



THE FALCON

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GIVING DAY RAISES OVER \$160,000 FOR THE SAINT JOSEPH ANNUAL FUND



By: Kyle Moyer '22

Staff Writer

On March 18, the Saint Joe's community banded together once again to raise money for the Saint Joseph Annual Fund, which is a central part of the operating budget that funds Academics, Need-Based Financial Assistance, Academic Scholarships, Clubs & Activities, and Athletics. Giving Day has become a new tradition for the Falcons, as donors from throughout the vast school community make their pledges on the same day to support the school as it continues to build for the future.

This year's Giving Day proved to be one of the most successful in the school's history, raising over \$160,000, which is a Giving Day record, from 730 unique donors, including current students, alumni, parents, and Partners in Mission.

The continued generosity of our greater community is one of the keys to Saint Joe's success. Whether the donations go towards the tuition of a student who has earned a scholarship to attend the school or a club hoping to participate in a national competition, the donations will no doubt have a profound effect on the student experience.

Thank you for your generous support!

Saint Joe's Bands Rock Campus

By: Tyler Quesnel '24

Staff Writer

In November of 2021, several students leaving school were audibly greeted by ... rock music? Yes, and loud music at that. Blasting from the cafeteria stage stood Tyler Quesnel on lead guitar, Antoni "AJ" Manousos on bass guitar, and Robert "RJ" Reale on the drums. Though they only began playing together this year, they quickly found their sound: classic, bluesy rock.



It all started upon the first meeting of the Instrumental Ensemble club led by science chair Mr. Roel Mercado '07. It only took the short thirty minute club meeting for Antoni and Tyler to start jamming out with each other on their own guitars. They shared barely any differences in musical taste and skill, so the chemistry was instant. Starting then, they realized they needed a band. Sure, you can make a band with just two guitars, but to make a signature rock band it takes (at least) one drummer. That's when RJ came in. Since he was young, RJ had a knack for the drums. Something about the two stick banging shenanigans amazed him. His exceptional talent and rock firepower made it clear to AJ and Tyler that he was the missing puzzle piece in the band.

After RJ was added to the band, after school jams were held almost every day. The first set up of the

band was actually in a cramped hallway backstage, which tested the band's ability to play together. After the first note was played, the band knew that they were meant to play music together. Several teachers such as Mr. O'Boyle and Dr. Longhi came and complimented the band though they were planted discreetly backstage.

It wasn't long until the band knew it was time to move to a new spot. They decided to move on-stage in front of nearly 50 students waiting for rides that day. As more and more students praised the band for their music, the band decided to play every day after school. Their hard work and dedication to music is preparing them for the upcoming battle of the bands. Now that the winter hockey and wrestling seasons are over, the band will be sure to entertain the many Saint Joe's students that have a sweet tooth for rock!

By: Julian Dutemple '23

Staff Writer

On May 6, four bands that will be performing at Saint Joseph High School's first-ever Battle of the Bands competition. Four bands will be performing twenty minute sets on May 6 at 7:30 p.m. in the Catanzaro Dining Hall.

First, there's The Walkers, a band that can only be described best as dirty, bluesy, and most importantly, LOUD. Next there's the hard-rocking Polymorph, the "dank" dynamic duo of Spyne, and, finally, there's my band, Altered Ego.

Anyone is welcome to attend, and the \$5 ticket will be used to fund more Saint Joe's Student Council events in the future. Tickets will go on sale before Spring Break, so buy them early and get ready to rock!



Movie Review: *THE BATMAN*

By: Jason Magistre '24

Staff Writer

The Batman is a thrilling detective story that offers fans a fresh take of the titular character and a unique insight into Gotham City. Despite the lackluster reputation of DC's movies, *The Batman* has all the elements of a great film: pacing, story, and characters. Matt Reeves triumphs in living up to acclaimed Batman films, matching the quality and engagement of Christopher Nolan's *The Dark Knight*

SPOILERS AHEAD

In the face of uncertainty and doubt from fans of *The Dark Knight*, Robert Pattinson gives viewers a stirring performance as the masked-vigilante. Unlike previous depictions of the

character, Pattinson's performance eliminates the playboy side of Bruce Wayne, instead focusing on Batman's mission to inspire dread in the hearts of criminals. When the Bat-Signal shines in the sky, the criminals in Gotham think twice before vandalizing City Hall or brutalizing innocent people.

Catwoman (played by Zoë Kravitz) and Lt. James Gordon (played by Jeffery Wright) are great complements to the film and add a lot of substance, highlighting the duality of Gotham. Paul Dano as the Riddler is the spine-chilling antagonist of the film, whose performance emulates that of Heath Ledger as the Joker. Dano's Riddler- in contrast to Jim Carrey's clownish take on the character- is a formidable threat whose complex and murderous machinations



challenge Batman intellectually, physically, and even spiritually.

