



Cavalier Times

January 2024

Nice to meet you, new year!



Editorial Policy

The Cavalier Times is an East Stroudsburg South publication. Its purpose is to inform and entertain the student body and faculty. Letters to the editors are encouraged. The Cavalier Times reserves the right to edit any submitted letter for grammar and journalistic style. Names and homeroom must be present on all -letters, and names will be published. The views expressed in this publication do not necessarily reflect those of the entire reporting staff, the advisor, and the East Stroudsburg High School South faculty and staff.

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FINANCING COLLEGE

By: Wonnetta Adams

January marks the beginning of the new year and the end of the college application process for some seniors. By this time, those who previously submitted their applications in prior months have started to receive decision letters back. As these students are faced with acceptances and denials plenty of them are wondering what the next steps are.

Regardless of whether a student has been accepted or not, they should start looking into scholarships and financial aid opportunities. More often than not the college most students commit to is the cheapest one. So if a student wants to maximize the amount of aid they receive they should aim to apply for scholarships and financial aid as soon as possible. The earlier a student applies the more money they could possibly receive from a school.



Via Adobe Stock

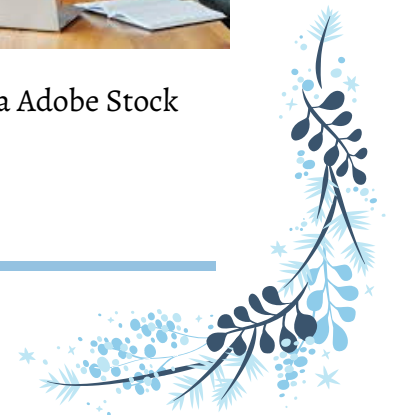
The most common aid that students apply for is the Free Application for Federal Student Aid (FAFSA). According to American financial adviser, Winnie Sun, the FAFSA provides “more than \$150 billion in college grants, work-study funds, and federal student loans...” and is one of the most beneficial sources of financial aid for students applying for college. In previous years, the FAFSA opened in October, but due to new changes, it opened on December 31st for the 2024-2025 school year. To fill out the FAFSA both the student and parent should go to studentaid.gov and make a Federal Student Aid (FSA) account. If the parent previously filled out the FAFSA before they should already have a FSA account. Next, the student should log in to their account and click to start a new FAFSA form. When filling out the form a parent or guardian must be invited as a contributor unless the student is an independent.

Once the form is completed by both the student and their contributors they will be sent a confirmation email that provides the Student Aid Index (SAI) and whether they may be eligible for a Pell Grant. Students do not have to repay Pell Grants and can receive a maximum amount of \$7,385 if they have the financial need for it.

Besides the FAFSA seniors can also search online to find scholarships to apply to that can provide them additional money. On the East Stroudsburg South homepage under the guidance section, there is a scholarship newsletter that highlights multiple opportunities for South seniors. Most of these scholarships have deadlines in February or March so it is not too late for seniors to still apply.



Via Adobe Stock



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THE LVII SUPER BOWL!

By: Imani Burnett

On February 11th, 2024, the 58th Super Bowl will occur in Las Vegas, Nevada in Allegiant Stadium. This iconic game was created in 1966, with the NFL and AFL making their best teams compete for a championship. It was originally called The NFL-AFL World Championship but then changed to Super Bowl in 1969. Tickets are currently on sale! Prices range from \$7379 to \$9290 from levels 400 to 100.



Via Marca

Currently, the two teams that will face off have yet to be chosen, but people have their favorites! The San Francisco 49ers and Baltimore Ravens seem to be the top contenders for spots in this year's Super Bowl. On the flip side, the halftime performer has been confirmed! It's Usher, the famous R&B/Pop songwriter and artist. He is said to be performing some of his biggest hits, "Yeah!", "Burn", "U Got It Bad", and more hits from the early 2000s! His performance will be aired on CBS.

