

Gladiator Times

May 2024

YLJ

MY SKILLS-USA EXPERIENCE

NEWBIE NOTES

SPORTS-TRACK AND FIELD

SENIORITIS SEASON

DO YOU KNOW

SHOP SPOTLIGHT



BEHIND THE SCENES

ARTIST SPOTLIGHT

My SkillsUSA experience

Alison Navarro-Delgado

TO CATEGORIZE SKILLSUSA AS AN EXPERIENCE LIKE NO OTHER IS AN UNDERSTATEMENT...



I myself participated in the Job Demonstration category. There are so many opportunities that SkillsUSA offers. It's actually insane. From Job interviews to designing a simple pin, the categories feel almost infinite. By sharing my experience, I hope to inspire others to try to compete next year. Mr. Hart and Mrs. Kelliher made the experience as great as it possibly could be. I implore you to try it, I don't regret it.

I remember interviewing last year's State Finalist who placed first with the opportunity to compete at nationals and telling them; "I could never." Skills was something I saw my trade peers doing, I never could have imagined I would have had the opportunity to experience it. When I first heard about Skills, I imagined this heated competition where everyone was going head to head to show they were the best in their trade. In reality, it's a lot more than that.



With the Job Demonstration category, you yourself can choose what you would like to demonstrate to the judges at regionals involving your trade skills. I myself chose to demonstrate the functionality of fuel injectors as well as demonstrate the digital wave length of the fuel injector as it opens and closes using a ground side switch circuit. My first poster was not as presentable as I hoped it would be. But I was still happy to participate.

Regionals was actually nerve wrecking, especially for someone who had never been in Skills. I remember sitting with my friends with a knot in my stomach not knowing what would happen, how many judges I would be presenting in front of, trying to piece my speech together. The moment we were told to report to whatever room we were competing in, my nerves sky rocketed further than I knew they even could. Luckily, the demonstration was private.



You had 3 minutes to set up your presentation, and 5 minutes to speak. No more than 6 minutes or you were penalized. Those who competed with me for Skills managed to strategize a plan. Christian Mastrianni decided that he would go first to inform us of what to expect. From there, everyone who followed soon after did the same. Two judges were present and I felt myself ease a little once I stepped inside.

Unfortunately, my circuit had a mishap and I was unable to properly demonstrate the wave length. I was praying that my presentation was enough to wow the judges. Instead of panicking, I did the best thing I knew how to do; work around the problem. I was able to waste about 15 seconds of my time before I decided to divert the mistake with, Well, in the circumstances that the tool is operable, you would see...



That's the only thing you can do in that situation. Salvage what you can, don't let it show. I mean, I definitely let it show once I left the room but I'm sure you can understand my point. The judges don't care about a failed project, at the end of the day, it's your responsibility. I remember sitting with the rest of the Goodwin competitors as the final ones waited to enter and thinking about how I failed my instructor. I had practiced so many times, I ensured that everything was going to plan, and I failed. I let myself be consumed by one single mistake. But I displayed a skill that is commonly used in my trade. When the problem worsens, find another way to fix it. Regionals concluded with a very intense Uno game and lots of laughs. I knew then that I would keep my optimism very low.

WHEN MRS. KELLIHER BROKE THE NEWS...

that everyone who participated in the regional competition had qualified for State's, I was genuinely shocked. I thought with my bland poster board, failed circuit and overall presentation, I would end my time at Skills with regionals. But I qualified, somehow, and I knew I was going to make the most of it. State's was a little different though.

If you wanted to participate in Skills for regionals, the cost was entirely free. The materials, your category, everything within that was your responsibility of putting together. State's require you to pay a \$70 fee to attend as well as the festivities. I knew that if I was going to pay \$70, I had to make my poster look as great as I possibly could.

I called it my beauty after losing, because that's exactly what I felt I would do. When the freshmen in my shop were asking what I was doing while working on this poster, I told them I wanted to add my girly touch with the glitter, but also make it as beautiful as I could because I wanted to go out with a beautiful poster. My circuit received a lot of love too. I added some labels as well as a wiring diagram to the front of it to give it some pizzazz. I was going to do my best with what I had.

