

The Guardian 2022

Vol. 59 Issue 5

Saint Joseph Regional High School, Montvale, NJ

Thursday, January 27th, 2022

Students' New Years Resolutions



Photo by Luis Saenz '22

Jack Smiechowski was eager to share his New Year's resolution to cut down screen time.

By Nicholas Steinhauser '22

With the new year comes new resolutions, and the St. Joe's students have many of them. Here are some of the students' New Year's resolutions that they hope to fulfill this year.

Michael D'Eletto '22: My New Year's resolution for 2022 is to read more books and do more research into what I want to major in college. I keep finding myself starting new books and being interested in them, but then forgetting to finish them. This year, I want to go through the books that I have been meaning to read. I also want to invest more time into finding what could be an interesting major. I will do this by asking the professors at the school I am going to and finding more about the courses my school offers.

Matthew Fernandez '22: My New Year's resolution is to join the 1,000 pound club. The 1,000 pound club is a benchmark for weightlifting. Your three lifts, squat, deadlift, and bench must be equal to or exceed 1,000 pounds combined. While this isn't that difficult, it gives me something to work towards in an effort to improve myself.

Conor Mahoney '22: My New Year's resolution is to improve my vocabulary and curse less. I curse way too much and need to be able to hold a conversation without cursing and saying something stupid or unnecessary.

Logan Muniz '22: My New Year's resolution is to start working on myself. I will try going to the gym more often, eating healthier, and limiting the stuff that's bad for my per-

sonal health. With college coming up, I also want to spend as much time with family and friends as I can.

Jack Smiechowski '22: My New Year's resolution is to spend less time in front of my phone. I have noticed that the more time I have on my hands, the more time I spend on my phone. Therefore, whenever I have free time, I will spend it on important things instead of procrastinating.

Jared Zevzavadjian '22: My New Year's resolution is to get better at math. I have to take and study more notes when I am home so I can understand the material better. I also want to keep my notebook organized and do all the work that has to be done.

Charles Blessing '23: My New Year's resolution is to win the state championship for football because going out on a high note like that in high school is something that I would never forget. It would also be cool to receive a championship ring and spread popularity for the SJR football program.

Jordan Fluellen '23: My New Year's resolution is to reach better heights this year by staying on top of all my school work and everything that I have to do. Doing better in Mr. Fitz's class is one of my main goals.

Jonathan Parkes '23: My New Year's resolution is to stay healthy by eating better, taking vitamins, and getting enough sleep. This will help me be in better shape for football and to be recruited by colleges. I am also pushing to get 90's in all of my classes and to prepare for my SAT test this spring.

Takai Chisolm '23: My New Year's resolutions are to make my mom proud all year and do better in the classroom. I also want to improve on life in general and do better on the football field. I wish to be one of the top athletes in the United States.

Daniel Scheffler '23: My New Year's resolution is to focus on my academics more than anything. One of my biggest goals is to make the honor roll.

Alex Balcioğlu '23: My New Year's resolution is to help others, no matter how simple that may sound. Whether it's just holding a door open for someone, or volunteering my time with the elderly or afflicted, I hope to make a difference in the world and inspire others to do the same.

Student Life

Students' New Year's Resolutions



Photo by Luis Saenz '22

Marc Manfredonia has decided to make a greater commitment to his lacrosse career for 2022.

By Nicholas Steinhauser '22

Zachary Worthington '23: My New Year's resolution is to make the principal's list for the rest of the school year. My goal is to take my grades much more seriously these last three quarters.

Marc Manfredonia '22: My New Year's resolution for 2022 is to keep my lacrosse stick in my hands for as much time as possible. This ranges from playing in my backyard with my brother and dogs, to team workouts after school. The purpose of this is to become the best player possible before I go to the collegiate level.

Anthony Koleser '24: My New Year's resolution is to go to bed earlier on school nights. Generally, I procrastinate, which is a terrible habit that leads to me being awake in the morning. I have realized that going to sleep earlier improves my health, so I will try to do that more often.

Patrick Shutz '22: My New Year's resolution is to form a consistent workout schedule and diet plan. I want to lay off of foods that are unhealthy and stick to healthier ones. I am also going to develop an intense workout routine that I can and will follow daily.

Louis Baldanza '23: My New Year's resolution is to be a more responsible person in everything that I do, from my driving and everyday life to the classroom and my school work.

Michael Blum '24: My New Year's resolution is to become more efficient in all that I do, either by streamlining my mental processes or improving my physical body.

Nicholas Lawliss '22: My New Year's resolution is to stay healthy, which will allow me to practice tennis more and compete again. I will have to take care of myself by going to the gym, eating healthier, and sleeping more.

Robert Little '23: My New Year's resolution is to respect and love the people that want to guide me in life. This is really important to me because my teachers and coaches see a lot in me that others don't.

Fabian Salerno '23: My New Year's resolution is to start getting into tracking calories and macros. I want to put on at least 20 pounds and bench 225 by the end of the year. I also want to figure out what I want to do with my life after high school.

