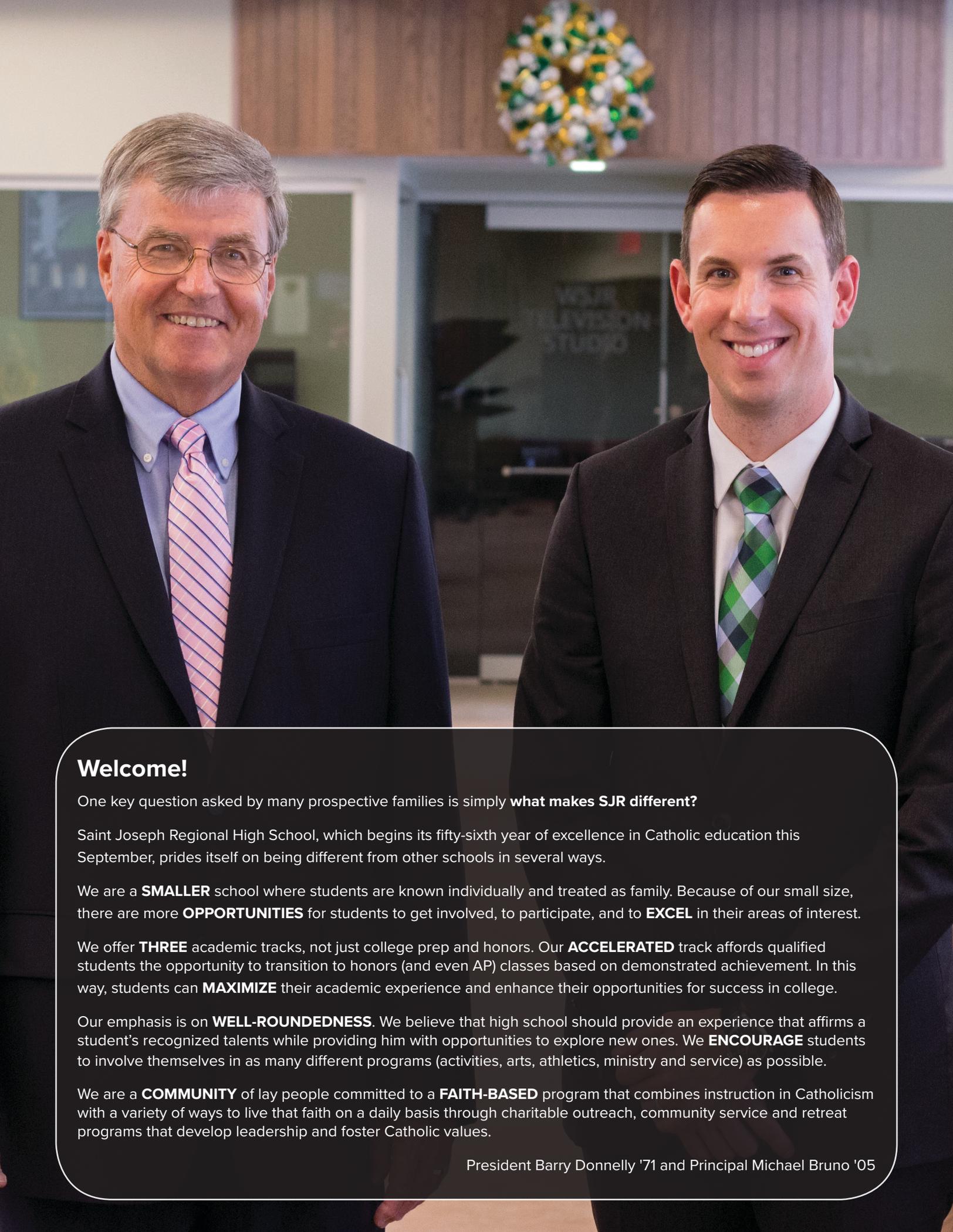


MAKING HISTORY,  
BUILDING FUTURES





## Welcome!

One key question asked by many prospective families is simply **what makes SJR different?**

Saint Joseph Regional High School, which begins its fifty-sixth year of excellence in Catholic education this September, prides itself on being different from other schools in several ways.

