

MEDFORD HIGH SCHOOL
MEDFORD VOCATIONAL TECHNICAL HIGH SCHOOL



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TABLE OF CONTENTS

SENIORS

1: Table Of Contents
2: Notes From Yearbook Staff
3: Dedications
4-8: Teacher Portraits
9: Teacher Superlatives
10: Class Advisors
11: Class Officers
12-24: Senior Portraits
25: 1st Day Of Freshman Year
26-27: Senior Superlatives
28-29: Vocational Superlatives
30: Masking-Up Medford High
31: Quarantine Profiles
32: Summer 2020
33: Fall Divider
34-35: Boys' Soccer
36-37: Girls' Soccer
38-39: Football
40-41: Fall Cheerleading
42-43: Band & Color Guard
44-45: Fall Crew
46-47: Cross Country
48-49: Volleyball
50-51: Golf
52: Fall Plays
53: Spring Musicals
54: Senior Sunrise
55: Senior Sunset
56: Neon Dance
57: Halloween Festivities
58: Mustang Pride
59: Pep Rally
60-61: Winter Divider
62-63: Boys Basketball
64-65: Girls Basketball
66-67: Winter Cheerleading
68-69: Swimming
70-71: Boys' Hockey
72-73: Girls' Hockey
74-75: Indoor Track
76-77: Gymnastics
78-79: Senior Transformations
80-81: Senior Cars
82: Senior Pets
83: Senior Jobs
84: Puerto Rico Trip
85: Quebec Trip
86-87: Spring Divider
88–89: Baseball
90-91: Softball
92-93: Boys' Lacrosse
94-95: Girls' Lacrosse
96-97: Spring Crew
98-99: Tennis
100-101: Outdoor Track
102-103: Bad Auditions By Bad Actors
104-105: Orchestra
106-107: Capturing Diversity
108: Haitian Flag Day Block Party
109: Club Divider
110-117: Club Section
118-123: Vocational Shops
124: Freshman Formal
125: Sophomore Semi
126-127: Senior Prom
128-129: Senior Fads
130-131: Graduation
132-133: The Future of Class of 2021
134-138: Autographs
139-148: Baby Ads

NOTES FROM THE YEARBOOK STAFF

YEARBOOK ADVISOR: MR.AMBROSE



"Every element of the 2020-2021 year was certainly unique. I am so very proud of the way the yearbook staff has come together under guidance and leadership of our editors, Lauren and Justin. The yearbook staff and I sincerely hope you enjoy this edition of the Blue and White yearbook as a commemoration of a truly unique time in your life."

YEARBOOK EDITOR: LAUREN HENSON

"Creating the yearbook for my graduating class was such a special experience! Despite not being together as a whole due to the pandemic, it was still cool to look back on all the memories and events that took place within the four years. After all the diligent work I hope that this edition of the 2021 Blue and White yearbook captures every aspect of MHS/MVTHS!"



YEARBOOK EDITOR: JUSTIN TRUONG



"It was an honor creating this yearbook for the Class of 2021. From the multiple in-person activity cancellations to the transition to remote learning, our senior class, unfortunately, faced many challenges. I hope this yearbook encapsulates our holistic high school experience as it also represents everyone's unique journey through Medford High."

THE CLASS OF 2021 DEDICATES OUR YEARBOOK TO...

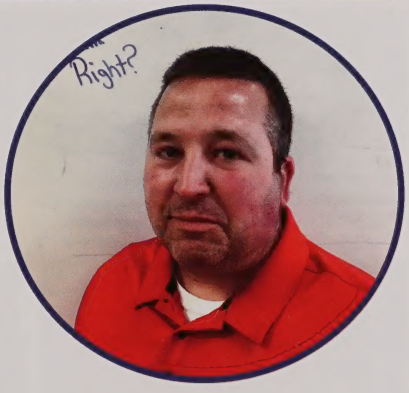
MR. DAVID BLAUCH



The Class of 2021 as a whole has decided to dedicate our yearbook to assistant principal Mr. Blauch. The class of 2021's senior year was full of uncertainty due to the situation of the pandemic. Despite the unknown, Mr. Blauch put most efforts forward for us to have a senior year that we would still remember. Thank you, Mr. Blauch!

MR. JONATHAN BROWN

Mr. Brown has never failed to put a smile on someone's face through his enthusiastic personality in the classroom and the MHS drivers' education course. Students are engaged through his day-to-day lessons and personal experiences on the road. Mr. Brown has helped students become safe drivers and English enthusiasts. Thank you for your dedication to the Medford community.



MS. EMILY SIMPSON



Ms. Simpson is one of the most personable and kind math teachers at Medford High School. Whenever you had a bad day or issue, needed advice, or simply needed help with math homework, you knew to find Ms. Simpson. The positive energy that she brings to the classroom and community everyday had such an impact on the class of 2021, and we would love to thank her for that!



Rudina Ademaj
Mathematics



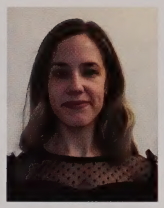
David Ambrose
English



James Amerena
Special Education



Carla Andre
Special Education



Emma Baptist
Music and Fine Arts



Mark Bartolanzo
Mathematics



Rosemary Beagan
English



Lisa Beaulieu
EL



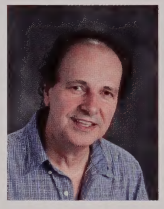
Beth Beckwith
Special Education



Louis Beckwith
Automotive Tech



Vilma Bibeau
World Language



William Bilkic
Library



David Blauch
Assistant Principal



Douglass Bowen- Flynn
English



Lisa Bowler
Admin. Assistant



Patricia Brandl
Science



Bailey Brewster
Science



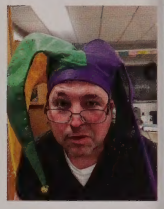
Nellie Broderick
Guidance



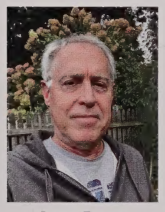
Leanne Briand
World Language



Matthew Brophy
Social Studies



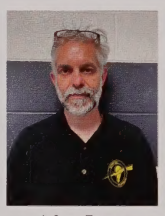
Jonathan Brown
English



Larry Brown
Construction



Alana Bruno
Guidance



Adam Burns
Electrical



Susannah Buzard
History and English



Pierre Cambucco
World Language



Jennifer Campbell
Special Education



Monica Canetta
World Language



Leonard Caplan
Media Technology



Ivy Caranabucci
Science



Holly Casaubon
English and History



Nicole Chalifoux
World Language



Nicholas Chechile
Mathematics



Nicole Chiesa
Director of Humanities



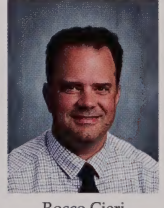
Carmaelinda Chileli
World Language



Sam Christy
Robotics and Engineering



Barbara Chyen
Mathematics



Rocco Cieri
Science Director



Danielle Cioffi
Special Education



Kim Clinton
Special Education

Johnathan Cogswell
Special Ed History

Kathryn Cook
Special Education



Kristen Coolen
Business Marketing



Rich Cormio
Electrical



Matthew Costa
EL



Loretta Costello
English



Meghan Coyne
Mathematics



Kevin Cullen
Social Studies



Brittney Cunningham
Guidance



Peter Cushing
Assistant Superintendent



Paul D'Alleva
Principal



Elizabeth Daneu
Social Studies



Karen DeAngelis
Admin. Assistant



Christopher Dello Russo
Social Studies



Maria DeRosa
Special Education



Saioa Diez
World Language



Victoria DiPrizio
English



Joesph Donlon
Social Studies



Maria D'Orsi
Librarian



Craig Drauscke
Principal of Curtis Tufts



Jodie Driscoll
Science



Robert Drobneck
Culinary Arts



Lisa Dunphy
Media Literacy



Marice Edouard- Vincent
Supernintendent



Eric Esner
English



Chad Fallon
MVTHS
Principal/Director



Anthony Faradie
Mathematics



Sarah Fard
Fine Arts



Michele Farquhanson
Early Childhood Ed



Audrey Feitor
Science



Alice Beth Fitzpatrick
Assistant Director CTE



Robert Flanders
Carpentry



Matthew Galusi
Physical Education



Suzanne Galusi
Assistant Superintendents



Shannon Gardner
English



Jennifer Gates
Social Studies



Anthony Geehan
English



Cheryl Giordano
English



Elizabeth Gomez
World Language



Heather Greenidge
Special Education



Jessica Hamerly
Mathematics



Charllotte Heim
OT/Transition Spec.

Max Heinegg
English

Wendy Horne
Guidance



Sabrina Huether
Special Education

Devon Hudges
Mathematics



Sophia Jean
Counseling



Riley Jones
Social Studies



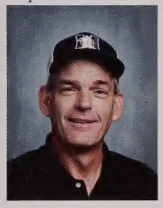
Nicholas Kain
Social Studies



Erin Karagjozi
Mathematics



Daniel Kelly
Construction



Clint Kemp
Food Services



Faiza Khan
Director of Mathematics



Jane King
Admin. Assistant



Allison Kirkpatrick
Early Childhood Ed



Maureen Lavin
Physical Ed



John Lazzaro
Science



Megan LeClair
Mathematics



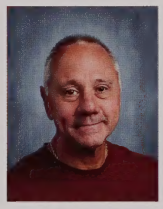
Barry Lewis
English



Noah Lewkowitz
Robotics and Engineering



Alexandria Lucuk
Science



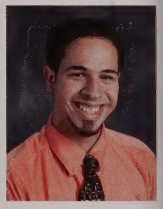
Mark Lumino
Carpentry



Suzanne Maceachern
Special Education



Colleen Mahany
English



Nelson Maldonado
Mathematics



Lisa Malone
Admin. Assistant



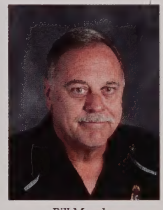
Bobby Maloney
Athletic Director



Rebecca Maltoff
Guidance



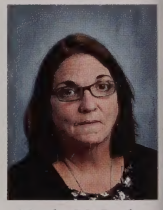
Julianne Mauro
Cosmetology



Bill Mazaka
School Resource Officer



Stephine McCann
Nurse



Martha McCarthy
Admin. Assistant



Rebekah McGinnis
English



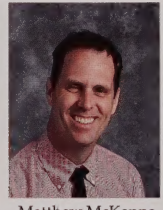
John McGlynn
Health



Micheal McLaughlin
Admin. Assistnat



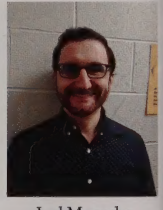
Melissa Mcintyre
EL



Matthew McKenna
EL



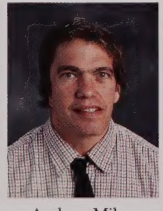
Dana McMahon
Social Studies



Joel Menasha
Guidance



Lisa Miller
Programming and Web Design



Andrew Milne
Social Studies



Dennis Moriarty
Culinary Arts



Shawn Morris
English



David Murphy
Assistant Superintendent



Krista Murphy
Mathematics

Jason Nascimento
Guidance



Regina Needham
Mathematics



Ivey Nelson
English



Gia Nguyen
Mathematics



Krista Normandin
Guidance



Diana Nobrega
Art



Marie Nyland
World Language



Eileen O'Hara
Science



Monica Pacheco- Tougas
Mathematics



Joanne Panzini
Admin. Assistant



Jack Pastor
Special Education



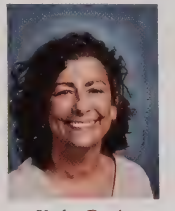
Eric Pedone
Special Education



Emily Pellini
EL



Erin Pels
Special Education



Karley Perrin
English



Rachel Perry
Assistant Athletic
Director



Joesphine Poli
Admin. Assistant



Ellen Reardon
Health



Haley Rello
Fine Arts



David Richard
Physical Education



Donna Richard
Admin. Assistant



Jennifer Rigano
Mathematics



Tracey Riley
Psychologist



Dennis Robinson
Security



Harlan Root
Mathemeatics



Norman Rousseau
Biotechnology



Mariantonietta Salvati
World Language



Nicole Sanford
English



Jhum Sarcar
Special Education



Amie Saulnier
EL



Sandra Savini
Health Assisting



Elizabeth Schreuer
Librarian



Stacey Schulman
Clinical and Behavioral
Services



Lauren Sciarratta
Cosmetology



Jennifer Silva
Nurse



Emily Simpson
Mathematics



John Skerry
Social Studies



Micheal Skorker
World Language



Victoria Small
Guidance



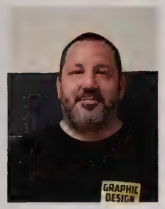
Carey Smith
Music and Arts



Melissa Soloman
Science

Micheal Sorrentino
Metal Fabrication

John Spagnola
Graphic Design



Louis Spagnola
Graphic Design



Ben Staines
Guidance



Johnathan Streff
Social Studies



Paul Teixiera
EL Director



Stephine Teelen
Science



Sarah Terranova
English



Niklas Tower
Social Studies



Gail Treanor
Assistant Principal



Linda Trofimow
Health Assisting



Candace Van Aken
Music and Arts



Carolina Vila
Mathematics



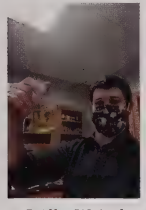
Scott Volmer
Social Studies



Micheal Wadness
Science



Cherose Walker
Assistant Principal



Griffin Weigel
Science



Catherine Williams
Paraprofessional



Paul Williams
Science



Jonathan Wilson
Science



Matthew Wilson
Mathematics



Toni Wray
Health Services
Director



Genevieve Yung
EL



Richard Ziobro
School Resource
Officer

Dear Mustang Class of 2021,

You were the class that lived through the pandemic and the new found hope of the vaccine. You were the class that did not know if you would be able to graduate in person or even have a prom. Despite not knowing what the future would present, you did not give up! I think of you as champions and pioneers moving forward into the unknown chapters of your life. Everything that has transpired this year is going to make you stronger, because you did not give up and you are graduating today.

Your time in Medford Public Schools has helped to shape you into the wonderful young adults that you have become. Remember all the good times, learn from the challenging times, and try not to repeat the same mistakes. You will make a positive difference in the world. Don't limit yourself!

I leave you with this short poem by Lilli Vaihere:

"Behind you, are all your memories. Before you, are all your dreams. Around you, are all who love you. Within you, is all you need. Go confidently in the direction of your dreams! Live the life you have imagined. I want you to believe deep in your heart that you're capable of achieving anything you put your mind to. Remember that and you will never lose."

Dr. Marice Edouard-Vincent, Superintendent of Schools
Dr. Peter Cushing, Assistant Superintendent of Secondary Education
Ms. Suzanne B Galusi, Assistant Superintendent of Elementary Education
Mr. David Murphy, Assistant Superintendent of Finance and Operations
Ms. Joan Bowen, Director of Pupil Services

TEACHER SUPERLATIVES



MOST SCHOOL SPIRIT
Mr. Skerry & Ms. Giordano



BEST TEACHER DUO
Ms. Simpson & Mr. Maldonado



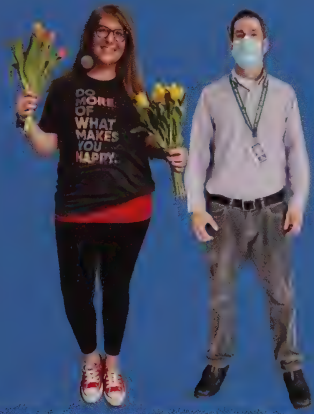
BEST DRESSED
Ms. Chalifoux & Mr. Kain



BEST BEARDS
Mr. Streff & Mr. Cullen



MOST LIKELY TO SEE IN PUBLIC
Mr. Donlon & Ms. Reardon



MOST LIKELY TO BRIGHTEN YOUR DAY
Ms. LeClair & Mr. Ambrose



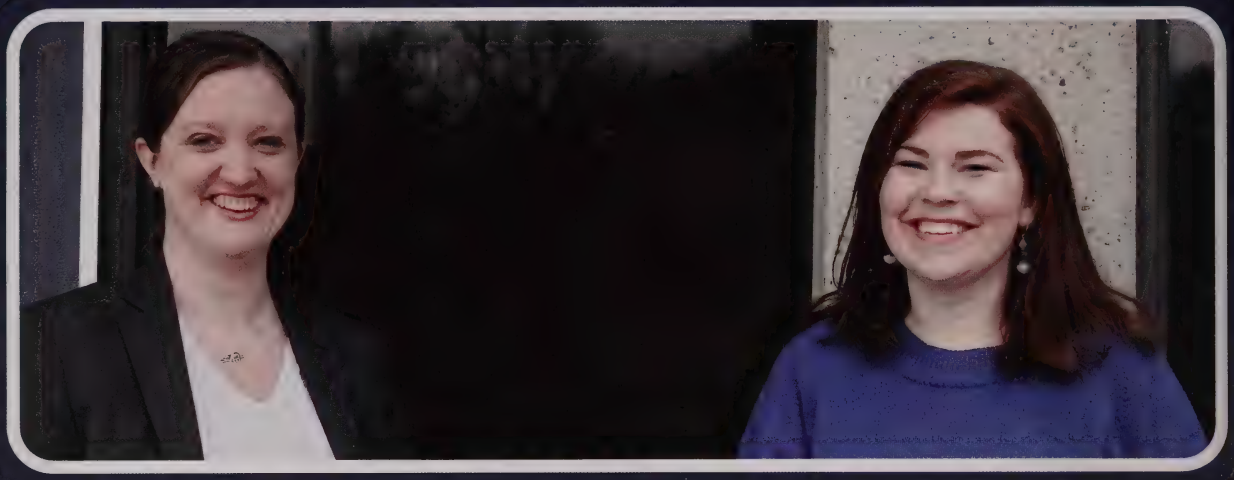
MOST LIKELY TO GIVE A POP QUIZ
Ms. Chyen & Mr. Wilson



FUNNIEST TEACHERS
Mr. Lewis & Mr. Karagjozi



MOST LIKELY TO BE MISTAKEN AS A STUDENT
Ms. Jones & Mr. Skorker



THANK YOU, CLASS ADVISORS!



"The Class of 2021 has seen it all. And through it all, they have taught me so much. It has been an honor to watch their journey over all four years. We can't wait to see what happens next."
- Ms. Giordano

MS. GIORDANO

"I'm so proud of all the work our Seniors have done over the years, but nothing makes me more proud than seeing them adapt and adjust to being leaders in the school throughout a pandemic. The future will certainly be bright thanks to the Class of 2021." -Ms. Jones



MS. JONES

SENIOR CLASS OFFICE

Class President: Marven Michel



"God is good. I don't take it for granted that I've been able to grow as a leader. My people love me :)"

Class Vice President: Lacey Intoppa



"As a class, we contain so much power and potential. I am so grateful for the opportunity to grow with the Class of 2021 and I am so proud of each and every one of you."

Class Secretary: Gabby Yamamoto



"The Class of 2021 is like grass in the pavement. Despite literally all the odds being against us we adapt, survive, and grow."

Class Treasurer: Justin Truong



"I don't know where to begin with the Class of 2021. We've gone through experiences no other senior class can relate to. It's been an honor to be your class officer and best of luck to you and your post-graduation career."

Vocational Representative: Renata Del Vecchio



"I wonder how many quotes in here will be about the obvious global situation. Every event that we plan is contingent on health regulations and COVID-19, but also every one of us trying to make this senior year as memorable as possible. Know that we haven't given up, whether our contributions are big or small."



Michael Alberto
the fate of destruction is also the joy of rebirth



Aaron Allien-MacDonald
"Cartier glasses I won't even peek at you, yellow Ferrari like Pikachu"
-Lil Baby



Cameron Alvarez
don't sweat the small stuff



Aminadaby Alves
What we do in life, echoes in eternity.



Mariana Alves



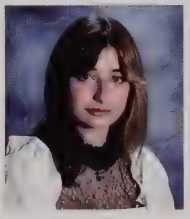
Sean Anderson



Zachary Anderson
To Hell With Your Opinion. I'll Take My Own Path No Matter What Anyone Else Says.



Emma Andrews
My dad told me rap music was poisoning my brain...but I graduated Joe.



Isabel Anglese
"Don't call me. Don't come by my house. We're done"
-Diary of a Wimpy Kids



Daniel Annacone
For the market and the people



Dechen Antsa
(i can't think of one)



Lily Anzalone
you gotta hurt sometimes to heal, you gotta get back up and learn to deal



Ronald Argueta
Behind every ending is a new beginning



Rafael Armaiz



Brenda Auguste



Jose Avelar Serrano



Britney Ann Awad
The office, s5, ep23, second 00.14



Mohib Azad
Friends Season 10, Episode 2, 8:18



Colin Bailey
"All the world is birthday cake, so take a piece, but not too much."
-George Harrison



Julie Barbosa



Henrique Barcelos
My favorite flavor of pizza is hawaiian



Oscar Barrera
This is my Ninja Way!



Nicole Barreto
"Don't sit and wait for the opportunities to come. Get up and make them."
-Madam Cj Walker



Luana Barros-Oliveira
"the future belongs to those who believe in the beauty in their dreams"
-Eleanor Roosevelt



Aidan Barry



Shava Barua

Amena Belaid-Akil
Erm I dunno ...
WhAtS 9+10 ¿



John Belcastro



Sabrina Belloula



Liam Bernardi
Not related to the car dealership



Savanna Bernier
I hope college doesn't play me like these boys did the last 4 years



Anubhab Biswas
Don't live someone else's dream find your own

Taylor Black

Gregory Blackwell
You can be anything if you put the time and effort in, it's something that my dad used to tell me all the time.



Doriana Bombino
Just keep swimming :)



Tea Boudreau
none of this actually mattered



Caelee Bouley
I swear I'm not actually this quiet in real life.



Kiara Bourciquot
Epi dats it



Kiere Bourciquot



George Bova
Take the risk or lose the chance.



Richard Brenton
"I'm not dead yet, so I guess I'll be alright."
-AJR



Kristen Burke
Someday everything will make perfect sense. So for now, laugh at the confusion, smile through the tears and keep reminding yourself that everything happens for a reason.



Edward Butler

Christian Calautti
I'm not white, I'm Italian.



Kathleen Campbell



Layla Caranfa
Apparently one of the symptoms of Covid is having no taste. Looking back on all my exes- I think I've been infected for years.



Jillian Carbonneau



Conner Carreiro
"You make 100% of the shots you don't miss". -Wayne Gretzky



Jared Carreiro
"Well, it looks like my work here is done"
-Ferb Fletcher



Aidan Carroll



Sarah Carroll
"Last words are for fools who haven't said enough!"
-Karl Marx



Bella Caruccio



Ismail Casso
My mind different like Matilda



Paloma Castillo Navarro
All of our dreams can come true if we have the courage to pursue them.