The Super Bowl opening night will be fueled by Gatorade. With a \$30 ticket entry, people are able to go into Allegiant Stadium and witness interviews by the stars right before the big game.

The Super Bowl Experience is another event that's sponsored by Toyota. It is also called a football festival. There will be autograph signings, interactive games, and eye-catching NFL exhibits. Tickets are \$25 for anyone over the age of 12, and kids under the age of 12 get in for free.

As for brands that might be creating commercials for the Super Bowl, there has been no confirmation of anything thus far. However, it is said that commercials are going for \$7 million for a 30-second unit on CBS! Be sure to catch the LVII Super Bowl on February 11th!



via Yahoo Sports



MUST-WATCH MOVIES 2024

By: Aaliyah Allen

As always, with the start of a new year, everyone wonders what new trends, discoveries, and entertainment are to come. With the end of the SAG-AFRA strikes that delayed most Hollywood projects, many have been waiting for studios to get back into production. With that, these are the must-watches of 2024.

20 years following the original release, *Mean Girls* returns to theaters with singer-songwriter Renéé Rap taking on the role of Regina George.



Via The Daily Beast

Some co-stars include Angourie Rice and *Summer I Turned Pretty* star Christopher Briney. *Mean Girls* is now in theaters. We also have many trilogy continuations coming out this year including *Gladiator 2*, set to release in late November, whilst Zendaya and Timothée Chalamet return for their roles of Paul Atreides and Chani in *Dune: Part Two*. Elvis star Austin Butler and Marvel's Florence Pugh also join the cast. The sequel will premiere this March. A new *Joker* movie is in the works starring Joaquin Phoenix, reprising his role as the Joker and Lady Gaga, casted as Harley Quinn. *Joker: Folie à Deux*, is set to release on October 4th.

Speaking of action movies, Marvel Studios plans to release a number of projects this year. To name a few, *Madame Webb*, a female-led adventure which has gained excitement from fans, especially with its star-studded cast including Dakota Johnson, Sydney Sweeney, and Emma Roberts, will hit theaters this Valentine's Day. The movie will combine three Spider-Man comic heroes alongside *Madame Webb* herself. Additionally, Tom Hardy returns to play

Eddie Brock in the third addition to the *Venom* franchise. The movie will hit theaters on November 8. The most anticipated Marvel movie, arguably the most anticipated for this year, is the action-comedy *Deadpool 3*. Ryan Reynolds returns to the franchise as well as new addition, Hugh Jackman. Announced via Reynolds' TikTok, Jackman returns to the Marvel Universe to reprise the Wolverine character after nearly ten years away from the company.

Theater fanatics also have two major projects to look forward to this year. A reenactment of Tim Burton's 1988 film *Beetlejuice* is set to premiere in early September. The horror comedy film features a star-studded cast with Jenna Ortega, William Dafoe, Winona Ryder, and Michael Keaton to name a few. We also have a movie adaptation of Broadway Classic, *Wicked*, starring Cynthia Erivo and pop icon Ariana Grande.

All in all, we have a lot to look forward to in 2024 and on behalf of the South Newspaper, we wish you a happy new year!

ANIMAL THERAPY: GOOD FOR HUMANS, BAD FOR DOGS?

By Abigail Mills

“To date, a plethora of research has been published about how therapy animals impact the mental health of humans,” states OTR/L Haley Etheridge. “However,” she continues, “there has not been much research done on the mental health of our therapy animals...”

Etheridge’s point brings to the surface a concern regarding canine therapy. Do therapy dogs enjoy their work, or is the field actually harming them?

In 1964, a psychologist named Boris Levinson coined the term “pet therapy” after witnessing a typically withdrawn patient open up to Levinson’s dog in an unplanned interaction, explain researchers for the National Institutes of Health (NIH).

Since then, dogs have become popular in therapeutic programs. Research has shown that using dogs in therapeutic environments can provide human patients with various benefits. The most commonly known of these are the emotional benefits.

