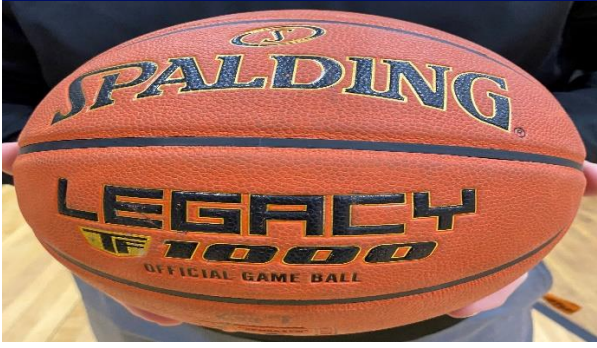


GLADIATOR TIMES



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VOLLEYBALL TOURNAMENT

STAFF TAKES HOME VOLLEYBALL TROPHY



E.C. Goodwin Tech held the 2023 volleyball shop tournament where last year's Top Shop, PMT, was defeated by Automotive. The turnout in the stands was immense, eager to see which shop would come on top to attempt and defeat Goodwins own staff.

After a messy and strong battle, Automotive came out on top against all the other shops. Shock hit the stands when PMT took home the defeat against the team they beat last year during our 2022 Basketball tournament.

Unfortunately, Auto's victory rained short when the staff stepped foot on the court. After the nonstop battle between shops, Auto's energy plummeted and took home the loss against the staff. With Mr. Telesca's strong serves, Mr. Granja's quick hits, and assists made by other members of the staff, it was a quick and easy victory.

Special thanks to Mr. Lebouthiller for hosting the fun event! – Alison Navarro-Delgado





EC GOODWIN TECH

BOYS BASKETBALL BY ALISON NAVARRO-DELGADO

The starters for the 2022-2023 boys' basketball team have all had to pay their dues to get to where they are today. EC Goodwin provides students with a Junior Varsity program that helps those interested in the sport advance their skills to someday play on the official Varsity team. I will introduce two of the three Varsity Captains to get student opinion on this team, Hiljmo Redzepagic and Jayden King, both Juniors in the Automotive trade.

Hiljmo Redzepagic is a Junior in Automotive, measuring at 6'7. He plays as a center. According to Hiljmo, he believes some of his biggest strengths on the court are getting to the hoop, posing a threat, and rebounds. Hiljmo had the following to say, "Being an athlete for Goodwin is a great privilege, as any other athlete may know that the golden rule is schoolwork always comes first." Hiljmo learns to balance this by attempting to finish his work in class and most importantly, stay out of trouble. A skill I think future athletes should take into consideration. However, Hiljmo was not always a varsity starter, everyone knows those who start on the court are players who have dedicated themselves to the sport and worked extremely hard to get to where they are. Hiljmo began basketball at Goodwin Tech because of his height, being 6'7 draws a lot of attention. Once he tried out he put in the effort to be a better player and soon his hard work was recognized. Hiljmo recommends that if you are interested in trying out for the basketball team in the future, you must have "confidence in ability and self."

Jayden King is another Captain. Jayden is a Junior in Automotive and plays as a point guard with a height of 6'0. Some of his strengths on the court according to himself are ball handling and most importantly floor general. He provides confidence and support to his teammates when things are going south on the court. He tries to maintain a positive attitude so it reflects on his performance. In order to properly balance schoolwork and sports, Jayden takes advantage of his study halls to get his assignments completed and if possible, completing his work in class. An equal balance between academics and extracurricular activities. In his words, if you are interested in trying out for the Goodwin boys' basketball team, "show eagerness, show interest, work hard."

Both Hiljmo and Jayden agree on the same improvements his team can make to increase their winning record. "Work better as a team." Communication and accuracy are key on the court, once the boys make the efforts on the court, the hard work will be reflected on their performance. To see their improvements, show our boy Gladiators support at their Home games!

Tickets are only \$2 for student entry and \$4 for adults. Snacks are sold outside of the gymnasium such as chips, drinks and candy. Remember to be respectful when attending events such as these by respectfully cheering for the opposing team, refraining from booing or heckling and most importantly, being fair to everyone you see on the court.

Go Gladiators!!

CAPESTRY

BY AALIYAH LOPEZ

Carpentry is a busy shop with us always on our feet and working. It's hard work with always something to do. Although this trade may not be for everyone, me and my other fellow classmates in this shop find carpentry to be most enjoyable.

Which leads me into why I chose this shop for myself. Prior to going through exploratory phase one I was already familiar with working with wood and machinery from my old school but not to the same extent that E.C provides. I personally love hands-on work and being on my feet all day, but in carpentry I'm also challenged and it makes me strive to do better because there's always something to improve on.