Joshua Catallo
Yes



Bianca Cavalcante
I don't know where I'm going from here, but I promise it won't be boring.



Michael Cerundolo
When you let the past of man hold you down, then you cannot give in to what is possible.



Anthony Charles
I waited twelve years for zoom and a parking lot prom.



Ryan Christopher



Ashley Cline
They mean it when they say time flies



Samuel Cluggish
"Just trying to get a little pizza in an uncivilized world."
-Josh Lyman



Shayne Collins
"We're perfectly imperfect children. Rose from the dust, all of us are on a mission."
-Juice WRLD



Reverson Constant



Sarah Craig
my assignments aren't done, but I am



Sara Crisafulli
If you think we are excited to graduate, imagine how our teachers feel



Jaclyn Crowley



Aniya Crump
"I am not throwing away my shot"
- Lin-Manuel Miranda



Melvin Cruz Chavarria
Difficult roads often lead to beautiful destinations.



Joshua Cuneo
Watch Eternal Sunshine of the Spotless Mind. Great movie.



Liana Curcio
bye guys



Colton Cutillo
"livin like larry"
-Spongebob



Courtney Cutillo
"If somebody ever asks you to do something, do it really bad so you never have to do it again."
-Paris Hilton



Leticia Da Rocha Biella
God knew I would be too powerful if I could do math



Deion DaGraca
Shoot For The Stars, Aim For The Moon



Kayllane Damascena
Hannah Montana said nobody's perfect but here I am



Sabrina DaSilva
See you tomorrow morning...



Donald Davis
...and thats the Donnie difference



Iago De Sousa-Vieira
I miss Coach Jay



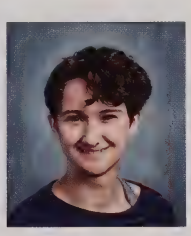
Evellyn De Sousa



David De Souza



Catherine Deasy
"Don't stop letting people not help"
-Sal Vulcano



Renata Del Vecchio
Because people don't have wings we look for ways to fly



Marina DeSimone
Senior year went by in a zoom



Hailey Deterding
see kids.. I told you I was good looking in high school



Amishika Dhaurali
the girl with a camera: @portraitsbyami



Gabriel Di Giustini
Don't give up before you try.



Kyla Dias
"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."
-Maya Angelou



Nyssa DiFava



Alison DiTucci
Roberto's quote doesn't make any sense



Roberto DiTucci
Put things first



Ana Beatriz Dos Anjos Martins



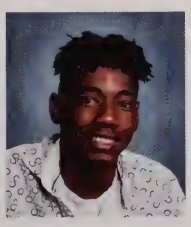
Dayane Dos Santos
Giving up is not an option



Higor Dos Santos



Ella DuPont
i barely graduated



Dorvelt Edouard



Dawn Eisnor
"I don't know where I'm going from here, but I promise it won't be boring."
-David Bowie



Nouha Elyazidi
the only time i cap is when i graduate



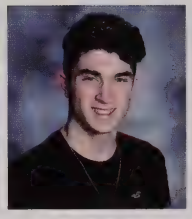
Patrick Evers
If no one has come back in time to change what I've done. It can't be too bad.



Nicholas Fabiano
They said high school would end in flash, not a zoom.



Aidan Falvey



Gavin Falvey
I told you your dad was good looking in high school



Josephine Federico
"The big lesson in life baby, is never be scared of anyone or anything"
-Frank Sinatra



Jake Fedoce
Just be yourself and stay 300



Jorge Feliz
As we beautifully blossom into society virtue and success will follow behind



James Fernandes
Outwork the competition



Andrew Ferrari
Jeff Bezos for prison.



Alison Finnegan
"It's hard to beat a person who never gives up."
-Babe Ruth



Francisco Flores



Sean Follis
Don't wait for life to happen because life won't wait for you, and remember that's life.



Rayanne Forbes
"This is your starting line. This is your arena. How well you play, that's up to you"
-Grey's Anatomy



Adrianna Fowlkes
"You can't arrest me! I'm the Cake Boss!"
-Buddy Valastro



Leah Francis-Wright
I don't know how many years on this Earth I've got left, but I'm gonna get real weird with it



Andre Franco Castillo
Everybody loves you when you're winning. Nobody loves you when you're trying to figure it out



Gianna Freni
Fun And Great



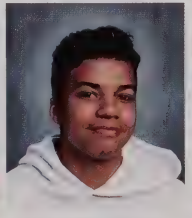
Megan Furtado
"It isn't about our final moments, it's about the moments that led up to them"
- Stefan Salvatore



Emily Gaddy
"I'm not convinced I know how to read. I've just memorized a lot of words"
-Nick Miller



Yvonne Gailhard Contreras



Mathews Galvao
*Proud father of three boys Arthuro, Betor14, Birdboy, *cries of happiness in Portuguese**



Dante Giambusso
""Low key miss the days walkin' 'round in my school halls"
-Juice WRLD



David Gibbons
didn't know what to put here



Shane Grant



Rebecca Graves



Linus Green

Happiness, at the expense of knowledge, is not true happiness, but a warped reality.



Isabella Grieco

Don't count the days, make the days count.



Daniel Gross

When life gives you lemons, you make orange juice.



Bailule Hadgembes

My greatest talent was pretending I liked all of you.



Idil Hassan

"It's embarrassing as a human being"
-Nico Robin



Jacob Hayward



William Henriques

Failure is not an option



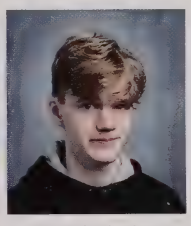
Lauren Henson

The sun will always rise :)



Kaylie Hickey

Graduating high school? Thats hot. My attendance? Not so hot.



David Higgins

I am a senior in the middle of the day.



Lacey Intoppa

Come on. Let's get this show on the road!



Mohammed Ishtiak

You don't live a full life unless you live fully now



Nicholas Johnson



Olivia Jones

Having my Own Hustle made me Money, Dont listen to Others just Keep Hustling Until Youre where you Want to be.



Sunaina Kaur

Friends, Season 10, Episode 2, minute 08:20



Supreet Kaur

Wait, it's already over?



Paul Kelley

In the minefield of life, you must be prepared to lose both feet.



Zoe Kelly

7 Billion People, 14 Billion Faces.



Danyl Khan

My iPhone screen is brighter than my future



Tyler Kumar

shoot for the stars, aim for the moon



Janet Lam

"It is our choice that show what we truly are, far more than out abilities."
-Albus Dumbledore



Tyler Lam

sometimes you gotta close a door to open a window



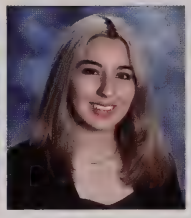
Stefan Langshur
We are each a tune, floating in space, And this one's for you



Jonathan Laporte



Noelani Lasko
"I suppose it will all make sense when we grow up"
-Calvin



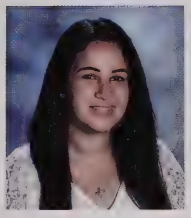
Esterina Lavanga
It was a good 2.5 years.



Brenna Lawlor
"This moment will just be another story someday"
-The Perks of Being a Wallflower



Elizabeth Lazzaro
"the doctors say I might grow another 18 inches"
- Jessica Day, New Girl



Brianna Leccese
omg don't stress



Alexander Lee
Before we go out there, I want to ask you one question. I'm fired up, are you fired up?



Marc Kelly Legal
Lightskin out.. 1 love



Brianna Leite
There is a beginning and an end, but let's make the middle fun.



Sabrina Leite
Don't take life too seriously, nobody makes it out alive



Dana Lendall
the world's happy waiting



Joseph Leonforte
Free Britney



Sarah Lima
Everything happens for a reason



Stanley Liu
oatmeal raisin cookies are lame



Diana Lozius
Big prrrr out!



Sherby Luma
"Step outside"
-Mr. K



Kayleigh Maclellan
Memento Mori



Marcello Maffeo
XOTWOD



Eduardo Sebastian Magayanes
Embrace the struggle even if it may look bad. Without it you won't learn to succeed.



Manuel Sebastian Magayanes
Real life is not as sweet as lifesavers. But you must also suck it up.



Bryce Maher
"I am not a fan of books."
-Kanye West



Lara Maldonado-Nascimento
Did this last minute just like everything else in high school



Tamiia Mamousette
If idiots could fly, this place would be an airport.



Phillip Maniscalco



Alexis Martino



Kamila Martins

i turned this in last minute bc i didn't know what to write and i still don't



Ava Mastrocola

has been released from their 4 year sentence.



Jenna Matarazzo

"Mom, I am a rich man."

-Cher



Emily Matarese



Nathan McCarthy

they gave us SO much time to think of this quote and here I am an hour before it's d-



Savannah McCoy

12 years of that for a handshake and a piece of a paper?



Brett McGaffigan

Hey you guys



Jessica McKillop

The more you weigh the harder you are to kidnap...stay safe...eat cake.



Aiden McLaughlin

test negative, stay positive



Jake McMahon

It's 10:36 on a Monday night in March. I don't really feel like doing this.



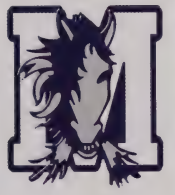
David Mei

If You Are Not Happy, You Are Not Living. So Live Until Your Last Moment.



Daniel Melo

The only power humans have is the power to believe that we can do better.



Larissa Mendoza



Samantha Mercauto

Made it to the roof once. Second time, not so much...



Sophie Metais

I was blessed with the memories and cursed by the homework



Marven Michel

"Stare in the mirror, but it's clear that you can't face what's wrong. No need to fix what God already put his paintbrush on."

-J Cole



Victoria Miller

The cop didn't let us make it to the roof.



Core Moore

Only The Strong Survive da Jungle.. run up a bag and stay in your Lane RESPECTFULLY



Mahogaknee Moore



Sophia Morais



Nathan Moreno

We lied. We were... (See Yamamoto)



Daniel Morgante



Rachel Myers
I love Horrible Histories, but I'd like to see us make the future a little less rotten



Shawn Nestor
8 out



Vinicius Neves Pereira
I regret some stuff that I did, but I don't regret an actual thing that I see.



Quintin Neves
just wait for the next chapter



Tien Ngo
k bye.



Stephanie Nicolosi



Patrick Norton



Jake O'Donnell
"Down for a silly goose time and that's it."
-Chris D'Elia



Jack O'Neil
If you're reading this prepare for the stories.



Theodora Odvil
"The carousel never stops turning"
-Ellis Grey



Victoria Oliveira



Andrew Olivieri
"Never let people who choose the path of least resistance steer you away from your chosen path of most resistance"
- David Goggins



Isabella Olson-Gaughan



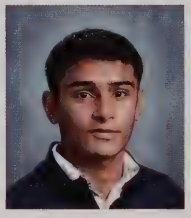
Amy Orcutt



Julian Osborne



Bashir Osman



Jashandeep Pabla
"Gotta get up and be somebody"
-Champagnepapi



Alessia Pantaleo
And in that moment, I swear, we were infinite



Siobhan Paras
vibing :))



Skylar Parker
every new beginning comes from some other beginning's end



Amy Parrilla
Your dreams are only dreams if you don't try.



Morgan Patterson
"Hold on to the memories, they will hold on to you."
-Taylor Swift



Rachell Paz
if you wait until the last minute then it only takes a minute



Rose Pennucci
"Always Believe In Yourself. Do This And No Matter Where You Are, You Will Have Nothing To Fear."
-The Cat Returns



Alexa Petit-Frere



Courtney Pham

My homework isn't done, but I am.



Susjelay Philistin

As long as you put in the work you will be rewarded



Cameron Pigeon

Thank you Mom and Dad for everything. "everything I'm not made me everything I am"
-Kanye



Sabrina Pinto

"I don't know what chapter I'm on. I only know where I am"
-Timothée Chalamet



Mariana Plata



Nico Polcaro

Roll Initiative



Marques Pompilus

"i studied the greats, im the greatest right now"
-J Cole

Kerenline Prodoscimo

Appreciate the mundane things in life. Don't take those you love for granted and have compassion for yourself in every little mistake; at least you're trying.



Lucas Purger

who would've thought we'd actually make it out.



Jessika Queiroz

Life is just a series of obstacles preventing you from taking a nap.



Selena Quintanilla Castro

Work hard and be open to people that you know and try your best on everything, even if its a small tasks.



Henrique Paulo Ramos

Ta Mec!



Prabidhi Rana

(Prah-Bee-Dee)



Ashtadine Raymond



Giana Resmini

I have nothing to prove to anyone; only myself



Jamarilys Reyes



Raphael Ribeiro

Damn, I was just getting started smh



Nicolle Thereza Ricci

Grey's Anatomy Season 10, Episode 24: 31:04



Kendrick Richardson

school was too light, #4 out



Talia Ritchie

"if we are all worms, try to be a glow worm"
-the fortune in my phone case



Helen Rocha

Every adventure requires a first step.



Braedon Roderick



Steniolla Roland

The Vampire Diaries, Season 4 episode 2. 40 minutes and 24 seconds.



Vikas Romero



Destiny Gomes Ross
"Seek respect, not attention. It lasts longer."
-Ziad K. Abdelnour



Madison Rosselle
EFGYNOG red heart



Zachery Rothermel
knowledge speaks. wisdom listens



AJ Rourke
Float like a Cadillac, sting like a Beemer



Joseph Ruemenapp
"everything i'm not made me everything i am"
-Kanye West



Lucas Ruocco
wheezy outta here



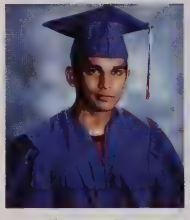
Emma Ryan
birds aren't real



Adam Sada



Marvel Sadin



Vikranta Sagar
God grant me this serenity to accept the things I cannot change, have the courage to change the things that I can, and the wisdom to know the difference.



Brian Santos
Good men mean well. We just don't always end up doing well.



Zachary Santos



Eliass Satoura
I'm way cuter in person



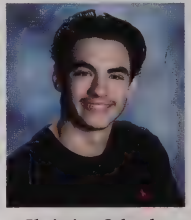
John Scarpelli
Life is the most difficult exam. Many people fail because they try to copy others. Not realizing that everyone has a different question on their paper.



Arthur Schlerman
Made in Ukraine, gay parts discovered and assembled in Medford



Anthony Schurko
Hard work beats talent when talent fails to work hard.



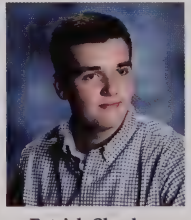
Christian Schurko
I just want to create my own history.



Marcello Sessa
"You need a little bit of rain to have a little bit of rainbow"
- Félix Lengyel



Maggie Sheehan
took long enough



Patrick Sheehan
Carr Park Legend



Sophie Shrestha
As Plankton once said: "Goodbye everyone, I'll remember you all in therapy"



Laura Silva
Don't waste your time on people that don't deserve it.



Devan Smith
you go to school Monday through Friday. I go to school Mondays and Fridays



Kervens Soirilus

This quote shouldn't matter. What matters is how I can become successful.

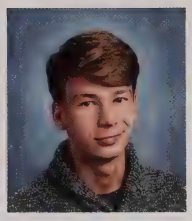


Sara Solferino



Leticya Lann Souza

Be truly glad, there is wonderful joy ahead :)



Nicholas Souza

"The past is history, the future is a mystery, and today is a gift, that is why it's called the present"

- Kung Fu Panda 2



Victoria Spence

"Treat yo self"- Parks and Recreation Season 4, Episode 4



Emily Stanley

Ad Astra Per Aspera



Julia Stanley

Supreme power derives from a mandate of the masses not from some farcical aquatic ceremony



Anna Stefanou

"There's a million things I haven't done, but just you wait, I'm not gonna throw away my shot!"

-Hamilton the Musical



Campbell Tacey

Thanks MHS for 4 great years!



Samerawit Takele

I need reparations for the emotional trauma I have endured during my time here. I take Venmo.

William Tanner



Ava Tarani



Peter Todhunter

A handful of watermelon sourpatch kids helps the knish go down



Gabriel Tomaz

lâmpada para os meus pés é a tua palavra e, luz que clareia o meu caminho.



Elizabeth Thuy Nhi Tran



Jacky Tran

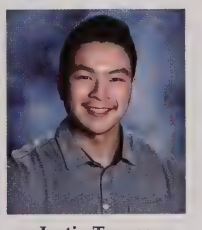
"Nothing is promised in life"

-LLJ



Gustavo Tristao

I can trust the next chapter in my life because I know the author



Justin Truong

If there's one thing I learned in high school, it's not about how you start, but how you finish.



John Tsaknis



Elise Turner

My charity work is done here



Giselle Urquia Dominguez

It was a long road with many stops but I have finally found my destination at MHS.



Alexander Valera Hernandez

The rose that grew from concrete.



Monique Vanterpool

Adulthood pulled up like- On my Block S1, Ep5, 13:10



Brandon Vargus

"Get comfortable being uncomfortable"

-David Goggins



Benjamin Verity
If you wait until the last minute it only takes one minute to do



Meicha Vertilus
You can be anything you want, and I choose to be perfect!



Leandro Viana
I'm the goat



Gautier Victor



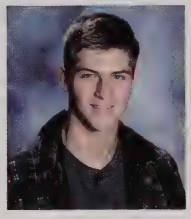
Moses Victor
Where the money resides



Nathan Vil
They say you are what you eat, but I don't remember eating a goat



Berlie Vixama
Beauty isn't about having a pretty face. It's about having a pretty mind, pretty heart and a pretty soul.



Blake Walker
The result is irrelevant because the effort was there



Jaryd Westcott



Osiris Wise
Work ethic eliminates fear



Allison Wright
I guess I'm just wright all the time



Gabrielle Yamamoto
(See Moreno)...never cousins lol



Nicholas Yurasko
I was not taught in school how to love: how to fall in love with my life. Do not leave this love my friends, she may save you as she has me.





First Day of Freshman Year

August 29, 2017

SENIOR



Class Couple

Aiden McLaughlin &
Marina DeSimone



Best Dressed

Elise Turner &
Marven Michel



Best Dressed Down

Tyler Lam &
Siobhan Paras



Biggest Flirts

Liana Curcio &
Nathan Vil



Most Likely To Be Late To Graduation

Lily Anzalone &
Gavin Falvey



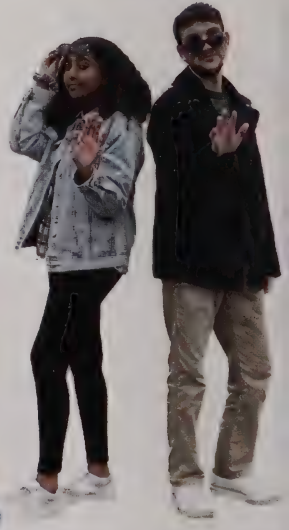
Most Likely To Survive A Zombie Apocalypse

Nicholas Yurasko &
Gabrielle Yamamoto



Best Glow Up

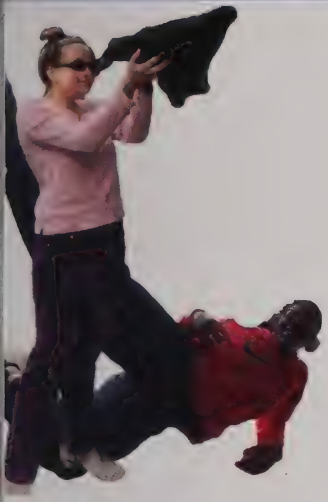
Sabrina Leite &
Raphael Ribeiro



Most Likely To Be Famous

Bailule Hadgembes &
Nathan McCarthy

SUPERLATIVES



Class Clowns
Sarah Carroll &
Marc Kelly Legal



Most Mustang Pride
John Scarpelli &
Rayanne Forbes



Most Athletic
Aidan Barry &
Amy Orcutt



Forever Friends
Alison Finnegan &
Talia Ritchie



Most Likely To Become A Teacher At MHS
Colin Bailey &
Alison DiTucci



Teacher's Pet
Brianna Leite &
Peter Todhunter



Wost Case of Senioritis
Ben Verity &
Ashley Cline

Drama King and Queen
Daniel Morgante &
Samantha Mercauto



Best Dressed

Jake Fedoce &
Ava Tarani



Best Dressed Down

Josephine Federico &
Zachary Anderson



Best Duo

Deion DaGraca &
Anthony Charles

Class Clown

Donald Davis III &
Sarah Craig

Vocational



Everyones Secret Crush

Kaylie Hickey &
Shawn Nestor



Most likely to forget its class week

Joseph Leanforte &
Jillian Carbonneau



Shop Teachers Pet

David Mei &
Sabrina DaSilva



Best at Their Trade

Nicholas Fabiano &
Courtney Cutilla



Best Glow Up

Anthony Charles &
Emma Ryan



Best Athletes

Allison Wright &
Anthony Schurko



Cutest Couple

Bella Caruzzo &
Jake Fodoce



Most MVTHS Spirit

Anthony Charles &
Emma Ryan

Superlatives



Most likely to switch careers

Jillian Carbonneau &
Zachary Santos



Biggest Flirts

Jake O'Donnell &
Madison Rosselle



Most Likely to be Famous

Ava Taroni &
Marcello Maffeo



Best Smile

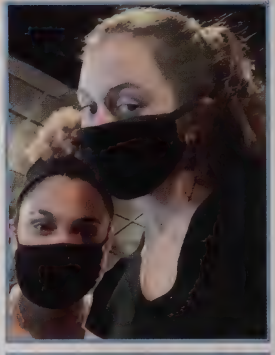
Destiny Ross &
Gabriel Di Giustini






MASKING MEDFORD HIGH

The COVID-19 pandemic had completely changed everyone's lives across the world as we all dealt with the extreme changes. We were all advised to quarantine, social distance, remain safe by staying home, and only leave our houses for essential items.





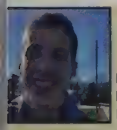



QUARANTINE FESTIVITIES

Chloe Ting Workouts
Going on Walks
Binge Watching Netflix
Zoom Calls
Tik Tok Trends
Social Distancing
Online Shopping
Running out of Toilet Paper

Quarantine Profiles

he Class of 2021 began their journey through quarantine with 2-week absence announcement on March 13th, 2020. Little id we know that this absence would turn into a long-lasting eriod of remote learning and a global pandemic. Our ability to lapt can be evident with new hobbies, meals, trends, and utfits that we now consider ordinary.