“For most people,” explain Animal-Assisted Intervention researchers for Husson University, “the presence of an animal prompts the body to release serotonin, prolactin, and oxytocin.”

“These hormones generate a relaxation and stress-reducing response.... This hormone release can lower symptoms of depression and sadness, helping support good mental health,” Husson researchers add.



Credit: Phil Skinner



Credit: Scott Dressel-Martin

However, emotional benefits are not the only advantages of dog therapy. There are physical bonuses as well. Husson researchers provide just one example of these benefits.

“In a 2007 study...,” Husson researchers describe, “researchers found that visits with therapy dogs improved cardiovascular health in heart patients, precipitating lowered blood pressure and lowered stress hormone levels. The American Heart Association has found that working with therapy animals improves the health of heart failure patients in the hospital.”

Additionally, research has also shown that spending time with animals can increase immune function.



Some researchers have found that, after spending only 20 minutes with a dog, Husson researchers inform, people had increased antibodies in their saliva which indicate a healthy immune response.

Still, among the many benefits found for humans in dog therapy, there has been fairly little research on its impact on dogs' mental health. However, some studies may point to consequences on the well-being of canines.

The risks can range from causing the dog emotional distress to neglecting the dog's physical needs, causing both psychological and bodily harm.

"There is a risk that dogs may be viewed solely as tools to provide emotional or therapeutic support rather than as individuals with their own needs and desires. This could lead to the neglect of the dog's welfare, such as ignoring signs of stress or overworking the dog," describes Research Psychologist Heidi K. Ortmeyer.

Ortmeyer touches upon just a few of the potential physical neglects.

"Canine welfare-related concerns in therapy [programs] across the USA which have been identified were limited access to water, high temperatures in environments such as nursing homes, and extended periods for which dogs were involved in therapy sessions," Ortmeyer details.

It is also important to note that physiological distress can lead to physical health deterioration in all animals, including dogs.

"Although stress... can be considered positive or negative, sustained physiological stress can result in long-term health issues, such as diseases of the gastrointestinal, cardiovascular, urinary, and immune systems," Ortmeyer portrays.



Credit: Michael Sullivan



Credit: Michael Sullivan

Additionally, research by Etheridge shows that these consequences may start as early as training, but explains how they can be avoided with care on the part of the trainer.

"Training with therapy animals should always be based upon a system of positive rewards, not negative punishments," Etheridge explains. "As with humans, stress increases in animals during fear of negative punishments."

"Research has proven that dogs are more obedient when positive reinforcements are involved, and tend to 'sour' when exposed to aversive conditioning," Etheridge continues. "Beginning with a basis of positive training will contribute to the overall maintenance of your therapy animal's mental health...."

So, how do handlers prevent the many potential risks associated with their dog's overall health while working? Experts suggest that awareness may be the key.

"The importance of handlers has been highlighted in monitoring and assessing their dog's [behavior]," Ortmeyer provides. "This enables early intervention to help prevent stress responses that may negatively impact the dog's welfare."



Credit: Baylor White Health

explain that handlers with more training and experience may be better equipped to recognize and act upon a dog's stress signs. "Two studies also noted... that handlers without the required knowledge or training may not be able to identify fear or stress reactions," provide NIH researchers, "or even unwittingly exacerbate them..."

This shows that therapy dogs will potentially benefit from working with trainers and handlers who are more educated and more experienced, as it could protect their physical and mental health in the long run. Overall, while dog therapy may not necessarily be bad for dogs if done correctly, it depends on both the trainers and handlers to be aware of and advocate for their dog's needs and best interests.

Why is this early intervention so necessary? According to Etheridge, a therapy dog's stress is not only bad for the dog, but can also threaten human patients.

"Animals who are stressed during visits may be more likely to act out in negative ways and create an incident, which is bad for clients as well as for the animal. Regular rest breaks can alleviate the effects that stressful situations may have on a therapy animal," Etheridge describes.

This further highlights the importance of a handler's awareness of the dog and their ability to tend to the dog's needs. NIH researchers also