Morris Catholic High School -Career Day
Thursday, March 26, 2026

Purpose

An opportunity for Morris Catholic Alumni and members of the Morris Catholic community to engage and provide career insight to current students.

Objectives

- Opportunity for students to engage with successful alumni and members of the MC community;
- Students can learn more about career options available to them after college;
- Networking opportunities for students;
- Alumni have the opportunity to engage with students.

Attendees

Morris Catholic High School Juniors and Seniors

Presenters & Tracks

Keynote Speakers



Brian Wood, President MARS Coaching

Brian Wood is the President of MARS Coaching, a professional coaching and leadership development firm that serves corporate executives, professional athletes, and organizations. With more than 30 years of corporate experience, he combines business leadership expertise with a background as an athlete and certified player agent (NBA and WNBA) to guide clients toward high performance and personal growth.

Wood specializes in executive coaching, leadership development, and career transition—particularly helping athletes and professionals navigate major life and career changes. His work focuses on helping individuals discover their purpose, leverage their strengths, and achieve their own definition of success.

A certified professional coach (PCC through the International Coaching Federation), Wood utilizes tools such as the Leadership Circle Profile, Energy Leadership Index, and resilience training frameworks to support sustainable growth and performance.

Throughout his career, he has worked with major corporations, sports organizations, and municipalities, delivering both one-on-one coaching and group leadership programs. In addition to his professional work, Wood is active in community and nonprofit leadership, including involvement with organizations like Big Brothers Big Sisters and advisory roles at William Paterson University.

Wood holds a Bachelor's degree in Communications from William Paterson University and an MBA from the University of Phoenix, and he is also an international speaker and author focused on leadership, mindset, and personal development.



Jackie DeCataldo, Human Resources Manager, Nisivoccia CPA's

Jackie DeCataldo serves as the Human Resources Manager at Nisivoccia CPAs, a New Jersey–based accounting and advisory firm known for its work with businesses, municipalities, nonprofits, and healthcare organizations.

With over a decade of professional experience, Jackie plays a key role in overseeing the firm's human resources operations, including talent acquisition, employee relations, benefits administration, and organizational development. Her work supports the firm's commitment to maintaining a strong workplace culture and fostering professional growth among its employees.

Jackie is recognized for her ability to align human capital strategies with organizational goals, ensuring that Nisivoccia continues to attract, develop, and retain top talent in a competitive accounting and advisory environment. Based in New Jersey, she contributes to the firm's long-standing reputation for client service excellence and internal team stability.

Session Speakers:

Daniel Bennett, '21-Broker CRC Group
Nick Berg, '05 – Lead Project Engineer, Armed Futures Command, Picatinny Arsenal
Matthew Ciampi, '06 – Utility Mechanic, American Water Company
Justin Connolly, '14 – Sports Information Officer, Montclair State University
Christa Cottone, '10 – Product Support Specialist, Wylie **(Moderator Business)**
Abby Decker – Lieutenant, Denville Emergency Services
Matt DeFranco, Morris Catholic High School Football Coach **(Moderator Sports Management**)
Dr. Fatima Hassan – Doctor of Optometry
Kevin Heal, '83, Analyst, Argus Research **(Moderator Business)**
John Insinga, O.D., F.A.A.O, Diplomate, American Board of Optometry
Tamra Katcher – Counsel, Einhorn Barbarito
Craig Kimbrough, '11 – Program Manager, BAE Systems
Edna Manzoor – Resident, Podiatry, Atlantic Health
Paul Minnefor, '89 – Partner, Giordano, Halleran & Cesla **(Moderator Law)**
Joseph Monroig – Broadcast Associate, Major League Baseball
Tonianne Poccia, '20- Assistant Marketing Manager, You Will Blossom.com
Adam Pokyrzwa – Lieutenant, Denville Emergency Services
Dr. Charles Park – Doctor of Psychiatry
Linet Adorno Rivera, DPM – Kent State University College of Podiatric Medicine

Lawrence Silo, ’80 – Retired Investigator, Allstate Insurance
Richard Vazzano, ’11 – Business Development Manager, Smith & Nephew
Donatella Verrico, SPHR, SHRM-SCP – Chief Resource Officer,
Kristen Wojacek – Intern, Atlantic Health

Timeline

7:30 am – Mass in the Chapel
8:00 am Coffee and Breakfast in Commons
8:30 – 9:00 am Prayer and Welcome in Commons and Keynote Speaker
9:10 am Session 1
9:50 am Session 2
10:20 -11:00 am Special Guest Speaker

Presenter Bios



Daniel Bennett, Broker CRC Group
Daniel Bennett is a Broker at CRC Group, a leading independent pure-play brokerage and underwriting specialty insurance director. He helps retail partners place complex risks with smart, responsive solutions. Dan graduated from Morris Catholic in 2021 and went on to graduate from the University of Miami Herbert Business School. Dan played football, wrestled and was a member of the Italian Club as well as the Student Council and National Honor Society.