Jared Carreiro

New Hobbies: Doing nothing
Fav. Show/Movie: Impractical Jokers
v. Song/Album: The Best Day Ever - Mac iller, The Lost Boy - Cordae
v. Snack/Meal: Cheez-Its and turkey and heese subs
pical Outfit Over Zoom: Hoodie and pajamas
v. Moment Of Remote Learning: Seeing my peers' ets walking around in the background of e call
acher/Student Shoutout: Bman



Prabidhi Rana

New Hobbies: Cooking!
Fav. Show/Movie: Criminal Minds
Fav. Song/Album: Feeling Good -Michael Bublé
Fav. Snack/Meal: Samosas
Typical Outfit Over Zoom: Any sweats and hoodie pair up- comfort is where it's at
Fav. Moment Of Remote Learning: When everyone showed their pets
Teacher/Student Shoutout: Myself???



Edward Butler

New Hobbies: Crypto-mining and PC gaming
Fav. Show/Movie: Dazed and Confused
Fav. Song/Album: To Pimp a Butterfly - Kendrick Lamar, Illmatic - Nas, The Ooz - King Krule
Fav. Snack/Meal: Ramen, cheese on English muffins, Cheetos
Typical Outfit Over Zoom: Pajama bottoms and hoodie
Fav. Moment Of Remote Learning: Not having to get ready for school early
Teacher/Student Shoutout: Mr. Kain



Samerawit Takele

New Hobbies: Going on hikes in the fells
Fav. Show/Movie: Tiger King, The Help
Fav. Song/Album: After Hours -the Weekend, The Slow Rush -Tame Impala
Fav. Snack/Meal: THE CRAB RANGOONS FROM NEW HONG KONG VILLAGE!
Typical Outfit Over Zoom: My Christmas pj pants and a sweater. I ain't here to impress, i'm here to pass.
Fav. Moment Of Remote Learning: Watching one of my teachers bark at his dogs
Teacher/Student Shoutout: Bailule Hadgembes for being the only one who understands my struggles



Nathan Moreno

New Hobbies: None
Fav. Show/Movie: Star Trek (All of them)
v. Song/Album: Say it Ain't So - Weezer
v. Snack/Meal: Ramen
pical Outfit Over Zoom: Hoodie and mystery blow the waist
v. Moment Of Remote Learning: Sarah Carroll troducing Audrey the chicken during Govt.
d Law
acher/Student Shoutout: Mr. Paster



Roberto DiTucci

New Hobbies: Mountain biking
Fav. Show/Movie: Brooklyn Nine-Nine
Fav. Song/Album: Her and All of My Friends - Ritt Momney
Fav. Snack/Meal: Ramen
Typical Outfit Over Zoom: My favorite pajamas everyday and a t-shirt
Fav. Moment Of Remote Learning: Not having to go to class
Teacher/Student Shoutout: Mr. Milne



Amy Parilla

New Hobbies: Shopping!
Fav. Show/Movie: Money Heist
Fav. Song/Album: Bichota - Karol G, The Hills - The Weeknd, YHLQMDLG - Bad Bunny
Fav. Snack/Meal: Green apples, vanilla granola, quesadillas, and Panera's tomato soup
Typical Outfit Over Zoom: Pink kitty pajama pants and an oversized t-shirt
Fav. Moment Of Remote Learning: When my dog made an appearance in a couple of my classes.
Teacher/Student Shoutout: Thank you Ms. Bibeau for always making us laugh even with masks on during this tough time!



Colin Bailey

New Hobbies: Collecting vinyl records
Fav. Show/Movie: The Office and Jeopardy
Fav. Song/Album: The Stranger -Billy Joel and Led Zeppelin IV
Fav. Snack/Meal: Any Mexican or Italian food
Typical Outfit Over Zoom: Full two-piece suit with French-made cuff links
Fav. Moment Of Remote Learning: Junior Year Italian Zooms with Mrs. Canetta were so chaotic but so fun
Teacher/Student Shoutout: Mr. Cullen! 100%



Emily Matarese

New Hobbies: Remote control car racing
Fav. Show/Movie: America's Funniest Videos
av. Song/Album: Geronimo, Stitches, and What Like About You
av. Snack/Meal: Pretzels
ypical Outfit Over Zoom: Pajama bottoms and a isney shirt
av. Moment Of Remote Learning: Seeing my friends ver Zoom
eacher/Student Shoutout: Ms. Andre



Mr. Blauch

New Hobbies: Lots more outdoor activity of all kinds – biking, hiking, running, sledding, time with family.
Fav. Show/Movie: Shrek: The Musical (so sorry, but give it a shot!)
Fav. Song/Album: Time Out - Dave Brubeck
Fav. Snack/Meal: Coffee, take out, BBQ
Typical Outfit Over Zoom: When zooming from home, I wear pretty much exactly what I'd wear to school.
Fav. Moment Of Remote Learning: There was a big rollback on MCAS requirements for last year's seniors, as well as for the current senior class. This change helped reduce the stress for many students during a very stressful time.
Teacher/Student Shoutout: So many great people connected with me at many times last spring and into this school year, but I want to give the biggest shout out to Ms. FitzPatrick for being a great friend and colleague through it all.



Zachery Rothermel

New Hobbies: None
Fav. Show/Movie: Big Time Adolescence
Fav. Song/Album: Favorite Worst Nightmare - Arctic Monkeys, The Doors -The Doors, Hellboy - Lil Peep
Fav. Snack/Meal: Pretzels and Hummus
Typical Outfit Over Zoom: Sweatpants or jeans and a plain long sleeve shirt with a Nike hoodie. Sometimes my New Orleans Saints beanie.
Fav. Moment Of Remote Learning: Achieving Honor Roll again
Teacher/Student Shoutout: Ms. Daneu



Ms. Coyne

New Hobbies: I've tried 30 day yoga challenges a few times in the past year (I normally only make it to day 12, but at least I've tried!)
Fav. Show/Movie: Anything that makes me laugh!
Fav. Song/Album: Good Morning - Max Frost
Fav. Snack/Meal: Coffee! Only thing to get me through those long days of Zooms!
Typical Outfit Over Zoom: Big fancy scarves every day to make it look like I dressed up!
Fav. Moment Of Remote Learning: My favorite moment was the first time I zoomed with my students last spring
Teacher/Student Shoutout: To all my students that put their cameras on each day! Thank you for not making me stare at just a black screen all day long!



Ms. FitzPatrick

New Hobbies: Painting rocks
Fav. Show/Movie: All the Marvel Movies
Fav. Song/Album: Don't Start Now - Dua Lipa
Fav. Snack/Meal: Popcorn
Typical Outfit Over Zoom: Anti-glare glasses!
Fav. Moment Of Remote Learning: Seeing students return to the building!
Teacher/Student Shoutout: Mr. Fallon and the MVTHS Family



Ms. Reardon

New Hobbies: Nothing new, but tried to spend more time reading and spend more time outside (when the weather was nice)
Fav. Show/Movie: I binge watched Shameless, and Ozark
Fav. Song/Album: Folklore & Evermore -Taylor Swift
Fav. Snack/Meal: Contact free delivery was something I never knew I needed.
Typical Outfit Over Zoom: I kept it more casual - I don't think I put jeans/work pants on at all from March-January.
Fav. Moment Of Remote Learning: Seeing how resilient everyone is, and how they were able to adapt to the circumstances and overcome the challenges.
Teacher/Student Shoutout: The health and PE department!



Mr. Kain

New Hobbies: Learned how to play the banjo a bit, discovered it's not the greatest sounding instrument out there, and learned my family's really supportive.
Fav. Show/Movie: National Theater Live, Lovecraft Country, the Good Place
Fav. Song/Album: Guacamole - Kevin Johansen, Natalia Lafourcade (thanks for the recommendation, Tyler)
Fav. Snack/Meal: Anything and everything within arm's reach
Typical Outfit Over Zoom: Aim for a shirt with a collar, try for a matching mask, stay forgiving.
Fav. Moment Of Remote Learning: There's a bunch, but overall just seeing people's faces and waving hands every morning was a great way to start these strange days
Teacher/Student Shoutout: Students this year were the best! So patient, forgiving, resilient, and funny. You all have us adults beat!

Summer 2020












Summer Hits

"Blinding Lights" by The Weeknd
"Rockstar" by DaBaby
"Savage Love" by Jason Derulo
"Say So" by Doja Cat
"Seven Summers" by Morgan Wallen
"Toosie Slide" by Drake
"Watermelon Sugar" by Harry Styles




Activities

Beach Trips with Friends
Car Rides Blasting Music
Days by the Pool
Going to CB Scoops or Colleen's
Walking in the Fells
Medford Boat Club
Pickup Basketball games




















Fall

































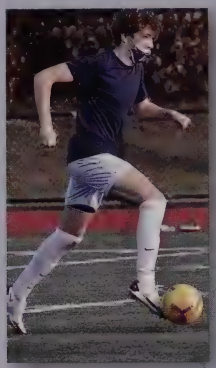


"I've had the pleasure of coaching these boys for the last 4 years and seeing them grow both on and off the field has been a privilege. They have gone through a ton together and have been able to still get unbelievable results. They are one of the most winning senior classes ever which is a testament to their hard work and dedication to the program."

-Coach Petrides

Coach Mike Petrides

Senior Captains



"The soccer program has been nothing but great to me these past 4 years. It has been such an amazing experience playing on the Medford High soccer team. The program has helped me grow from a boy to a man while also teaching me valuable life lessons. My favorite memory as a Medford High soccer player was when we beat Lexington on the field of dreams in the playoffs and the crowd stormed the field. I want to thank all my coaches and teammates that have been there for the ride. Stang Gang for life!!"

-Aiden McLaughlin

"Throughout these 4 years my coaches and teammates have taught me so much on and off the field. Playing soccer for MHS has been one of the best experiences. I will never forget the playoff run we had in 2019. Making it to the D1 North finals was the best feeling ever and having the support from the whole city was truly incredible. I wasn't only playing soccer with schoolmates. I was creating a bond that helped me gain life long brothers that will always be there for me. Shoutout Coach Jay."

- Iago De Sousa-Vieira





"If there's a few things I can appreciate most from the past 4 years, it would be passion, hard work, and the family that the MHS boys soccer team has become. I look to my left and right today and see not only my peers and friends, but also my brothers. The bonds we formed and the memories we created will stick with me for the rest of my life. I will forever be come when I'm on the field of dreams. Stang gang 4L."

- Raphael Ribeir

2021 Seniors



Melvin Cruz, #9
Midfield



Aidan Falvey, #21
Right Midfield



Aiden McLaughlin, #3
Center Back



Iago De Sousa-Vieira, #11
Midfield



2018-19 season



2019-20 season

Medford Boys' Varsity Soccer

"You got to give it your all to get the results you want."
-Aidan Falvey





Jashandeep Pabla, #2
Right Back



Raphael Ribeiro, #8
Midfield



Blake Walker, #4
Center Back



John Scarpelli, #1
Goalkeeper



Lucas Ruocco, #6
Right Midfield

Medford Girls' Varsity Soccer

"The team means so much to me, and it's really sad to see our captains, Amy and Alli graduate. I've played with them for years, and can't imagine not seeing them at practice everyday. I'm so proud of everyone on the team and how well they've handled this strange Fall 2 season."

-Junior Captain, Kiera Lappin

















Senior Captains



Allison Wright, #22
Center Defense

"I'm so happy I got to be a part of this team for the past 4 years. Being captain of this team has taught me that each girl has something special that brought us the success we had. The friendships made on this team are ones that'll last forever. Despite this past year being the way it was, we all continued to work on out skills and made this past season one to remember."



Amy Orcutt, #13
Midfield

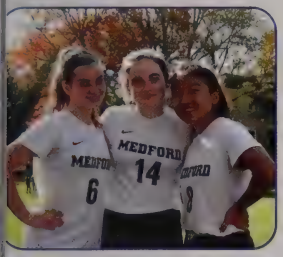
"I had an awesome 4 years playing varsity soccer at Medford High. We had some ups and downs but overall it was a great experience. I will definitely miss this team next year.Thank you to all the teammates, coaches, and family that helped me become better soccer player."



















Last taken team photo, 2019-20 season



"Playing soccer and being a part of this team has been one of my favorite parts of high school, even during the pandemic. I have looked up to Amy and Alli, our senior captains, so much for the past few years and playing with them was so much fun. I'm sad to see them go, but I can't wait to see what they do in the future and I'm so proud of them both!"

-Junior Captain, Laurel Baxter

Message from Coach



"The MHS Girls' Soccer program was a pandemic-ready team! In fall 2020, our Senior Class of 2021 Captains Amy Orcutt and Alli Wright, and our Junior Class of 2022 Captains Kiera Lappin and Laurel Baxter organized a 'League of their Own' intramural soccer tournament. The four teams (Squids, Sea Turtles, Manatees, and Seahorses, each led by one of the captains) were competitive with one another. Our COVID-19 Championship All-Stars featured all the girls in the program in a BLUE vs WHITE Coaches teams game. Coach Fraser's White Mustangs beat Coach Cieri's Blue Mustangs 4-2. The Fall 2 current season features the Lady Mustangs facing off against GBL rivals Malden, Somerville, Revere, Everett, and newcomers to the league, Lynn Classical, Lynn English, and Chelsea. Our Senior captains Orcutt and Wright have provided a fertile field of growth and opportunity for our young Mustangs. In particular, Alli Wright has served at the backbone of the defense as Center Back with extraordinary success (allowing only 3 goals in 4 games thus far with 2 shutout victories). We are very competitive within the league and look forward to great success in the near future!"

-Coach Cieri









MEDFORD MUSTANGS VARSITY FOOTBALL

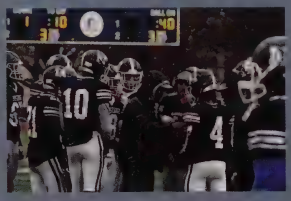
A message from Head Coach John Curley

"In a challenging and unprecedented time in our society due to the ongoing pandemic, I have really seen my seniors persevere and come out stronger as players and as men. Their resilience and dedication has shown their commitment to the program and a desire to keep improving at their craft. I am proud to have coached such a great group of young men, who I know will continue to be successful in life no matter what the world may throw at them. Medford 24-Malden 21."



This photo was taken in Medford's win against Malden. This is the first game Medford has won in two years.































Seniors



[redacted] #21
Wide Receiver



Aidan Barry, #2
Quarterback



Anthony Charles, #31
Center



Deon Meeks, #33
Running Back



Susan Schurko, #5
Cheerleader



Gregory Blackwell, #3
Varsity Linebacker



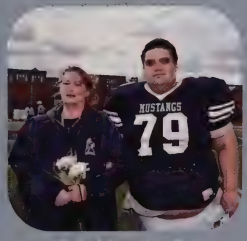
Anderson Esperito, #1
Wide Receiver



Marcelle Miller, #81
Defensive End



Dean DiGiorgi, #60
Defensive End



Daniel Arenas, #79
Offensive Lineman

2021 Season Captains



Aidan Barry

"Being a Mustang means working hard on and off the field. A lot of guys have improved so much over the off-season, and everyone is working to get better every day."



Anthony Schurko

"Playing football at Medford, being a captain, we had ups and downs but we were always a family at the end of the day. This sport definitely taught me a lot of things more than just football. I want to thank my coaches and brothers."



Deion DaGraca

"When you're on a football team, it isn't just about being on a team, but also a family. It's more than just a team because in football you need all 11 to do their job. It's not like baseball where the pitcher can throw a no-hitter or basketball when you have a star player. In football, you need everyone. On this team, I know I have everyone because I have their back and they have mine."



Gregory Blackwell

"Football is more than just a game to me. It's a way of life. I take pride in being a Mustang. You have ups and downs in life and some with football, but you can't give up. You have to keep fighting. There's been times when football was the only thing that got me out of bed. I am so grateful for this game that has given me so many opportunities and for all my great teammates and coaches that gave stuck with me through some dark times. I wish success for all of them. Forever a Mustang!"



Alvin Legros

"Football means a lot to me more than words can explain. People might find football as just a game but I find it as an escape route from the troubles in this world. I find that football gives people opportunities not just going to the next level but life in general. Football has helped me become a better person more than I could ever imagine because of the help of my coaches and teammates, in other word my brothers."

INTRODUCING OUR CAPTAINS...



Samantha Mercauto



Sabrina Pinto















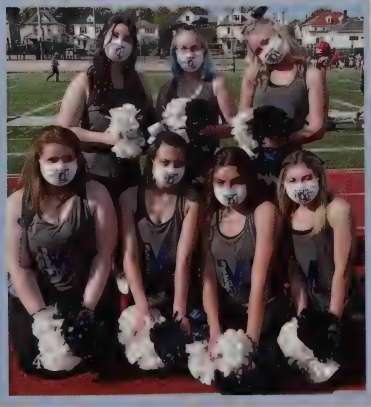


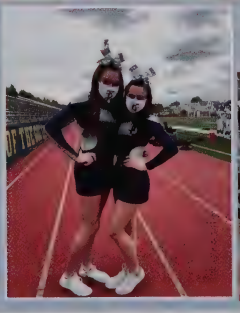












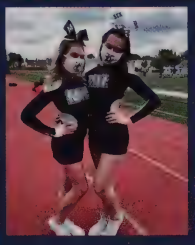














COACHES





MEGHAN MOTHERWAY, SYLVIA BELCASTRO, & VANESSA AMERO

"IT MAY HAVE BEEN A SHORT SEASON, BUT IT'S A SEASON WE ARE GRATEFUL TO HAVE HAD. ONE DAY YOU WILL TELL YOUR STORY OF HOW YOU'VE OVERCOME WHAT YOU'RE GOING THROUGH NOW AND IT WILL BECOME PART OF SOMEONE'S SURVIVAL GUIDE." - COACH MEG





Winter Concert 2019-20



















Gabrielle Yamamoto
Marimba
Front Ensemble Section Leader



Nathan Moreno
Mellophone
Drum Major, "Human Metronome"



Bailule Hadgembes
Alto Saxophone
Woodwinds Section Leader



Samerawit Takele
Trumpet



Alexander Lee
Bass Drums



Marc Kelly Legal
Drum Set



Bryce Maher
Snare Drum

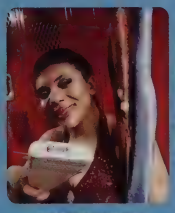
Band & Color Guard



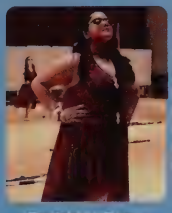
COLOR GUARD CAPTAINS



Sunaina Kaur



Elise Turner



Prabidhi Rana

2021 SENIORS



Prabidhi Rana
Flute
Color Guard



Sunaina Kaur
Color Guard



Amishika Dhaurali
Color Guard

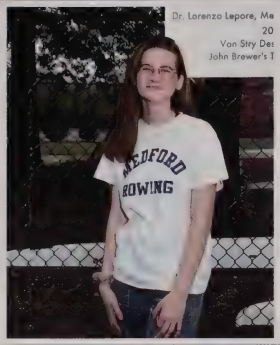


Emily Gaddy
Color Guard



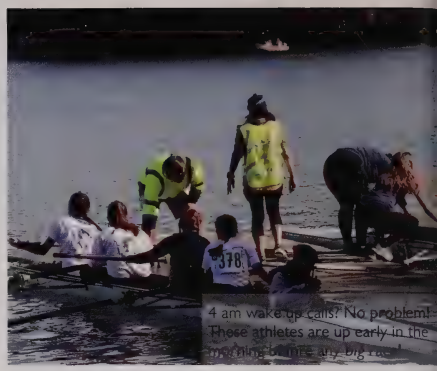
Elise Turner
Color Guard

Portraits taken by: Amishika Dhaurali



A Word From One of the Girls' Captains

While the rowing team has had many ups and downs, from our boats crashing into a chain link fence to winning gold, the crew team has truly changed my life in ways I can not even begin to describe. I am so great full for the people who make rowing possible and my teammates who make the Mystic River my happy place. -Captain Kathleen Campbell



4 am wake up calls? No problem! Those athletes are up early in the morning before any Big Race!

Fall Rowing!!!

Eat. Sleep. Row. Repeat.

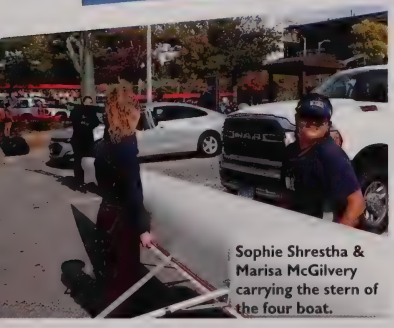
Determination. Rowing involves over 86% of the bodies muscles, making fall rowing one of the hardest sports in the world. During the fall, we can row up to 6500 meters, or 4 miles, without any breaks for water or rest. Without determination, along with focus and a goose sense of humor, we could never have a successful seasons.





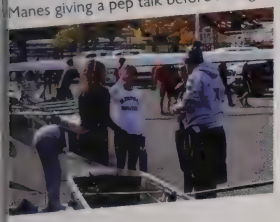


Fall 2 Crew Team 2020-21, **Medford Boat Yard**



Sophie Shrestha & Marisa McGilvery carrying the stern of the four boat.

My favorite memory of fall crew were the pasta parties we had before our regattas. Everyone would gather at a teammate's house, and we would just eat, play games, and just relax with both the girls' and boys' team. Because these pasta parties involved the whole team it allowed me to meet and get close to everyone. Medford Rowing has always been more than just a team to me. It's been a family that you could rely on, and our pasta parties were like big family dinners where everyone would all just relaxed and be together in support of each other before the race. -Captain Sophie Shrestha



Manes giving a pep talk before racing.



Chillin' out before the race!



Cheesin' for the camera!



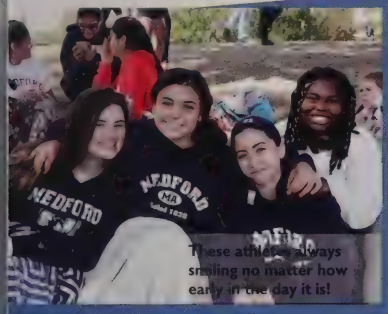
Lily Anzalone with the bow #

Rowing > Erging

The captains for the fall 2020 and spring 2021 season are the same. The captains for the girls team include Kathleen Campbell, Sophie Shrestha, and Melina McGovern. The boys captains are Justin Truong and Peter Todhunter.



2020-21 Fall 1 Seniors



These athletes always smiling no matter how early in the day it is!



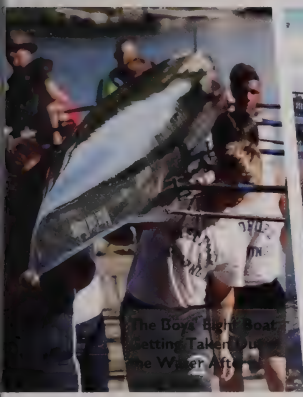
Mustangs Making Waves

"Crew gave me the chance to make new friends as well as get more physically fit throughout the season!"