We are a **SMALLER** school where students are known individually and treated as family. Because of our small size, there are more **OPPORTUNITIES** for students to get involved, to participate, and to **EXCEL** in their areas of interest.

We offer **THREE** academic tracks, not just college prep and honors. Our **ACCELERATED** track affords qualified students the opportunity to transition to honors (and even AP) classes based on demonstrated achievement. In this way, students can **MAXIMIZE** their academic experience and enhance their opportunities for success in college.

Our emphasis is on **WELL-ROUNDEDNESS**. We believe that high school should provide an experience that affirms a student's recognized talents while providing him with opportunities to explore new ones. We **ENCOURAGE** students to involve themselves in as many different programs (activities, arts, athletics, ministry and service) as possible.

We are a **COMMUNITY** of lay people committed to a **FAITH-BASED** program that combines instruction in Catholicism with a variety of ways to live that faith on a daily basis through charitable outreach, community service and retreat programs that develop leadership and foster Catholic values.

President Barry Donnelly '71 and Principal Michael Bruno '05

# #WeAreSJR



On the pages that follow, our students, faculty and alumni will describe—in their own words—the many positive and varied ways in which Saint Joseph Regional has shaped them and led them on a path to success. Through academics, technology, ministry, athletics, performing arts, activities and brotherhood, SJR is a dynamic environment designed to foster excellence. We are indeed scholars, innovators, disciples, champions, stars, leaders and brothers. We are SJR.



"Welcome! I remember looking at all the area schools and truly feeling that St. Joe's would provide me with the ability to be as versatile as I wanted to be while getting a great education. I was right! I hope you too find your way at SJR and join the **brotherhood**. If you have any questions, shoot me an email or message me on Instagram."

- Patrick Buckley '19 (River Edge, NJ)  
buckleyp19@sjrnj.org  
IG: patrick.buckley



"SJR has been my second home for 22 years and will always be an influential part of my life. We pride ourselves on fostering the growth of students from all different backgrounds and teaching them what it means to live as *Vir Fidelis*—faithful men. My time as a student, alumnus, and faculty member has taught me that every Green Knight, past and present, is **family**. I'm proud to be a part of that tradition, and honored to teach it to our future. Please don't hesitate to ask any questions if I can be of help during your decision making process."

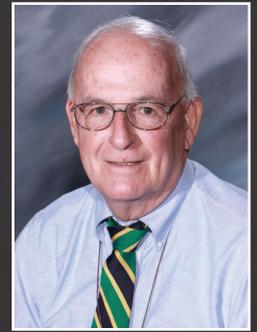
- Dan Davis '99 (Sparkill, NY)  
Theology Teacher,  
Golf/Asst. Basketball Coach  
davidd@sjrnj.org



"Welcome to St. Joe's, a place where young men come together to **learn, compete and grow**. My three sons graduated from here and formed friendships that will last a life time. Each of my boys was prepared to move confidently into the future. My oldest is a practicing physical therapist, and my younger two are studying and competing at Duke University. My husband and I are grateful for the love, support, guidance and encouragement the boys received and continue to receive from the SJR community! If you have any questions, please ask."

- Lynn Giles-Harris (Nyack, NY)  
Alumni Parent '09, '15, '16  
lynnd219@verizon.net

"Your faith and spirit are developing through your high school years, as is the rest of your life. There is no better place to be during this time than St. Joe's—a friendly, supportive, and caring environment filled with **learning and laughter**. You'll make life long friends here that will undoubtedly make your high school journey one to remember. If, during your decision-making process, I can be of any assistance or if you have any questions, please ask."



- Brother John Dunning (Bayonne, NJ)  
Guidance Counselor  
dunningj@sjrnj.org



"Hi! Choosing SJR was one of the best decisions I've ever made. This school creates **friendships** and memories that will last a lifetime. SJR's mission is to help you learn and strive to be the best. With its wide variety of activities from sports to the performing arts, you are sure to enjoy it here at SJR. If you have any questions, feel free to send me an email."