And I want to severely thank Mr. Barner for helping me out with my project as well. Without his time and effort, my pieces that he himself printed would have gone without being laminated. And another large thank you to Ms. Kiel for allowing me to bug her as much as I did to cut, piece, and glue everything together. Without the help of my teachers, my project would not have been what it is today. I worked extremely hard to get everything together. My classmate Jose Cruz-Garcia helped me with a rough sketch of the fuel injector shown on my poster. From there, I added depth, color, and dimension to tie it all together. Without him, I wouldn't have had the eye catching piece that so many people loved.

In terms of competing, State's had a lot more organization. We had specific schedules that let us know what time we would be competing. For the first round, I was told I would compete at 12:10 pm. Unfortunately, Skills was running behind schedule. I did not compete in my category until about 1:20-1:30 pm. When entering, the only difference was that I now had to present in front of three judges instead of two. I was a bit nervous so my speech was definitely a little slurred. I tried my best to avoid using filler words such as "um" or "uh." Though let's be honest, a few um's are going to slip no matter what.

My circuit, which was giving me a lot of trouble in the beginning, finally worked. The morning when we arrived at Wilcox, I told myself to check the circuit. When I did, my tool did not want to turn on. All I could do was pray that it would magically be fixed after Taylor Mendez, Jose Cruz-Garcia, and Mason Wood tried their best to help me fix the issue. And it did. During my first round, it worked wonderfully. Though I left a little shaken and with little to no hope of making it to finals, I was content with my performance. I knew that when I lost, I would have done the best I could have done. I returned to the cafeteria to have some fun playing Uno, with my DS, and even battleship while the DJ played music I had genuinely forgotten about. I was having the time of my life until Mrs. Kelliher had informed me that I was one of three finalists from Goodwin in my category.

MY FACE DROPPED AND I IMMEDIATELY GRABBED MY THINGS ...

To rush upstairs to do it all over again, to do it even better. The time went and went and I had still not competed in my category. Majority of the schools had already left for Southern Connecticut State University where the award ceremony was to be held. It was me standing, talking, and laughing with the other finalists awaiting our turns.

My hopes plummeted to near zero when I was the second to last contestant to compete. I had already felt like the judges had checked out and had no idea what to expect. I gave my speech, I demonstrated my circuit and finished by asking if they had any questions for me. Just like that, I had participated in my first and last SkillsUSA competition.



“IN THIRD PLACE, FROM GOODWIN TECH... ALISON NAVARRO-DELGADO.

I was both shocked and overjoyed. My first year competing in skills and I had managed to place third. I could only imagine what I could have placed had I just participated in Skills in my earlier years at Godwin. I worked very hard, and humility got me there.

I also have to thank my wonderful instructors, without them, none of my efforts could have been possible. They're the best teachers anyone could ask for really. And I know everyone has their bias towards their shop teachers, but I can in confidence say that both of my instructors are the kindest, inspiring, and hilarious individuals you will ever meet.

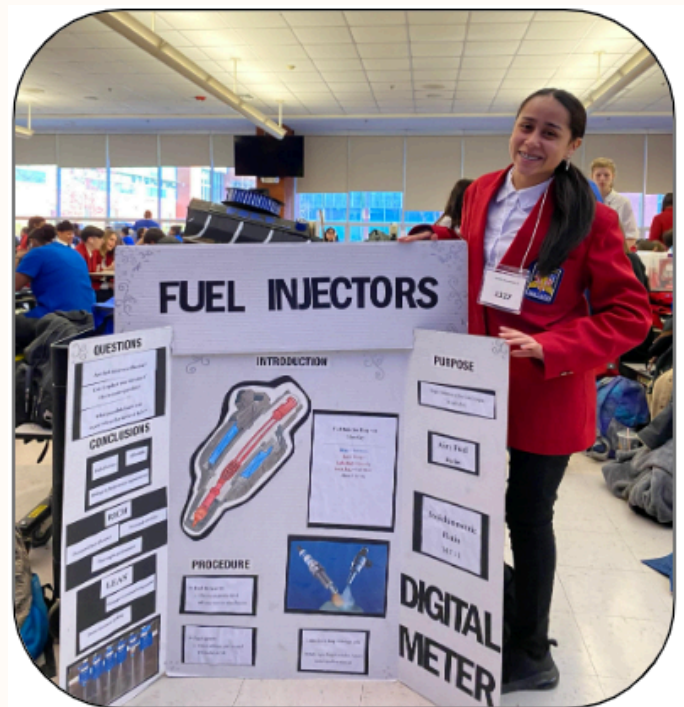
When arriving at Southern, many other schools had already received things like glow sticks, necklaces, light up wands and so much more to enjoy the festivities. Given that we were so exhausted from being up so early, I found myself having a little trouble enjoying it. We had to be up and at school by 6 am, who in their right mind would have energy to party, let's be honest.