Thomas Zotollo '23: My New Year's resolution is to continue running a mile everyday as my daily routine. Along with the mile, I have also set a goal to eat healthier.

Patrick Freitas '22: My New Year's resolution is to set reasonable and attainable goals for myself. By doing so, I will achieve more goals of mine instead of setting one huge goal that is too difficult to achieve.

Adyn Marte '22: My New Year's resolution is to grow as a person by figuring out what I want to do with my life. Once I have that figured out, I also want to create a plan to achieve all my goals for later in life.

John Ohnegian '22: My New Year's resolution is to be on my phone less. Sometimes it is easy to get addicted to my phone, so this year I am going to try my best to limit my phone usage and screen time.

Alex Nicastro '24: My New Year's resolution is to have a healthier diet. I can do this by eating more fruits and vegetables, cutting down on my soda intake, and drinking more water, milk, and low calorie drinks.

Please email letters to the Editor to sjrguardian@sjrnj.org

The Guardian Staff

Editor-in-Chief: Nicholas Steinhauser

Managing Editors: Shane Brennan, Saul Garcia, Jaden Hernandez, Aidan Woods

Entertainment Editor: Ashton Samson

Sports Editor: Jake Persaud

Photographers: Tanner Kurtz, Luis Saenz

Staff Writers: Thomas Brennan, Michael D'Eletto, Timothy Doherty, Michael Mainelli, Conor Mahoney, Ryan Tobin

Moderator: Mr. FitzSimons

Student Life

Students' New Year's Resolutions

By Nicholas Steinhauser '22

Jayden Alvarado '23: My New Year's resolution is to procrastinate less. I would also like to become a better person and change my attitude in and out of the classroom. I also want to contribute to my health by drinking more water, sleeping more, eating healthier, being on my phone less, and spending more time outside.

Samuel Sugar '23: My New Year's resolutions are to become the best version of myself, maintain a strong relationship with God, make my mother proud, stay healthy, start business, figure out what I want to major in, and get a college scholarship for basketball.

Ryan Tobin '22: My New Year's resolutions are to start putting myself first, rather than basing my decisions on the happiness of others, and to stay in the moment. No matter how anxious I am about the future, the only thing that I can control is what is happening now.

Alexander Shahdanian '22: My New Year's resolution is to hone my academic and athletic skills to their peak in preparation for college. While I do not seek a great or wildly impressive accomplishment, I simply wish to continually better myself.

Dylan Rummel '23: My New Year's resolution is to work harder than I did last year. This means that I am going to eat more, work out more, and to get better grades. Now that I committed to a school to play Division 1 lacrosse, I have to try harder in everything that I do.

James Titolo '22: My New Year's resolution is to spend more time with my family. As a senior, I know college is fast approaching, so I want to make the most of the next couple of months. I wish to keep making memories with my family before I leave for college.

Felix Gonzalez '23: My New Year's resolution is to become a better person and improve my grades. I also want to focus on myself rather than listening to other people on what they have to say.

Liam Fahey '24: My New Year's resolutions are to put others before myself more, and to learn how to take help and rely on others. Currently, I feel the need to do everything myself and it pains me to accept help. While I do need to be resilient, I think that I should be more open to others too.

Nicholas Bilko '24: My New Year's resolution is to pay more attention to God. I will do this by praying every morning, going to church more often, and just generally thinking more about Him.

Matthew McCarvill '24: My New Year's resolution is to eat healthier by avoiding junk food and soda. This will help me get faster for track.

Peter Schuh '22: My New Year's resolution is to be more organized with my schedule and avoid unneeded stress on myself. Many times in the past, I would add unnecessary stress on myself because I would put tasks off to the last minute. In order to be a successful student-athlete in college, I must master the skill of time management.

Brady Knuckles '24: My New Year's resolution is to become a healthier person. Mental health and physical health affect my everyday life, and if I could strengthen both of them, I would be in a much better state.

Peter Held '22: For 2022, I want to volunteer more. My New Year's resolutions are to volunteer more and focus on self-improvement, which can improve my life. I really want to give back to my community by offering my time to help improve it.

Anthony Salvadon '23: My New Year's resolution is to be a better version of myself, not put anybody down, stop dribbling to the corner every time a team presses in basketball, and to do better in math.

Stephen Laguerre '23: My New Year's resolutions are to complete as many goals as I can, grow financially, become a better athlete, and become a better person overall. I want to achieve everything that I can out of this new year.



Photo by Luis Saenz '22

James Titolo shared his New Year's resolution to be with his family more during his senior year.

Student Life

Students' New Year's Resolutions

By Nicholas Steinhauser '22

John Laux '24: My New Year's resolution is to reduce the amount of procrastination that I succumb to every year. I am going to plan out my schedule in order to handle school grades, a job, theater, track, family life and chores, and a social life all at the same time.

Michael Mainelli '24: My New Year's resolutions are to floss my teeth everyday, and keep track of the calories of every meal that I eat.