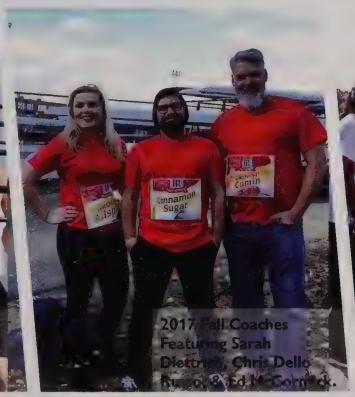
- Edward Butler '21



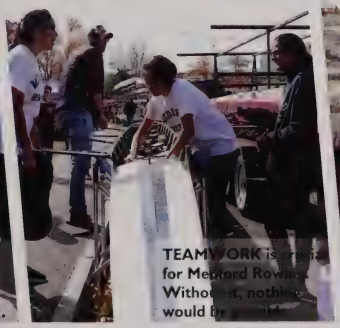
Peter Todhunter tightening his oar lock before the race.



The Boys' Eight Boat Getting Taken Out of the Water After...



2017 Fall Coaches Featuring Sarah Dietrich, Chris Dello Russo, & Ed McCormick.



TEAMWORK is ... for Medford Rowing. Without it, nothing would be ...



One Community. One Family. Together as one, Medford Rowing.

Seniors



Samuel Cluggish



Rayanne Forbes



Isabella Grieco



Girls' Cross Country



Boys' Cross Country

Cross Country 2020-2021

Captains



Coach Lou Ruggiero with senior captains, from left to right, Rayanne Forbes, Isabella Grieco, Stefan Langshur, Samuel Cluggish, and Andrew Olivieri.

"My last four years being on the cross country team have been amazing - from the girls winning the GBL champs to getting lost in the woods. The people on the team are some of the nicest people I know. The environment is so positive and it really makes you enjoy running. Coach Lou encourages everyone to try their best with no pressure; he motivates us to do the best we can no matter what place we end up in. I am going to really miss cheering on my teammates next year. " - Isabella Grieco



Paul Kelley



Stefan Langshur



Andrew Olivieri



Emily Stanley







































Girls' Volleyball



















2021 GBL Champs!

Despite all the challenges this 2021 season, the Medford High Girls' Volleyball team managed to make it to the GBL finals. After all their hard work at practice, intense focus during all games, and fierce energy on the court, they ended up winning the trophy!



Senior Captain, Dawn Eisnor



#15

our years of loving this sport, Medford high volleyball team has been solutely amazing. My teammates were not only incredible players but even better friends who have become family over the past four years. I am so glad hat my final year on the court was with this group of girls! This season was razy in all ways but I am so happy with the we could pull off the GBL Championship win."

Senior Captain, Talia Richie

Outside Hitter



#4

"Although this years season was different then normal, it was better than I could have ever imagined. I am so proud of my whole team for pulling off the GBL Championship win and I am so grateful to have spent the last four years with some of the most amazing teammates!"

Senior, Marina DeSimone

Defensive Specialist



#10

"I am very grateful to have been able o step on the court for one last season. My teammates have become family over the past four years and I wouldn't have wanted to win the GBL championship with anyone else."

Fall 2020-21 Roster



#0,8	Olivia Tufts
#1,33	Unice Lampong
#2	Isabella Seccareccio
#3	Ava Mantenuto
#4	Talia Ritchie (C)
#5,9	Yasmin Watanabe
#6	Zoe Kalaw
#7,40	Bereket Ruemenapp
#10	Marina DeSimone
#12	Sophia Purifory
#13	Widjina Prince
#14	Kate Joslin
#15	Dawn Eisnor (C)







Serve Strong
Dig Fierce
Spike Hard







"The caliber of players on this team made every day the best day. It was a privilege getting to coach Dawn, Marina, and Talia as long as I did. They are true champions! Even though it was a short year, we stayed calm, cool, collected, confident and consistent, and we're able to pull off the best season we've ever had. So proud of all of you!"

-Coach Taylor Dyer





Fall 2019 Golf Team



Interview With the Captains

Featuring Co-Captains Colin Bailey & Justin Truong

Q : Colin, What was your most memorable golf match?

A: Being captain of the golf team for 2 years has given me plenty of time to build my mental game and physical technique with the game of golf. Besides this obvious factor, I have built friendships between teammates and my coach. Going 60 MPH in a 30 MPH zone to matches in the golf bus, teasing my teammates for bad shots, and sending the rare 300 yard drive down the middle of the fairway only to follow it up with a whiff are truly the most important parts of the team. Winning and losing was important, but creating memories (whether they be serious, disappointing, or funny ones) are important to me as a captain. I know that the upcoming captains are ready to take the reins and lead the team to plenty of wins.

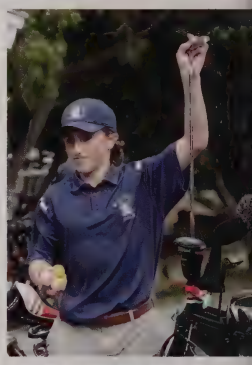
Q: Justin, how was your experience playing golf for Medford?

A: I had the privilege to be surrounded by people who share the love of the game. From the Unicorn Outings to the unforgettable bus rides, I would not change a single aspect of my experience as a Medford Golfer. I will miss the competitive matches played against each other. I will miss the echoing of "atta boy" coming from my coach. And most notably, I will miss the friendships and memories with my teammates.



// Featuring Captain Justin Truong

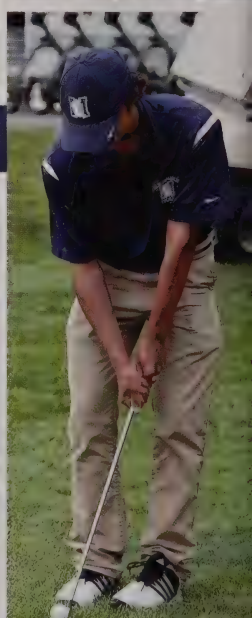




Q: Why did the golfer need new socks?
A: Because there was a hole in one!



// Featuring Captain Colin Bailey



Just Grip It & Rip It!

The MHS golf team's home court is Unicorn Golf Course in Stoneham, MA. Unicorn is a championship nine-hole golf course that is only 15 minutes away from Medford High School!

ONE TEAM. ONE FAMILY.





Medford High School Golf Team







This was taken during the last match of the 2020-21 Fall 2 season after the tri-match win against Malden and Revere

A Word From The Coach

"The 2020 Golf season was interrupted by the COVID-19 Pandemic, but we were able to get together as a team and practice a few days a week which was awesome. We will be having a competitive Golf season in the Spring and we will be looking forward to that. The Golf team was led by senior co-captains Justin Truong and Collin Bailey. These 2 seniors were incredibly important to the Golf team over the past few seasons and they will be sorely missed . Both young men improved dramatically over their high school golf career. More important than that was their mature and dedicated work ethic and their example helped the younger team members learn how to carry themselves on and off the golf course. I would like to thank them from the bottom of my heart and wish them well in the future.

The Golf team has a bright future with Juniors Anthony Lind , Elias Rinaoui , Ryan Navarro , Ryan Flaherty and Kenin Gannon along with sophomores Devon Page and Lois Pacillo. I would like to thank the entire team for their hard work."

-Sincerely Coach Ray Dyer

Fall Plays

2017-2019

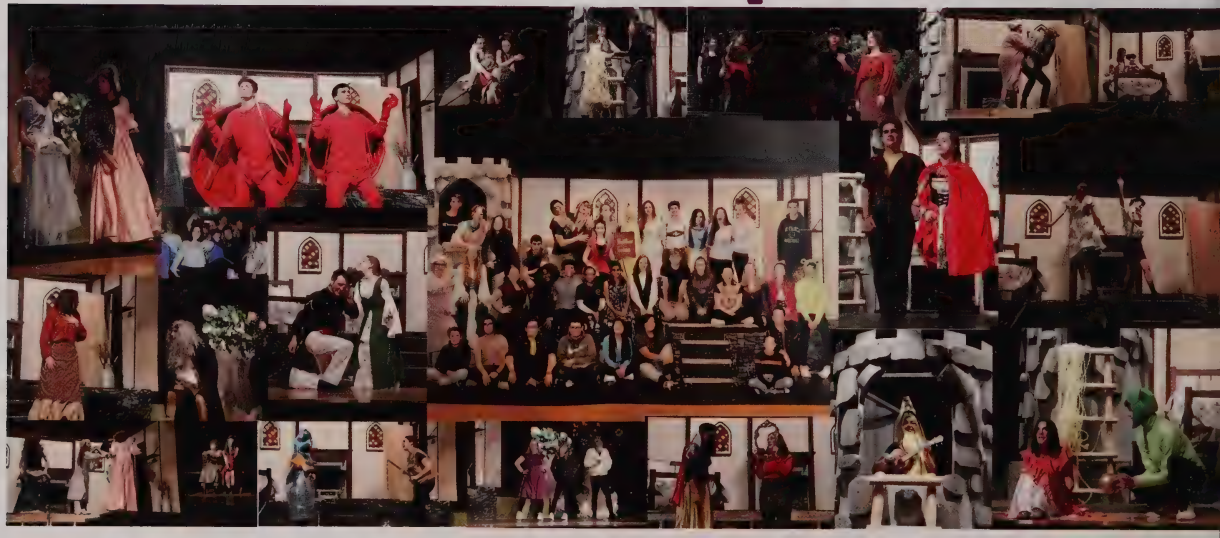
The Man Who Came to Dinner



Almost Maine



The Brothers Grim Spectaculathon



Spring Musicals

2018-2019

Pajama Game



Fame



Senior Sunrise 2020







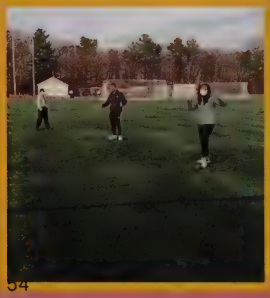


Seniors gathered at the Field of Dreams bright and early on Saturday, November 21, 2020 and watched the sunrise to mark the start of this very different senior year due to the COVID-19 pandemic.





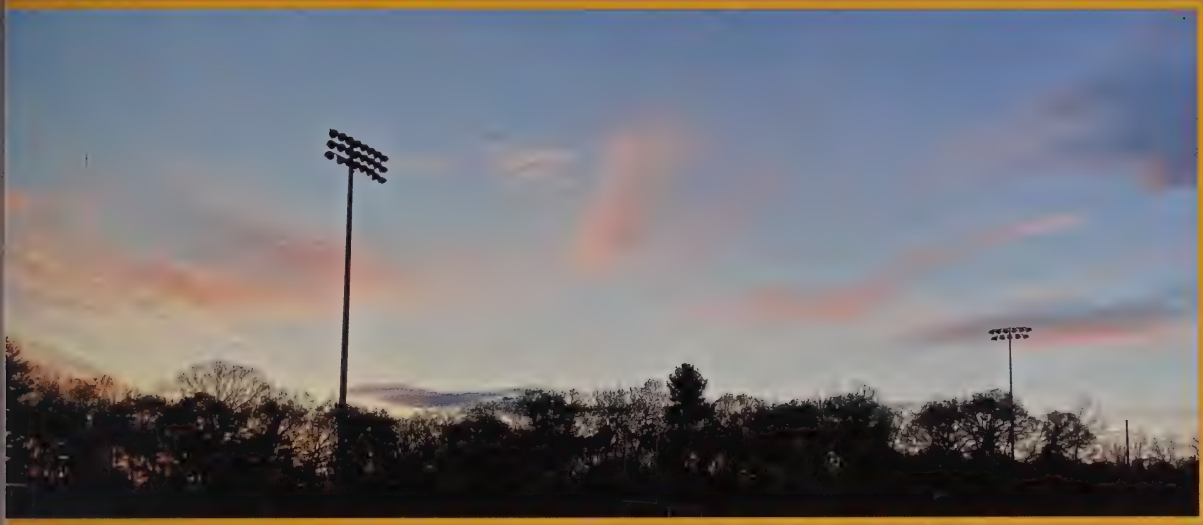
























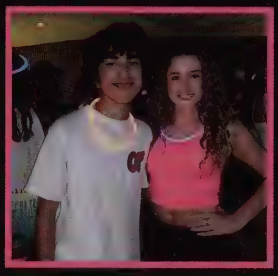




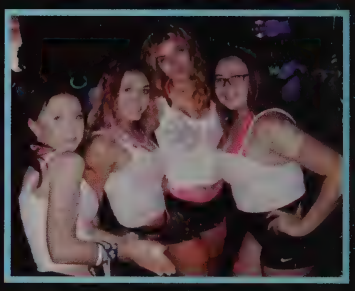
Seniors gathered at the Field of Dreams around 7pm on Saturday, May 1, 2021 to watch the sunset. This moment symbolized the end of our high school careers This would sadly be one of the last times students would be able to see each other until everyone goes off onto their future endeavors.

Senior Sunset 2021

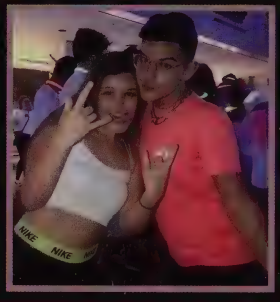


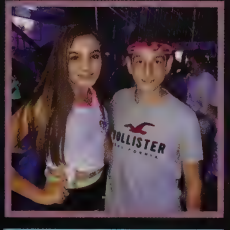








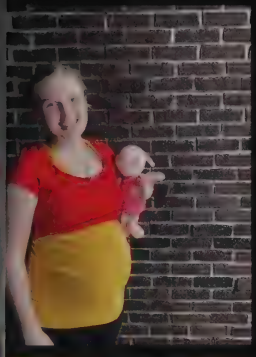






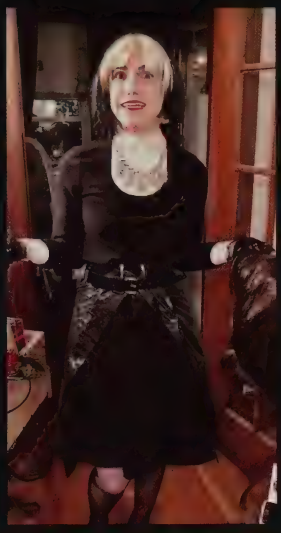


NEON DANCE
2017-2019











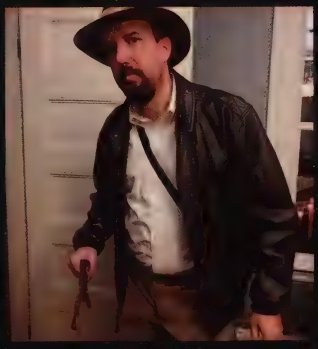


HALLOWEEN 2020

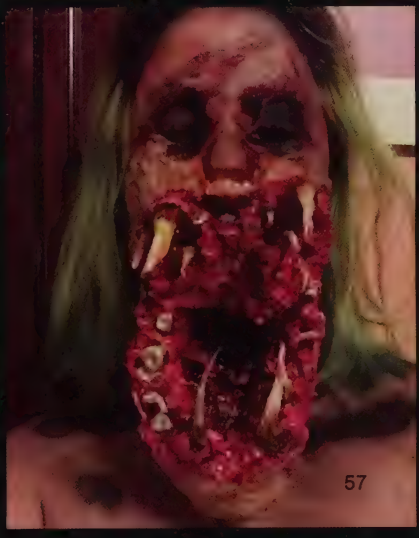
The pandemic did not stop both students and faculty from dressing up! Here are some of the costumes entered in the 2020 Interact Halloween contest.











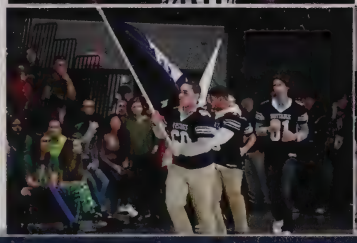
MUSTANG PRIDE













Pep Rally 2019

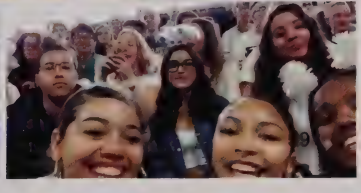


























WINTER







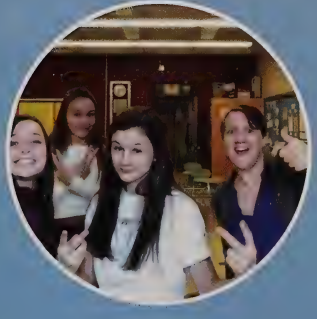




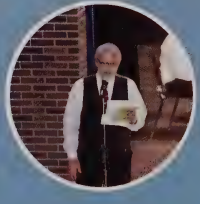














MEDFORD
1641
MEDFORD
1204

Medford Mustangs

Boys' Basketball

Class of 2021 Seniors

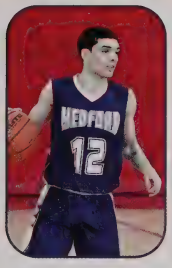


Kendrick Richardson #10



Justin Truong #33

CAPTAINS



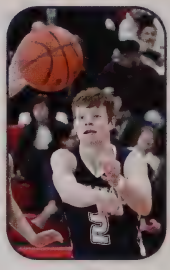
Alex Valera

"I'm going to miss every moment with these guys, just like when we upset Everett my sophomore year and I hit the game-winner."



Osiris Wise

"You can't forget about those bus rides."



Aidan Barry

"I'm going to miss being around a group of guys who want to get better every day."

Coach Skerry



"Congratulations to the Class of 2021! We greatly appreciate your commitment and dedication to the MHS basketball program. You all worked hard on the basketball court and in the classroom despite some unprecedented challenges. Thank you and good luck!"

"You're not a Mustang if you don't give it 100% of what you got."

-Eduardo Magayanes















Osiris Wise #23



Eduardo Magayanes #30



Manuel Magayanes #11



Jonathan Laporte #3



Aidan Barry #2



Alex Valera #12













Winter 2017-18



Coach Tortora



"To be able to coach and be a part of the journey for this group of seniors has been nothing but an honor and a blessing. Each player has grown, battled, and accomplished more than a coach could hope for."

Winter 2018-19



Winter 2019-20



GIRLS' BASKETBALL



Meryn McInnis and Bereket Ruemenapp on a fast-break



Coach giving a word to Gianna Scarpelli



Dawn Eisnor fighting for the defensive rebound

Girl Power

Mustangs For Life

"I love coaching the girls at Medford. Every day is so much fun! It was a challenging year but the girls came and worked hard every day, Dawn and Amy were leading on and off the court. They really got everyone to work hard day in and day out. Although the season was short it was a very successful one and I look forward to what the future holds!"

-Assistant Coach, **Norma Waggett**



Last taken team photo, 2019-20 season



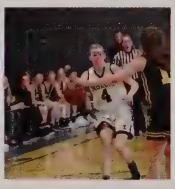












Once a Mustang, Always a Mustang





Zoe Kalaw wide open on the fast-break



Katherine Joslin directing the offense



Emma Casey showing her triple threat stance



Amy Orcutt splitting two defenders



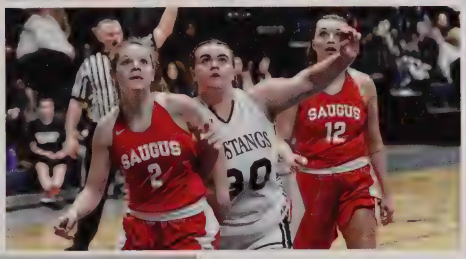
Isabella O'Brien in help defense



Jillian Prestigiovanni being active on defens









"The lady Mustang basketball team is an incredible group of outstanding young student athletes. They are players who are unselfish, hardworking, and full of potential. Each and every one of them is a leader in their own way and bring our team together as a family. Our team will truly miss our two senior captains, Dawn Eisnor and Amy Orcutt, next year and wish them the best of luck in their futures."

-Head Coach, **Molly Waitt**









Senior Captains



"I had a great four years with this Varsity team and some amazing teammates and I want to thank Coach Burke for showing me how to love the game and teaching me how to make a right-handed layup."

-**Amy Orcutt**, #4



"I know this season wasn't what we hoped and dreamed of but I couldn't think of a better group of people to send my basketball career with. This team has become my family and I will miss all my teammates so much! So many years of love for this sport and the four years of Medford High basketball has been unforgettable."

-**Dawn Eisnor**, #30

Winter Cheer
2020-2021 Season

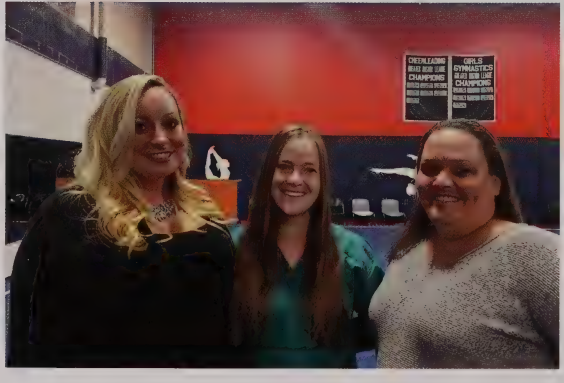


Squad Members: Kayllane Soares, Milenna DeSouza, Kayla Radziszewski, Samantha Mercauto, Skyla Higgins, Bianca Tiemy, Isabella Duque Munoz, Nicole Barreto, Alicia Panico, Lauryn Penta, Andrea Priscilla, Fernanda Leite, Sarah Lima, Magdelena Gomez, Gabriella Puccio, Mariana Alves, Matheus Morais





Coaches



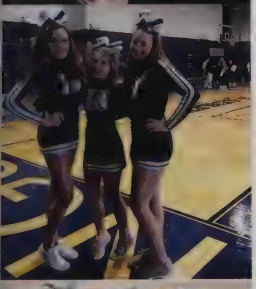














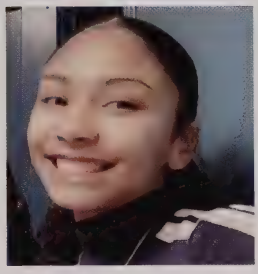
Senior Members

Mariana Alves



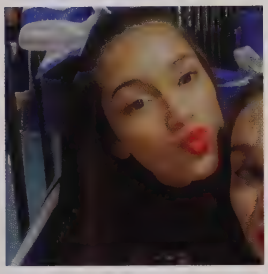
Mariana has been an active member of the winter cheer team. Both her teammates and coaches are happy to have Mariana as a senior cheerleader.

Nicole Barreto



"This sport is where you find friendships that will last for a very long time. I am very grateful to have found lifelong friends from doing cheer for MHS."

Sarah Lima



"Cheer is more than a sport, it's an attitude."