- Marc Rivera '20 (Paramus, NJ)  
riveram20@sjrnj.org

## Expanding My Horizons by Joseph Tandurella '17

The best project I worked on in my senior year engineering elective was the 3D printed prosthetic hand. We learned the mechanics of the hand and how bones, muscles, tendons and ligaments functioned. We also learned about the concept of 3D Printing, and, because our hand was going to be sent to a hospital in Venezuela for use by an amputee in need, the economic/global effect of designs. This project taught me how to work efficiently, especially since there was a consumer waiting for our hand.

Unlike traditional classes, the Engineering class required no tests. Our grades were based on written essays, our designs and structure in the lab, the lab manuals we prepared, and class participation/teamwork. This took the stress out of cramming for tests and shifted the learning into real-world applications. Everything we did in class had a connection to reality. Whether it was prosthetic hands for children or solar energy to benefit the classroom, we knew our work was making a difference. And the class also included many webinars (online seminars provided by various universities) that focused on current topics, including biomedical applications in medicine, structural changes on bridges and buildings, and even how weather can impact structural designs.

This class influenced me in many ways. As a career, I intend to pursue medicine, which requires the ability to work as part of a team. This class helped me open up to other ideas and work with my fellow students to help them achieve their goals. I am thrilled I had the opportunity to take this class.

