

# **GLADIATOR TIMES MARCH 2024**



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# Senioritis Season - Thoughts of a Tech School Senior

Claudia Hernaiz Lopez

One of the hardest parts of being a senior, especially these last few months before graduation, is the thought that you're alone in how you feel. This means that all those anxieties over what you're going to be doing with your life and how you'll ever even be able to achieve the things that you want are things that other people don't worry about. But the truth is that at some point, most of us, if not all of us, have wondered what we're doing with our lives and have worried that maybe we're not doing the right things.

I recently had a conversation in which I asked a friend how she felt about the year ending. She responded by saying that it was hard to put into words, but the feeling of our year ending made her nervous. Something about the thought of not spending enough time with her friends before she went off to college scared her, the fear of losing all these connections with people she's grown so fond of continues to infiltrate her mind. And all the changes that come with graduating, like being tossed into the real world and having to be away from home - away from your support system and the people you've known for years - are petrifying.



I agreed, thinking about my own fears and suspicions that the further I go for the next phase of my life, the more people I might lose along the way. This in itself is something that I'm not sure how to face, but at the end of the day, it did make me feel better to know that I wasn't the only one who was scared of losing touch with their friends and being away from the place (and people) I call home.

It's hard because as the year comes to an end, we're forced to face all these decisions. Like how far we're willing to go for the things we've dreamed of our whole lives - whether that's literal physical distance, letting go of emotional connections, or even having to give something up - and how much we're willing to put ourselves out there in the face of what could be a failure or something uniquely great.

As we become adults, because that is where we're headed, we have the options of growing up, remaining on the same path, or choosing something in the middle. We don't have to force ourselves into these mature decisions, mindsets, or lives. But we do have to learn how to grow up eventually. This doesn't mean we can't enjoy the silly moments between friends, not at all. We have to have fun. We have to enjoy the people that we've surrounded ourselves with. But there's a moment where you have to ask yourself if this is really what you want for your future. And if the answer is yes, then that's amazing, but if you want more for yourself, then you need to be determined to work for it. As the year ends, we will make this decision for ourselves, and we will always wonder if it's the right one, but it's important to remember that we are the only ones in charge of where our lives end up. So, as long as we're happy, then that is all that matters and as long as we remember that we're not alone in all these decisions and feelings of nervousness, maybe it'll be easier.



## Alison Navarro-Delgado



Mason Wood is a senior in Automotive. After a small talk with him and his experience this season, he says there is still a lot for him to work on. There are certain strokes in the water that he claims he can improve on, and there are strokes he is humble enough to acknowledge he may never be able to do. Now I personally don't know anything about the sport of swimming, but I know it takes a lot of energy, strength, and dedication to achieve what these guys do.



# Dive into Goodwin Sports

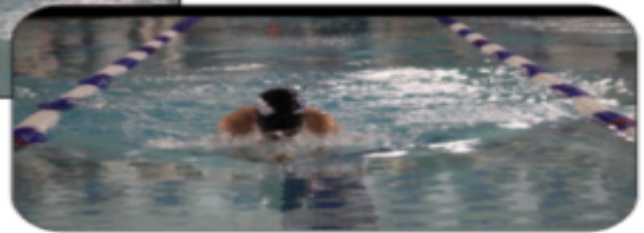
Goodwin Tech's very own Swim Team consisted of two members this year. Our seniors Mason Wood, and Michael Ramones-Sanchez. I personally was not made aware that our school had a swim team until my junior year. This makes me think that not everyone even knows about the different sports we have available, and so I will try my best to highlight and showcase many of them. However, I am here to discuss the swim team, and its seniors who will be leaving Goodwin Tech in June.



Michael Ramones-Sanchez however, is a senior in carpentry; he believes that he is a great swimmer, regardless of whatever the stroke may be. He too is humble enough to acknowledge which areas he may need to progress on, but he is confident in his ability to achieve those goals. He won third place for the one-fly at central CT Conferences, and fourth in the two free at the same organization. Whatever those mean, I am not sure. But congratulations to those accomplishments.

I hope the swim season was one that they made memorable given it is their last year. And with that said, anyone who is interested in participating in the challenging but entertaining sport, please reach out to Mr. Bemis. We need a lot more student participation in our sports and extracurricular activities, so please do not hesitate to make your experience here at Goodwin Tech one that is unforgettable.