Massimo Titolo '24: My New Year's resolution is to try new things and bring variety to my life in general. With online school, I found that I was doing the same thing everyday and needed a change. This year, I plan to do more unique things in my life.

Alexander Almeyda '22: My New Year's resolution is to better myself and get ready for the real world. There are many things I'd like to accomplish and improve on this year. I'd also like to mature a bit more in preparation for college.

Ryan Colella '23: My New Year's resolution is to improve my overall physical health and train harder for sports. This includes fixing my diet and preparing for the high school spring lacrosse season. Junior year is very important for college recruiting in lacrosse.

Pierce Kelly '22: My New Year's resolutions are to not curse as much, work harder in calculus to be prepared for college, and to enjoy my senior year.

Jaden Hernandez '22: My New Year's resolution is to achieve balance in my life. Things will be changing with college coming, but it's not something I can't handle. Instead, I want to balance entertainment, working, learning, and developing relationships.

Michael Konig '22: My New Year's resolution is to improve my golf game. I can do this by going to the gym and gaining more power. I also want to dial in my yardages in order to have a better understanding of where I want the ball to go.

James Mullen '23: My New Year's resolution is to just not give up on myself. I want to be the best that I can be in all aspects in the classroom, wrestling mat, and football field. I want to end the year knowing that I gave it my all in everything that I did and have no regrets.

Stanley Labady '23: My New Year's resolution is to be more assertive. Oftentimes in my life, I am very laid back and get annoyed easily with confrontation. It would be beneficial for me if I spoke my mind more often in order to get what I want in life.

RJ Buscher '24: My New Year's resolution is to better myself in every way possible. I want to improve as a person, a hockey player, and an actor.

Vincent Giuliano '24: My New Year's resolution is to get stronger and in better shape. I am planning on going to the gym and eating more protein to gain muscle mass. I hope that doing this will give me an advantage in pitching once baseball season comes.

Aidan Woods '22: My New Year's resolution is to always give people the benefit of the doubt. Sometimes I get annoyed with someone, but never know what the person is going through. Therefore, my resolution is to keep to myself and not be rude.

Nicholas Steinhauser '22: My New Year's resolution is to order less takeout food and instead eat more home-cooked meals. Lately, I have been eating a lot of food from restaurants, so I decided to limit myself to getting takeout food once or twice a month.

Van Ting '22: My New Year's resolution is to at least know what to do when someone speaks to me in a language other than English. I often have no clue what people are saying in foreign languages, and I hope to understand them more.

Brendan Stapleton '22: My New Year's resolutions are to lose fifteen pounds, finish my high school year off strong, graduate, have a successful first semester in college, and dunk a basketball on a ten-foot rim.

Sean Devaney '23: My New Year's resolution is to become more involved at school. Starting at St. Joe's in the COVID period of 2020, I vow to volunteer more and just embrace the St. Joe's community as a whole.



Photo by Luis Saenz '22

James Mullen wishes to improve his performance when he is in class, on the wrestling mat, and on the football field.

Student Life

RJ Gatto Makes History as the First SJR Swimmer at Bergen County Meets

By Timothy Doherty '23

RJ Gatto '23 is heading to the Bergen County Swim Meets! He is the first swimmer to be representing SJR at the events, and it is a monumental achievement! Gatto also has big plans for the future of SJR swimming. Hear all about it in this exclusive interview!

What was the process like getting to this point?

To be frank, it took a long time. The process was put off a whole year because of COVID and added challenges that went along with the restrictions. It was difficult getting into contact with the right people at the right times, but eventually I was informed that Mr. Trivino was a swim coach at his previous school. I have an immeasurable amount of appreciation for the help he gave me on the administrative end of things!

How were you able to become eligible for the event without there being an official swim team at SJR?

With regards to eligibility, it all relies on the times you achieve in your races. The organization I swim for is called USA Swimming. The way that this system works is that if there are any times I can attain in sanctioned events, I can transfer that time into the high school league. In fact, I am attempting to make a certain time cut for my club team in the 100 fly.

Has anyone specific played an important role in getting you to this position?

Yes, two people actually. Like I previously mentioned, Mr. Trivino has been an immense help to me. He's done 100% of the paperwork, gotten in contact with whoever is necessary, and so many other things. The other person is my mother. I've been working on making this happen before my freshman year, and I found it hard at times to continue with this process due to the little feedback and progress. Throughout the entire journey, my mother kept pushing me towards this goal, and if it weren't for her persistence, I would not have gotten this amazing opportunity.

How does it feel to make history as the first swimmer to represent SJR at the event?

The whole experience feels surreal. I haven't put my finger on why for certain, but I think it has to do with all the time and effort coming to fruition. Nonetheless, I am doing my best to live in the moment and am excited to compete.

I know you have been to plenty of swim meets over the

course of your life, so does this one feel any different, or is it just another day at the office?