The event was overall fun. When my name was called as one of the official finalists, I knew not to get my hopes up. I had tried my best and that was all that mattered. So.. when I heard...

They will never allow you to fail, they will never let you give up. Mr. Fluckiger and Mr. Johnson are genuine souls that I know when graduation comes, a little piece of me is going to wither away. They make shop enjoyable; I would have never thought that I would be looking forward to shop every day of academics. Thanks to their ability to believe and push their students to places we couldn't see ourselves reaching, we have students thriving in WBL, we have a generally positive environment; we have a third place SkillsUSA trophy. I sat in Mr. Fluckiger's office with him admiring the trophy that I was able to bring back to Goodwin,

Mr. F, I know you told me that I had earned that trophy myself. But let's be completely honest, it was your teaching, it was your positivity and ability to believe in me that pushed me through each phase of the competitions.

You know I felt intimidated by those who would compete against me, you know how much I underestimated myself. Mr. Johnson and yourself helped me believe, even just a little bit, that I could make it. And I did it, with your help mister, I made it.



Thank you for being the instructor I never knew I needed.

Newbie Notes

Adrianna Pomales Torres

WOW A LOT HAS SURELY CHANGED OVER THE LAST FEW MONTHS SINCE THE LAST TIME I WROTE A NEWBIE NOTES ARTICLE.

REMEMBER HOW I WAS TORN BETWEEN CARPENTRY AND PMT?

Well, I chose Carpentry and while I enjoyed it and really like the shop teacher I just started to feel that it wasn't the shop for me. So during the shop cycle in March I made the switch from Carpentry to PMT.

So now I am in PMT for the next 4 years, I feel more comfortable in the shop and time moves quickly. Theory, while not easy, seems to come to me easier than in Carpentry. I'm always doing something, and the teachers make me feel comfortable.

Last week, I finished the two projects that the class was already working on and right now I'm trying to catch up more.

I'm planning on helping out in the Freshman Welcome Night to earn some hours for community service and meet some of the incoming Freshman, which I'm very excited about.

Music Club is really enjoyable and I was given the opportunity to be one of the singers. So far I've gotten good feedback on it and feel it is helping me come out of my comfort zone. I'm told that the Music Club is planning on having a concert sometime in the spring. I'm pretty excited about it since I have a few songs I'm singing and the rest of the group is doing very well in my opinion.

On Club Days I'm in the Creative Writing Club and I love it. I can write about all sorts of things and share it with the class. I do hope to one day write a book of some sorts.

THE TEACHER HAS MENTIONED THAT SHE FEELS THAT I WRITE PRETTY WELL...

which feels good to hear positive things. I really appreciate getting any feedback that will help improve my writing. The other students in the club are friendly and there is a mellow atmosphere in the club which really helps when it comes to writing.

I get nervous that time is going to move so fast that I won't be able to actually figure it out and then next thing I know I have no idea what to do after school. But besides any of those worries, I'm very excited to see what comes next and how things will change.

Freshman year has been moving by so fast which if I'm being honest, kind of scares me. I feel like I didn't really get the chance to situate myself and Sophomore year is going to start not too soon. Even though I know I have so much time to think about what I want to do and I won't have to think too much about it until Senior year,

Sports - Track & Field

Kihara Samuels

This is the first time in a while that the Gladiators have had a track team. This team is made up of four seniors, two juniors, one sophomore and two freshmans, who are thriving to make Goodwin proud. They had a meet Tuesday 04/02 where the boys and girls were able to form a four person group so that our school could participate in the 4 by 100 meter relay. The four boys that ran were Hunter, a sophomore; He was the one that handed off the Baton to Camel, a junior who then handed the baton off to Ameer who is also a junior. And last but definitely not least, Jose Cruz, a senior, who anchored the race.

The girls 4 by 100 meter runners were Senior Kihara Samuels, myself, who handed the baton to Arianna Marston who is also a senior. Arianna then handed the Baton to Jaelynn Deleon, another senior, and lastly to Destyni Bizier, a freshman. In the girls 200 meter race Seniors Kihara Samuels and Jaelynn Deleon took first and second place. The girls and boys did an amazing job even though the weather was not what they expected it to be. It was cold and the rain was pouring. In their following meet, 04/16, Seniors Kihara Samuels and Jose Cruz Garcia had placed first in their 100 meter race. Great job to those participating in track this year! Keeping up the good work.