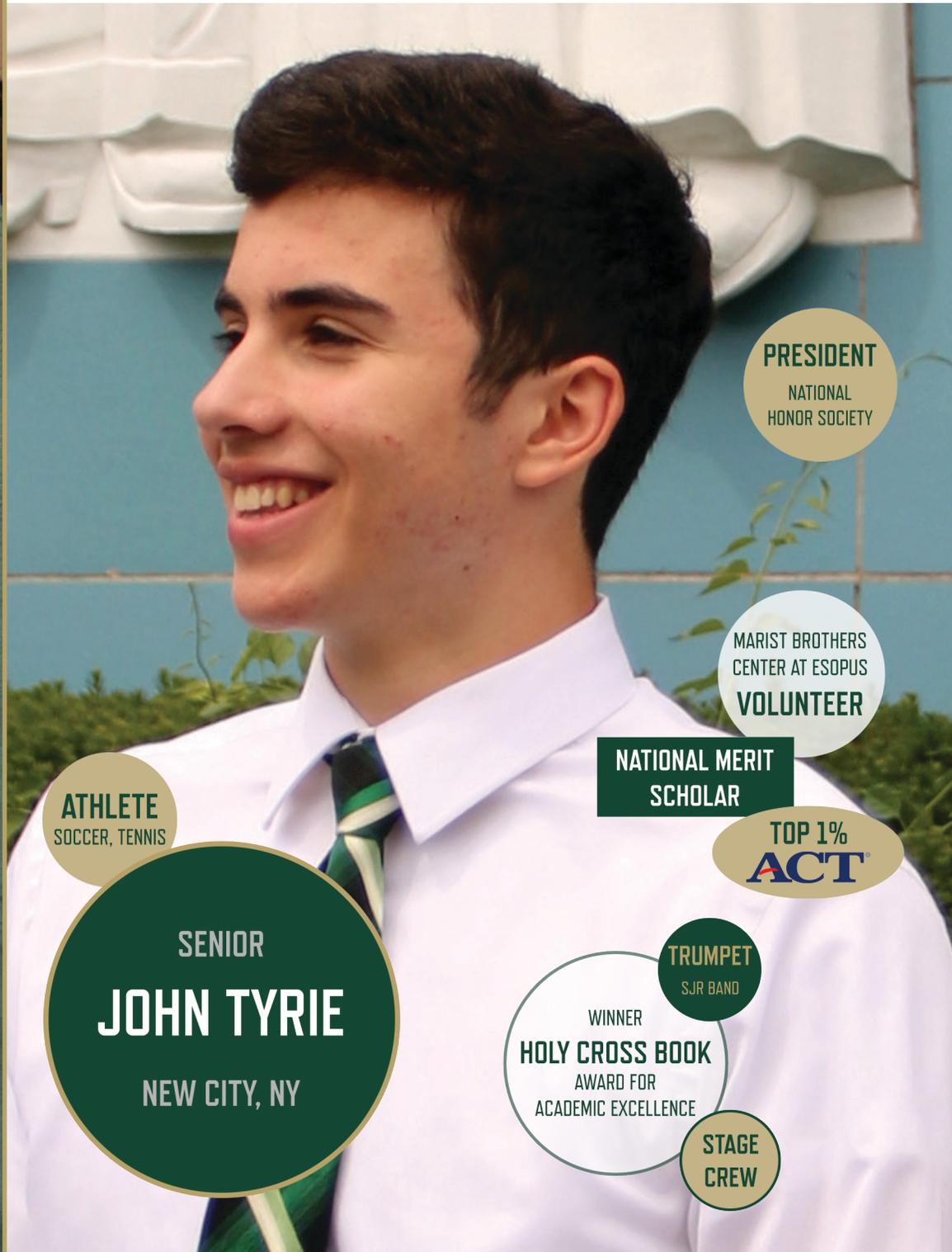


**12:1 - THE**  
AVERAGE CLASSROOM  
**STUDENT-TEACHER**  
**RATIO**

# WE ARE *Scholars*



As a college preparatory high school that boasts a 100% college acceptance rate among its graduates, Saint Joseph Regional High School has justly earned its reputation for academic excellence. Our program of studies, with its three academic tracks, challenges and encourages students in their academic work. As upperclassmen, students can earn college credit through Advanced Placement courses and an ongoing partnership with St. Peter's University in Jersey City. SJR also has a relationship with Educere, a distance learning consortium that enables students to take online courses in specialized subject areas.



**PRESIDENT**  
NATIONAL  
HONOR SOCIETY

MARIST BROTHERS  
CENTER AT ESOPUS  
**VOLUNTEER**

**NATIONAL MERIT  
SCHOLAR**

**TOP 1%  
ACT**

**ATHLETE**  
SOCCER, TENNIS

SENIOR  
**JOHN TYRIE**  
NEW CITY, NY

**TRUMPET**  
SJR BAND

WINNER  
**HOLY CROSS BOOK**  
AWARD FOR  
ACADEMIC EXCELLENCE

**STAGE  
CREW**

# WE ARE *Innovators*



Digital literacy at Saint Joseph Regional High School embraces the standards of the 21<sup>st</sup> Century learner. We encourage our students to be producers, rather than simply consumers, of technology and, in that process, to learn how to think critically and problem solve. All underclassmen have their own Chromebooks for use throughout the school day and at home. Content management software helps keep students on task and protect them from Internet distractions and misinformation while providing teachers with the analytics needed to formatively adjust classroom activities and plan future lessons.

**MEMBER**

MOCK TRIAL,  
ROBOTICS,  
GOLF

TOSHIBA | NSA  
**ExploraVision**

HONORABLE MENTION  
TECHNOLOGY & DESIGN

SOPHOMORE

**CHRIS FLUG**

OAKLAND, NJ

NEW JERSEY  
**VEX ROBOTICS**  
STATE FINALS

**SJR KNIGHT**  
AMBASSADOR

**FIRST PLACE**  
NEW JERSEY STEM CHALLENGE

 **DESTINATION  
IMAGINATION**





## Revolutionizing the Classroom by Martha Lobianco

Since SJR introduced the Chromebooks, I have incorporated them into every aspect of my teaching. Students no longer use paper notebooks. Using Google Drive, students create folders to store their notes in vocabulary, grammar and culture. They also have homework folders and writing folders.

Because students can easily share these folders, I can track if they are on target with their notes. Last year our department began using a new textbook that had online capabilities, so that the text and the workbook were easily accessible at all times. I use Google Classroom to assign their work; students then complete and submit the work electronically. They also do online exercises and take notes right in the text.

The Chromebooks also allow students to tackle a wide range of projects, including thinglinks (interactive images) and voice threads (collaborative, multimedia slide shows). Students can use the technology to make virtual trips to countries that are studied, complete speaking assignments from the virtual textbook and record their voices. They also utilize their Chromebooks to access Duolingo, which is a program that allows them to practice all the Spanish they have learned. Next year, I will implement Khan Academy units on the Incas, Mayans and Aztecs.

I have found that my students, all of whom grew up in the “digital age,” are much more engaged now than they were in a typical classroom setting. It has been a joy to see how the Chromebooks have allowed new and different ways to connect with a foreign language.