This one can go both ways. It is the same in the sense that this is technically just another swim meet. This one also feels different, however, because this is one of the biggest achievements I've accomplished in my high school career. Additionally, this is huge for the SJR community, considering that we've never had a swimmer represent the school before. This meet definitely feels different due to the magnitude of the situation and the positive legacy I am going to leave behind.

Are you being supplied with SJR swim gear to wear at the event so people know who you are representing?

Actually, yes. I am being supplied with a tracksuit, custom SJR swimming t-shirts, and a custom SJR bathing suit. Although the designs are fairly basic, I am still grateful for the consideration that was given to smaller details for something like this.

Do you plan on helping to organize an official SJR swim team next year?

Absolutely! Since I've been working with Mr. Trivino, that has actually been our goal for the 2022-2023 season. If everything goes according to plan, I will post on the official St. Joe's Instagram page, set up a table at the spring open houses, and form a large enough audience to compete in relays for both the 200 medley and 200 freestyle. I am excited to get to work on that following this weekend, and am optimistic that I will be able to do amazing things with my future teammates!



USA Swimming, the organization that RJ Gato is a part of, has helped him compete as the first SJR swimmer at Bergen County Swim Meets.

News

Remembering Martin Luther King Jr.'s Legacy



Dr. Mr. Luther King Jr. is perhaps the most famous civil rights activist in American history.

By Michael D'Eletto '22

Monday, January 17th, was Martin Luther King Jr. Day, the federal holiday honoring the life and legacy of the assassinated civil rights activist, Martin Luther King Jr.

The holiday was first observed in 1986 and although it has been more than five decades since Dr. King, then only 39 years old, was shot and killed in Memphis, Tennessee, the nation still looks to his words and legacy.

This year, one of the efforts that was tightly linked to the holiday was the push for the Senate to pass the new Voting Rights Act. On Dr. King Day, Martin Luther King Jr.'s son, Martin Luther King III, and other members of his family marched in Washington to support federal voting rights legislation.

Many people still fight for

racial justice today. Across the nation, there are still divisions, as can be seen by the fight over voting rights for minority groups. Many people claim that recently passed state laws are specifically intended to make it more difficult for minorities to vote.

Invoking the memory of Dr. King in the pursuit of voting rights is fitting. Dr. King helped drive Congress to pass the Voting Rights Act of 1965.

In 1957, Dr. King, in his "Give Us the Ballot" speech, said, "So long as I do not firmly and irrevocably possess the right to vote, I do not possess myself. I cannot make up my mind -- it is made up for me. I cannot live as a democratic citizen, observing the laws I have helped to enact -- I can only submit to the edict of others."

However, despite civil rights efforts, it appears that voting rights legislation is not going to be passed this year.

Martin Luther King Jr. Day, more than other federal holidays, has developed into a day of service and celebration of the life of Dr. King. In a time when there is so much division in the country, it is valuable for us to remember the words of Dr. King and his message that we can all have a better future together.

As he said in his famous "I Have a Dream" speech, "I say to you today, my friends, though, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream."



Martin Luther King Jr. Day first became a nationally recognized holiday on January 20, 1986.

News

Saul's Corner - The Tigray War



This map shows exactly where the fights in the Tigray War occurred.

By Saul Garcia '22

For the past fifteen months, multiple human rights violations have occurred in the ongoing war in Ethiopia, the second most populated country in Africa. Ethiopia was the prototype of political stability in the Horn of Africa until recently. Many citizens of Ethiopia want their prime minister's Nobel Peace Prize revoked due to his actions in this conflict, known as the Tigray War. So what happened last year?

The dominant force of the Tigrayans in this civil war came from the Tigray People's Liberation Front, or T.P.L.F. for short. The T.P.L.F. was once a small ethnic militia in Marxist Ethiopia, which then took over the government after the fall of communism in 1991. Although Tigray only has a population of 7 million, it is influential enough to have great power over a nation of 115 million.

Ethiopia's prime minister, Abiy Ahmed, was once an intelligence officer under this government. In 2018, Ahmed became the leader of Ethiopia and quickly sought to reduce Tigrayan power, thus beginning tensions. The following year, Ahmed created a new political party, but the Tigrayans refused to join. He removed many Tigrayan officials from the government and charged several of them with human rights abuses or corruption.

2018 was a very important year for modern Ethiopian history because it was the year Ethiopia made peace with its neighbor, Eritrea. In the 2018 Eritrea-Ethiopia Sum-

mit, Ahmed and the authoritarian President of Eritrea, Isaias Afwerki, made peace with each other. Eritrea fought for independence from Ethiopia from 1961 to 1991, and gained this independence by the end of this conflict. It fought another war against Ethiopia from 1998-2000 and had many border clashes until the peace summit.