Samantha Mercauto



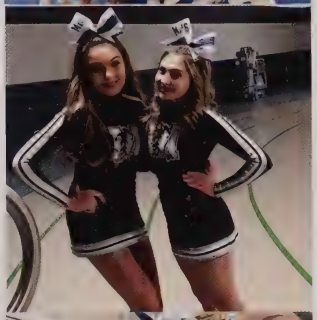
"Cheering with this team for the past four years has been an incredible experience. Medford High School Cheer has allowed me to find my family and a place where I can always be myself. When we are on the mat, we forget about everything that is going on in our lives and just come together as a team."

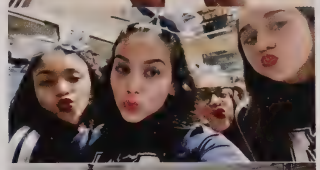
Kayllane Soares

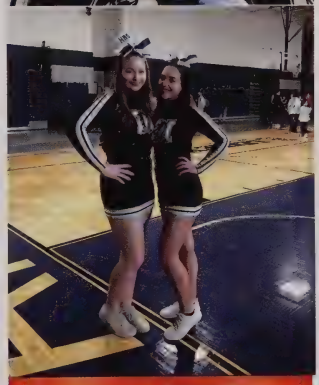


"The bonds made from cheer is something I'll forever cherish."

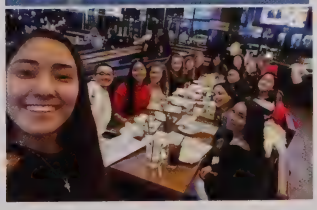


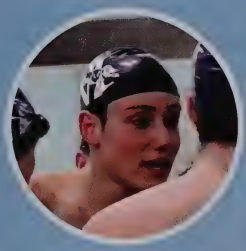












A word from Sam Cluggish

"Over 120 practices. Over 25 meets. 2 school records broken. 1 state championship raced for the first time in a decade. My best hours at Medford High School were spent in the pool."

2021 Senior Swimmers



Sophie Shrestha
50 Freestyle
200 Freestyle Relay
400 Freestyle Relay



Amy Parrilla
50 Freestyle
100 Freestyle
400 Freestyle Relay

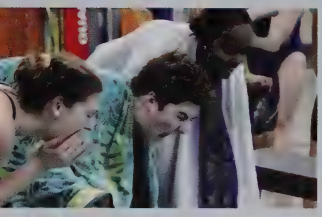


Sam Cluggish
500 Freestyle
200 Freestyle
200 Freestyle Relay
400 Freestyle Relay

Hold Your Breath













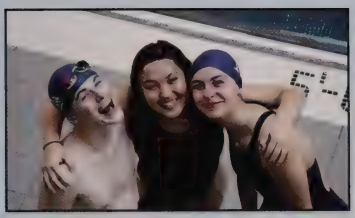
Co-Ed Swimming

Just Keep Swimming

"This swimming season has been challenging at best. We have started and stopped so many times, yet the team, especially the seniors, rallied to the challenge. Swimming is a sport of discipline; you compete individually as a team. That concept is totally unconventional compared to other sports. The seniors on this team have shown by example their strength, perseverance, and love for the sport. Without role models, especially during this time, the underclassmen would not see the point to continue when so many other activities have stopped. The seniors have picked the team up by encouraging the underclassmen to stick with it and succeed when there were so many doubts. These young athletes will go far in life - I am sure of it! I will leave you with a quote from A.A. Milne that I believe sums up this year's seniors: 'Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."

- Coach Judge













"We believe in you. Go be GREAT!"
- Coach Hoarty



Freshman Year, 2017-18



Sophomore Year, 2018-19



Junior Year, 2019-20

The Medford swimming team has made unbelievable progress for Medford over the past four years. They continuously earned winning records, placed in state competitions, and dominated divisional meets. Medford swimmers accomplished insurmountable achievements through their hard work, dedication, and love for the sport. With practice six days a week (Sunday through Friday), these Mustangs really know how to push their limits. From a warm-up of a 200 yard kick, pull, swim to running ten laps in the gymnasium, these swimmers trained hard all year long to exceed their expectations. The Class of 2021 swimmers unfortunately had their season cut short, but their legacy in Medford swimming will never be forgotten.



Medford Boys' Hockey



2019-20 season: Last taken team photo

Varsity Roster

Head Coach: Shawn Bates
Assistant Coaches: Mark Bates, Ned O'Keefe

Name:	Grade:	Jersey #:
Jared Allsopp	10	11
Liam Bernardi	12	15
Conner Carreiro	12	29
Donald Davis III	12	14
Aidan Doherty	11	23
Connor Finnegan	11	13
Anthony Lind	11	3
Joseph Luongo	10	19
Sean MacGilvray	11	16
Leo Mantenuto	9	21
DJ McDonough	9	6
Jake McMahon	12	7
Shawn Nestor	12	8
John Nocella	9	30
Devon Page	10	5
Nicholas Pasquariella	10	4
Louis Pucillo	10	22
Robert Shumway	11	10
Tyler Taddia	9	12
Cody Tufts	11	18
Christian Ziobro-Devitto	10	17

Seniors



70 Liam Bernardi
#15, Right Wing



Shawn Nestor
#8, Center



Jake McMahon
#7, Defense



Donald Davis III
#14, Defense



Conner Carreiro
#29, Goalie

"You miss 100% of the shots you don't take."



















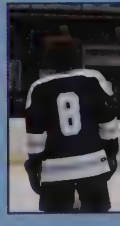

Captains

Conner Carreiro



"It was a tough season with many highs and lows, but I wouldn't want to do it with any other group. I will always be thankful for this family and have back of all the memories and friendships we created along the way."

Shawn Nestor



"Thank you guys for the past four years. I appreciate each and every one of you."

Donald Davis III



"Thank you to all my family, friends, and coaches for supporting me through the past four years. 14 out."

Medford Girls' Hockey









Coach Forbes

"Coaching at MHS is something I have always valued with a sense of pride and purpose. While this season was different and provided many challenges through the pandemic, it elevated the coaches' and players' perspective, passion and pride every day at the rink. It has been an honor and privilege to coach the Senior Captains, Rayanne Forbes (Medford), Alaina Guiliano and Sarah Whitehouse (Malden) and the rest of this years' Mustang team."

Varsity Roster

Head Coach: Rayanne Forbes **Assistant Coach:** Mark Schiano

Name:	Grade:	Jersey #:
Elaina Szymanski	9	3
Alaina Giuliano (C)	12	4
Brynn Lally	9	5
Isabella Sasso	11	6
Keena Swanson	11	7
Livi Tufts	11	8
Grace Stein	10	10
Mia Moretti	9	11
Beverly Boyd	11	12
Gianna Breault	9	13
Gianna Holland	8	14
Kaelen Beardsley	8	16
Mikayla Holland	8	17
Sarah Whitehouse (C)	12	18
Julia McDonough	11	20
Juliana Steriti	9	22
Rayanne Forbes (C)	12	23
Brianna Dacey	8	24
Sophia Sunwoo	9	25
Lizzy MacDonald	10	29



Rayanne Forbes was named as an All-Conference all star as well as the co-MVP of the league.

Senior Captains

Alaina Giuliano #4
Winger



"This group of girls is more than just a team but a family and has helped make me who I am today."

Rayanne Forbes #23
Center



"Throughout my four years on the team, I have grown as a player, as a student, and as an overall person. Having my mom as the coach wasn't easy at times, but I was treated like any other person. I wouldn't change my experience on this team for anything."

Sarah Whitehouse #18
Right Wing



"This team is something I'll never forget. Coming from a different city, I was nervous at first, but I'm so glad I stepped out of my comfort zone because I created life-long friendships with these girls."



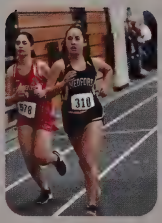
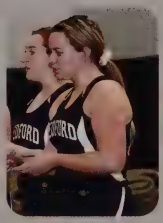


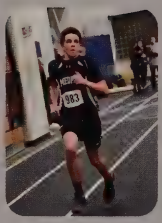

Indoor Track

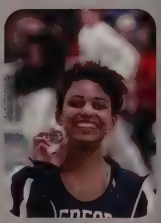
"The indoor track team had a great season pre-covid! We are sorry to see so many student athletes go, but we hope their time spent with the track team stays with them for many years to come. The track and field team will always be a home for positivity, growth, and sportsmanship. It's our athletes that relay these values proudly for our school and for our community. The gym doors are always open!"

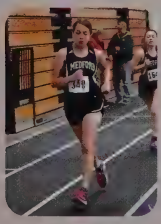
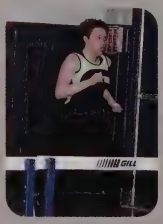
-Coach Dooley

Seniors




















"The best team chemistry there is."

Senior Hannah V.

"Track has given me a lifetime of experiences, friendships and challenges, but nonetheless an amazing way to spend my years at Medford High."

Senior Kaitlin Cronin









"My experience being on the indoor track team was really fun and I made a lot of new friends. It was hard work and my coaches who helped me become a better runner."

Senior Sophie Miller











Football - 4 downs

Baseball - 3 outs

Tennis - 2 serves

Gymnastics - 1 chance





Keep smiling, and point your toes.



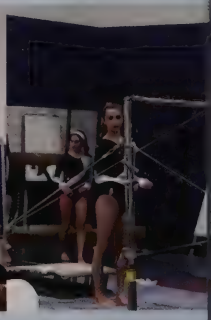
"Never give up on yourself because being on the team we did things we never thought we would be able to do but we did it! "

-Senior, Ava Mastrocola

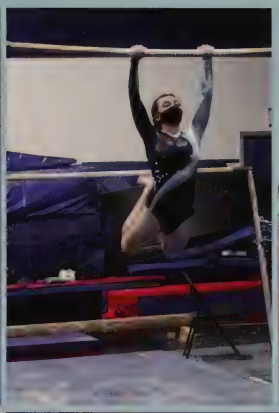






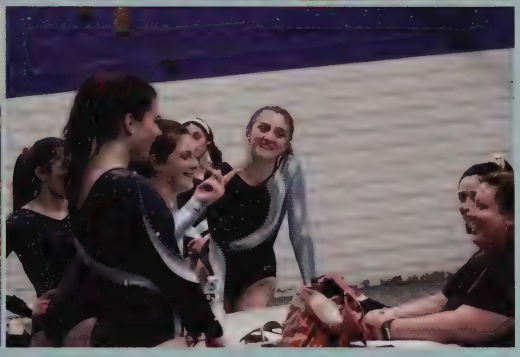








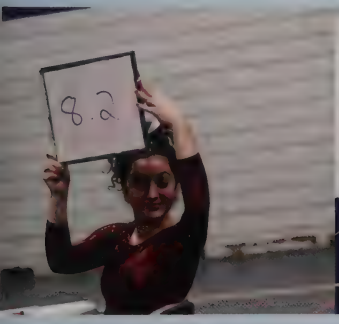




Gymnastics

Having been coaching this team for many years, there is never a year that I am not in awe of these wonderful athletes. Some come to us with prior experience while others may not; however, this does not take away from their personal dedication and perseverance. Each and every gymnast brings something wonderful to our gymnastics family. It is truly an honor to coach them."

-Coach Colleen Small









Alex Valera



May 2017



February 2021

Savannah McCoy



August 2017

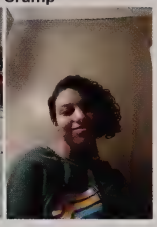


March 2021

Aniya Crump



February 2018

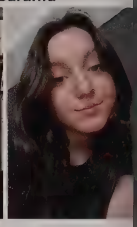


March 2021

Layla Caranfa



June 2018



April 2021

Edu Magayanes



November 2018

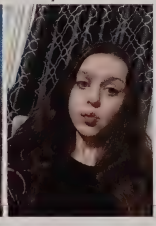


April 2021

Caelee Bouley



October 2017



February 2021

Adrianna Fowlkes



June 2017

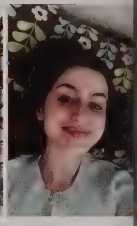


March 2021

Jenna Matarazzo



July 2018



April 2021

Senior

Meicha Vertilus

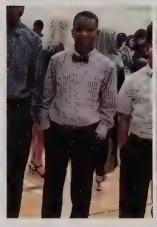


May 2018



March 2021

Kendrick Richardson



June 2017



December 2020

Lily Anzalone, Sophie Shrestha

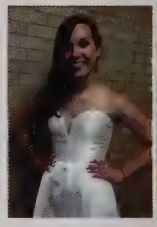


May 2019



April 2021

Brianna Leite



June 2017



May 2019

Lara Maldonado Nascimento



May 2018



April 2021

Supreet Kaur, Anna Stefanou, Brianna Leccese



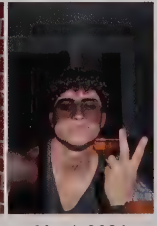
April 2019 (Top)

December 2020 (Bottom)

Lucas Ruocco



May 2017



March 2021

Giselle Dominguez, Supreet Kaur

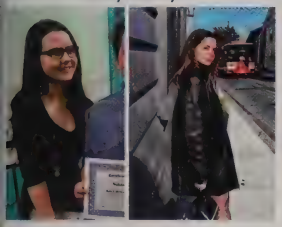


December 2019



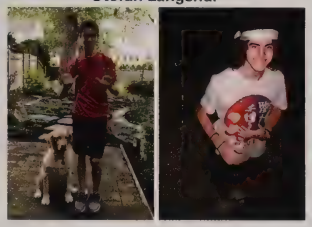
February 202

Emily Gaddy



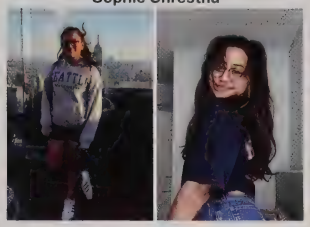
June 2018 October 2020

Stefan Langshur



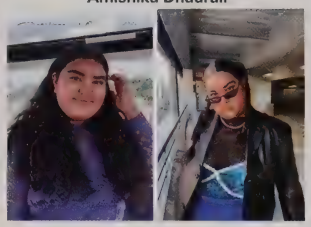
August 2018 August 2020

Sophie Shrestha



May 2017 December 2020

Amishika Dhaurali



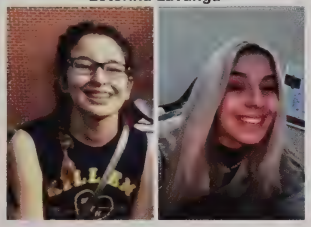
August 2018 January 2021

Rachell Paz



ovember 2017 January 2021

Esterina Lavanga



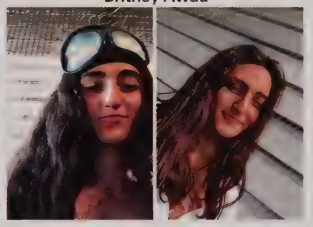
October 2017 April 2021

Peter Todhunter



February 2018 May 2021

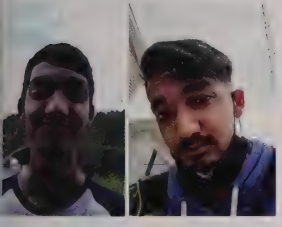
Britney Awad



July 2019 September 2020

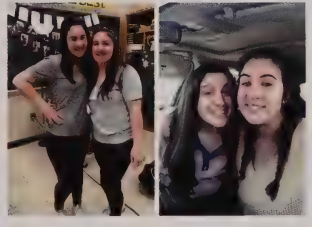
Transformations

Mohammed Ishtiak



May 2018 April 2021

Elizabeth Lazzaro, Brianna Leccese



August 2017 August 2020

Jashandeep Pabla



October 2017 October 2019

Paloma Castillo Navarro



August 2017 January 2021

Brian Santos



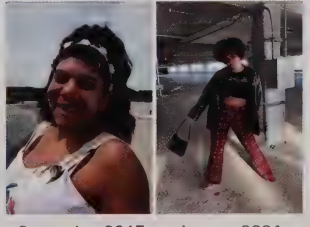
June 2017 January 2021

Theodora Odvil



May 2018 April 2021

Elise Turner

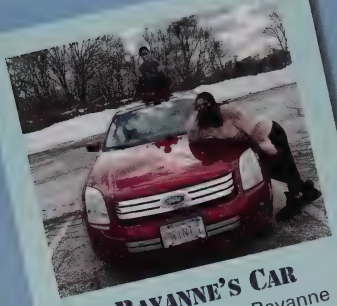


September 2017 January 2021

Dorvelt Edouard



August 2017 April 2021



Rayanne's Car
Brianna Leccese, Rayanne Forbes



Samerawit's Car
Nathan Moreno, Gabrielle Yamamoto, Samerawit Takele



Maggie's Car
Devan Smith, Maggie Sheehan



Peter's Car
Talia Ritchie, Peter Todhunter, Elizabeth Lazzaro



Ben's Car
Marina DeSimone, Ashley Cline, Ben Verity, Isabella Grieco, Aiden McLaughlin

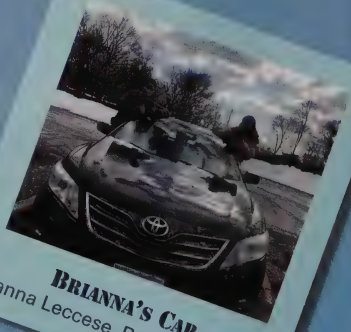
Mustang



Ava's Car
Ava Mastrocola, Courtney Pham, Hailey Deterding



Kathleen's Car
Kathleen Campbell, Mariana Plata



Brianna's Car
Brianna Leccese, Rayanne Forbes

Car Pics



Dori's Car
Layla Caranfa, Doriana Bombino, Sabrina DaSilva, Allison Wright



Justin's Car
Sam Cluggish, Justin Truong, Andres Felix, Benny Sagar



David's Car
Tyler Lam, David Mei, Joseph Ruemenapp



Julia's Car
Emily Stanley, Julia Stanley, Aniya Crump



Sherby's Car
Daniel Melo, Sherby Luma, Nicolle Ricci



Siobhan's Car
Brenna Lawlor, Siobhan Paras, Emma Ryan



Sarah's Car
Nicolle Ricci, Sarah Lima



Brianna's Car
Brianna Leite

Senior Pets

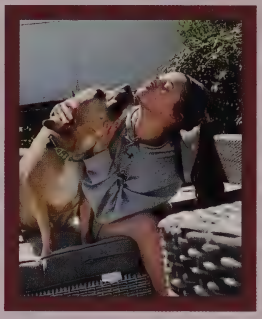
Lacey and Jessie



Justin and Bow



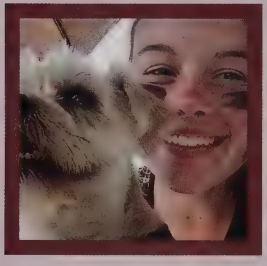
Siobhan and Winston



Tyler and Bob



Ali and Cooper



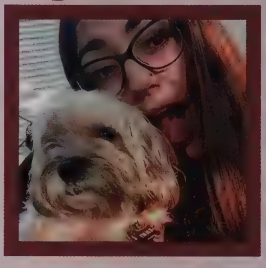
Anna and Chirpy



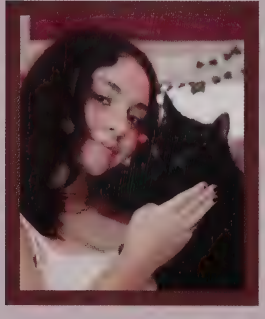
Aiden and Griffin



Megan and Emmy



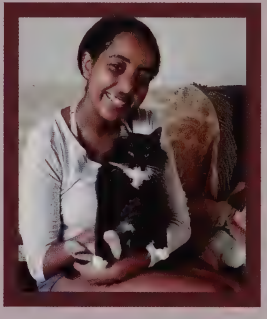
Gianna and Bean



Sabrina and Rocky



Bailule and Luna



Dawn and Daisy



Hailey and Riley



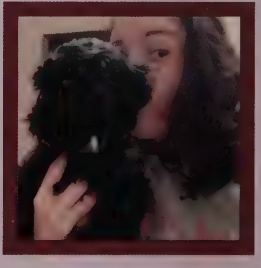
Amishika and Belli



Kayleigh and Ollie



Marina and Baci



Senior Jobs



Sabrina Leite & Isabella Grieco at Winchester Hospital



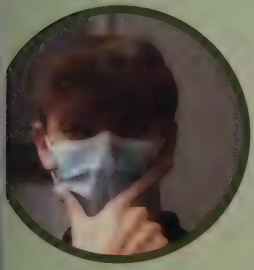
Alison Finnegan & Idil Hassan at Stop and Shop, Medford



Alison & Roberto DiTucci at Colleens in Medford



John Scarpelli Landscaping at Somerville Recreation



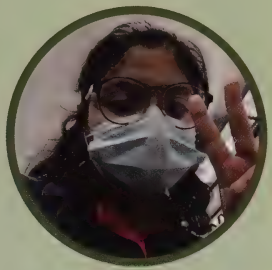
Benjamin Verity at Stop and Shop, Somerville



Bailule Hadgembes at AMC Theater

"Sorry, I can't [insert scenario]. I got work."

