readings for your classes

As the semester goes on, doing the readings for classes becomes harder. Don't give in though! Do your readings. Make this resolution in order to power through the words and avoid the awkward silence that ensues when the professor asks about the assignment.

Stop taking study breaks after every sentence you write for that 2000-word paper

You can do this. It's easy to reward yourself for doing the bare minimum, but progress still needs to be made. Make this resolution in order to break through finals week and the stress that comes with it. Once again, you can do this.

Happy New Year's, Lakers. We're excited to see you in a few weeks! We hope you decide to adopt some of these resolutions in order to make this semester, and year, the best one yet!

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Talks of new health college strengthen on campus

Natalie Cunningham

January 9, 2020

The idea of a new health college has been discussed several times at Faculty Senate meetings and Board of Trustees meetings.

There has not been any official communication about this idea, according to Seth Bauguess, director of communications.

Background on the college creation

During the end of 2017 until the spring semester of 2018, a faculty group called the Academic Organization Review Steering Committee worked on and presented a draft proposal for the new health college.

The Academic Organization Review Steering Committee put together ideas for which departments might be included in the new health college and the committee created a very thorough report for a potential new health college, according to Interim Provost Dr. Douglas Leaman.

This past fall, a final proposal was put together by a group of faculty members containing what could be the finalized list of departments grouped together in the new health college. This was presented to the Board of Trustees earlier this month, according to Leaman.

What does this include?

According to Leaman, departments that were suggested to the Board of Trustees for the new health college are as follows:

Nursing, Professional Psychology, Teacher Education, Leadership Studies in Education and Organizations, Human Services, Kinesiology and Health, and Social Work.

“I think that there’s really a lot of value in bringing programs that have similar missions or similar curricular pathways together under one roof, if you will, to allow them to synergize and work together more effectively,” said Leaman. “If you think about it there are a lot of health programs that have similar course work in the early stages or in the first couple of years and having students being advised under a single roof is really helpful to them.

Next semester, more faculty focus groups will be created to work out logistics and program details.

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"I believe, and this is something I've felt strongly about for a large number of years in my own administrative career, that it provides students with opportunities to move around within the different programs in those first couple years if there are clear pathways developed to do that," said Leaman.

President Edwards is very interested and excited about this idea, according to Leaman. No statement has been received from Edwards.

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Best places to have family get-togethers

Shaddia Qasem

January 9, 2020

Although the holidays are over, it's never too late to have family get-togethers. Inviting family over can get crowded and messy; luckily, there are some restaurants that can come to your rescue.

Here is a list of delicious restaurants in the Dayton area that offer private events:

Brio/Bravo

If you love Italian food, this place is for you and your family. With a delectable menu and an upscale atmosphere, these sister locations would be the perfect place for your next family gathering. What's exceptional about these two restaurants are the private rooms they provide. With enough space for a large party, the food and ambiance will please everyone.

Cooper's Hawk Winery and Restaurants

With its exquisite menu, laid-back environment and wide variety of wine for all the wine lovers, this might become your new family favorite. For an intimate night of casual dining, this private dining experience will leave everyone feeling special. At Cooper's Hawk, you're not in Kansas anymore.

Black Rock Bar and Grill

With only two locations in Ohio, this menu will have your stomach growling and begging for a visit. Go for the entrees or the mouthwatering desserts. Whether you prefer a private room or their large area group seating, Black Rock can accommodate for any occasion you're celebrating.

Pasha Grill

If you and your family are a fan of Mediterranean food, this is the restaurant for you. With its cozy, intimate and unique Turkish setting, you'll feel at home without being at home. With an option of indoor or outdoor seating at any time of the year, Pasha Grill is ready to celebrate your special family event.



Bar Louie

Best for birthdays and celebrations, Bar Louie will have you and your family party until closing time. Flatbreads, burgers, sandwiches and enticing appetizers galore, you'll want to come here for the food alone. Better yet, on Wednesdays, Friday's and Saturdays, a live DJ comes in at 10 p.m. to enhance your experience; or skip out on the DJ and head across the street and catch a movie.

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President Edwards responds to Teamsters negotiations

Marissa Couch

January 9, 2020

On Jan. 2, Wright State University's newly appointed President, Dr. Susan Edwards, sent an email to students regarding the Teamsters Local 957 negotiations.

The Teamsters consists of tradespeople and groundskeepers of the university.

"They tirelessly tend to the needs of our university by working at all hours. They fix the problems that pop up in the night. They clear the snow to make our campus safe. They shepherd our students on Raider Ride. They are critical to the success of Wright State," said Edwards.

According to Edwards, bargaining has been ongoing since the fall semester and the university is doing what they can to help reach a compromise.

This news comes at a time nearing the one year anniversary of WSU's faculty strike that lasted for three weeks last January.

"I want you to know that my leadership philosophy is that people come first. It's a conviction that cuts to my core. It has been with great frustration that I have witnessed our university, while navigating our critical financial recovery, be forced to make choices that stray from valuing our employees as much as they deserve," said Edwards.

The negotiations will resume on Tuesday, Jan. 21. Per the email, Edwards makes a point to articulate that these facts do not mean there is another strike in WSU's near future, but to be aware of what the coming negotiations will consist of.

According to Edwards, there are 24 articles agreed upon and five outstanding issues in the Fact-Finder report.