**1:1 STUDENT:  
CHROMEBOOK**

**Six 3D  
PRINTERS   
FOR STUDENT USE**

## What It's All About by Paul Costabile '05

I had no idea what I was in for that first summer at the Marist Brothers Center at Esopus. I had just finished sophomore year at SJR and, through Brother John Dunning, I was about to volunteer with the Mid-Hudson Valley Camp. Wow, that was 15 years ago! Little did I know that trip would change my life forever.

The Mid-Hudson Valley Camp is a series of week-long camps for disabled and disadvantaged individuals every summer.

For many of us who go to camp each year it is hard to describe and put into words the magic of Esopus. The greatest, happiest, warmest place I know is good for starters. It's a place of acceptance, fun and love. It's a vacation for the campers and, for many, the one trip they look forward to all year. To see and be a part of the joy, the uninhibited fun from campers and counselors alike is the greatest gift.

At Esopus, the focus is not on the many challenges or difficulties of life. The focus is on the gift of life itself, in all its shapes and sizes and no matter what the circumstances. We don't go to camp just to say we helped out in some way; we go to camp to be reminded of what life is all about.



43,000



STUDENT  
SERVICE HOURS  
COMPLETED ANNUALLY



# WE ARE *Disciples*



Education at Saint Joseph Regional is built around developing a deeper faith in God and emphasizing Catholic social teachings. Supported by the Marist Brothers and local parishes, SJR's campus ministry program includes prayer services, weekly masses, monthly school-wide liturgies, in-school retreats and leadership workshops. The program is designed to create a life-long sense of charity with no better evidence than the five dozen students and graduates who volunteer a week of their summer each year at the Marist Brothers Center at Esopus at camps for the disabled and disadvantaged.

MARIST BROTHERS  
CENTER AT ESOPUS  
**VOLUNTEER**

CLASS REPRESENTATIVE  
**STUDENT COUNCIL**

**BARITONE HORN**  
SJR BAND

**ROBOTICS**  
TEAM MEMBER

**LEADER**  
ESOPUS RETREAT

**ATHLETE**  
SOCCER, TENNIS

JUNIOR  
**FRANKLYN FALBY**  
PARK RIDGE, NJ

**LITURGICAL  
MINISTER**



# WE ARE *Champions*



The only thing better than pulling on that SJR jersey for the first time is holding up the trophy at the end of the season. The Green Knights have a long-established history of athletic excellence and are the reigning league champions in football, hockey and baseball. With success comes opportunity; our teams have performed at a high level on the local, regional and national stages and our alumni proudly continue that tradition. With more than five dozen Green Knights currently playing at the NCAA level, SJR is a place where you can develop the skills in the classroom and on the field that will help you achieve your future goals.

**ALL-COUNTY**

2ND TEAM  
WRESTLING

**ALTAR SERVER**

ST. PETER THE APOSTLE  
RIVER EDGE, NJ

**MODEL**

SJR FASHION SHOW

**WRESTLING**

TEAM CAPTAIN

SENIOR

**BRIAN SIDLE**

MAYWOOD, NJ

**STATE TITLE**

FOOTBALL

BR. PETER RUSSELL  
SCHOLAR-ATHLETE  
AWARD



# An Eye-Opening Experience by Isaiah Hopkinson '18

“What went through your mind when it happened?”

That was the first question I asked when I got the chance to meet Army Sergeant Odin Ayala, who lost both legs in an explosion in Afghanistan.

Our football team was set to play in the Honor Bowl in Mission Viejo, CA, and our school had arranged a visit to Camp Pendleton, a U.S. Marine Corps base.

He answered: “How do I get my men out of here?” We take hard hits in football. And my first thought is usually “Man, that hurt!” But Sgt. Ayala’s perspective changed my mindset.

The next day, the Honor Bowl staff gave us a commemorative sticker to put on our helmet. It was my little badge that I had to honor. It’s not the same as being in battle, but now I knew that I would be there for my teammates no matter what.

In the opening huddle, I couldn’t get Sgt. Ayala’s words out of my head. We ran to the left, I set the lead block on the outside. I remembered what he said, how he thought only about his men, his brothers. I ran as hard as I could at my defender to take him out of the play and then celebrated with my teammates, my brothers, as we ran for an 80-yard touchdown and a 7-0 lead!