Prabidhi Rana at CVS in Somerville



Quintin Neves at Dunkin Donuts



Rebecca Graves & Lauren Henson at CB Soups



Linus Green at Puma, Assembly Row



Justin Truong at Smashburger, Medford



Puerto Rico

February 2019

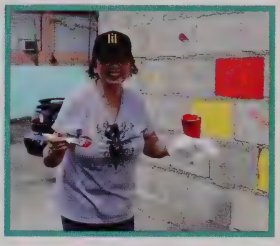


























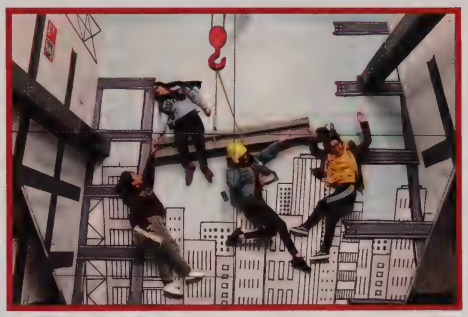


























Quebec

April 2018





SPRING

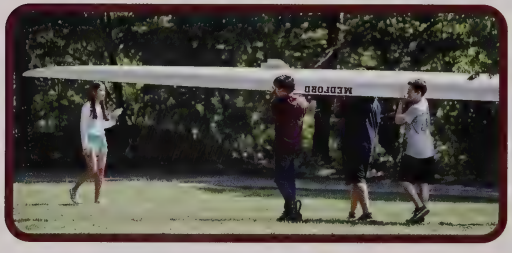
























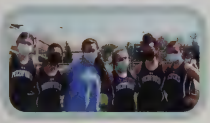


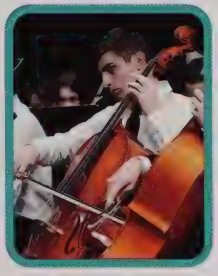
























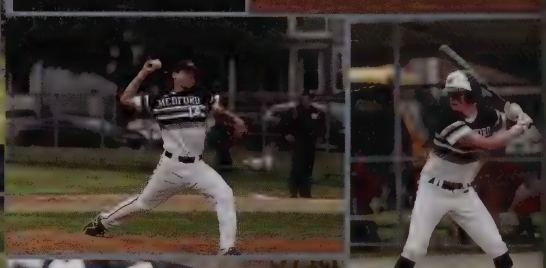





2020-2021 Baseball















Seniors



Aidan Barry



Shawn Nestor



Quintin Neves



Brett McGaffigan



Donald Davis



Shane Grant



AJ Rourke



John Scarpelli



Dante Giambusso

Class of 2021 Senior Night



SENIORS



#24 Dawn Eisnor



#12 Alison Di Tucci



#11 Elizabeth Lazzaro



#15 Alison Finnegan



#10 Marina DeSimone



#3 Rayanne Forbes



#9 Paloma Castillo-Navarro

















Senior Captains Dawn Eisnor and Rayanne Forbes

Senior Night



2020-2021 Softball



2020-2021 Girls' Varsity Softball Team



"15 years of loving this sport. From instructional league to 4 of the best years of my life. These 4 years of being the Varsity starting catcher was an incredible experience. Being able to play with very talented girls throughout the years and winning many games with 2 championships, will be some of my best memories. It's been a ride of a lifetime, and I can't believe my journey of Medford Softball is coming to an end. Softball will always hold a special place in my heart. Being able to play with this team for my final season has been absolutely amazing. I'm grateful to call my teammates my family, I love you all!"

-Dawn Eisnor



"Overall, my experience on the team is something I wouldn't change. Being on the team with Dawn since freshman year has been incredible and an enjoyable way to close out each school year. My experience as a part of the Medford High Softball program is something that is a huge part of me on and off the field. It has given me so many life long friends and so many great memories."

-Rayanne Forbes





"I'm proud to set the example for such a good group. I have made so many strong friendships and relationships within this program and hope to help create the environment and experience I've had throughout my past four years for the younger guys coming up. We really have a great group this year and I'm just grateful to be apart of everything with them."

-Senior Captain Jared Carreira

Boys' Lacrosse























2021 Roster

"Proud. Ecstatic. Honored. These are a few words I would use to describe this group. Proud of their work ethic, attitude, and professionalism they show day in and day out. Ecstatic that after a year of confusion and uncertainty we were able to have a sense of normalcy and get back on the field together. Honored that I can stand next to a every one of these players and I can call them their coach and smile with them throughout their success."

-Coach, Anthony Tortora















Seniors



Liam Bernardi #15
Attack



Deion DaGraca #23
Midfielder



Jared Carreiro #17
Defense



Conner Carreiro #9
Attack



Eduardo Magayanes #10
Midfielder



Manuel Magayanes #11
Midfielder



Marcello Maffeo #16
Defensive Midfielder



Anthony Charles #12
Defensive Midfielder

Seniors

Capt. Siobhan Paras

Mid-field

"Despite Medford girls' lacrosse not having been able to play for almost two years, the season had a great turn out and our team worked great together :)"



Capt. Madison Rosselle

Attack

"This 2021 season has been the best year I have ever played lacrosse despite playing during a pandemic. Everyone on the team made the season so enjoyable and our best winning season in a while. I am so proud having been one of the captains of Medford girls' lax this year."



Josephine Federico

Attack

" Being able to play with these ladies for the past four years has been an amazing experience. I have learned so much and grown from it. Through those tough losses and wins we stuck together. I loved playing with all these girls and I'm going to miss it. Also I am wishing girls lacrosse could be a full contact sport."



Lauren Henson

Attack

"Lacrosse season was always a time I would look forward to all four years of high school. This was one of our best seasons yet and I was lucky enough to be on the turf with this group girls on the team! I will definitely miss game days and practices. I wish them the best of luck for future seasons! :)"



Samantha Mercauto

Defense

"It's been an amazing experience playing lacrosse for Medford High. We had a great season this year, and I couldn't have asked for a better team."



Girls' Varsity Lacrosse

2021 Season



Team Roster

Siobhan Paras	21
Madison Roselle	15
Josephine Federico	12
Lauren Henson	7
Samantha Mercauto	5
Emily Finnegan	3
Katherine Joslin	14
Bereket Ruemenapp	9
Sadie Scott	25
Gianna Scarpelli	11
Meryn McInnis	16
Keegan Bernardi	8
Khando Thoulutsang	10
Zoe Kalaw	23
Ealaina Szymanski	6
Molly Lappin	24
Tanha Alam	18
Maysa Najjar	22
Victoria Tolomino	12
Sofia D'amelio	20
Evelyn Shumway	19



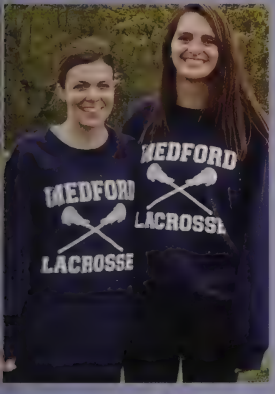








Coaches



Mary Roache (left)

"The 2021 season was certainly unique, but the group of girls we had came ready to make the most of it. The energy and positivity from our team was amazing to watch and was a huge role in what carried them through a strong, successful season."

Meghan Olsen (right)

"I wish we had a longer for the 2021 season and for the senior class. The girls meshed quickly, learning with each practice and game. It was exciting to have a winning season. Thank you to the senior class for leading by example!"











From the 2k erg tests to the forever missing 7/16th wrenches, there is no better place to call my second home than Medford Rowing. I had the luxury to make friends and forever lasting memories before the COVID-19 pandemic.

-Captain Justin Truong





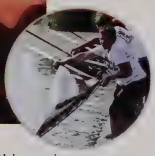
FOR THE KIDS

Special Thanks To the Parents! Whether it's a home or an away regatta, the parents of the rowers and coxswains always manage to support the kids by providing food for both the athletes and their families. From the famous Asian soy sauce noodles, to the grilled burgers, there was always something yummy to eat!

And To the Coaches... Thanks to all the coaches that helped shape Medford Rowing to what it is today. They motivate us to keep working hard, push us to our limits, and make this experience a time to remember. Thank you for everything you do.



>Featuring one of the winning boats at the Moose on the Malden Regattas from the Spring of 2018.



Boys' 1st Novice Four... the boat lineup for this novice four was Justin Truong (4), Augustine Tringale, (3), Nathan McCarthy (2), Zachary Ramsey (1), and with Joey Leonforte as coxswain



It was truly an honor to work with my peers on the crew team. The crew team is a kind and welcoming home to all that join it. The blisters are terrible, erg tests make you want to puke, but love the people, not the sport.

-Captain Peter Todhunter



This sport masters the symphony of swinging blades.





Featuring Some of the Class of 2021 Grads ...





2021 Spring Captains...
Kathleen Campbell '21,
Sophie Shrestha '21,
Melina McGovern '22

Check out Kathleen & Sophie's quote on the Fall Crew Page!

Port or Starboard... Either Oar!

Spring Rowing

Together As One Community





ONE FAMILY...

The Medford High School rowing program has always brought the rowers, coxswains, and their families together at every single regatta. These students have competed all over the New England region.

A Word From Coach Dello Russo... *It has been an absolute privilege to have coached you all in some capacity during your time on the rowing team. Whether you have been rowing since you were in middle school, early in your time at the high school, or just recently joined our team, it has been a pleasure to watch you all grow as athletes and as people. Your leadership and dedication to this team have been the glue that has helped to keep the team together and optimistic in spite of the many challenges of the last year. When Coach McCormick left the program after our 2018 spring season, he left me with a message that meant a lot to me: "Keep growing and finding yourself. You have so much to offer." As you graduate from Medford High School and transition to the next phase of your lives, I wish to extend that same message to you all. Keep growing and finding yourselves. You all truly do have so much to offer. Congratulations Class of 2021!*





Boys' Tennis

Seniors



Captain, Tyler Lam

"Being on the tennis team was one of the highlights of my four years at Medford High. From practicing to playing matches to riding the bus home, I will always cherish the moments I had with the tennis team. The tennis team encouraged me to grow both as an athlete and as a person."



Captain, Joseph Ruemenapp

"For me, I couldn't have thought of a more perfect sport than Medford High tennis. The environment that has been created through my four years on this team has been one with the perfect balance of being laid back while maintaining a competitiveness that leads us on constant trips to the state tournament. I won't forget the great people who I never would've become friends with without Medford High tennis, nor the countless memories I have as part of such a great program, led by Coach Dyer."



Captain, Vikas Romero

"It's a great team with the passion to win all the matches we can. All our seniors have been playing got all four years and we have a talented group of younger kids."



Member, David Mei

"The Medford tennis team is one of the most morally supportive team I have known. For the last four years, we have had great success with a small team. Each of the players dedicate their time, sweat, and blood into playing their best out on the court. I am proud to be a senior varsity player for the Medford High School tennis team."



2021 Roster

It has been a wonderful experience coaching the boys' tennis team. I have been so lucky to have such fine and dedicated student athletes on the boys tennis team. We have been successful in league play and also in the state tournament for the past few years and hopefully this year will be no different. We are undefeated at this point in the season and with continued hard work we will qualify to play in the state tournament again this year. We have three senior captains on the team. Tyler Lam has been a four-year player. He is valedictorian of the senior class and an absolute gentleman on and off the court. Co-captain Joseph Ruemenapp has been on varsity for three years and is a brilliant student along with his many other talents and attributes. Vikas Romero is another senior co-captain who is studying in the Voke to be a carpenter and builder. Last but not least senior David Mei has been with the Tennis program for three years and is one of the most interesting students. He is an entrepreneur and is headed to Babson in the fall. Tyler Lam will be attending the University of Vermont. Joseph Ruemenapp is headed to UMass Amherst. Vikas Romero is well on his way to being a successful builder in his own right. David Mei will be famous someday, with his amazing insight on economics and technical ability.

-Coach, Ray Dyer







2021 Roster

Name	Grade
Michaela Callahan	9
Ava Chaseteen	9
Gardinier Larkin	9
Baban Gill	10
Bobbi Kalaw	9
Riley Maher	9
Madeline Morris	9
Eleanor Nkera	9
Oprah Nkera	9
Anaiyah Occeus-Johnson	9






"It's been a great experience and I'm proud of the girls for coming out and giving their best effort all the time!"
-Coach, Taylor Dyer

Girls' Tennis

With such unique school year comes a unique season for all sports. The girls' tennis team was no different. Not only did these girls play during a pandemic, but the team was made up of nine freshmen and one sophomore. This allowed Head Coach Taylor Dyer to work with each of the girls on the basics of match play. Through daily practices at Dugger Park, these girls hold a promising future for the Medford High Girls' Tennis Team.





The Mustang Outdoor Track and Field Team had a successful 2021 spring season. The team showed tremendous dedication through their training at practice each day and came together to become a cohesive team. They were able to accomplish both their team goals and personal goals to have a winning season to remember for years to come. The Mustangs fought hard during decisive races when it mattered the most and always left everything they had on the track and the field.

Outdoor Track & Field

Seniors



Andrew Olivieri
2 mile, 1 mile, discus



Dorvelt Edouard
100m dash



Samuel Cluggish
400m hurdles



Iago De Sousa-Vieira
1 mile

Senior Captains



Linus Green
110m hurdles, long jump



Paul Kelley
400m



Aniya Crump
100m, 200m, 4 by 100 relay



Nathan Vil
100m, shot put













Seniors

2021 Team Photo

"The gunshot holds no fear."
-Coach Donlon





"The best hour of your day."
-Coach Donlon










MHS Drama Club Presents ... Bad Auditions

On June 4th and 5th the Medford High School Drama Club put on a student-run play called Bad Audtions by Bad Actors. All performances filled the Caron Theater with laughter and high spirits.

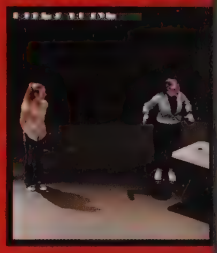














Senior Cast Members

Mariana Plata



Nathan McCarthy



Daniel Morgante



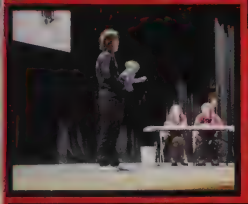
Lacey Intoppa



By Bad Actors





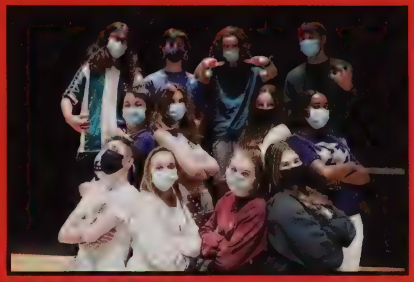






Cast

Mariana Plata
Nathan McCarthy
Daniel Morgante
Lacey Intoppa
Mackenzie Patterson
AJ Trenga
Baban Gill
Lorena Ferreira
Jack Bolitho
Joey Ruemenapp
Bailule Hadgembes
Annabelle Bolitho
Anita Capone
Emma Desharnais
Katie Rotramel
Kiera Lappin
Michaella Jean (MJ)
Sam Stanley
Kayleigh Sheehan
Noelani Lasko
Tyler Lam
Matteo D'Aveta
Sadie Scott











Directors

Kathleen Campbell
Kya Dyous-Goulden
Ava Heinegg
Theodore Tringale

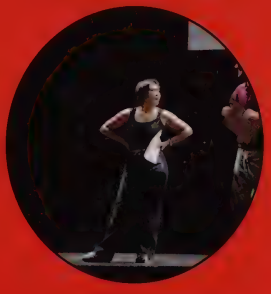
Crew

Lauren Henson
Patrick Keen
Stefan Langshur
Tegan Mustone
Morgan Patterson
Lindsey Quinn

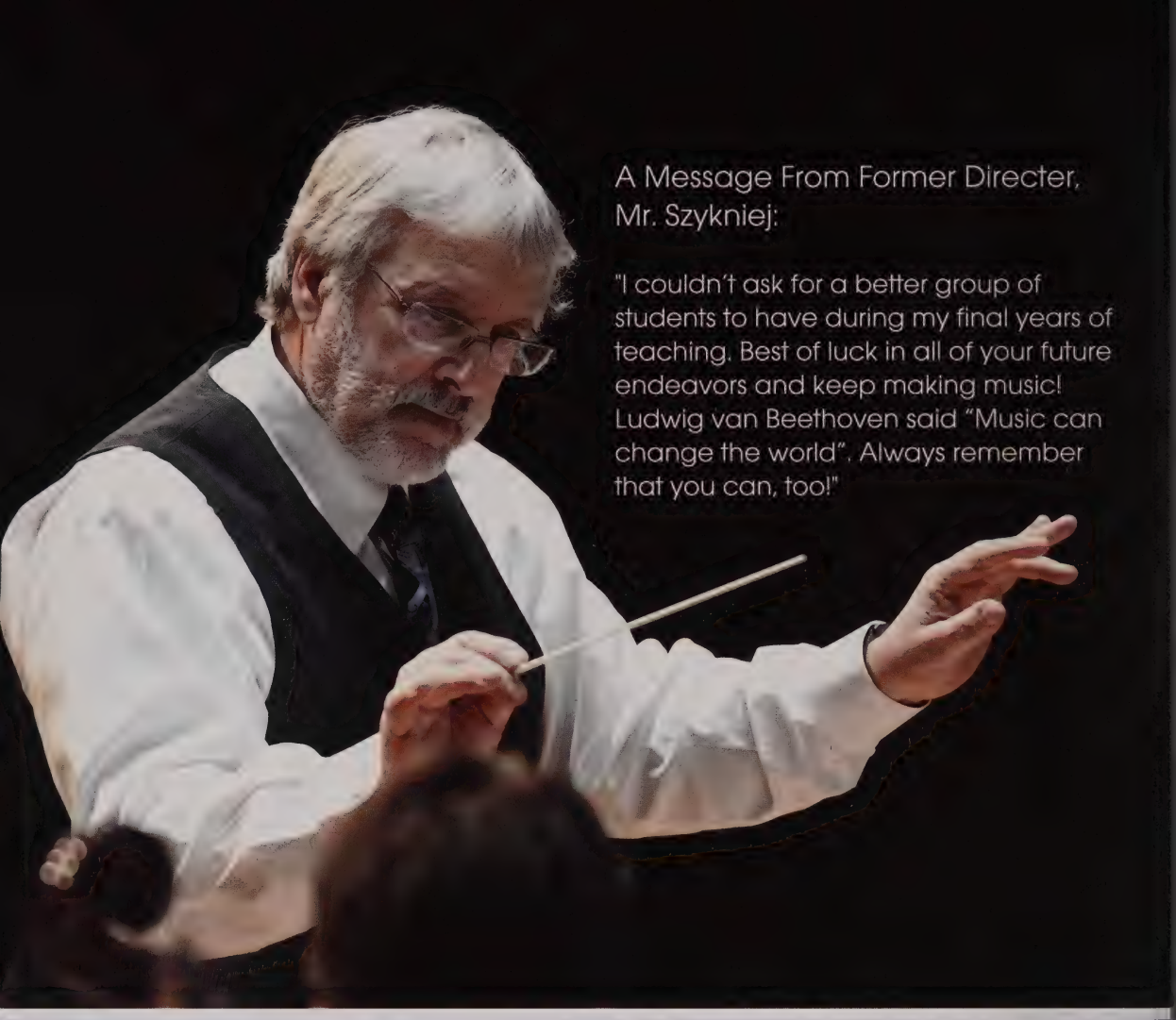
Bailule Hadgembes **Joey Ruemenapp** **Noelani Lasko** **Tyler Lam**











A Message From Former Directer, Mr. Szykniej:

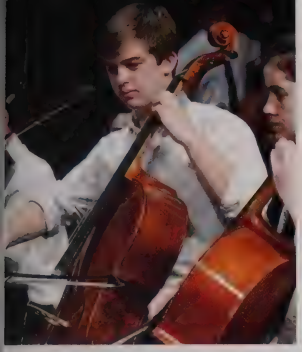
"I couldn't ask for a better group of students to have during my final years of teaching. Best of luck in all of your future endeavors and keep making music! Ludwig van Beethoven said "Music can change the world". Always remember that you can, too!"

MHS Chamber Orchestra

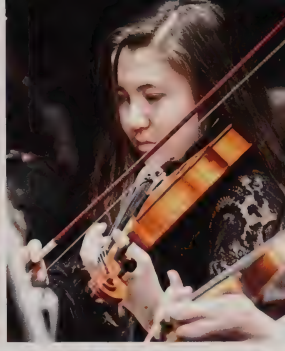
"To achieve great things, two things are needed: a plan, and not quite enough time."

- Composer Leonard Bernstein

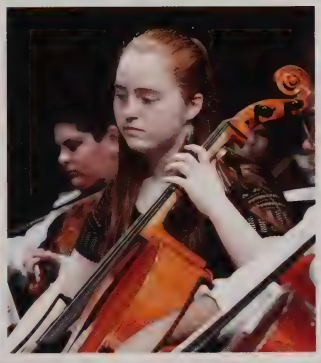
Music has been a part of most of our Medford seniors' lives since the 4th grade. Students had the opportunity to begin their music career either at the McGlynn Elementary School and the Brooks Elementary School with Ms. Sophia Chang, or at the Columbus Elementary School and Roberts Elementary School with Mr. Tony Szykniej. These seniors have continued their path of music with Mr. Szykniej during their elective period or rehearsal every Thursday night from 6:30pm to 8pm. As of the 2020-21 school year, Mr. Szykniej has retired. The Medford High School orchestra not only creates a welcoming environment for all string players, but opens up the door to brass and percussion instruments as well.















A Blast From the Past

2017-18		2018-19		2019-20	
Final Countdown	Joey Tempest	Palladio	Karl Jenkins	The Dark Knight	Hans Zimmer
Wizards in Winter	Paul O'Neill	Canon in D	Johann Pachelbel	Allegro	J.B. Senaillé
Minecraft	Daniel Rosenfeld	Midnight Tango	William Pordon	Thor: The Dark World	Brian Tyler
The Tempest	Robert W. Smith	Viva La Vida	arr. Larry Moore	Profiles In Courage	Phillip Gordon
Voluntary	Jeremiah Clarke	Spartacus	Brian Balmages	Careless Whisper	Jonathon McNabb
Eden Ridge	Larry Clark	The Polar Express	Glen Ballard	Zampa Overture	Ferdinand Hérold
Don't Stop Believin'	arr. Bob Phillips	Go West!	arr. Ralph Ford	Engines Of Resistance	Larry Clark
Medieval Legend	Michael Story	Hopak	Modest Moussorgsky	The Prayer	Bob Cerulli
Serenade	Wolfgang Mozart	Stairway to Heaven	Jimmy Page	In The Hall Of The Mountain King	Sidney Carlin
Sicilienne	Christoph Gluck	Dark Adventure	Ralph Ford	Themes From Romeo and Juliet	Carrie Gruselle
Freedom Finale	arr. Michael Story	Take Me Home, Country Roads	John Denver		

CULTURAL DIVERSITY AT MHS

Out of the 1,300 students in Medford High School, the racial breakdown is the following: 58.6% White, 14% African American, 12.7% Hispanic, 10.7% Asian, 3.9% two or more races, 0.1% American Indian, and 0.1% Pacific Islander. Cultural diversity helps us recognize one's unique heritage, language, and background. Take a look at some students talk about the importance of diversity in Medford High School.



Diana Lozius

Haitian Kreyol:

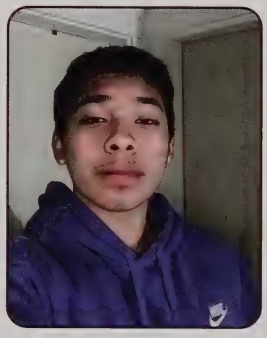
"Divèsite reyèlman enpòtan nan kominote nou an ak nan lekòl nou an paske li ede nou kapab aprann youn ak lòt epi fè eksperyans kalite bagay tankou endepandans yo, fason yo abiye, lang, ak manje yo. Tout moun gen pwòp fason yo nan gade pwoblèm tankou ede soti yon nouvo elèv ki pale lang nan menm jan ou, men li pa ka pale angle Ameriken ede yo ak nou ak tradiksyon."