One criticism I have of *The Batman* is that it failed to explore Bruce's relationship with his surrogate father, Alfred. Andy Serkis gives an exceptional performance in the role, but his position as the essential ally of the Caped Crusader is rarely seen. **Overall, I'd rate *The Batman* a 9/10.** Batman truly lives up to his title as the World's Greatest Detective.

Chef DiVincent's Apple Dump Cake

Ingredients:

4 cups of baking apples (I use Honeycrisp or macintosh)

Nutmeg and Cinnamon (optional) to taste

1 box of vanilla cake mix (I use Duncan Hines)

1/2 cup of butter (melted)

1/4 cup butter sliced and spread over dish

Directions:

Preheat oven to 350 degrees.

Spray/Grease a 13"x9" Baking Pan.

Core and Slice 4 cups of apples (enough to generously cover the bottom of the pan).

Sprinkle with spices (if desired).

Cover the apples with the entire box of cake mix (be sure to spread as evenly as possible) **Do not mix the apples with

the cake mix, simply let it lay on top.

Melt 1/2 cup of butter (I use Kerry Gold salted) and pour over cake mix and apples.

Slice remaining 1/4 cup of butter into thin slices and place over mixture (distribute evenly).

Bake mixture in oven 45-50 minutes (until a golden brown color).

Served best warm with vanilla ice cream :-) Yum!



COLLEGE DESTINATIONS

For the rest of the year, we will highlight the college decisions made by our departing senior class. They will describe in their own words why they chose to continue their education at each destination.

OSCAR MANRIQUE Marist College



I want to go to Marist because they have a very highly regarded business program. I considered the school to be a reach for me, but not only did I get in, I was also awarded a scholarship. The location is perfect because I wanted to be a little further away from home and its about two and half hours away.

JACK KERN Marymount University



I decided to attend Marymount University because I narrowed my selection to smaller private schools in the DC/VA area that offered a strong business school with great internship connections and a competitive collegiate baseball program. Not only will I continue my baseball career there, I received a good scholarship due to both my grades and baseball ability.

JONATHAN SLUSSER Kean University



I chose Kean because it had the most to offer to me athletically, academically, and financially. I was recruited to play lacrosse there and the school has a wide variety of majors to choose from. In addition, Kean being close to home and very affordable made the choice a no brainer for me. On top of that, my mother and father also attended Kean, so it always felt like home.

XAVIER DALY Montclair State University



One major reason that I chose Montclair State is that the sports media program is top notch. They have a strong athletic program overall as well as other media areas of study, which will allow me to expand my repertoire in digital media and build a strong professional portfolio. Also, they offered me a high merit scholarship.

JOSEPH PINHO Stevens Institute of Technology



I chose Stevens Institute of Technology because they are known as an excellent local school and have a reputable soccer program. They are top 25 for best Division 3 schools in the country for soccer. Their academics are outstanding, and I was fortunate enough to receive a sizeable amount of scholarship money to attend. My older brother Matthew ('19) is also a current student.

WALTER SCHWARTZ Trinity College



I chose Trinity College because of the academic reputation, my relationship with the baseball coach, and their reputation as a top program in the NESCAC. I will be studying economics and may also take some political science classes. I was looking for a smaller school and smaller class sizes, and Trinity has just that. I am excited for my next four years as a student athlete at Trinity.

Students vs Stress: How to Stop Stress Soon

By: Aryan Jenna '24

Staff Writer

As a student, you are constantly engaged in some activity, whether it be tests, sports, or even hanging out with friends. Most, if not all, of these activities that students participate in can cause stress. Living through this stress can help you come out stronger, but can be unhealthy to one's body and mind. Here are some ways to reduce or eliminate stress in student life.

- Get More Sleep

Most students disregard their sleep and don't realize its importance. They often have other activities to do at night that they don't have time for during the day. However, studies show that sleep deprivation can lead to increased stress levels during the day. Additionally, you will be less productive and could be a hazard on the roads. Instead of playing video games, or studying late at night after procrastination, get some rest. You should aim for 8-10 hours of sleep per night and take additional naps as needed.

- Stay Active and Be Healthy

Living a healthy lifestyle is imperative to reduce stress. This starts with exercising regularly and eating healthy. Whenever you exercise, hormones called endorphins are released. Endorphins are your body's so-called "natural pain killer" and are a response to either pain or stress. These hormones not only help relieve your stress, but they also clear your mind, helping your body feel better as a whole. Sports are the best way to get exercise each day, and Saint Joseph has a multitude of teams to choose from. Additionally, going hand in hand with exercise, you should try to eat well. Stress eating is common among students as they feel like consuming food is a way to get away from stress. Instead, the next time you are in the lunch line, try to pick out something healthy and see if it transforms your stress levels.