Senioritis Season

Thoughts of a Tech School Student

Claudia Hernaiz Lopez

SENIOR YEAR WILL BE OVER IN A LITTLE UNDER TWO MONTHS.



THE FACT THAT OUR TIME AT THIS SCHOOL IS ALMOST OVER...

is something that I've been hearing a lot lately, and while parts of me cannot wait to see what's in store for the future, even more parts of me find themselves grasping for all these small moments with the people I care about.

What would have been meaningless interactions just a year ago, are suddenly compartmentalized in my head. Fleeting laughs between friends are now recorded in my brain and I almost jump at any chance I am given to talk and share with the people I've grown closer to in the last few months.

For the past month, there has been this feeling etched deep in the ever-growing pit in my stomach. It's a feeling that I can't describe, but it has everything to do with my time as a senior ending.

In all honesty, I spend most of my time these days wondering what I'm going to do with myself. Which college I'll end up in; will I make the right decision for my future - for myself?

IT'S SOMETHING THAT KEEPS ME UP AT NIGHT...

but recently realized that I just have to trust my gut. This doesn't mean I've decided on where I'll go in any shape, way, or form, but I've at least found comfort in the fact that I trust myself.

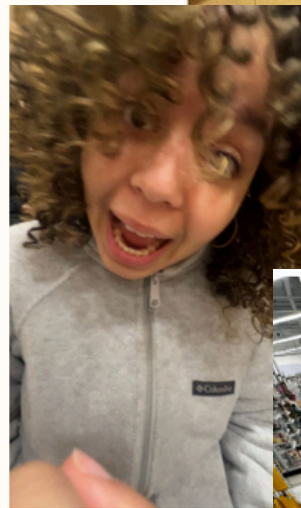
And whatever decision I make, I know it will be well-thought-out. I know I'm not the only one who is struggling right now with decisions, either. Whether it's what school you're going to end up at, what career you'll choose, etc.

So, instead of worrying about making the wrong decision, I've decided to focus on enjoying these last few weeks. This doesn't mean I've lost sight of my goals, or that I'll start slacking so hard that I end up not graduating at all, but it is perfectly okay to take it a bit easy. Instead of focusing all my energy on my anxieties, I've decided to focus it on the people I care about, and the moments and memories that I want to make with them.

Like the fleeting laughs in the back of the class with my classmates, or feeling dumb over a NYT game with the new friends I've managed to make.

As the year comes to an end, we must do right by ourselves, of course. We have to remain hard at work to ensure our success not just as students, but as new adults. That being said, we still deserve to have fun and just relax sometimes. At heart, we're all still kids, and while we do have to grow up at some point and be mature, maybe it's okay to hang onto that innocence for just a little bit longer.

We all have our share of fears as the school year comes to an end, and sometimes it's easy for them to overshadow all of the good things we have in store for us.



Do You Know...

Mrs Youmans

Aaliyah Lopez

THIS YEAR E.C HAS TWO BRAND NEW HEALTH TEACHERS AND MRS YOUMANS IS ONE OF THEM.



Name - Elise Youmans

Birthday - March 27

Why did you come to E.C.? -

Really liked how theres different trade options for students, and that's it's geared for trades as well as high school, as well as that it nice how it gives students more options when their coming out of high school rather than just going to college

I DIDN'T REALLY KNOW WHAT TO EXPECT FROM A HIGH SCHOOL HEALTH CLASS...

since I only came to E.C. last year and during that time there were no health teachers. But with now finally having a teacher, health is a very chill laid back stress free class, and part of that is because Mrs Youman is the teacher. She never over loads us with tons of work and always has our best interest at heart. She is very reasonable and always tries to make class more fun. I think Mrs Youmans is a great teacher and you should think so too, so keep reading to get to know more about her!