English:

"Diversity is really important in our community and within our school because it helps us be able to learn from each other and experience the type of things like their independence, the way they dress, language, and their foods. Everyone has their own ways of viewing problems like helping out a new student that speak the same language as you but can't speak American English helps them and us with translation."

Spanish:

"La diversidad es importante porque podemos ver cómo otras personas viven sus vidas. Cuán diferentes somos los unos de los otros. Pero no solo las diferencias entre nosotros, también podemos tener algunas similitudes. La diversidad es clave para abrir los ojos y ver cómo ven el mundo. Es importante para MHS porque puede mostrar cuánto podemos crecer y expresar nuestras culturas entre nosotros."



Ronald Argueta

English:

"Diversity is important because we can see how other people live their lives. How much different we are from each other. But not just differences between each other we can have some similarities as well. Diversity is key to opening one's eye on seeing how they view the world. It's important to MHS because it can show o how much we can grow and express our cultures with each other."

Amharic:

"ብዝሃነት ሌሎች አስፈላጊ ስለ ዓለም እንዲያውቁ ስለሚረዳ በጣም አስፈላጊ ነው ። ከተለያዩ አካባቢዎች የመጡ ሰዎች መኖራቸው ሰዎች ነገሮችን በተለየ አተያይ እንዲመለከቱ ያበረታታል ። ደግሞም ፣ ስለ ሌሎች ባህል እና ቅርስ ሲማሩ በዓለም ላይ ወደ ዝቅተኛ አለዋቂ ሰዎች ይመራቸዋል ። ሜድፎርድ ከፍተኛ ሰዎች ስለ እያንዳንዱ ግለሰቦች ባህል ያላቸው ቅድመ-አስተሳሰብ የተሳሳተ አመለካከት እንዲያፈርሱ ስለሚረዳ ልዩ ለመሆን መጣር አለበት ። ይህ ወደ ዝቅተኛ ግራ መጋባት እና ብስለት ያለው የዓለም አቀፍ ልማት ያስከትላል ።"

English:

"Diversity is important because it helps others learn about the world. Having people from different backgrounds encourages people to view things in a different perspective. Also, when learning about others culture and heritage it leads to less ignorant people in the world. Medford High needs to strive to be diverse because it will help people break down the preconceived stereotypes we have about each individuals culture. This leads to less confusion and mature global citizens."



Samerawit Takele

Arabic:

"بالنسبة لي ، التنوع هو أكثر من مجرد مجموعة من الأشخاص من بلدان مختلفة يتحدثون لغات مختلفة. التنوع بالأحرى هو تبادل الأفكار والخبرات مع تعزيز إيجابي للعقلية المنفتحة والشمول. من المهم للمجتمعات مثل مدرسة ميدفورد الثانوية أن تسعى جاهدة لتكون متنوعة بسبب الفرص المذهلة التي تقدمها والحوارات التي تقدمها. يفتح التنوع العديد من الأبواب التي يستفيد منها الطلاب بشكل كبير."



Nouha Elyazidi

English:

"To me, diversity is more than a collection of people from different country's speaking different languages. Rather diversity is the exchange of ideas and experiences while positively reinforcing open mindedness and inclusion. It is important for communities such as Medford High School to strive to be diverse because of the amazing opportunities it presents and dialogues it introduces. Diversity opens so many doors students immensely benefit from."



Gabriel Tomaz

Portuguese:

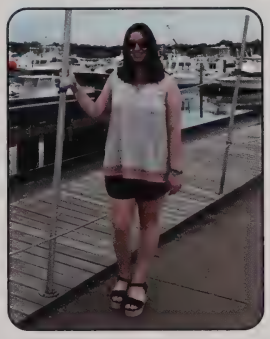
"A diversidade é importante porque traz às pessoas novas experiências e novas ideias que não teriam visto por conta própria. A Medford High deve promover a diversidade para abrir mais portas para as pessoas aprenderem."

English:

"Diversity is important because it brings people new experiences and new ideas that they would have not seen on their own. Medford High should drive for diversity to open up more doors for people to learn."

Greek:

"Η ποικιλομορφία είναι τόσο σημαντική γιατί η χώρα μας δεν μπορεί να είναι μόνο ένας πολιτισμός. Εάν όλοι προέρχονταν από το ίδιο υπόβαθρο, όλοι θα ήμασταν οι ίδιοι και δεν θα υπήρχαν πολιτισμικές διαφορές μεταξύ τους. Πολλά από τα πράγματα που απολαμβάνουμε στη χώρα μας δεν θα ήταν εδώ χωρίς μετανάστες και από διαφορετικούς πολιτισμούς. Στο Medford High, χρειαζόμαστε διαφορετικότητα για να κατανοήσουμε τους ανθρώπους που ανήκουν στην κοινότητά μας. Όλοι μας προέρχονται από διαφορετικούς πολιτισμούς / υπόβαθρα και είναι σημαντικό να μάθουμε από πού προέρχονται όλοι."



Anna Mercina Stefanou

English:

"Diversity is so important because our country can't be solely one culture. If everybody came from the same background, we would all be the same, and there would be no cultural differences among each other. Many of the things we enjoy in our country would not be here without immigrants and those from different cultures. In Medford High, we need diversity to understand the people who are part of our community. All of us come from different cultures/backgrounds, and it is important to learn about where we all come from."

Italian:

"La diversità è importante perché ci presenta nuove idee ed esperienze. Queste diverse prospettive sono utili per la risoluzione dei problemi. Lavorare con persone di altre origini etniche, religiose o di altro tipo ispira la creatività dentro di noi. La Medford High dovrebbe sforzarsi di essere diversificata perché tutti possiamo imparare qualcosa gli uni dagli altri. La diversità è importante per creare un ambiente sicuro e comprensivo."

English:

"Diversity is important because it presents us with new ideas and experiences. Those different perspectives are helpful in problem solving. Working with people from other ethnic, religious, or other backgrounds inspires creativity within us. Medford High should strive to be diverse because we can all learn something from each other. Diversity is important in forming a safe and understanding environment."



George Bova III



Tyler Kumar

Punjabi:

"ਵਿਭਿੰਨਤਾ ਮਹੱਤਵਪੂਰਣ ਹੈ ਕਿਉਂਕਿ ਇਹ ਨਵੇਂ ਵਿਚਾਰਾਂ ਅਤੇ ਤਜ਼ਰਬਿਆਂ ਨੂੰ ਲਿਆਉਂਦਾ ਹੈ ਜੋ ਲੋਕ ਇਕ ਦੂਜੇ ਤੋਂ ਸਿੱਖ ਸਕਦੇ ਹਨ. ਨਾਲ ਹੀ, ਵਿਭਿੰਨਤਾ ਚੀਜ਼ਾਂ ਬਾਰੇ ਸੋਚਣ ਦੇ changeੰਗ ਨੂੰ ਬਦਲ ਦਿੰਦੀ ਹੈ ਅਤੇ ਇਹ ਹੋਰ ਸਭਿਆਚਾਰਾਂ ਅਤੇ ਰੀਤੀ ਰਿਵਾਜਾਂ ਬਾਰੇ ਲੋਕਾਂ ਦੇ ਗਿਆਨ ਨੂੰ ਫੈਲਾਉਂਦੀ ਹੈ ਜੋ ਦੂਸਰੇ ਲੋਕ ਅਭਿਆਸ ਕਰਦੇ ਹਨ. ਮੈਡਫੋਰਡ ਹਾਈ ਸਕੂਲ ਲਈ ਵਿਭਿੰਨ ਹੋਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨਾ ਮਹੱਤਵਪੂਰਨ ਹੈ ਕਿਉਂਕਿ ਹਰ ਕੋਈ ਆਪਣੇ ownੰਗ ਨਾਲ ਵੱਖਰਾ ਹੈ. ਲੋਕ ਦੂਜਿਆਂ ਤੋਂ ਸਿੱਖ ਸਕਦੇ ਹਨ ਅਤੇ ਜੋ ਉਹ ਆਪਣੇ ਸਭਿਆਚਾਰ ਵਿੱਚ ਅਭਿਆਸ ਕਰਦੇ ਹਨ ਸਾਂਝਾ ਕਰ ਸਕਦੇ ਹਨ. ਮੇਰੇ ਖਿਆਲ ਵਿਚ ਇਹ ਬਹੁਤ ਵਧੀਆ ਹੈ ਕਿ ਮੈਡਫੋਰਡ ਹਾਈ ਸਕੂਲ ਵਿਭਿੰਨਤਾ ਕਿਵੇਂ ਮਨਾਉਂਦਾ ਹੈ. ਸਾਡੇ ਕੋਲ ਕਾਲਾ ਇਤਿਹਾਸ ਮਹੀਨਿਆਂ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਹਨ, ਸਕੂਲ ਦੇ ਆਲੇ ਦੁਆਲੇ ਬਹੁਤ ਸਾਰੇ ਵੱਖ ਵੱਖ ਸਭਿਆਚਾਰਕ ਕਲੱਬ ਹਨ ਜਿਸ ਵਿੱਚ ਲੋਕ ਸ਼ਾਮਲ ਹੋ ਸਕਦੇ ਹਨ, ਅਤੇ ਮੈਡਫੋਰਡ ਹਾਈ ਸਕੂਲ ਵਿਭਿੰਨ ਸਭਿਆਚਾਰ ਦੀ ਯਾਦ ਦਿਵਾਉਂਦਾ ਹੈ."

English:

"Diversity is important because it brings in new ideas and experiences that people can learn from each other. Also, diversity changes the way people think about things and it expands people's knowledge about other cultures and rituals that other people practice. It is important for Medford High School to strive to be diverse because everyone is different in their own way. People can learn from others and share what they practice in their own culture. I think it is great how Medford High School celebrates diversity. We have Black History Month activities, many different cultural clubs around the school that people can join, and Medford High School commemorates diverse culture."

Cantonese:

" 多樣性係如此重要，因為我哋要了解啲人嘅文化同傳統。梅德福德高中努力成為重要嘅，因為我哋得到支持同珍惜啲人嘅背景。"



Janet Lam

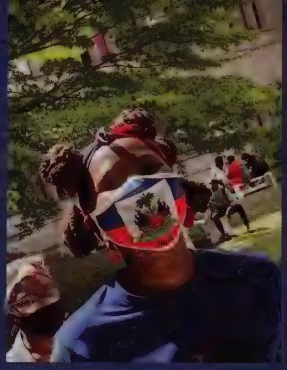
English:

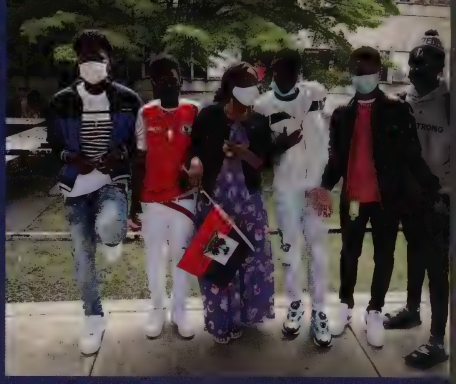
"Diversity is so important because we get to learn about people's cultures and traditions. Medford High strives to be important because we get to support and cherish people's backgrounds."

Haitian Flag Day Block Party

May 18, 2021

Every year Interact Club throws a block party. This has been an event they've stuck with over the last four years. It is a fairly new celebration but one they feel is really important. It's a chance to let the seniors let loose for the last time in a casual after school environment. It's an event that is open to all students and staff and comes to life with a DJ, games and food outside in the inner courtyard.











In collaboration with CCSR and with the understanding that no more than 50 guests can gather at a time, this year's block party was dedicated to Haitian Flag Day and celebrating the brave and wonderful Haitian Mustangs here at Medford High. After a day full of beautiful Haitian dancing, it could not have been a more delightful sunny day and Interact was happy to provide the afternoon with Haitian food, chalk art, badminton, cornhole and fresh beats with Bannan Chevis.







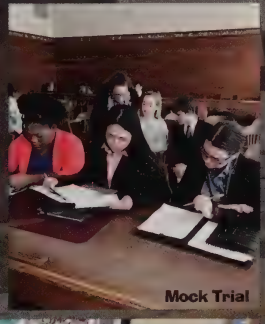


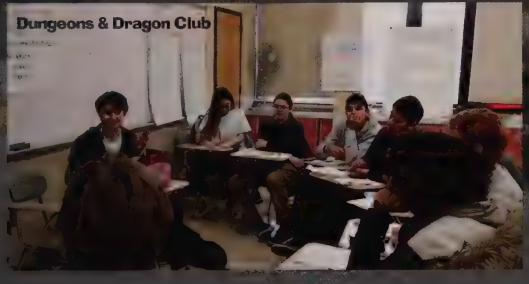
CLUBS

Medford High School offers many different clubs and organizations for any students to get involved in the Medford community. With a wide range of clubs from leadership, community service, cultural identities, academic-based organizations, game and recreation, and performing arts, students have the opportunity to meet people from all four grades with similar interests.


CCSR


Asian Club


Mock Trial


Dungeons & Dragon Club


Foreign Language Club

Anime Club



The Anime Club is a place to meet, discuss, and promote all things Anime. Activities happening at this club include watching Anime and having Anime-related discussion. When not watching Anime, students are encouraged to help other students with Anime drawings. Over its time at Medford High, the Anime Club has collected eight members as of the 2020-21 academic school year, including senior members, John Belcastro and Julia Stanley.

Advisor: Ms. Perrin
President: Thiendinh Dao



Asian Club

The goal of the Asian Club is to share Asian culture to the Medford Community in and out of the classroom. In a typical year, members would engage and help organize our annual bubble tea and fortune cookie fundraiser. Using the earned funds, the goal is to donate at least $350 for Rosie's Place. In 2019, the Asian Club was able to bring in the Wah Lum Kung Fu & Tai Chi Academy to teach a filled auditorium of Medford High students Asian traditions. Oranges and lettuce were thrown at the audience to spread luck and wealth. The 2020-21 Asian Club Officers did an amazing job adapting to a remote setting. The Asian Heritage Month Video was a big hit, as it helped show the diverse culture within Asia.

President: Justin Truong
Vice President: Capland Cho
Secretary: Quynh Pham
Treasuer: Thiendinh Dao
Advisor: Ms. Sanford

CCSR

The Center for Citizenship and Social Responsibility (CCSR) is a student organization responsible for developing future leaders and global citizens. Every year, students work alone or in groups to design and execute a community needs based plan to benefit the high school, city, or even beyond. Over the past four years, over 1500 students have participated in CCSR's activities and most importantly community projects. With the support of grants like the Cummings Foundation, the CCSR is able to continue making the world a better place.

Co-Presidents: Ellie Hunt, Zayn Yousuf
Vice President: Amine Nazih
Secretary: Kathleen Campbell
Treasurer: Colin Bailey
Webmaster: Dan Khoi Nguyen
Portfolio Managers: Laurel Baxter, Ava Heinegg
Student Publicist: Laurel Baxter, Amine Nazih, Liza Lopes
Social Media Managers: Erin Tan, Christina Zheng, Emma Maganzini
Coordinator: Mr. Skorker, Ms. Carnabucci





Common Ground

"Common Ground" is being run as a pilot course both this year and next year in collaboration with the CCSR. It is a class that brings students of all abilities together to participate in hands-on activities, team building skills, and social engagement. Common Ground is a place where students come together to build genuine friendships.

Coordinator: Ms. Carla Andre

Drama Club

In March 2021, Drama Club began planning in earnest for a spring show, looking for some way to give the stage to their members – particularly their seniors – one last time in the 2020-2021 year. With careful planning and consideration to many details around Covid safety, they selected "Bad Auditions by Bad Actors," the Ian McWethy play that fits well with our times in that it is unconventional, a bit bizarre, but ultimately thought-provoking and fulfilling to the viewer. The Drama Club performed this show on June 4-6, 2021 before a socially-distanced crowd of friends and family, involving 30 cast and crew members. In addition, this was a play that was fully student-led, with student directors, crew, and (of course) cast.

President: Mariana Plata
Vice President: Daniel Morgante
Secretary: Lacey Intoppa
Treasurer: Lauren Henson
Social Media Manager: Theo Tringale
Student Council Representative: Katherine Rotramel





DECA

DECA is short for Distributive Education Club of America and students in business classes around the world compete in various events in an effort to qualify for the International Competition. Students begin the event by competing against their district. Students in DECA travel to Endicott College for the day to participate in Role Play Events, Written Events with Presentations, and virtual events. They also get to experience the day in the life on a college campus. The competition focuses on Marketing, Business Administration, Entrepreneurship and Finance with events in each category. If students qualify at the district level, they are sent to states where the competition gets a little tougher as all Massachusetts state qualifiers spend a couple of nights in Boston looking to qualify for Internationals. The Medford DECA Club has had Internationals qualifiers in each of the last five years, including this year's virtual event. Our team has traveled to California, Florida and Georgia to compete with one of those teams making it to Finals! Our team grows each and every year and available to any student in Medford High School that is interested in business.

Advisor: Ms. Coolen
President: David Mei

Dungeons & Dragons Club



In the Dungeons and Dragons Club, students play the famous tabletop game, Dungeons and Dragons! To play, you just need paper, pencil, some dice, and a great imagination. One 'Dungeon Master' creates a story, and guides the players who take on an exciting fantasy wizard, or a secretive rogue. If you can imagine it, you can do it. Students have a lot of fun each week writing these stories and meeting new people, and we invite you to come join us to do the same!

Advisor: Ms. Jones



Ethics Bowl

The Ethics Bowl team is a competitive club that regularly meets to debate topical, ethical issues. Each year the national organizers put together 15 cases for competition. The cases are released in September and our team meets weekly to dissect the cases and develop arguments that will be presented at the regional Ethics Bowl competition, held annually at Tufts University. The Ethics Bowl is similar in some ways to a traditional debate with the important distinction that teams do not need to take opposing sides of an argument. Teams are evaluated on their ability to formulate arguments and rebuttals and address questions posed by a panel of judges. The Ethics Bowl is collaborative, competitive, and fun. This year's team did an exceptional job, nearly making it to the final round of the competition, thanks to Josh Cuneo, Eduarda Silva, Lydia Olivieri, Mikayla Hallahan, Eamon Costello, Anita Capone Dozier, and Yesenia Soto-Ortiz

Student Leaders: Eduarda Silva, Josh Cuneo
Advisor: Mr. Esner

Gay Straight Alliance

During the course of the pandemic, the GSA met via zoom every Thursday like it was a normal year. We felt it was important to keep the club going to be a place of support and safety throughout the year. We created some presentations for Advisory Activities in the fall, but could not do all of our normal events due to the pandemic. Back in June of 2020 we celebrated Pride month with the CCSR and the Medford Public Library. We created weekly themes throughout June with one major event each week like Coffee House and Trivia Night to keep the community engaged and hopeful. During the school year our meetings were a place to debrief and relax after the long hours of being on zoom at the beginning of the year. We would play games, learn some Queer History, chat about life and discuss current events. For Pride Month in 2021, the GSA is raising the pride flag again on the MHS campus, repainting the rainbow crosswalks, and creating the first Medford Pride March in collaboration with the CCSR and the Medford Public Library.



Advisor: Ms. Chalifoux, Ms. Simpson
Officers: Lila D'Antonio and Cameron Green

Hope Chest

The Hope Chest is an in-house resource collection and redistribution system designed to support students and families who could use a helping hand. This year, the Hope Chest has focused most of its energy on food security. When school closed on March 13, our backpack program had to shut down, with over 25 families who received support with weekly groceries who would be left without support. With the help of amazing MHS faculty volunteers, we were able to put together a home delivery service that brought the backpack program to the homes of our families in need. Our number of families almost doubled over the summer. From March to September with the help of The Malden YMCA, Priscilla's Pantry went mobile. We delivered over 500 bags of fresh and frozen food to families in and around Medford. Once school was up and running our food pantry focused its efforts on a snack component with the swagon and outreach to several hotspots in the building including the nurse and guidance suite, and providing snacks for kids at the end of the day. Although we had to alter the way we supplied support, we set up a hallway clothing display this year to provide clothes to Mustang students and staff to browse, and our school supplies closets, clothing closet, and food pantries are all available for students. Students can always reach out to a teacher, counselor, or administrator about how to gain access to this subtle yet strong support system. This year we had some wonderful student volunteers to help to keep things running.



Student Leaders: Genie Julien, Dachaelle Limose, Narlee Pierre, Mara Vitoria Anjos de Lima, Melissa Anjos de Lima, Benardo Blanc, Davidson Marc, Emmanuala Georges, Emily Matarese, Sara Solferino, Ryan Christopher, Bianca Huang,
Project Transition: Daniel Owen, Alejandro Espinosa, Richard Mathurin
Advisors: Ms. Saulnier, Ms. Heim, Mr. Mojica Perez



Student Leaders: Emily Gaddy, Naomie Pierre, Maria Colombo, Baban Gill, Genie Julien, Nailah Chowdhury, Grace Kallberg
Advisor: Ms. Saulnier

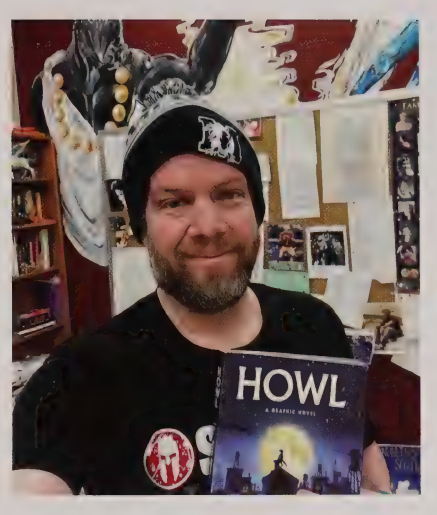
Interact Club

Interact focuses on doing good for the community. We are a small student-led group who organize community-building and volunteer service projects focusing on monthly themes with the sole purpose of bringing all of Medford High together. Interact is supported by our local Medford Rotary Club and tries to practice their mantra "Service above Self." This year we started off with our virtual costume contest fo Halloween and sent off thank you to supporters of this year' Magic School Bus fund. We distributed $1200 worth of grocery cards for the new year to local families in need, and created a heart warming gratitude video showcasing the every day Warriors and Superheroes that Covid brought to light, in the city of Medford. As the year continued, our stick notes project has been an amazing and simple way to bring inspirational words to the students and faculty throughout our return to school. We were able to put together a last minute teachers appreciation flowers and baked goods morning surprise. Finally, working alongside CCSR in an effort to celebrate Haitian Flag Day, Interact successfully hosted our 4th annual Block Party on a specular sunny day i May, complete with covid protocols and despite the difficult of this year. Interact is not a big group, but a small group of students with great ideas, amazing motivation and big hearts.

