

Wishful Thinking?

Do People actually do their New Years Resolutions or are they just a fantasy?

Jenna Heinz

2019 quickly turned into 2020 and we are now in not only a new year but a new decade. With each year, millions of Americans set New Years Resolutions or goals for that year. While they may seem exciting at the beginning of the new year, a large chunk of goal setters end the year without completing their original tasks for that year. Are new years resolutions worth creating, or are many aiming higher than what is obtainable?

According to finder.com, 64.6% of adult Americans, or 164 million Americans, start the year off with resolutions or goals in mind. The percentage of people who obtain those goals is drastically lower. 80% of people fail to achieve their resolutions or goals for the year. Many of those who fail to complete their resolutions have already thrown the rag in and gave up by mid-February. Why is this?

There are many reasons why someone may not complete their resolutions or goals. One of the most common is that people set their goals too high, which makes it impossible for them to obtain them. Having unrealistic goals will ultimately lead to failure and discouragement when trying to achieve these goals. Another reason why many don't finish their resolutions is they simply don't take the first step. Actually taking the first step towards trying to better yourself is the hardest part, but once you do it's much easier to complete your resolutions.

In order to complete your resolutions, you first must have the right ones. Setting a goal too high can make you unsuccessful. A better way to make your resolutions is to have small goals that are easier to obtain. Then you can work your way up towards your bigger goals. Another helpful tip is to be specific with your resolutions. If you have too broad of a resolution, it's hard to decide where to start. When you are specific about what you want to get done then you know exactly what you need to do to achieve it.

Although not all are successful with their resolutions, some are able to complete their goals. The business teacher here at Sandy Creek, Mrs. Shackelford, is one who sets goals for the year.

"I don't do new years resolutions I just do goals for the year. I usually have 50ish, it kind of depends."

This may seem like a high number to you and hard to complete, but Mrs. Shackelford does well at completing a large sum of her goals. Last year, she was able to complete 37 of her goals, a large portion of them. How is she able to do this?

“I write in my planner and then I add to it as the year goes on if something sounds fun. I look at it periodically and I do tiny steps to try and reach it if its a large goal. For instance, one is reading 50 books.”

Whether your resolutions revolve around your health, finances, love, career, or self-improvement, your results are up to you. In order to achieve your goals, you must first take the step towards it, which is where many Americans go wrong.

Everyone's Favorite Cowboy and Space Ranger Hit the Big Screen Once Again!

Toy Story Debuts its Fourth Movie in the Series

Jenna Heinz

Teens nowadays grew up watching all kinds of Disney movies and classics. Anywhere from "The Lion King" and "Finding Nemo" to "The Little Mermaid" and "Cinderella." These timeless classics include the loved by all "Toy Story" movies. When announced, everyone was excited for the premiere of the fourth movie.

On June 19, 2019, Toy Story 4 was released, nearly 25 years after the first. In the previous movie, "Toy Story 3", Andy was leaving for college and ends up giving away all of his toys to a friend, Bonnie. The new movie's storyline begins with Bonnie about to start kindergarten and while at orientation, she makes a new toy named Forky. Before heading off to school, Bonnie, her family, and her toys go on a road trip when Forky gets lost. The adventure continues when Woody goes to rescue Forky, meeting some old friends along the way. The rest of the toys try to delay Bonnie and her family from going back home so Forky and Woody can join them.

Many life lessons can be taken out of a movie with this much emotion: friendship, change is not all that bad, another man's trash is another man's treasure, and "Listen to your inner voice" as quoted throughout the movie by Buzz Lightyear. All movies tell a story, but great movies have meaning behind them and a point that they are trying to get across.

This is one of the reasons why many enjoyed the movie. Not only was it fun to watch but it also emitted many emotions. The heartwarming storyline presents ideas on how you should live your life without fear and how you want to.

One fellow viewer, Davina Rivera, said she really liked the movie. "I'm gonna give it a four out of five just because I didn't think Bo Peep was gonna come back but then she came back as a strong independent woman. Also, I never thought Woody would leave the gang." The most apparent theme to her was that friends should stick together.