The peace between these two conflicting nations is what earned Prime Minister Ahmed the Nobel Peace Prize in 2019, but little did anyone know that this peace deal would lead to an alliance against Tigray. In 2020, Ahmed postponed parliamentary elections across Ethiopia, but the Tigrayans continued with their own. In November, the T.P.L.F. attacked a federal military base in Tigray, claiming it was meant to defend themselves by delaying a foreign federal attack. Ahmed ordered a military offensive against the Tigrayan leadership and was surprised that it was not a swift victory for him.

The Tigrayans immediately hid in the mountains as the Ethiopian army attacked. There was a stalemate between Tigray and Ethiopia, but in June 2021, the Tigrayans struck back. That same month, Ahmed's Prosperity Party won parliamentary elections by a landslide, but he was elected by the government, not the people of Ethiopia. Fighting continued southward and in October, the T.P.L.F. and several ethnic militias in Oromia (Ethiopia's largest regional state) captured two neighboring towns of Addis Ababa, the federal capital.

Ahmed declared a state of emergency, in which citizens were recommended to arm themselves for conflict. However, the Ethiopian Army pushed back the Tigrayans with the help of Eritrea and allied ethnic militias. Ethiopia has sent warplanes and launched missiles to attack opposing forces in Tigray.

The civilians were the ones that suffered the most from the Tigray War. Last year, Ethiopia was struck with both a plague of locusts and a famine in addition to this civil war. As of 2020, 280 thousand Ethiopians were refugees or asylum seekers. Many migrated to Sudan's open-border to escape rape and ethnic cleansings from both sides of the war. The T.P.L.F. used the Sudanese-Ethiopian border to smuggle in weapons, gas, and food to continue fighting. Half of the refugees were children, and many of them have been separated from their families.

The Tigray War is still happening today, as refugees continue trying to flee to developed nations.

St. Joe's Varsity Basketball Team



SJR's varsity basketball has started its new season.

Counter-Clockwise from top right;

Montique Nedd '23 dribbles through DePaul Catholic's defenders;

Christopher Williams '23 attacks Bergen Catholic's defense;

Dan Brennan '23 sizes up the Bergen Catholic defender;

Donovan Mckoy '23 makes a shot past the Ridgewood High School Maroons;

Mason Piorkowski '23 blows by his defender from DePaul Catholic.

All photos by Karyn Ochiuzzo



St. Joe's Wrestling Team



SJR's wrestling team has been making waves this season.

Clockwise from top left;

Joseph Manno '22 trying to walk over his opponent;

Mateo Sgambellone '23 in a strong position for twisting his opponent's wrist;

Roberto Padilla '22 is on the offense against a wrestler from Paramus High School;

Alex Almeyda '22 riding on top of his opponent from Paramus Catholic;

Rocco Dellagatta '25 going for the pin.

All photos by Karyn Ochiuzzo



Feature

Mr. Trivino: SJR's New Assistant Principal for Faculty Development



Photo by Luis Saenz '22

Mr. Trivino was promoted to the Assistant Principal Faculty Development after only one year of teaching at SJR.

By Nicholas Steinhauser '22

This year, St. Joe's promoted its forensics and physics teacher, Mr. Stephen Trivino, to the position of Assistant Principal for Faculty Development. Here is an interview discussing his thoughts about the promotion.

What is your educational background?

I received a Bachelor of Science in Biology and completed a Teacher Certification program. I also have a Master of Arts in Administration and Supervision and am a proud alumnus of Montclair State University.

Why did you choose to teach at St. Joe's?

The subject matter fits my expertise and professional preference. Due to the push to be a high level technology school and the welcoming administration, it felt like home from the very beginning.

Have you enjoyed your experience at St. Joe's so far?

Without a doubt! The staff and students have been huge factors in making this place a reason to come to work everyday. The brotherhood is not just a line we say here; it is a way of living amongst each other and how we treat the young men, teachers, and staff. We are a family.

What do you enjoy most about teaching science?

A freedom to develop and teach your subject matter in a way that you as a professional educator believes is the best way to teach. We have a curriculum we must adhere to, but how you develop that curriculum and present your subject matter is in your hands to lead the students in the right direction.

How do you feel about the promotion?

I came here with 35 years of teaching and leading experience, so it was a goal of mine to bring the best I could offer to the teachers in this building. The philosophies and techniques I've learned over my years in education is something I'd love to share with our educational community. At the same time, being in a leadership position affords me a chance to learn from the great teachers in this building, as we share ideas and grow from our experiences together.



Photo by Luis Saenz '22

Mr. Trivino is also the teacher of the Forensic Science elective at St. Joe's. Here, students are able to learn how to use scientific evidence in the criminal justice system.

Entertainment

New Musical *Mystic Pizza* to Debut in May



This SJR production will be based off the 1988 film *Mystic Pizza*.

By Michael Mainelli '24

The award-winning St. Joe's theater program was planning on premiering *Mystic Pizza*, the school's 2022 musical, this January. This musical follows the same plot as the 1988 film *Mystic Pizza*, but with some 1980s hits sprinkled in.

The cast of *Mystic Pizza* has been rehearsing since November and has spent a considerable amount of time preparing for opening night, which was scheduled to be Friday, January 28th.