Matthew Ciampi, ’06 Utility Mechanic, American Water Company
Matt is a highly organized and hardworking professional with extensive experience within the field of public works and event management. Astute strategic leader skilled in developing organizational objectives to achieve target results in supervising athletic events and tournaments. Proactive in identifying areas of improvement in managing and maintaining facilities and organizing various programs and events. Capable of accomplishing multiple tasks with high level of efficiency. Collaborative team player continually focused on building relationships and making significant contributions to the successful completion of cooperative tasks. Proficient in a wide array of business productivity software. Matt played baseball and football while at Morris Catholic.



Nick Berg, ’05 – Engineer, United States Army
Nick Berg is a senior project management engineer for the United States Army at the Armaments Center located at Picatinny Arsenal, NJ. Within the Cannon Artillery Division, his responsibilities include the design and development of advanced 155mm artillery ammunition. He currently leads a large scale research and development project focusing on utilizing state of the art technologies to achieve significant extended range capabilities.

He holds a Bachelors of Mechanical Engineering degree from The Catholic University of America (2009) and a Masters of Business Administration from Florida Institute of Technology (2014). graduates of Morris Catholic High School and reside in Allamuchy, NJ.



Justin Connolly,'14 – Sports Information Coordinator, Montclair University

Justin Connolly, Morris Catholic alumni '14, is the Sports Information Coordinator at Montclair State University. Prior to that, here was the the Head Sports Information Director at Fairleigh Dickinson University's Florham Campus Athletic Department. His main role is to serve as the primary contact and oversee the athletic communications/public relations coverage of their 23 NCAA Division III Athletics teams as well as the department as a whole. The specifics that go into the coverage of the Devils athletic teams include stat keeping, live video, game recaps, social media management, game day management, roster management, website management, and much more. Justin is also very active in the yearly production of the department's Hall of Fame, Robert T. Shields Golf Outing and fundraising days (42 Hours of Giving & Devils Athletics Giving Day).



Christa T. Cottone, '10 – Product Support Specialist, Wiley

Ms. Cottone graduated from Morris Catholic in 2010. She then attended Marist College in Poughkeepsie, NY. While at Marist, Christa studied abroad in Madrid, Spain, for one semester. She graduated Summa Cum Laude, obtaining a BA in English: Writing, a BA in Spanish, and a minor in Latin American and Caribbean Studies. Christa went on to attend Seton Hall University in South Orange, NJ. She earned an MA in Strategic Communication and graduated with High Distinction.

One year after obtaining her MA, Christa landed her first job in the publishing industry. She worked as an editorial assistant at one of the top publishing companies, Pearson. Christa was responsible for English, communication, and modern language higher education textbooks. Christa's skills garnered her additional responsibility, and she eventually assisted with other social sciences and humanities titles. Post-organizational restructuring, she moved to the financial sector, where she served as an operations analyst at a private firm.

However, Christa sought to return to publishing. After leaving finance and working at the ISBN Agency, she secured a role at a second top publishing company, Wiley. Christa's role as a program coordinator encompassed Editorial and Marketing. Under her purview were psychology and geography higher education textbooks. In less than two years, Christa became a product support specialist, with a remit encompassing Research and all higher education disciplines. As a specialist, Christa has contributed to Editorial's digital-centric initiatives and maintained Wiley's subscription-based products.

Lt. Abby Dekker, Firefigher and Emergency Medical Technician, Denville Fire Department

Abby Dekker is a Firefighter and Emergency Medical Technician with the Denville Volunteer Fire Department. She has been publicly recognized and honored by her department and local organizations for her work responding to emergencies and providing EMS services.