## Action Shots



# Do You Know?

## Aaliyah Lopez

Do you know...Mr Hinnners? Mr Hinnners is one of the HVAC teachers who is well liked among students. His students say he is very goofy, silly, and nice. When I was a freshman going through exploratory I really enjoyed the shop and having Mr. Hinnners as a teacher. He has worked in the trade for over thirty five years and you can tell that he really enjoys everything about his trade and wants to share that enjoyment among his students. Hinnners says that when he came to the school he fell in love with the culture and the students, as well as the diversity you encounter everyday. I enjoyed learning more about him during our interview so I hope you like these facts about him!

**Name: Jason Hinnners**

**Birthday: May 24**

**How long have you worked at E.C. for? - 10 years**

**Favorite thing about working here - His wonderful colleagues**

**Least Favorite thing about working here - Nothing, there is nothing he doesn't really enjoy**

**Favorite Food - Tacos**

**Why did you decide to pursue HVAC as you trade - He fell into it, graduated from Wilcox as an electrician and ended up working with a friend in his class whose father owned a refrigerator company where he then started**



**working for them in his junior year. He ended up getting intrigued by the thorough dynamics within the trade which is what ultimately drove him to HVAC**

**If you had one million dollars but only one day to spend it all, what would you buy? - Help people with it and buy himself a new truck**

**Biggest pet peeve - Lying**

**If you got three wishes from a genie what would you wish for? - Use the wishes to make sure his family is happy and healthy, but splurge on one of the wishes and wish for something like a gold plated unicorn**

**Proudest accomplishment - Being a Connecticut certified firefighter and EMT, and has been one for 13 years**

**What made you want to become a firefighter? - Helping people, one day he was driving on the highway and someone got into an accident in front of him and he wanted to help this person but he couldn't, that day he went in and put in his application to be a firefighter**

**Biggest fear - Something bad happening to his daughter  
If you were to teach any other trade at E.C. What would you teach? - Electrical**



## **Night at the Movies with Savannah and Nevaeh**

**Savannah  
Concepcion &  
Nevaeh Linton**

**So this month Night at the Movies with Savannah and Nevaeh decided to go see Dune: Part Two. We both watched a few trailers of this movie and thought we'd give it a shot. We considered reviewing Madame Web but ultimately decided on this one because it was something different we wanted to watch. We were sick of always watching scary movies or comedy movies. We wanted to watch an epic Sci-Fi movie.**



**Dune: Part Two** stars **Timothée Chalamet** and **Zendaya**. I thought **Zendaya** was really good in the movie (**Savannah**) but **Neveah** felt a little disappointed because of the lack of action in the movie and how long it was. The plot of the movie is that **Paul Atreides** unites with **Chain** and the **Firemen** while seeking revenge against the conspirators who destroyed his family. Facing a choice between the love of his life and the fate of the universe, he must prevent a terrible future only he can foresee.



Now for our honest review on this, I felt it was interesting and had a good storyline. This movie is a really good movie to watch if you are into more Sci-Fi and an epic adventure. **Dune: Part Two** is a visually stunning and eye appealing movie. The visuals are crazy! This movie had a little less action but was fantastic and the actors really made the characters come to life. Overall I would give this movie 3.5 out of 5 stars.

**How about you Nevaeh?**

I felt the movie left a lot to be desired, while the visuals were great the storyline was difficult for me to follow along with. I also felt that **Zendaya** wasn't really shown in this movie as much as it was hyped. Overall I give this movie 1 out of 5 stars.





# Shop Spotlight - Health Tech

Hadeel Elfgeeh &  
Phoenix Kincaid

Each month Shop Spotlight will focus on a shop and a student(s) in that shop that do great things. This month we are looking at Health Tech, this is the 2nd year of the program here at E.C. Goodwin and so far it looks like a great addition to our school. Mrs Hammond who came here as a new teacher and started a new program has done a wonderful job. She makes classes fun and educational.

Recently Milly Jimenez, Julianys Perdomo, Kalianies Acevedo-Perez, and Teara DellaBianca-Papallo; Sophomores in Health Tech were the very first students at E.C. Goodwin to be awarded the Health Tech Pin of Excellence. This is awarded to students in the shop that demonstrates excellence in Health Tech. Congratulations to Milly, Julianys, Kalianies, and Teara on receiving this award, you should take pride in your hard work.