- Relax with a Hobby

Sometimes, we really need to get away from our responsibilities and take some time off of constantly working. This is usually when we go do a hobby that we enjoy. This is a great way of relieving stress as you

can do something you enjoy and forget about the rest of the world during that time. Just like when you are exercising, endorphins are also released when you are doing something you like. From playing video games to listening to music, hobbies are a great way to unwind for a while. Just as long as you don't procrastinate forever, feel free to just relax for a little while to gather yourself.

- Be Organized

One of the best ways to avoid stress and improve your way of living is to organize yourself as well as your time. Clutter, as well as unorganized events, can increase your stress levels and lead you into a less productive life. With organization comes goals, and with goals comes success. Planning out even just one day at a time can help you have an easy path to follow. When you know exactly what you need to do next, all tasks seem less daunting.

- Reach Out

If you ever feel overwhelmed or too stressed out in your life, don't be afraid to reach out for help. Although this may seem like common sense, many people go through periods of stressful situations without telling anyone and just try to push through their burden. This is an unhealthy way of trying to get through stress as there are many people who are there and willing to support you. If you ever feel stressed out, whether it be at school or at home, reach out to parents, teachers, and even friends. There is always someone who can help you out when you are in need.

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ALUM ALEX SCHIFFER '13 WINS NATIONAL JOURNALISM AWARD

By: Ben Chadwick '23

Staff Writer

Every year, the APSE (Associated Press Sports Editors) releases a list of the ten best pieces of sports journalism in a variety of categories. For the first time, a Saint Joseph alum has made the list, earning his way into prestigious company.

Alex Schiffer, a 2013 graduate of Saint Joe's and current Nets Beat Writer for *The Athletic*, earned a top ten place in the category of Best Short Feature along side long-time writers for *The Los Angeles Times* and *The Denver Post*. He beat out candidates from *The New York Times*, *The Washington Post*, and other national outlets.

Schiffer's work with *The Athletic* has allowed him to branch out from a strict beat reporting tradition and do more long form writing, which resulted in the creation of his award winning piece: "Full Court Diplomacy: Steve Kerr, Kim Jon-un, and the basketball game that never was." The article details the "radical" proposal to have Steve Kerr play H-O-R-S-E with a then-young Kim Jong-un, a life long Chicago Bulls fan, in order to better relations between the US and North Korea.

"[The article is] probably as good of a thing as I've written," Schiffer said. "I still can't believe I won."

Schiffer has experienced a rapid rise up the ranks of his profession since he graduated from the Missouri School of Journalism at the U. of Missouri, one of the top schools for sports writing in the nation. Schiffer started his career writing for *The Falcon* during his time at Saint Joe's, in addition to contributing articles to *The Westfield Leader* and other local news sources.



"Alex was one of the most driven students I've ever taught in terms of pursuing a very specific career goal," said Mr. Chris Harring '05, who taught Alex in English and acted as a mentor for his work in journalism.

Harring recalled telling Alex how difficult the job would be, and that he should only pursue it if he was all in, but, as Harring added, he always was.

"I could praise Alex all day for the work ethic he has and the determination that has guided his career," Harring said. "You could tell that, even as a sixteen-year-old, he had a knack for writing and working with people, but he also never let himself get complacent. He would still send me articles for feedback years after graduating, even though he had far exceeded my ability in the field. I could not be prouder of his success."

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SPRING SPORTS PREVIEW

BASEBALL



Projected Lineup:
C Mark Gialluisi '23
1B Tyler DelVecchio '23
2B Jack Kern '22
SS Josiah Brown '22
3B Matt Kosuda '24
LF Bryan Rios '23
CF Robbie Carvelli '23
RF Will Ramsey '23
DH Jaylen Robinson '22
IF Thomas Zammitti '22
P Donovan Zsak '22
P Andrew Goldan '22
P Jimmy Mulvaney '23
P Walter Schwartz '22
P Steve Chou '22
P Jeremy Mellyn '23

The '22 version of the Falcon Baseball team have its highest expectations in some time. Not only do the now experienced Falcons look to repeat as conference champs, they are seen as one of the top teams in the state.

The Falcons return GMC Title Game star Andrew Goldan and get back a healthy Donovan Zsak, who is one of the most physically gifted pitchers the Falcons have ever had. Steve Chou, Walter Schwartz, and Jimmy Mulvaney all round out a rotation that will be very hard to hit in 2022.

Jack Kern, whose bunts sparked the GMC title game win leads a junior heavy lineup, including BC commit Mark Gialluisi, which is now a year older and ready for the pressures that come with being upperclassmen.