## Teamwork by Alex Birchwale '18 and Louis Mednick '18

Every year, SJR puts on a pair of award-winning productions - one musical and one drama. These shows never fail to fill cast and crew with a feeling of wonder and awe, as each member—no matter which side of the curtain they're on—comes together to cultivate an incredible production.

While the performers are widely applauded for their acting and singing, the behind-the-scenes work of the stage and sound crew allows the cast to be seen and heard. When the audience is so engaged in the story because the crew hasn't missed a beat with a set change or a lighting cue, that's how you know you're working with an incredible team.

Working with other people is the most vital part of a show, and the relationships built in that process are like no other. The bond that is created between cast and crew is one that requires and encourages trust, friendship, and functioning together to make the shows as memorable as they are. The sense of community and teamwork in the St. Joe's theatre program is what brings many students back year after year.



20%

OF SJR STUDENTS  
PARTICIPATE IN  
PERFORMING ARTS





# WE ARE *Stars*



Saint Joseph Regional continues to develop the gifts and talents of its students through its performing arts program. The theater program has been nationally recognized by *USA Today*; it is considered one of the premier high school programs in the area. Between the cast, stage crew and production team, more than 20% of the student body is involved in the performing arts. St. Joe's is also home to a remarkable school chorus and band, both of which are showcased at our annual Christmas Concert and Cabaret Knight. The band also plays at our annual Fashion Show and the chorus lends its voice to all of our liturgical celebrations.

**NATIONAL  
HONOR SOCIETY**  
TRI-M MUSIC & FRENCH  
HONOR SOCIETIES

**NIGHT OF FUTURE  
BROADWAY STARS**

NOMINEE  
**OUTSTANDING LEAD ACTOR**  
METROPOLITAN THEATER AWARDS  
*ORDINARY PEOPLE*



SENIOR  
**JAMES ZITELLI**  
RAMSEY, NJ

**WIDE RECEIVER**  
FOOTBALL

NOMINEE  
**BEST LEAD ACTOR**  
PAPER MILL PLAYHOUSE  
*WEST SIDE STORY*

WINNER  
**STONEHILL COLLEGE BOOK**  
AWARD FOR COMMITMENT  
TO SCHOLARSHIP AND SERVICE



# WE ARE Achievers



St. Joe's provides a variety of clubs and activities to cater to a wide range of student interests. A number of activities and events are planned and directed by the Student Council and its committees. Each of these clubs provides an opportunity for students to enjoy unique experiences, after school activities, off-campus trips and community building. SJR is also host to the only high school UNICO service chapter in the United States. No matter what your interest may be, you'll find something for you at St. Joe's.