Although the cast was prepared for the first preview, the show was unfortunately postponed.

Due to the rising COVID-19 numbers, actors would have to wear masks, and the audience would have to be significantly limited. For these reasons, the *Mystic Pizza* production crew

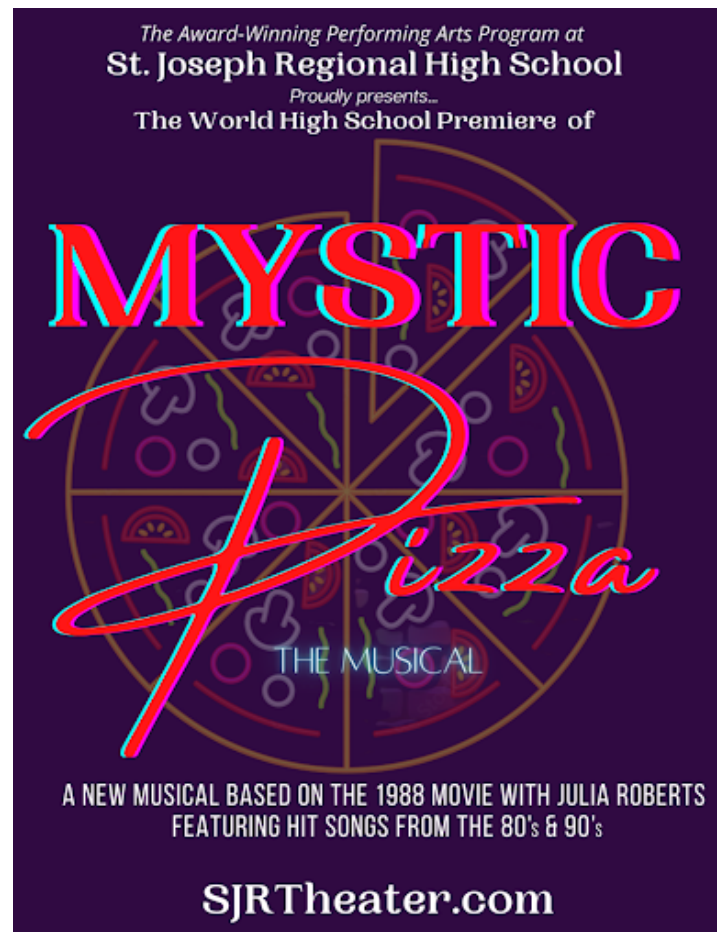
decided to move the show to May.

The first preview is set to be on Tuesday, May 10th, and opening night will be Friday, May 13th. The production crew hopes that these new dates will allow actors to be on stage without masks, and for *Mystic Pizza* to get the audience it deserves.

However, the delay in showing could also cause problems for the *Mystic Pizza* cast. Many members of the cast have commitments to other musicals, such as *Legally Blonde* at Immaculate Heart Academy in Washington Township and *Grease* at Ramsey High School.

These shows also have performances and rehearsals throughout the spring, which means that many *Mystic Pizza* cast members will have limited rehearsal time leading up to the show.

It will definitely be a challenge for the cast, but based on the practice they have had so far, the musical will hopefully be a success.



This May, St. Joe's is planning on presenting its own performance of *Mystic Pizza*.

Entertainment

Season 4: Part One of *Ozark* Leaves Suspense for the Future



Ozark, the popular Netflix drama series, just premiered the first half of its fourth season.

By Ashton Samson '23

Once a Langmore, always a Langmore, and once a Byrde, always a Byrde? Is Ruth Langmore going to ditch the Langmore legacy and better her reputation, or is she doomed to eternal hellfire, stuck in the Ozarks forever? The same goes for Jonah Byrde; will he escape the clutches of his conventional, ruthless, and power-hungry parents to live a life of his own, or is it his destiny to remain in the place where everything seems to go wrong? Most importantly, are Marty and Wendy going to finally terminate their life of crime that has transformed them into greedy, corrupt monsters?

These were the kinds of questions that I had after watching the brilliant first half of the final season of Netflix's hit, *Ozark*, and I quickly realized that the nature of my inquiries was tied to the inclusion of two specific storylines that I was fascinated by. The increased presence of Julia Garner (Ruth) and Skyler Gaertner (Jonah) emphasizes a unique and fascinating theme, the destruction of the nuclear family, on a literal and metaphorical level. Marty and Wendy, ruthless as ever, accentuate the ever-present, but increasingly intriguing corruption of the American Dream. These two themes combine to create my favorite season of *Ozark* thus far.

There's a reason why Julia Garner won two Emmys in a row for *Ozark*! She has always been the highlight of the show from my perspective. Her level of commitment to the character Ruth is exceptional; from the brilliantly sarcastic and witty one-liners she delivers to the intense emotional outbursts that are required of her, Garner never disappoints. I have always recognized how talented Skyler Gaertner is, but in the past I felt like his character Jonah was underused.