Did you always want to become a teacher? - Yes, always wanted to do something in athletics like a P.E teacher and coaching

If you could take one of the trades here what would you take? -

Carpentry

If you had a million dollars but only one day to spend it all, what would you buy? - A bunch of land in the middle of the woods, and

buy enough land to put family on the land and give them all 10 acres

If a genie gave you three wishes what would you wish for? -

Good health for self and family, a green thumb to be better at keeping plants alive and bake things with the stuff that is grown, any more money

If you were stranded on a deserted island with one celebrity who would it be? - Sam Elliot

Biggest pet peeve - People who choose to be lazy just because

Biggest fear - spiders

If you could only eat one food for the rest of your life what would it be - Raspberries

Hobbies - reading, cooking and baking, exploring new places, being outside and enjoying fresh air

If you weren't a teacher what would your job be? - Physician's Assistant

Proudest accomplishment - Getting out of New England and living somewhere new

Favorite part about job - Working with and talking to students, being able to help students navigate their health and get better knowledge and understanding of their body's

Least favorite part about job - Grading

Shop Spotlight

Electrical

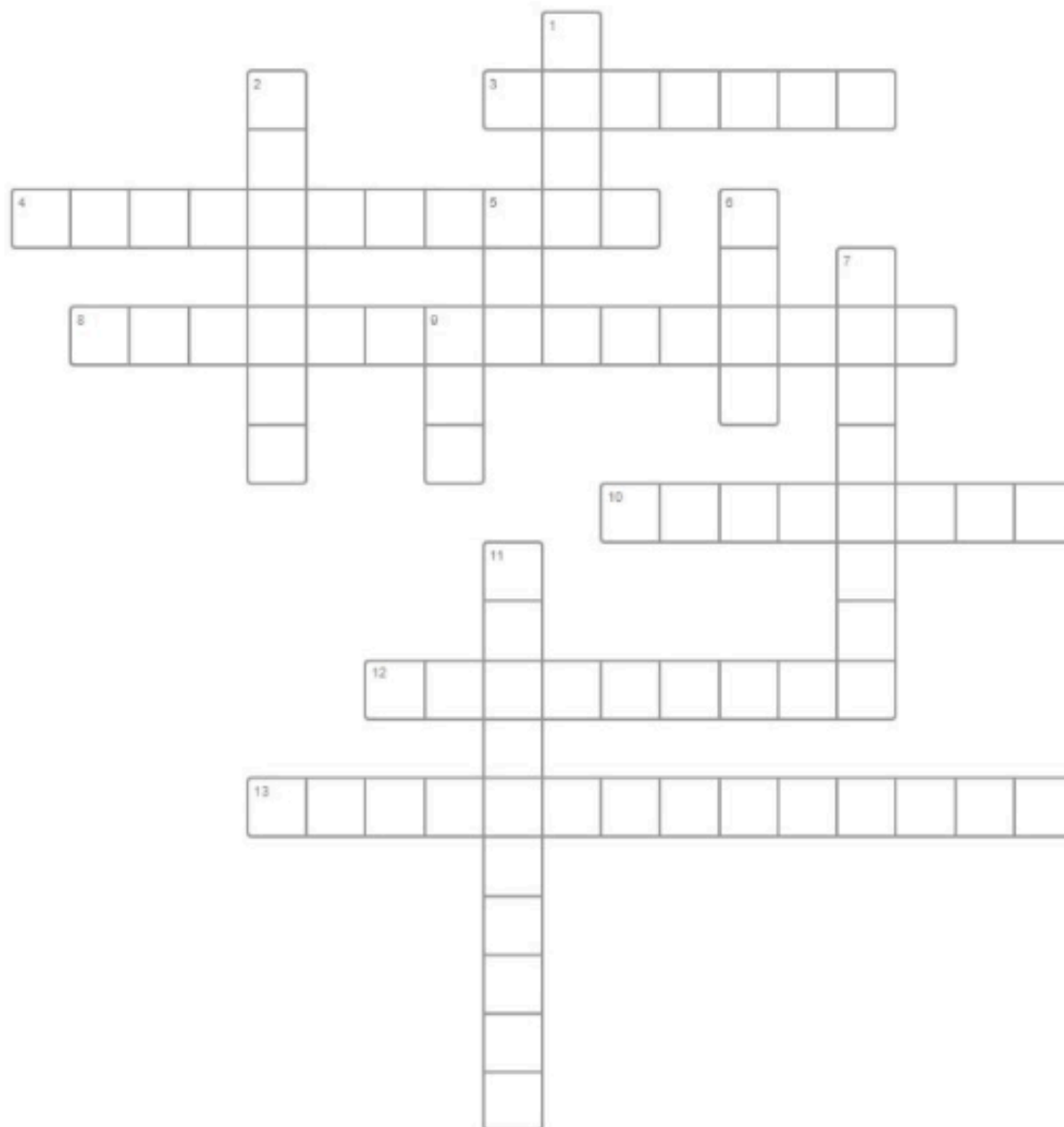
Hadeel Elfgeeh and Phoenix Kincaid

RECENTLY THE ELECTRICAL SHOP...



has been tasked with doing some Electrical work in the new Landscape Design classroom. Students are rewiring the area to move outlets while also adding some new outlets to make it more conducive for the new shop in there.