Fatimah Hassan, Doctor of Optometry

Dr. Hassan is a licensed Doctor of Optometry with clinical experience in diagnosing and managing a range of vision and eye health conditions. She practices in locations including Voorhees, New Jersey and Brick, New Jersey, where she provides comprehensive optometric services such as routine eye exams, vision correction, and management of ocular conditions. She earned her Doctor of Optometry from the Pennsylvania College of Optometry in 2018. Dr. Hassan is a leader within the National Optometric Student Association and is the recipient of the VSP Marvin R. Poston Leadership Award.



Kevin Heal, '83 – Senior Analyst & Chief Compliance Officer, Argus, Inc.

Mr. Heal is a Fixed-Income Strategist, Financial Services Equity Research Writer and Chief Compliance Officer for the Argus Research Group. His responsibilities include portfolio construction, interest-rate modeling, fundamental equity research and ensuring that the firm is SEC compliant andadheres to all rules and regulations. He has over thirty years of Wall Street experience with large investment banks, regional dealers, hedge funds and consulting firms. Kevin graduated from Northwestern University with a B.A. in Economics and maintains the Series 65 registration.



John F. Insinga, O.D., F.A.A.O. Diplomate, American Board of Optometry

John Insinga is an experienced optometrist based in Dover with nearly three decades of clinical practice in eye care. A graduate of the State University of New York (SUNY) College of Optometry, he earned his Doctor of Optometry degree in 1997 and has since built a career focused on comprehensive vision care and patient-centered treatment.

Dr. Insinga provides a range of services including routine eye examinations and vision therapy, helping patients manage both common and complex visual conditions. Over the course of his career, he has worked with a broad patient population and participates with multiple major insurance providers, reflecting his accessibility and commitment to community-based care.

As a Diplomate of the American Board of Optometry, Dr. Insinga has demonstrated a commitment to maintaining advanced clinical knowledge, ongoing professional development, and the highest standards of optometric care. Board certification signifies continued competency through lifelong learning and adherence to evolving best practices in the field.



Tamra Katcher- Counsel, Einhorn Barbarito

Tamra Katcher, Esq., is Counsel in the Criminal Law Practice at Einhorn Barbarito, where she represents clients in a wide range of criminal matters, including felony cases, municipal court matters, DWI, domestic violence, gun permitting, appeals, and expungements.

Katcher brings extensive experience from both prosecution and defense. Prior to joining the firm, she practiced criminal defense at regional law firms and as a solo practitioner. Earlier in her career, she served

as Assistant Chief Municipal Prosecutor and Assistant Prosecutor in the City of Newark, as well as an Assistant Prosecutor in the Grand Jury and Adult Trial Sections of the Essex County Prosecutor's Office.

She is widely recognized for her work in DWI and municipal court defense, earning a strong reputation across New Jersey for her strategic approach, courtroom composure, and client advocacy.

In addition to her legal practice, Katcher is active in legal education and professional organizations. She has served as an adjunct professor at institutions including the College of St. Elizabeth, Kean University, County College of Morris, and University of Phoenix, and is a Senior CLE Instructor with Garden State Continuing Legal Education. She frequently participates in panels on criminal law, DWI, and expungement topics.

Katcher holds a Master's degree in Criminal Justice from American Public University, a J.D. (cum laude) from New York Law School, and a B.S. from Miami University (Ohio). She also clerked for the Honorable Paul J. Vichness in the Essex County Superior Court, Criminal Division.

She is actively involved in professional associations, currently serving as President of Women Lawyers in Bergen County (2024–2026), and holds leadership roles within the Bergen County Bar Association, including Co-Chair of the Criminal Procedure Committee and the Expungement Clinic.

Overall, Katcher's career reflects a combination of prosecutorial insight, defense experience, and a strong commitment to legal education and professional service.



Craig Kimbrough, '11 – Program Manager, BAE Systems

Craig Kimbrough is a proud graduate of Morris Catholic High School, where he met his wife, Amanda. Together, they have built a wonderful family with three young children: Craig Jr. (4), Christine (2), and Cayden (1).

During his time at Morris Catholic, Craig was an active member of the football team, which helped him develop a strong sense of teamwork and dedication. After high school, he pursued his passion for football at William Paterson University, earning a Bachelor's degree in Business Administration.

Following his graduation, Craig began his career in sales at Techtronic Industries. After a year, he transitioned to BAE Systems, where he started as a Contracts Administrator. Over the past seven years, he has advanced to his current role as a Program Manager, where he leads the Multifunctional Information Distribution System (MIDS) Joint Tactical Radio System (JTRS) programs.