### Down

1. a measure of the force of the blood pushing against the body's arterial walls
2. under 10 breaths per minute
3. high-pitched whistle during exhalation and difficulty breathing
5. necessary or essential
6. the health insurance portability and accountability act of 1996
7. a measure of a person's body heat
8. noisy
14. skin, nail beds, lips turn blue

### Across

4. respiration possible only when sitting or standing erect
9. the practice of allowing only certain individuals the right to access information
10. the pressure of the blood against the wall of an artery as the heart beats
11. temporary absence of respirations
12. difficult or labored breathing
13. over 25 breaths per minute
15. the measurement of a patient's breathing cycle

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health Science Careers

P A R A M E D I C T X P Y S P I Q  
S N O I T A C U D E F T U Z A J D  
N W Q Z W D M H S R E S E A R C H  
J T B K N G S C D D N I G T Q S H  
M W Y I R I I J Q K N O Z H H E E  
C K D Z O E V J B U A C J I A J V  
M S F E N C H S R L R T Q L O Z H  
J A R C N C H S O V B B T I O H P  
V G E E P T E E Y C T H L W P J T  
S X F M E S I O M I I R X S W E Z  
N S R Q Q R X S S I D A Y H W N P  
U T W J C V A E T O S C L J J S H  
F J O U Y R G C C S X T M W U U S  
K B J V P A P T C I X T M E O W A  
S E F F W S O V W W L V K U C R F  
T S I P A R E H T E G A S S A M K  
G U U V E T E R I N A R I A N M G

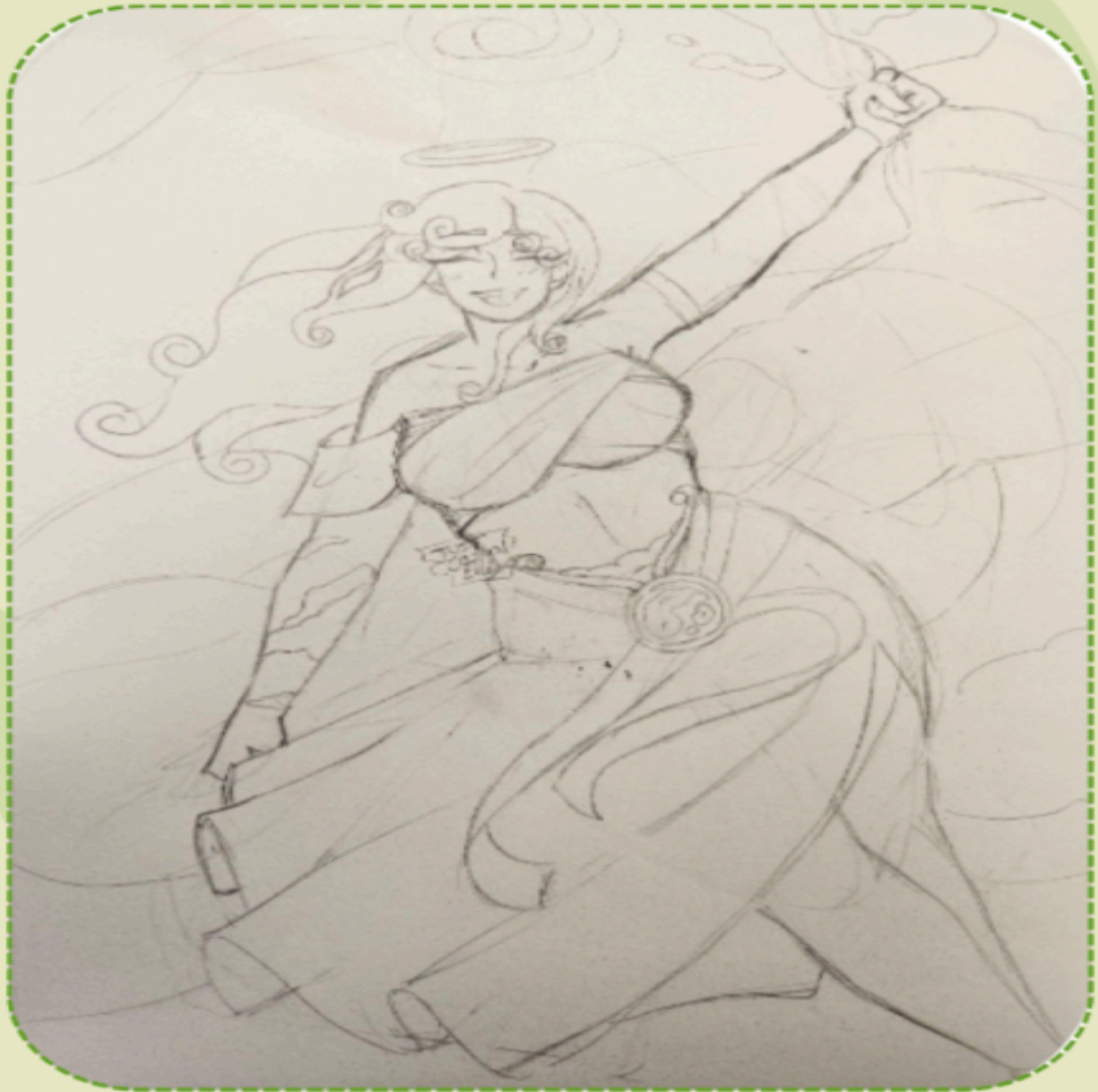
biochemist  
research  
jobs  
dentist  
science  
careers