**TENNIS**  
VARSITY

**SHARK**  
WEST SIDE STORY

STUDENT COUNCIL  
**ACTIVITIES**  
CHAIRMAN

**NATIONAL**  
HONOR SOCIETY  
TRI-MUSIC  
HONOR SOCIETY

**MEMBER**  
CHORUS, ECOLOGY,  
MATH, ROBOTICS &  
SPANISH CLUBS

SENIOR  
**DRUKK LAMA**  
SPRING VALLEY, NY



# ESPN

30+   
STUDENT CLUBS

NATIONAL FOOTBALL LEAGUE

2017



2016 | TOP  
25

NEWSPAPER

THE GUARDIAN



AMERICAN SCHOLASTIC  
PRESS ASSOCIATION

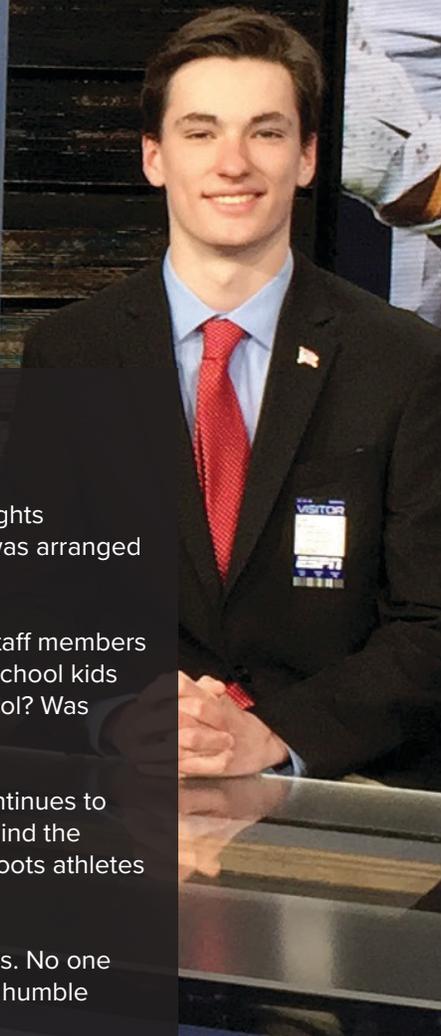
## Seeing My Future by Zach Epstein '18

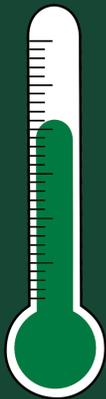
As a member of *The Guardian* newspaper staff, I was one of a dozen Green Knights fortunate enough to spend a day at ESPN headquarters in Bristol, CT. The day was arranged by producer Tim Sullivan '90, and it gave me a vision for my future.

We first congregated in a *SportsCenter* conference room to meet with several staff members including anchors Zubin Meheniti and Dianna Russini. We weren't seen as high school kids who liked to write; we were the future of journalism. What did we think of Barstool? Was ESPN still cool to watch? They wanted to know what we thought.

We later toured the facility, and I watched my idols at work, in the studio that continues to revolutionize sports media. It was every bit as cool as you'd think. We stood behind the glass, and I saw it. I saw the camera angled right at us, the same camera that shoots athletes and reporters every day. I saw myself there one day in front of that camera.

The common denominator among every person at ESPN was humble beginnings. No one was handed the opportunity; they worked for it. I hope *The Guardian* is just that humble beginning for me.





SOLIDARITY SLEEPOUT RAISED  
**\$38K**  
FOR COVENANT HOUSE  
OF NEW JERSEY



## Growing Outside the Box

by Andrew McDermott '20

I was one of the many students who participated in the Covenant House Sleep Out, an annual event at SJR where students sleep outside in our courtyard to raise money and awareness for the Covenant House of New Jersey.

We spent the night bonding and learning about each other, but not before we had the chance to interact with homeless teens, to hear their stories, to better understand what their life is like.

It was an experience I will never forget and plan on participating in every year I am at SJR. It was eye-opening and helped me realize how lucky I am, how easy I have it. Hearing their stories gave me motivation to become more responsible and grateful for all that I am able to attempt and accomplish.

Along the way, I got to spend time outside the classroom and off the field with my new classmates. As a freshman, it was a chance for me to make new friends in my first year at SJR.

The Sleep Out was one of the many extracurricular activities at SJR that taught me valuable lessons and helped me strengthen relationship with new friends. It is these activities that transform freshmen into *Vir Fidelis*: the faithful man.



# WE ARE *Brothers*



When asked to describe SJR, one word comes back more often than any other from our students and alumni: brotherhood. That intangible quality that comes from a shared experience is so strong at Saint Joe's that many alumni remain close friends through life, serving as best men at weddings, getting together annually and reminiscing about their high school years. Current students enjoy that same sense of brotherhood through shared experiences at Freshmen Field Day and Freshmen Community Weekend at the Marist Brothers Center at Esopus in September. The camaraderie continues in the halls each and every day.

SENIOR CLASS  
PRESIDENT

STUDENT SECTION  
LEADER  
SJR FOOTBALL

SENIOR  
**BRENDAN BUCK**

NORTH HALEDON, NJ

UNICO ACES  
SERVICE CLUB

INTERN



EUCCHARISTIC  
MINISTER

TEAMMATE  
SOCCER, LACROSSE

VOLUNTEER  
FIREFIGHTER  
NORTH HALEDON  
FIRE DEPARTMENT

# WE ARE *Successes*



The most important thing any school can do for its students is to prepare them for the next step in life. Our alumni have gone on to success in a variety of fields with our most recent grads studying at top-ranked institutions of higher learning. More than four out of five students are graduating with at least one scholarship offer, opening up a host of options for their future. This is due in no small part to the opportunities for growth they are afforded while at SJR, including our corporate internship program which enables seniors to gain real world experience before they leave high school.