2022 SAINT JOSEPH FALCONS SPRING SPORTS PREVIEW



CREW

Veteran Members:

Bence Kovacs '22
Connor Craig '22
Mike Altobelli '22
Tanner Tighelaar '23
Liam Kelly '23
Matthias Topping '23
Alex Canada '23
Dalton Vassanella '23
Aidan Dul '23
Michael Smith '24
Logan Rotunno '24

The crew team has developed from a small group of motivated individuals into one of the traditions of Saint Joe's. After a year without races due to Covid concerns, the rowers of Saint Joe's Crew are anxious to get back on Lake Farrington in East Brunswick.

The team will look to its experienced racers for guidance, as they ready to full classes of newcomers for competitions. The team will be lead by Tanner Tighelaar, Liam Kelly, Matthias Topping and Bence Kovacs in their upcoming events. The biggest challenge will be the Stonesbury Cup Regatta in Philadelphia in May.

GOLF

Top Returners:

Ben Beczynski '22
Matt O'Hare '23
Chris Felix '23
Nereo Rossi '24
Jack Purcell '24
EJ Chin '24

Like few other sports, the success of a high school golf team rests on the shoulders of a small handful of student athletes. After spending last year rebuilding after the lost Covid season, the team looks to reclaim the success of the 2019 campaign that saw the team finish 13-1 and at the top of the county.

Ben Beczynski is at the top of the list with lofty expectations this year, especially being the lone member of the team who can remember that 2019 campaign. Matt O'Hare and the trip of sophomore golfers should help provide a spark for the young, but talented team.



2022 SAINT JOSEPH FALCONS SPRING SPORTS PREVIEW



LACROSSE

Projected Lineup:

ATK Jon Slusser '22

ATK Spencer Angeles '22

ATK Nick Hengerer '25

MID Mikey Rowinski '23

MID Dan Bachenski '23

MID/FO Russell Okupski '22

LSM Thomas Freda '22

DEF Alex Grantham '23

DEF Jason Pliszak '22

DEF Andrew Azzinaro '24

G Giuseppe Davis '25

Led by new Head Coach Tony Calandra, the Saint Joe's lacrosse program is looking for a rejuvenative season.

Calandra comes with a resume full of championships, and hopes to get that success started quickly at Saint Joe's.

While they finished with a positive record, the team was not satisfied with their performance last season. This year, they eye an opportunity at a GMC Championship with a veteran team who is looking to make good on exceptional potential. Five senior starters lead the lineup, which includes several players who will be playing lacrosse in college.

TENNIS

Top Returners:

Krish Bhatia '22

Brendan Walsh '22

Anthony DeLutio '24

Pranav Tikkawar '23

Ryan Xavier '24

Emile Davies-Potter '24

Roman Modhera '22

Rohan Patel '22

E.J. Kennedy '22

Justin Ramos '22

Coming off the best season that the program has had in a decade, the 2022 version of the Falcon Tennis team is looking to continue their progress. Last year's team won 7 matches, which was the same total as the previous three years combined.

The challenge of moving up to a tougher White division inside of the GMC will fall on the shoulders of several standout seniors, like four year varsity players Krish Bhatia and Brendan Walsh, as well as a number of other talented upperclassmen. Anthony DeLutio is likely to move to singles after working doubles last year, so the spot for the top doubles team is up for grabs.



2022 SAINT JOSEPH FALCONS SPRING SPORTS PREVIEW

TRACK & FIELD



Veteran Runners:
Amari Campbell '22
Al Hawryluk '22
Joe DeRosa '22
Mike Alvarez '23
Xavier Rodriguez '22
James Parmalee '22
Prince Fontenette '22
Manny Brito '22
Miguel Castro '22

The senior group of track athletes in this, the final season of their long and successful careers at Saint Joe's is as strong as any in recent memory. With a host of individuals who will be running competitively next year at high ranking institutions, like NYU signee Manny Brito, Saint Joe's Track is looking to close the year on a good note.

Getting Amari Campbell back from the basketball court is a huge boost, as is the leadership of Joe DeRosa, James Parmalee, Xavier Rodriguez, and the other four year runners. Service Academy candidate Mike Alvarez is looking to carve out his own legacy as a junior this year.

VOLLEYBALL

Projected Lineup:
John Toolan '22
Mike Weikum '22
Jacob Franco-Wadley '22
Akshat Neerati '22
Aidan Thompson '22
Evan Harris '22
J.T. Gloster '22
Ryan Kim '22
Scott Schmidt '23
Bobby Ilcyn '23
Aarav Zutshi '23
Nick Drake '24

The Volleyball team is looking to have a resurgent season with a senior heavy lineup. Last year's path to a GMC title was cut short in the semi-finals by rival Old Bridge, but this year's team is expected to finish at the top of the conference if everything goes according to plan.

Franco, Weikum, and the rest of the senior group have been playing together as a unit for years, and the staff has hopes that their chemistry will pay off in a big way. It looks like it has so far, as they're coming into the regular season after knocking off the #3 and #4 ranked teams in the state during scrimmages.