This season quickly rectifies this issue and utilizes the talent of Garner to create a fantastic storyline that is daring, bold, and thematically profound.

In Season 4, both Ruth and Jonah wrestle with the impact that their families have had on their lives and what their future is going to look like. In a way, both rebel against their families. Jonah does so on a literal level by moving out of his family's house at the age of 14 and assisting Ruth in a money laundering enterprise. Ruth does so on a metaphorical level by attempting to build a life for herself that is removed from her surrogate family, the Byrdes, and gives her a better reputation than her real family gave her.

However, it is inevitable that since both are involved in illicit behavior, they are drawn back to the Byrdes. To watch the Byrdes tug at these characters, so intent on bringing them back into the "family," is immensely satisfying. So much drama and suspense is gained from constantly wondering what's going to happen next with these two characters.

Additionally, both actors have fantastic chemistry with each other that helps bring a sense of realism to the role. When they are laughing and having a good time, we feel happy for Ruth and Jonah, like they could escape from this life. Then, in a moment's notice, we feel immense pain and grief when we experience moments that draw them back to the realities of their life of crime. We literally feel their pain jumping out from the screen as we wonder whether they will run away or stay.

From the beginning of the series, Jason Bateman (Marty) and Laura Linney (Wendy) were presented as a somewhat boring, ordinary couple in the midst of mid-life issues. As the series progressed, the characters evolved into greedy and power-hungry people who have grossly twisted the meaning of the American Dream for their own benefit. By the final season, they are no longer just trying to protect their family from the Navarro drug cartel, they (Wendy in particular) are conniving with politicians to manipulate their way out of the cartel and into the limelight of power. Bateman and Linney masterfully portray these characters as devoid of any feelings of remorse or guilt over the consequence of their actions, including the impact on their own children. There is no limit to their ruthlessness; they will stop at nothing to make money and gain power. To them, it has become one big game, and they must win it.

What hangs in the balance as we are left waiting for the last seven episodes of this suspenseful series is the fate of the Byrdes, and the characters who have been on the receiving end of their treachery. Stay tuned for Part Two of Season 4!

Sports

Ice Hockey Team Hopes to Bounce Back



Photo by Karyn Ochiuzzo

Thomas Hilliard '22 breaks away from Don Bosco's defense.

Semi-Finals.

Against teams in SJR's division, the Green Knights are 0-5-1, dropping 2 losses against both Princeton Day and St. Peter's Prep. The 5th loss came last Friday against St. Augustine High School, which St. Joe's will compete against in its next game. A tough 1-0 loss against St. Joe's Metuchen started an unfortunate month for SJR.

Seniors Garret Kata and Patrick Freitas, along with freshman Shane Tobin, have led the offense so far. Freitas leads the team with 14 points. Kata, who was Jersey Sports Zone's Second Star for the week of January 16th, is right behind him with 10. One of those points came from the overtime game-winning goal in a very entertaining game against Glen Rock. The Green Knights currently outshot the Glen Rock Panthers 48 to 23.

However, January isn't over yet, and the Green Knights have high hopes of making a Cinderella story run in states.

By Ryan Tobin '22

After starting with what seemed to be a promising start, the St. Joe's varsity ice hockey team has officially been eliminated from playoff contention.

The Green Knights took to the ice for their last game of 2021 against Seton Hall Prep with a 4-2-1 record. Since that game, however, the team has only gotten one win in eleven games. This skid has caused SJR to drop from 10th in the state to 18th, and now the team is unranked. Their record of 5-12-1, being 0-10-1 in conference play, will not be enough to garner a Gordon Cup playoff spot.

In cross-division games against the likes of Gloucester Catholic, Seton Hall Prep, and Bergen Catholic, the Green Knights dropped all 3 and were outclassed by a combined score of 18-3. SJR dropped two games against Don Bosco, the first being a 5-1 loss and the second being a 7-3 loss in the County

With 4 games left on the schedule (St. Augustine, Christian Brothers Academy, St. Rose, and Pope John), the Green Knights hope to make one last jump into the top 20 and get a decent seeding for states.



Photo by Karyn Ochiuzzo

St. Joe's fans celebrate after TJ Bayer '22 scored against Bergen Catholic.

Sports

SJR Bowlers Keep Rolling Along



Photo by Barry Donnelly '71

This year's SJR varsity bowling team consists of (from left to right) Michael Kudlacik '22, Stephen Carrozza '22, Eduardo Pendas '22, and Luis Saenz '22.

By Barry Donnelly '71

So what SJR winter sports team has the most wins in 2021-22? That would be the SJR bowling team, which sports an 8-1 record through its first nine matches, including 7-0 victories over both Don Bosco and Bergen Catholic.

Coached by Mr. Cesar Aguero, the varsity squad features four seniors, including Eduardo Pendas, Luis Saenz, Stephen Carrozza, and Michael Kudlacik. Pendas carries the team's high average at 192; as a group, the foursome is averaging 172 per game. Given their impressive start, the Green Knights will certainly be among the favorites at the Bergen County championships. They will be contested at Bowler City in Hackensack, New Jersey, on January 22nd.