But what would this shop be without the amazing teacher Mr Lebouthiller. If I had to describe him in three words it would be sarcastic, chill, and diligent.

Mr Lebouthiller finds humor in his sarcasm which makes him an enjoyable teacher to be around. He can also be pretty chill and not too strict while also maintaining a diligent work ethic. My mindset is that the teacher can make or break your class and Mr Lebouthiller definitely makes the class, it's another quality that makes this shop more enjoyable than it already is.



DO YOU KNOW?

MR LEBOUTHILLER

Birthday:

March 26

Why did you decide to be a carpenter?

It's a family business

Favorite part about the trade:

Everyday is different

How long have you worked in the trade?

26 years

What makes a good carpenter?

Leadership, hard work, and Commitment

Dislikes about the trade:

It's not licensed

Favorite color:

Blue

Favorite holiday:

Halloween

Favorite food:

Pizza or Chinese food

How long have you worked at E.C. for?

6 years

If you had a million dollars with only one day to spend it what would you do?

Invest it

Hobbies:

Working on cars, wood work

SCHOOL BASED HEALTH CENTER



WRITTEN BY CLAUDIA HERNAIZ LOPEZ

At E.C. Goodwin, we have the privilege of having a program called the School Based Health Center, and though many of our students are a part of it, some don't even realize it's there. Located in the basement, the SBHC is a completely licensed primary care facility, which provides a range of dental, physical, and mental health services. I, first hand, had the opportunity to interview the three wonderful women who make up the SBHC team at our school.

First, I spoke with the lovely Sandra Merrero. Sandra is the first friendly face you see as soon as you walk in through the doors of our health center. She has been a medical assistant since 2009 and has been working for the community health center for thirteen years, while working at E.C. for about seven of those years. When asked what she liked most about her job, she stated she simply likes working with teenagers. Sandra voiced that, "I care about their health and just everything in general. I love working with people." Sandra is a family-oriented person, hobbies include playing with her five grandchildren and she loves to travel to Puerto Rico to see her family. Sandra is always accompanied by her happy aura and permanent smile, brightening up the days of anyone who enters the same room as her.

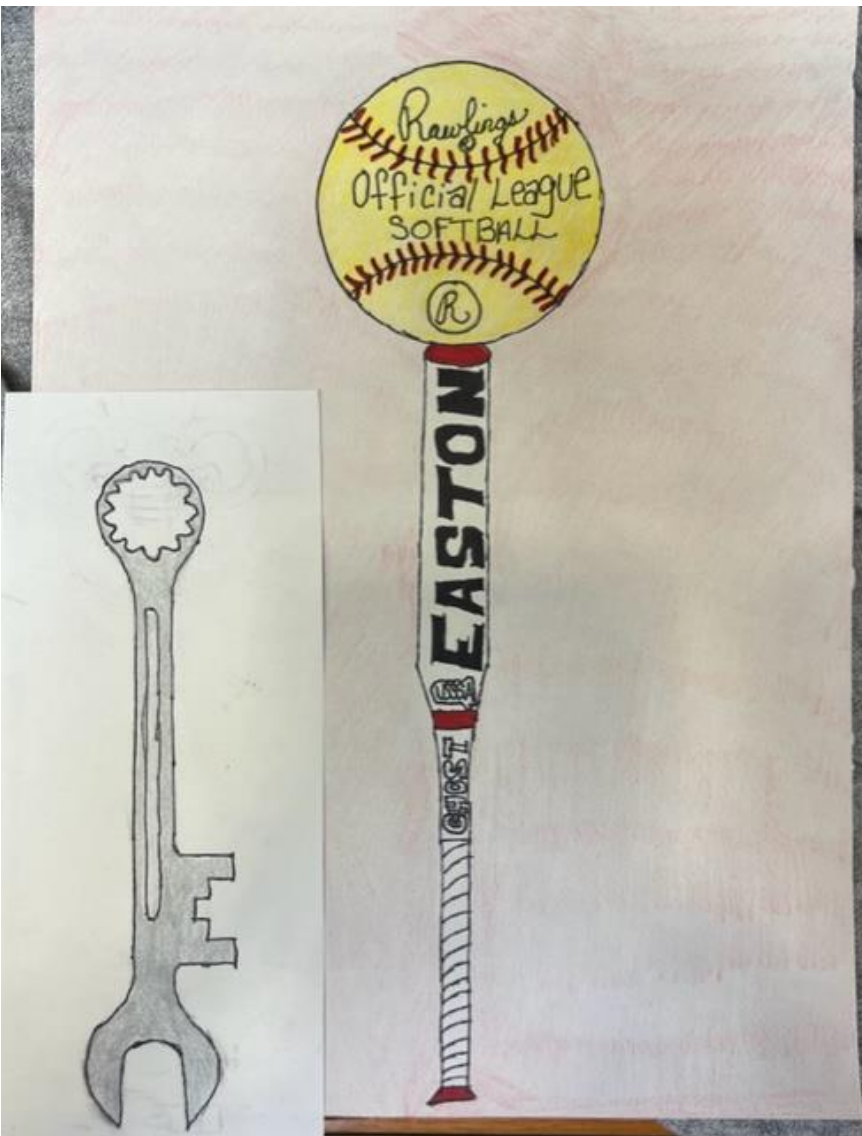
As we all know, every medical assistant needs a medical team to assist. Next up, we have Beata Iokteva. Beata has been a nurse practitioner for a little over a year, although she has been a nurse for six. Her position at our school started in September of last year. She loves helping people and states that, "Ever since I started being a nurse, or even before, there's been people that don't ask for help and I just have the urge to go to them. Even if it's holding their hand or even putting a coat on them; things like that." Beata is a sweet person who enjoys taking her french bulldog for walks, trying new foods, and hanging out with friends and family. She believes that it is a good idea to get every student