Down

1. unit of potential (similar to pressure)
2. a device that uses chemicals to generate and store charge temporarily
5. an atom or group of atoms that has either gained or lost electrons and so has an electrical charge
6. unit of power equal to volts x amps
7. the movement of electrons from one place to another either by current or static
9. unit of electrical resistance used to measure a material's resistance to the flow of electric current
11. the degree to which a substance resists electric current

Across

3. a type of "pressure" that drives electrical charges through a circuit
4. a form of energy produced by the flow or accumulation of electrons
8. materials that lose all resistance to the flow of current at low temperatures. They operate extremely fast and produce almost no heat.
10. a device used to control current by providing resistance
12. a material that opposes the flow of electric current
13. the change in energy from one type to another as in a battery, which changes chemical energy to electricity

Artist's Spotlight

Giselle Rodriguez



Behind The Scenes

Adrianna Pomales Torres

THIS MONTH, ONCE AGAIN IN THE GUIDANCE SECTION OF THE SCHOOL...



Mr Parrott's day typically includes meeting with students for counseling sessions.

I had the privilege to sit down and talk to Mr. Parrott. He is the school psychologist, but how many of us actually know why we have one and what a school psychologist actually does?

As our school psychologist his main mission is to guide students through whatever challenges they may be facing and teach the staff how to help them. He chose this position because he wanted to work with teens who needed a different approach to things.

"I also meet with students to do testing, which helps me learn about how their brain works and how they learn, so I can share that information with their teachers. I also have to attend meetings where I help students, families and school staff come up with plans to help students be successful in school."

His favorite part is meeting with students and helping them through their issues big and small. His least favorite part is the amount of meetings he has to attend. One of his proudest accomplishments is seeing that students are doing well and he helped make that happen.

His job gets difficult when he can't effectively help a student how they may need it. All in all, his position here at E.C. Goodwin thoroughly helps students flourish, be successful, and happy. He is a very important part of our community and we should all be thankful for what he does for us. Hopefully you enjoyed getting to know Mr. Parrott and here are some fun facts about him!

A few things to know about Mr Parrott:

Biggest Fear: Running into a moose on the road

If You Could Only Eat One Food For Rest Of Life: Pizza

1 Million Dollars To Spend In 24 Hours: Buy 2 new cars, a new watch, and a bigger house

What Animal He'd Change Into: Cheetah

Meet One Person Dead Or Alive: Malcom X, Beyonce, Or MJ

If you could have any Super Power: Flight

Ideal Vacation Spot: St. Lucia or South Africa

Editors Notes

by Aaliyah Lopez

I can't believe it's already quarter four! This year is going by so fast and before we all know it it'll be summer. I cant believe next year I'll be a junior, it literally feels like just yesterday I was a freshman on my first day being here at the school. But I am super excited to see how our newspaper progresses and to keep coming out with issues with the help of our amazing club members who make the school newspaper possible each and every month. If there is anyone interested in becoming a writer for the newspaper club please contact Myself, Mr Houlberg, or any one of our club members. You can write your articles about anything you'd like (school appropriate as always)

Crossword Answers

1. Watt- unit of power equal to volts x amps
2. Voltage- a type of “pressure” that drives electrical charges through a circuit
3. Volt- unit of potential (similar to pressure)
4. Transformation- the change in energy from one type to another as in a battery, which changes chemical energy to electricity
5. Transfer- the movement of electrons from one place to another either by current or static
6. Superconductors- materials that lose all resistance to the flow of current at low temperatures. They operate extremely fast and produce almost no heat.
7. Resistor- a device used to control current by providing resistance
8. Resistance- the degree to which a substance resists electric current
9. Ohm- unit of electrical resistance used to measure a material’s resistance to the flow of electric current
10. Ion- an atom or group of atoms that has either gained or lost electrons and so has an electric charge
11. Battery- a device that uses chemical to generate and store charge temporarily
12. Electricity- a form of energy produced by the flow or accumulation of electrons
13. Insulator- a material that opposes the flow of electric current