Aside from the team's success this year, there is an interesting backstory to the upcoming county competition.

Thirty-five years ago, in 1987, SJR won its first and only B.C.C.A. bowling title. Leading the way in that victory was the school's first All-County bowler, Paul Carrozza '87, who is Stephen Carrozza's father.

"My recollection of the county tournament is that we didn't even know how well we were doing as the event was happening," said Carrozza, whose teammates that year included John Mastrogiovanni '88, Matt Gannon '88, Jon Ciorciari '88, Brian Quinn '87, and John Villa '87. "I just remember that when we finished bowling, they told us we won! Maybe ignorance was bliss since I don't remember feeling any pressure. Looking back now, since no one has done this before or since, it makes what our team did look even more

impressive."

Carrozza bowls regularly to this day and carries a very impressive 205 average. He has also posted a trio of perfect 300 games!

"Bowling has changed greatly in the past 35 years," Carrozza said. "Today's bowling balls are so much better than what we had back in high school. I had a strike ball and a spare ball, and that's it. Today, you have to match the ball with the lane condition or you will lose. The biggest change is the advent of the two-handed bowling style that was made famous by the top professional bowler in the world, Jason Belmonte. More high school bowlers are using that approach Today."

His son, Stephen, is one of them. Despite this year's success, bowling is new to him, and he didn't bowl for the Green Knights at all in 2021. He is also committed to UMass Dartmouth to play baseball in the fall.

So how has his dad adjusted to watching his son bowl on the same lanes he did 35 years ago?

"It's a bit different watching Stephen bowl rather than competing myself. Since he's a new bowler, I'm constantly watching his shots and actively coaching him. I tend to forget that he is new to the sport and expect him to make the correct moves on the lanes. Surprisingly, I'm not nervous when he is bowling, maybe because I know it is not his top sport. I'm much more nervous when he's up to bat at a baseball game!"

SJR finished second in the Bergen County tournament, with Kudlacik's 279 being the high game of the competition. The Green Knights were also Big North league champs, completing their league schedule without losing a single game!



Photo by Barry Donnelly '71

The father of Stephen Carrozza (shown above) was a part of the only St. Joe's bowling team that won a B.C.C.A. bowling title in 1987.

Sports

First Two Indoor Track Meets Leave Team with High Hopes



Photo by Barry Donnelly '71

Chase Romain '22 crossing the finish line ahead of his opponents.

By Shane Brennan '22

The St. Joe's winter track team has run its first two meets of the year. The first meet took place during the week of virtual school at SJR. It was the Big North Frosh/Novice Meet, which occurred on January 3rd. The meet was the first one of the winter track season, and it went well.

Ryan Dormelas '23, Jayden Jenkins '23, and Emilio Liriano '25 all made it to the finals of the 55m dash. Dormelas wound up winning the 55m finals and also won the 200m dash. Robert Stigliano '25 and Cooper Paige '25 both came in top 5 for the shot put, with Stigliano taking second place and Paige taking fourth. In the novice shot, Jack Capeless '24 took fourth place as well. Tom Mendoza '22 ran the two mile run for his first event of the season and finished fourth.

The team's second meet was the Big North Championship, which took place on January 10th. Yann Silva '22 placed second in the shot put for the Green Knights in his first appearance of the season, throwing over 45 feet on his first throw. Sean Kivelahan '24 threw his season best at this meet as well. Capeless also threw over 35 feet.

In the long jump, Jenkins jumped 17 feet, and Jordan Fuelen '23 jumped 15 feet. Shane Brennan '22, Jeffrey Guneratne '23, and Dylan Gutowski '25 all ran the 800m in their first races of the season. Brennan led the way, running a 2 minute 30 second race. Gutowski ran a 2 minute 49 second

race, and Guneratne ran a 2 minute 51 second race.

Dormelas, James Titolo '22, and Frank Panissidi '23 all ran the 200m. Dormelas led them with a 24.94 second time, and Titolo and Panissidi followed, both with about 26 second times. Mendoza also ran the mile run in 5 minutes and 47 seconds.

The two meets also saw the reintroduction of green uniforms to the SJR winter track team, designed by Brennan and Titolo. There are different uniforms for distance and sprinters. The one for sprinters is more muscle-bound than the distance one, which has a looser design. These new uniforms came after three years of using the gold uniforms.

Due to weather conditions and a short COVID-19 pause, the team had not done as much training prior to the two meets. As such, there is still much room for practice and improvement in everyone's times going further into the season.

The Green Knights will run again in February for the County Championship meet. With the way things have been over the past two years, the team is lucky that the indoor track season did not fall apart, especially with the new variants floating around now. The SJR indoor track team are hopeful that it won't happen again, as they look forward to continuing the season.



Photo by Barry Donnelly '71

Jake Capeless '25 preparing to throw the shot put.