Abby Rivera gave the movie an eight out of ten. "It was a very cute movie. I love Disney movies, they are really cute." One thing that Abby noticed that was different from the other movies is the evolution of the animation. "You could tell in the older movies some of the characters looked different than in the new ones." Animation has come a long way since the release of the first movie. The quality, color, and detail put into the films have advanced and improved drastically.

Many can agree that the movie made them feel a whirlwind of emotions. Disney continues to amaze all with their advancements in animation, emotion, and production. It seems like this may be the end of the Toy Story series, but their presence in children's lives will continue on.

Disney Hits \$3.5 Billion for Movies in 2019 After the Release of New Frozen Movie
Frozen 2 Earns Biggest Box Office Opening Weekend for an Animated Movie of All Time
Jenna Heinz

2013 was a big year for the movie world; the hit movie Frozen made its debut in theaters. Frozen earned \$67.4 million over the 3 day opening weekend and overall a worldwide total of \$1,276,480,335. Frozen was a household name quickly after its release. Kids all around the world loved the movie and it became a quick favorite. Frozen 2 was set to come out on November 22nd, 2019 and make a predicted \$100+ million opening weekend.

The sequel opens up with a flashback scene similar to that of the first movie with Anna and Elsa as young girls. The king, their father, then tells them about the Nothundra tribe, people in the forest that could interact with the spirits there. When he was a young child, he and his father traveled into the forest and offered a dam as a peace offering to the Nothundra people who lived there. Somewhere in the midst of things, war breaks out. Anna and Elsa's mother, who we later find out is a Nothundra herself, saves their father. He then warns them that forest may wake again and bring danger to them.

When we are brought back to the present day, Elsa hears something calling her. Because of this, she wakes the forest and spirits that then get angry and start to destroy Arendelle. Anna, Elsa, Olaf, Kristoff, and Sven then embark on a journey to the mysterious forest. Here, they hope to settle the spirits, discover what has been calling Elsa, and find the truth about their past. When they get to the forest, they meet the Nothundra tribe and encounter a few of the four spirits: fire, air, water, and earth. One of the Nothundra people tells Elsa about a fifth spirit that connects the spirits. Throughout the rest of the movie, the sisters continue on the journey of figuring out how to stop the spirits from attacking their kingdom. We learn more about their family's past, the mysterious voice calling Elsa, and what the fifth spirit is.

One of the most loved parts of Frozen was the soundtrack. Families spent movie night belting out some of the hit songs from the movie including "Let it Go," "Do You Wanna Build a Snowman," and "In Summer." A question many wondered when hearing about the sequel was could any song be as good as Let it Go? The sequel consists of a whole new soundtrack with the main new song being "Into the Unknown" sung by Elsa. While Kristoff's character has fewer lines, he does have his own song; a ballad. "Lost in the Woods" is sung by Kristoff after feeling lost and confused about his relationship with Anna.

Like any other movie, there are many underlying themes. Unlike many other movies where love is represented between one of the characters and a significant other, the Frozen movies represent the love between the two sisters. In the first movie, Anna and Elsa's

relationship builds after having spent little to no time together ever since they were little. In Frozen 2, Anna doesn't want to leave Elsa's side in fear of losing her again. In the end, they realize that they don't have to be together for their love to remain.

This leads to the evolution of each character. In this movie, each character goes on an emotional journey to find themselves. Anna and Elsa find their rightful places and Kristoff discovers where he wants to be. Olaf dealt with his own emotions throughout the movie as well. At the beginning of the movie, he sings "When I am Older." This song talks about how Olaf doesn't understand everything but believes that it will all make sense when he is older.

Overall, Frozen 2 was a hit. In the first three days of being in theaters, it made a global total of \$350 million dollars. This makes it the biggest box office opening weekend for an animated movie ever. Frozen 2 is expected to make much more due to the movie coming out the weekend before Thanksgiving and Christmas to come.



Elsa stands worried about who is calling her and why.