Edwards ended the message by ensuring students that WSU will do what is reasonably within the university's power to end negotiations between campus and the Teamsters.

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Great books to read in the new year

Alexis Wisler

January 9, 2020

Looking for a good read to inspire you this year? Here are four books, both fiction and nonfiction, that are sure to bring about inspiration and wisdom to create a fulfilling year.

“The Alchemist” by Paulo Coelho

Arguably one of the most inspirational fiction novels, “The Alchemist” follows a young boy on his adventure to fulfill his full potential. If you are looking for something to inspire you this year, this book will do the trick. Full of adventure and wisdom, this book will help you reach any goal you set for yourself. The main character, Santiago, sets out to find secret treasure, but ultimately the focus shifts to his dreams and wishes. This book will show you the importance of following your dreams and discovering your true self.

“Becoming” by Michelle Obama

Deeply inspirational, Michelle Obama’s personal memoir “Becoming” will help you discover who you truly are this year. Retelling the story of her life from a child all the way to the first African American first lady of the United States of America, this memoir is sure to inspire you to find your voice and accomplish your goals this year.

“Spark Joy” by Marie Kondo

Marie Kondo has become extremely popular these last few years for her life-changing methods of decluttering and living. Kondo’s book “Spark Joy” is a manual on how to declutter each and every room in your house. Even if you are only living in a dorm or have full control over your bedroom, this book will help you determine the importance of every object in your space, making it easier to create a fresh and new environment this year.



“The Perks of Being a Wallflower” by Stephen Chbosky

This classic coming-of-age novel follows the life of Charlie and his friends as they navigate their way through high school. While it might seem that this book is irrelevant to college students due to the fact that the characters deal with life in high school, the themes are universal no matter what stage of life the reader is in. This book will help you step out of your comfort zone this year and realize that there is greatness in everything.

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We got a kick out of these flicks: Best box office films of 2019

Laci Wells

January 10, 2020

2019 was another big year for motion pictures, Disney especially. Entering 2020 with big shoes to fill, keep your eyes peeled for more box office hits.

1. “Avengers: Endgame”

We all know, regardless of being a superhero fan or not, that the Avengers movies have made their mark. “Avengers: Endgame” became the highest grossing movie worldwide, racking in \$858.3 million in 2019, and has left viewers wondering what’s to come.

2. “The Lion King” (2019)

Nothing less than \$543.6 million brought in by Disney’s “The Lion King” was expected from this classic. Opening weekend for this innovated animation broke records and held its top spot by “Avengers: Endgame.”

3. “Toy Story 4”

Disney continues to deliver with a fourth Toy Story movie that brought in \$434 million. The film became the highest grossing G-rated film of all time. One billion dollars was made worldwide, which continued to raise the bar for Disney’s talent.

4. “Frozen II”

The film is still in theaters bringing in more profit, however the total brought in during 2019 was \$430.1 million. With the impact brought by the first Frozen movie, this ranking was expected. The sequel has the potential to break records before leaving theaters in 2020.

5. “Captain Marvel”

“Captain Marvel” topped off totals with \$426.8 million, however worldwide \$1.12 billion dollars was brought in. It had an early release date of March 8 which made it the first movie of the year to hit a billion dollars. “Captain Marvel” and “Avengers: Endgame” have fans waiting anxiously to see what’s next.

Other top films included more top box office films like: Spider-Man, Star Wars, “Aladdin” (2019), “Joker” and “It Chapter Two.” The legacy 2019 left when it comes to major movies is going to be hard to surpass. Here’s to 2020.

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New Year's resolutions you can actually achieve

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The new year is a great time for a fresh start, but some resolutions are harder than others.

Here are four resolutions that are easy to keep and will still improve your quality of life:

Daily affirmations

Daily affirmations can dramatically change your attitude and outlook on life, which then changes life's outlook on you. Make your affirmations personal and something that will bring you peace and confidence to start your day. This is an easy resolution to keep because it only takes a minute or two to complete each day. Whether you choose to do your affirmations right when you wake up or before heading out the door, giving yourself a couple of minutes each day to recite your personal mantra can change your life for the better.

Catch up with friends and family more often

Life gets crazy and moves fast. Because of this, we often go weeks or months without talking to certain loved ones. An easy New Year's resolution to keep that will enhance your quality of life is setting aside time each week to call or see friends and family. Give grandma a call, send your aunt a text asking about her day, or get lunch with an old friend. It's easy to get caught in the hustle of everything; taking the time to catch up with others will bring more meaning into your life.

Save money

Another easy resolution to keep is making an effort to be more conscious with your money. Chances are that when you become more aware of the money you spend on an average day, you will find ways to save little bits of money here and there. Try packing a snack from home instead of heading to the vending machine in between classes or ask a friend if you can borrow something from their closet for a night out instead of buying a new outfit. By making a lot of little choices like these throughout the year, you are sure to save a lot of money.

Drink more water

This one sounds like a no-brainer, but many busy college students don't drink enough water daily. Something as simple as staying properly hydrated can put you in a better mood and boost your energy which will make for better and more productive days. Carry a reusable water bottle with you and set goals throughout the day such as "drink half by noon" or "be sure to refill after lunch" to ensure you are reaching your goal of drinking more water. Even setting reminders on your phone can be a good way to remind yourself to stay hydrated.