"I'm sold on SJR's  
look forward to wo  
The interns get th  
classroom knowle

- Dan Kelly '87, M



NOMINEE  
**PRESIDENT'S AWARD**  
UNIVERSITY OF  
ALABAMA HUNTSVILLE

**LOCKHEED MARTIN  
SCHOLARSHIP**

**DOCTOR - MS-1**  
ROWAN UNIVERSITY  
School of  
Osteopathic Medicine

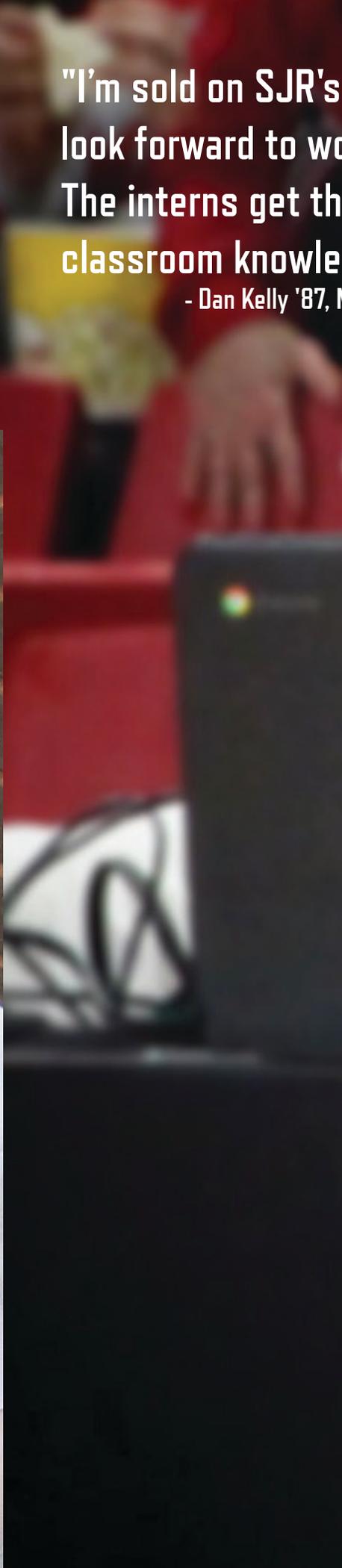
VOLUNTEER  
**FOOD BANK OF  
SOUTH JERSEY**

MOST OUTSTANDING  
STUDENT  
**AEROSPACE  
ENGINEERING**

**LEAD**  
PLANETARY  
ROVER TEAM

CLASS OF 2011  
**STEVEN DOYLE**  
HILLSDALE, NJ

**INTERN**  
SCHOOL OF MEDICINE  
UNIVERSITY OF  
VIRGINIA



internship program and  
working with more students.  
the benefit of putting  
knowledge to practical use."

Multiphase Electronics (Internship Provider)



## Making the Most of Opportunity by Joe Malfa '16

If I were to sum up my freshman year at the University of Maryland in one word, the word would be *busy*.

I produced videos and wrote features for *The Left Bench*, an award-winning campus publication. I worked for WMUC Sports, the campus radio station, handling play-by-play for men's and women's soccer, basketball, and lacrosse while hosting a weekly sports show. Lastly, I was a broadcaster/writer for Maryland Baseball Network, the flagship station for Terps baseball.

High school is a time to make friends, have fun, and create life-long memories, but it is also a time to put yourself in a position to succeed. The opportunities at SJR, including finding an internship, paved the way for my early college success.

In my sophomore year at SJR, I began writing for the sports column of *The Guardian*, eventually becoming the paper's editor-in-chief as a senior. My experience led to my passion for sports journalism, which turned into an opportunity with Pat Lanni of NJ.com through SJR's internship program. The internship helped me further hone my skills, while forming a network of connections that will yield future job offers.

None of the things I accomplished in my freshman year of college would have been possible without SJR, and I owe much of my future success to the time I spent as a Green Knight.



**Saint Joseph Regional High School**  
40 Chestnut Ridge Road, Montvale, NJ 07645  
(201) 391-3300 • [sjrnj.org](http://sjrnj.org)