Craig is also a certified Project Management Professional (PMP), a credential he earned from the Project Management Institute. His journey highlights the importance of perseverance, continuous learning, and collaboration toward achieving shared goals.



Esha Manzoor, PGY 1

Esha Manzoor, Atlantic Health Systems

Dr. Esha Manzoor grew up in New Jersey and attended Rutgers University in New Brunswick where she received her degree in Public Health on a pre medical track. She then went on to get her Master of Biomedical Sciences from the Rutgers School of Graduate Studies before going to the Arizona College of Podiatric Medicine at Midwestern University where she received her doctorate. She is currently a first year resident at Morristown Medical Center. Outside of work, she enjoys eating out with family and friends, crocheting, and knitting.



Paul Minnefor,'89 – Shareholder, Giordano, Halleran & Cresla

Mr. Minnefor is a Morris Catholic Class of '89, Williams College Class of '93, Boston College Law School '99, taught and coached at MC between '94 and '96, founded the Crusader Gridiron Club in 2003 and served on the Board of Trustees between 2015 and 2022. Played a role in reestablishing the Morris Catholic Alumni Association in 2018. Worked at Gibbons in Newark from '99 to '06, Doark Rieck Kaley & Mack in NYC from '06 to '11, the New Jersey Attorney General's Office in Newark from '11 to '16, and have been at Giordano Halleran & Ciesla since then.



Joseph Monroig, Journalist, Major League Baseball

Joe is from Belleville New Jersey In Essex County where he graduated from Belleville High School where he was a tri-sport athlete that included football basketball and baseball. He graduated from William Paterson University. I graduated with a Degree in Bachelor Arts Communications Broadcast Journalism with a Minor in Public Relations in 2023. While at William Paterson he was part of the WPU Radio Club Brave New Radio, WP Sports Desk TV Club, and a former Collegiate D3 Football player and part of the award winning Radio Station (Marconi awards best radio station in the nation) and Award winning Sports Show (IBS award).

I've also participated in a SAM (Student Athlete Mentor) and represented William Paterson Athletics in NJAC Student Association. Joe is currently employed at MLB/NHL NETWORK in Secaucus, NJ as a Broadcast Associate Editor.

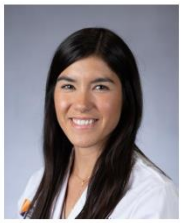
Charles Park, MD, Psychiatry

Charles W. Park, MD is a board-certified psychiatrist practicing in New Jersey, with offices in the Clark and West Orange areas. He specializes in the diagnosis and treatment of a wide range of mental health conditions, including mood disorders, anxiety, and other psychiatric illnesses.

Dr. Park earned his medical degree from the University of Missouri–Columbia School of Medicine in 1998. He went on to complete his residency in psychiatry at the Icahn School of Medicine at Mount Sinai (Mount Sinai Hospital program) from 1998 to 2002.
He is board certified in psychiatry by the American Board of Psychiatry and Neurology and has been licensed to practice medicine in New Jersey since 2002.
With more than two decades of clinical experience, Dr. Park has treated patients across diverse psychiatric needs and settings. He has also contributed to academic literature, including a publication in *The Annals of Pharmacotherapy* on disulfiram-induced delirium.
In addition to his clinical work, Dr. Park has been recognized for his use of electronic health record technology, receiving CMS Meaningful Use Stage 1 certification.

Lt. Adam Pokyrzwa, Firefigher and Emergency Medical Technician, Denville Fire Department

Adam Pokyrzwa is a Firefighter and Emergency Medical Technician with the Denville Volunteer Fire Department. He has been publicly recognized and honored by her department and local organizations for her work responding to emergencies and providing EMS services.


Linet Adorno Rivera, PGY2

Linet Adorno Rivera, DPM Morristown Medical Centeer

Linet Adorno Rivera is a podiatric physician specializing in foot and ankle care. She is currently a resident physician in the Podiatric Surgery Residency Program at Morristown Medical Center, where she is completing advanced clinical and surgical training in lower extremity medicine.
Dr. Adorno Rivera earned her Doctor of Podiatric Medicine (DPM) degree from Kent State University College of Podiatric Medicine. Her residency training includes comprehensive exposure to podiatric surgery, trauma, and reconstructive procedures of the foot and ankle.
Clinically, she has been affiliated with institutions such as Overlook Medical Center and Morristown Medical Center, where she treats a range of podiatric conditions.
Dr. Adorno Rivera has also contributed to academic research, including co-authoring a case study on traumatic bunion deformity following injury, reflecting her interest in complex foot and ankle pathology and surgical outcomes.