involved in School Based. She mentioned that, "They don't need to be seen by us at all times, but it's a good way of - if there's no nurse or some kind of emergency - at the end of the day, I can prescribe, I can treat, I can diagnose, or I can lead to good resources."

Then, last but not least, we have Jessica (Jess) Nowak. Jess is a licensed professional counselor who has been a therapist for nine years, three of those in which she has spent working here at EC Goodwin. Her favorite part of her job is being able to work as a team and collaborate with administrators and teachers as she feels it's helpful for students to be able to check in with them so she feels like she can support students better. In private practice, she says, "We're kind of just more one to one and I don't have as much background information. So I like that part of the school." She also claims she would love to hire another therapist as there is a high demand for it. Jess has seen more and more people reaching out for the need for therapy and she's glad, as that is the main reason she became a therapist in the first place. She says, "The stigma of it bothers me so much. So I think that piece feels really cool for me that more people are being more transparent." Jessica is a very kind-hearted soul who likes to cook, travel, watch Netflix, hang out with her cat, and go to restaurants in her free time.

As you can see, our team down in the School Based Health Center are only here to support us. They're waiting for anyone looking for any kind of assistance with open arms. It's a place full of compassion, understanding, and heart-warming aid. Of course, if there are ever any questions they welcome everyone to pop in for more information.



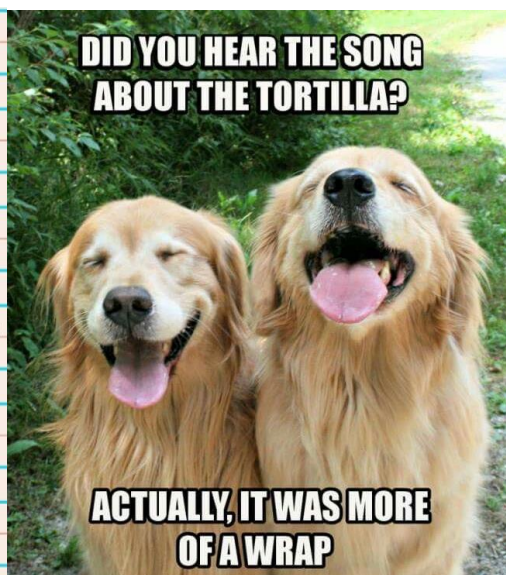



Class Of 2026
 Invites you to buy
Valentine's Carnations
 Sold from Jan. 31 - Feb 2.
 Sold In Cafeteria During All Lunch Waves

\$3 per flower, \$5 for 2
 Carnations will be delivered during period 6 on Valentine's Day so you will need to know the 6th period classroom for delivery.

NOTES FROM THE EDITOR, Alison Navarro-Delgado: If anyone would like to get involved in next month's edition or has ideas of things they would like to see in future editions please reach out to our staff for more information: Alison Navarro-Delgado, Claudia Hernaiz Lopez, Aaliyah Lopez, Tamia Timothy, Zoe Monero, Damion Gonzalez, or Olivia Hinnners.

What did the
BABY CORN
 say to the
MAMA CORN ?
 Where's
 POPcorn!




What did the drummer call his twin daughters?
 Anna one, Anna two!