nurses  
emt  
paramedic  
doctor  
health

social work  
massage therapist  
veterinarian  
wages  
education

# Artist's Spotlight

Giselle Rodriguez



# Editor's Comments

**Alison Navarro - Delgado**

I am as equally sad as I am excited for the year to be coming to an end. While I love getting to write for the paper, I know this is not permanent. With this said, I want to thank Mr. Houlberg for giving me the opportunity to discover something I genuinely enjoy doing and perhaps see a future in. And to Aaliyah, I am excited for her to take over the paper. I know she has great ideas and with the help of incoming members as well as existing ones, Goodwin's issues will only improve with each release. My comments will most likely be about my experience moving forward, and I will leave the informational aspects of it all to Aaliyah whom I know will do an exceptional job. She has already done great with overseeing tasks as well as ensuring proper due dates for articles. I truly am excited and proud of how these issues have been executed. Great issue everyone!

# Co-Editor's Comments

**Aaliyah Lopez**

Getting to write for the Gladiator Times is always so much fun, and I'm so glad I get to do it every month. I love seeing each issue grow and develop, I want our issues to keep getting better and better because I truly want nothing but the best for the club. I'm so thankful to all of our amazing writers for making this issue and every single one we have done in the past; so amazing. And of course thank you to Mr Houlberg who oversees the club. We are always looking for more writers or artists so if anyone is interested in being a part of the Gladiator Times please contact myself (Aaliyah Lopez), Alison Navarro-Delgado, or Mr Houlberg in PMT or any of our other members. You can write about anything you want (school appropriate of course) so consider joining the club (it looks good on a job or college resume).

I'm learning new things about the school from each issue we release as I will be taking over as the Editor next year which I am excited about. Our current editor Alison is amazing and I'm always glad to be working alongside her as the Co-Editor.

Just to add as for our amazing team here with the Gladiator Times. Everyone that writes or draws gets their name added but unfortunately 2 of our most important members don't get their name added each month. Nathanyiel Cortes and Yurani Lopez-Juarez are responsible for the layout of the Gladiator Times each month. They do a wonderful job of giving life to our work but they don't always get credit for it. I just want them to know that their work doesn't go unappreciated.



## Crossword Puzzle Answers

<u>1. Confidentiality</u>	<u>2. HIPPA</u>	<u>3. Vital</u>	<u>4. Temperature</u>
<u>5. Pulse</u>	<u>6. Respiration</u>	<u>7. Blood Pressure</u>	<u>8. Dyspnea</u>
<u>9. Apnea</u>	<u>10. Tachypnea</u>	<u>11. Bradypnea</u>	<u>12. Orthopnea</u>
<u>13. Rales</u>	<u>14. Wheezing</u>	<u>15 Cyanosis</u>	