Lawrence Silo, ’80 – Insurance Executive

Lawrence Silo is class of 1980 graduate of Morris Catholic. 1984 graduate of Columbia University, BA- Economics. Current Vice President of Columbia Alumni Club of Philadelphia, former Chairperson of Columbia University Alumni Representative Club of South Jersey on behalf of the Admissions Office. Lawrence worked for Allstate Insurance Company for thirty-eight years in the following positions:

January, 1985 - August, 2005: Claims adjuster for automobile & homeowner policies. Investigation of auto accidents to make liability determinations. Evaluate bodily injury claims for settlement purposes. Trained to write estimates for physical damages of automobiles.

August, 2005 - December, 2022: Fraud investigator for automobile claims. Conduct investigations, interview witnesses, conduct scene investigations, obtain police info, evaluate vehicle damages, and coordinate with law enforcement & state authorities to deter fraudulent behavior. Testify in legal proceedings representing the insurance company.



Richard Vazzano, '11- Business Development Manager, Smith & Nephew

Rich graduated MC in 2011. He played football throughout his time and used that along with the great values that MC instilled in him to get leadership scholarships and continue his football career at the collegiate level, starting as a freshman at Fairleigh Dickinson University. He studied Biology and believed in getting as involved as possible at his university, holding president and other roles in multiple clubs and his fraternity while also working as a Resident Assistant and Orientation Leader.

After weighing options, Rich decided to enter a Medical Sales role. He started his career in Pharmaceuticals but moved to a Surgical Sales position after a year. This role places you in an Operating Room, acting as a consultant to the surgical suite. Surgical Sales Representatives and consultants are responsible for ensuring that the new product(s) they represent are properly being used on patients and to educate surgeons on new technology. With almost 10 years in the industry, Rich's current role is managing the biologic portfolio in the NYC metro area for one of the largest orthopedic companies in the world.



Donatella Verrico – Chief Human Resources Officer, Lowenstein Sandler LLP

Donatella Verrico is the Chief Human Resources Officer at Lowenstein Sandler, where she leads all aspects of the firm's human resources function, including recruiting, talent management, employee relations, benefits, compliance, and professional development. She serves as a strategic partner to firm leadership, helping design and implement initiatives that support the recruitment, advancement, and retention of professionals across the organization.

Appointed to the CHRO role in 2016 after serving as Director of Human Resources, Verrico plays a key role in the firm's strategic planning efforts. Her work focuses on aligning individual, team, and business goals while strengthening organizational culture and supporting diversity, equity, and inclusion initiatives, including employee resource groups and affinity networks.

Verrico has more than 15 years of human resources experience. She began her career at Lowenstein working with the firm's employment law leadership, gaining foundational expertise in HR policy and procedure. After briefly establishing an HR function at another New Jersey firm, she returned to Lowenstein and advanced into senior leadership.

She is an active member of several professional organizations, including the National Association for Law Placement (NALP), the Association of Legal Administrators, and the Society for Human Resource Management. She has also served in leadership roles within NALP and participates in industry forums focused on talent and HR strategy.

Verrico holds a B.A. in English from Montclair State University and maintains multiple professional certifications, including Senior Professional in Human Resources (SPHR) and SHRM-SCP. She has also

completed executive education in leadership in law firms through Harvard Law School and holds additional certifications in secondary education and paralegal studies.

Overall, she is recognized for her leadership in talent strategy, organizational development, and fostering an inclusive, high-performing workplace within the legal industry.



Kirsten Wojacek, Podiatry Resident, Morristown Medical Center

Dr. Kirsten E. Wojacek, DPM, is a podiatric physician affiliated with Morristown Medical Center in Morristown, New Jersey. She is associated with the hospital's podiatric residency program, where she is engaged in advanced clinical training in foot and ankle medicine and surgery.

Her role as a podiatry resident involves diagnosing and treating conditions affecting the foot, ankle, and lower extremities, while working alongside attending physicians and multidisciplinary care teams in both hospital and clinical settings.