Mantra

The Mantra is the academic arts website for Medford High School. Covering every discipline, from art to science, from foreign language to the humanities, we publish student essays, creative writing, projects, paintings, photographs, and all the excellent work that students submit. The online format allows student work to inspire current and future MHS students as well as to share it with the community.

Advisor: Mr. Heinegg





Medford Calling

Medford Calling is a student driven modern band ensemble that works both on bringing to life cover songs as well as original musical ideas. This year, Medford Calling pivoted to a virtual experience in which students collaborated on recording music together. Students suggested song ideas to cover and collaborative studios were created using Bandlab for Education. Students were able to add their own tracks using instruments at home or virtual instruments through the website. Given its resurgence in popularity due to a Tik Tok meme, Medford Calling performed and recorded "Dreams" by Fleetwood Mac. It's been difficult not being able to play together in real time, but where there is creativity and musicality, there is possibility!

Advisor: Ms. Fard

Mock Trial

The MHS Mock Trial team participates in mock trial competitions with other Massachusetts high schools in partnership with the Massachusetts Bar Association. Students collaborate to interpret evidence and data, as well as build cases for an assigned criminal or civil trial. The team works closely with professional attorneys to argue cases in a courthouse in front of a judge. Members of the Mock Trial team develop strong critical thinking and public speaking skills, as well as learn how to construct arguments supported by proof.

Captains: Emily Gaddy, Amishika Dhaurali
Advisor: Ms. McMahon

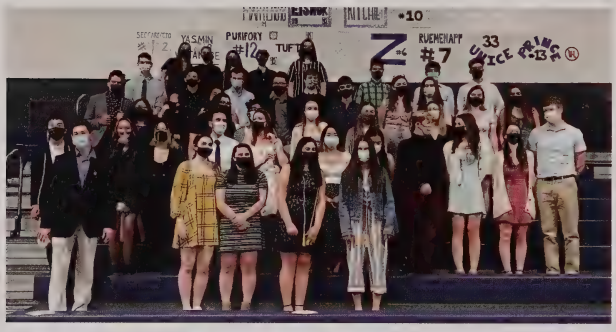


Mustang News

The Mustang News is an online newspaper made for and by the students at Medford High School. The newspaper was run by the third period journalism class of Mr. Geehan. This year the students wrote op eds, reports, and interviews to cover the ever changing landscape of the 2020-2021 school year. The Mustang News worked with a whole new staff of students as well as a new academic advisor in order to put out weekly stories. The newspaper counted among its ranks Nouha Elyazidi, Aidan Falvey, Danyl Khan, and Gabrielle Yamamoto.



Advisor: Mr. Geehan



Presidents: Mariana Plata, John Scarpelli
Vice Presidents: Rayanne Forbes, Gabrielle Yamamoto
Leaders of Student Outreach: Anna Stefanou, David Mei, Rebecca Graves, Prabidhi Rana
Leaders of Faculty Outreach: Dana Lendall, Colin Bailey, Prabidhi Rana, Peter Todhunter
Leaders of Parent/Family Outreach: Brianna Leite, Brianna Leccese, Theodora Odvil, Lily Anzalone
Leaders of NHS Events: Talia Ritchie, Lauren Henson, Dechen Antsa, Nathan Moreno
Leader of NHS Scheduling: Nouha Elyazidi
English Tutoring Subject Leader: Daniel Morgante
Math Tutoring Subject Leader: Justin Truong, Renata Del Vecchio
Science Tutoring Subject Leader: Kathleen Campbell, Elizabeth Lazzaro
History Tutoring Subject Leader: Marina DeSimone, Janet Lam
World Language Tutoring Subject Leader: Emily Gaddy

National Honor Society

The National Honor Society is a student-run organization for students to showcase their academic achievements, leadership abilities, and community involvement. This year's group of NHS students have been fantastic, especially during these unique times of remote learning. This year, the NHS was able to provide virtual tutoring for students of all grades at the school, host our first virtual trivia night, and have a social distance Induction Ceremony to honor our graduating Class of 2021. The NHS has overcome and accomplished so much this year and all of our NHS students have truly excelled in and out of the classroom! The NHS has truly shown their dedication to the Medford community this year and what it means to be a leader for all!

Science Team

The Medford High School Science Team is a member of the North Shore Science League (NSSL) that consists of 27-30 schools of the North Shore of Boston, ranging From Chelsea to Amsbury. Including Cape Elizabeth, Maine. The League meets at various schools on the second Tuesday of each month. Each meet consists of three events of no more than four students per event. Events span all fields of science, from Biology, Chemistry, Physics, Engineering / Building etc.. Where students compete head to head in either Lab based events, stations work, pen and paper, and testing designs of built models.



Advisor: Mr. Lazzaro



Voices of Medford High

Students start off their day by listening to the morning annicements from the voices of Medford high. This year, the voices of Medford High from the Class of 2021 were Aidan Barry, Rebecca Graves, and Lacey Intoppa.

The Voices of Medford High 2020-21 Sign-Offs

Aidan Barry: "That's all I have for you today so have a good day okay."

Rebecca Graves: "Thank you and have a graves day."

Lacey Intoppa: "This is Lacey Intoppa wishing you a very lovely day."

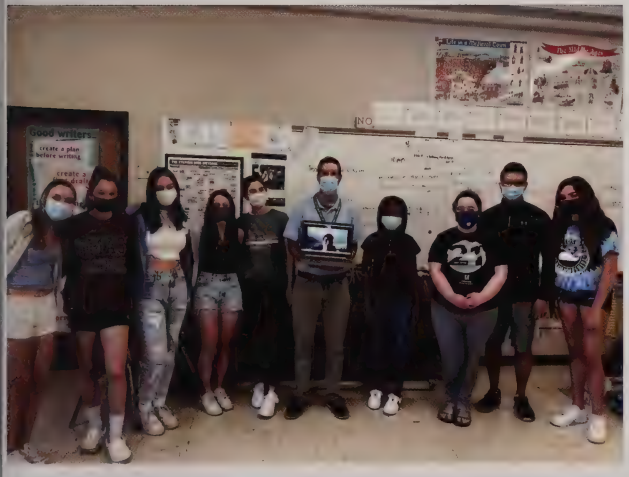
World Language Club

The World Language Club at Medford High School aims to educate students on different languages and cultures worldwide. Throughout the year, the club hosts events such as the Carnival Dance, the Holiday Photo Booths, and the Car Wash. Although these events were restricted due to the ongoing pandemic, the World Language Club successfully ran two major fundraising events: customized facemasks with country flags and goodie baskets. The profits from these fundraisers will go toward scholarships awarded to seniors at the end of the school year.

Student Leaders: Oscar Barrera, Alison DiTucci, Supreet Kaur, Brianna Leccese, Amy Parrilla, Anna Stefanou, Campbell Tacey

Advisor: Ms. Bibeau





Yearbook Committee

The Blue and White yearbook is one of the longest-running clubs in the school. The yearbook committee works hard to create a unique representation of our year as seniors. Students have the opportunity to work collaboratively with other student leaders, staff, coaches, and administrators to create the best yearbook possible. Opportunities such as photography contests and yearbook spread layout contests open doors for students to discover their true hidden talents.

Editors: Lauren Henson, and Justin Truong

Advisor: Mr. Ambrose

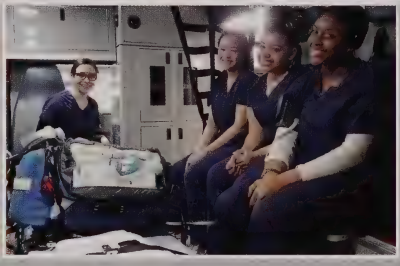
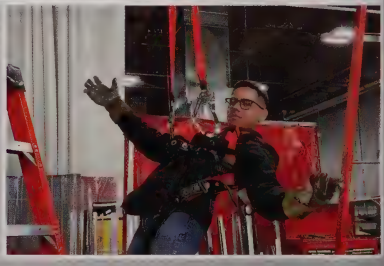
Medford Vocational Technical High School

Vocational Shops

Robotics & Engineering, Programming & Web Development, Metal Fabrication, Media Technology, Health Assisting, Graphic Design, Electrical, Early Childhood Education, Culinary Arts, Cosmetology, Construction Craft Laborers, Carpentry, Business Marketing, Biotechnology, Automotive Technology



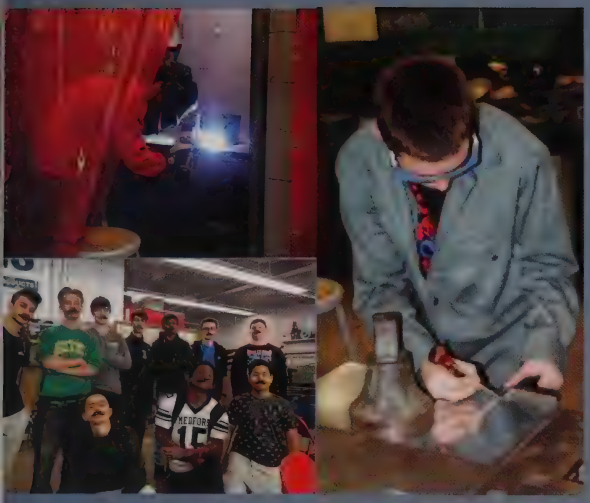


To the Class of 2021:

"Wait, I can't believe it! As Principal of the Vocational School I have seen the work you have done in virtual learning and in some cases on job sites. You have overcome obstacles and persevered through the most challenging years in our recent history. You are forever part of the MVTHS family and we will remember you fondly. You are now graduates, entering a big world full of opportunity and excitement. The skills you have acquired in your CTE program will serve you along your path, and I can't wait to hear all the great things you will do. Be kind to yourself and others, and don't forget to enjoy the ride!"

-Chris Fallon



Metal Fabrication

Students learn to create products for the metal manufacturing industry using sheet metal and welding techniques. From precision sheet metal work to welding manufacturing and construction, students gain a solid background in a high demand industry. Students will learn basic and advanced layout techniques, such as parallel line development, and ra-dial line development through hands-on projects and activities. A wide range of skills surrounding welding and sheet metal are presented which may lead to AWS certification. Joint design, material and alloy selection and machine maintenance are also included in the curriculum.

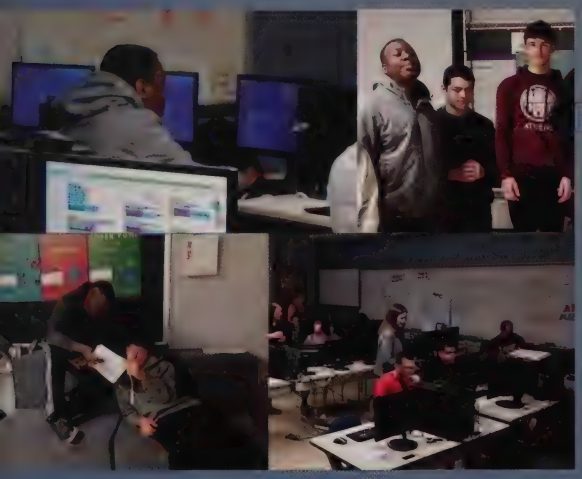
Seniors: Henrique Barcelos, Evellyn De Sousa, Gabriel Di Giustini, Eliass Satoura, Gustavo Tristao

Robotics & Engineering

Robotics and Engineering is a Chapter 74 Certified program for students who are interested in designing and building things. Students in this program will learn to design and build mechanical and electrical devices ranging from an electronic circuit used to control a matrix of LEDs (light emitting diodes), to a fully functional custom-built robot. In addition to physically building devices, students will learn to write code, the instructions that run everything from Facebook to your refrigerator. In this program students primarily learn about the fields of electrical, mechanical, computer, and robotic engineering. Students are expected to develop a good working knowledge of each of these fields.

Seniors: Oscar Barrera, John Belcastro, Melvin Cruz Chavarria, Renata Del Vecchio, Sean Follis, Linus Green, Nicholas Johnson, Phillip Maniscalco, Daniel Melo, Julian Osborne, Nico Polcaro, Marcello Sessa





Programming & Web Development

The Programming and Web Development program combines computer systems administration, computer programming, and website development in order to prepare students for careers in the computer science industry. The program is designed to enable students to succeed in a highly technical, global environment. Students create and understand the technical details of apps for mobile devices, computer software, websites, databases, and networks. Creating programs and applications and building interactive web pages are just examples of the myriad of projects that students complete in this program.

Seniors: David Higgins, Arthur Schlerman, Moses Victor



Media Technology

The Media Technology program is designed for students interested in pursuing employment and post-secondary education in the fields of television, radio broadcasting, and still photography. The curriculum integrates academic and technical content for a variety of media outlets. Hands-on activities include the production of actual television cablecast programs at Medford's new state-of-the-art public access television station! Students learn all aspects of television and radio broadcasting, including writing scripts and treatments, cinematography techniques, nonlinear editing, lighting, audio engineering, field and live studio productions, and remote news gathering.

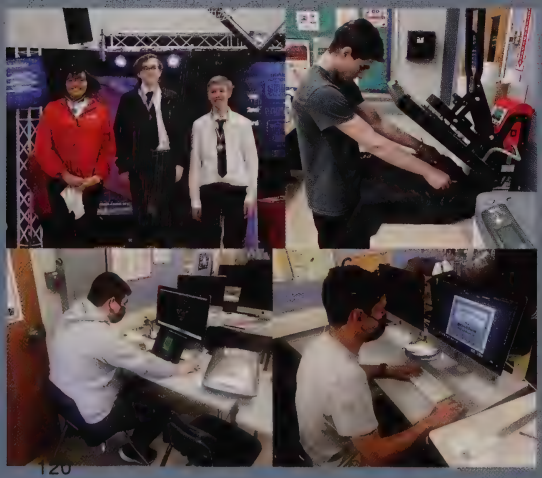
Seniors: Michael Alberto, Kiara Bourdquot, Jillian Carbonneau

Health Assisting



The Health Assisting Program is an excellent choice for students interested in entering the high-demand field of health care and human services. Students are exposed to a wide variety of health careers through classroom lessons, guest speakers, job shadows, and externships. Theory and computer technology lessons are provided using the most up-to-date technology in the classroom. Authentic practical training is provided in our realistic health suite using professional equipment, medical mannequins, and "patient-actors". Training continues in long term care and rehabilitation centers, assisted living facilities, senior centers, therapeutic animal farms, and acute care hospitals.

Seniors: Julie Barbosa, Savanna demier, Diana Lozios, Tamia Mamourette, Alexis Martino, Ava Mastrocola, Courtney Pham, Nicole Thereza Rico, Destiny Ross, Alison Wright

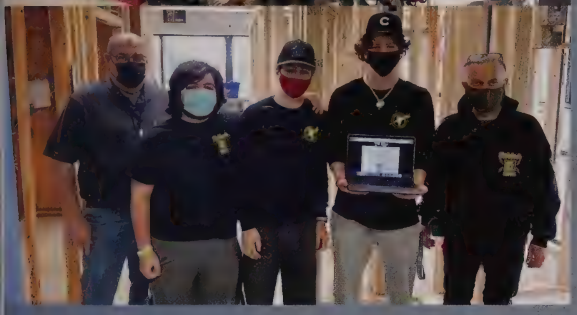


Graphic Design

Graphic Design & Visual Communications prepares students for careers working in digital technology, printing, publishing, and new media ventures. Classroom experiences and laboratory time provide students with the knowledge and experience to gain an entry-level position working on the technical side of a printing press or media development center. Digital design and production involves primarily the Adobe Creative Suite applications. Classes are focused on using the software to design graphics and layouts, create graphics and images, and manipulate and enhance images. Projects are prepared from concept to production. Students take prepress and production coursework, in which they learn to prepare projects for an offset lithographic press using digital prepress techniques, develop Internet sites, devise electronic page layout and work with digital media sources. Basic business management and entrepreneurial skills for the graphic industry are also taught.

Seniors: Sean Anderson, Zachary Anderson, Adrianna Fowlkes, Daniel Gross, Alessia Pantaleo, Christian Schurko, Jaryd Westcott





Electrical

Through a competency-based curriculum the Electrical program prepares students with the basic skills needed for an advanced-level position in the electrical field. The students gain a thorough knowledge of materials, terminology, and safety skills that are necessary to become a licensed electrician, a licensed systems technician, or a telecommunications technician. Students will become proficient in a variety of electrical projects in compliance with the National Electric Code, Massachusetts Electrical Code, and NFPA (National Fire Protection Association) Safety Code, and all other codes relegated to the electrical industry.

Seniors: Mohib Azad, Donald Davis, Nicholas Fabiano, Jake Fedoce, Sherby Luma, Shawn Nestor, Jake O'Donnell, Cameron Pigeon, Zachary Santos

Early Childhood Education

Students enrolled in the Early Childhood & Care program participate in the "Make Way for Kids" preschool and other day care programs. The children serviced are 3 to 5 years of age. Through hands-on experiences in the preschool, students learn, develop, and perform skills as an assistant teacher under the guidance of the teacher. Students have the opportunity to create and implement age-appropriate, theme-based curriculum to the children. All students rotate through the age levels in order to experience a variety of ages and stages as well as different teaching styles. The competency-based curriculum includes child growth and development studies and practical experiences working with young children. Upon graduation, the students will receive a personal certificate of proficiency with documentation of child contact hours.

Seniors: Emma Andrews, Kiere Bourciquot, Jaclyn Crowley, Sabrina DaSilva, Kayleigh Meehan





Culinary Arts

Culinary Arts students learn the principles and techniques of food preparation, handling, food service and restaurant management. The study of nutrition, sanitary codes, and inventory control are included in the competency-based curriculum. Bistro 489, a student-operated public restaurant, provides the students with the opportunity to gain firsthand experience in the areas of safety, food handling, food preparation, institutional cooking, short order cooking, computer skills, and customer service. In addition, culinary arts skills are reinforced through related studies in the classroom.

Seniors: Reverson Constant, Sara Crisafulli, Josephine Federico, Madison Rosselle, Emma Ryan



Cosmetology

A cosmetologist, commonly referred to as a hairdresser, provides a variety of beauty services, which are related to the care of hair, skin, and nail. The course includes all technical areas such as shampooing, haircutting, permanent waving, creative coloring, high styling, manicuring and many more beauty treatments including make-up application. The program consists of three major elements of the learning process. The core, adaptive, and creative levels of curriculum and are the basis of the cosmetology program. The teachers hold the students to a high standard of learning expectations. All cosmetology students receive 1,000 earned hours of instruction, which is required to qualify for the state of Massachusetts licensing examination and employment as a cosmetologist.

Seniors: Luana Barros-Oliveira, Doriana Bombino, Bella Caruccio, Sarah Craig, Courtney Cunillo, Hailey Deterding, Ella DuPont, Joseph Leonforte, Sophia Morais, Isabella Olson-Gaughan, Rose Pennuco, Maggie Sheehan, Ava Tarani

Construction Craft Laborers

The construction industry is one of the most diverse and rewarding industries in the world. From a single-family home to a railway tunnel under the English Channel, the potential for personal and financial growth is only limited by your willingness to work and learn. A career in construction can provide a standard of living for you and your family, as well as a sense of pride and accomplishment in the projects you help build. It is beyond the scope of this document to list all of the major types of construction. They have been identified and grouped into the following three categories: Building, Highway, Utilities and Land Development, and Environmental.

Seniors: Rafael Armaiz, José Avelar Serrano, Anthony Charles, Deion DaGraca, James Fernandes, Jonathan Laporte, Marcello Maffeo, Brett McGaffigan, Henrique Paulo Ramos, Anthony Schurko





Carpentry

Students in the Carpentry program receive instruction in various methods, tools and materials used in home construction. The primary focus is on house framing, siding, roofing, and interior finish work, with additional consideration for utilizing green building products, energy-efficient installation techniques, and high-efficiency mechanical systems including solar power. Students are taught fundamentals of design, blueprint reading, layout, and accurate dimensioning. They work with a variety of building and finishing materials, and become familiar with modern methods and installation techniques for those materials. Engineered wood products and pre-fabricated components are incorporated as time and material-saving alternatives to conventional site-built lumber framing. Students employ the safe use of a variety of hand and power tools throughout their training.

Seniors: Aminadaby Alves, Aidan Carnill, Ismail Casso, Colton Cunillo, Dorvelt Edouard, Francisco Flores, David Gibbons, Amy Parrillo, Vikas Romero, AJ Rourke



Business Marketing

The Business Technology & Marketing Program provides the skills, background, and certification necessary to prepare students to become well-round-ed employees, employers, or entrepreneurs. Students will be given an introduction to marketing, entrepreneurship, and Microsoft Office computer applications such as Microsoft Excel, Word, Access, and PowerPoint. This program integrates computer applications and business communication skills with a strong foundation in business courses. Legal issues are also introduced and students develop knowledge in personal finance and practice time management, organizational skills, and goal setting.

Seniors: Nicole Barreto, Yvonne Gailhard Contreras, Kaylie H[illegible], David Mei, Berlie Vivens

Biotechnology

The Biotechnology program will introduce students to the field of Biotechnology through career exploration as well as course specific content and skills. The students will be instructed in aseptic technique and the proper use of equipment used in biology, chemistry, physics, and engineering (e.g., micropipettes, and electrophoretic, chromatographic and spectrophotometric tools). In addition, bio-manufacturing industry skills such as Standard Operating Procedures, Good Manufacturing Practices, Instrumentation, and Statistical Process Controls are reviewed. The Biotechnology program student is eligible for OSHA 10 Hour General Industry Safety Certification and Massachusetts Bio-manufacturing Certification. A certificate in Bio-manufacturing prepares students for entry level positions in many areas of biopharmaceutical production with excellent opportunities for advancement and career growth.

Seniors: Amena Belaid-Akil, David De Souza, Mohammed Ishtiak, Tyler Kumar, Stanley Liu, Brian Santos





Automotive Technology

The Automotive Technology course is a three-year program that conforms to the National Automotive Technicians Education Foundation (NATEF) standards. Adherence to the NATEF curriculum and standards exposes and trains students in the trade through a series of tasks and competencies in the areas of: brakes, electrical/electronic systems, engine performance, suspension and steering, heating and air conditioning, and additional areas. The program provides the participants with a classroom segment and hands-on work. Students work daily on customer vehicles that have been scheduled for repairs. Students interact daily with customers, write service orders, schedule jobs, order parts and complete repairs. The program is self-paced.

Seniors: Aaron Allien-MacDonald, Patrick Norton, Alexa Petit-Frere, Gabriel Tomaz

Freshman Formal
Friday, June 8th, 2018

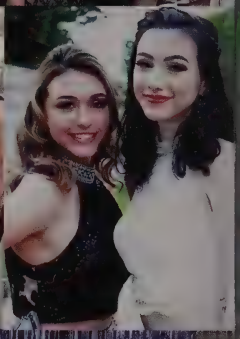




















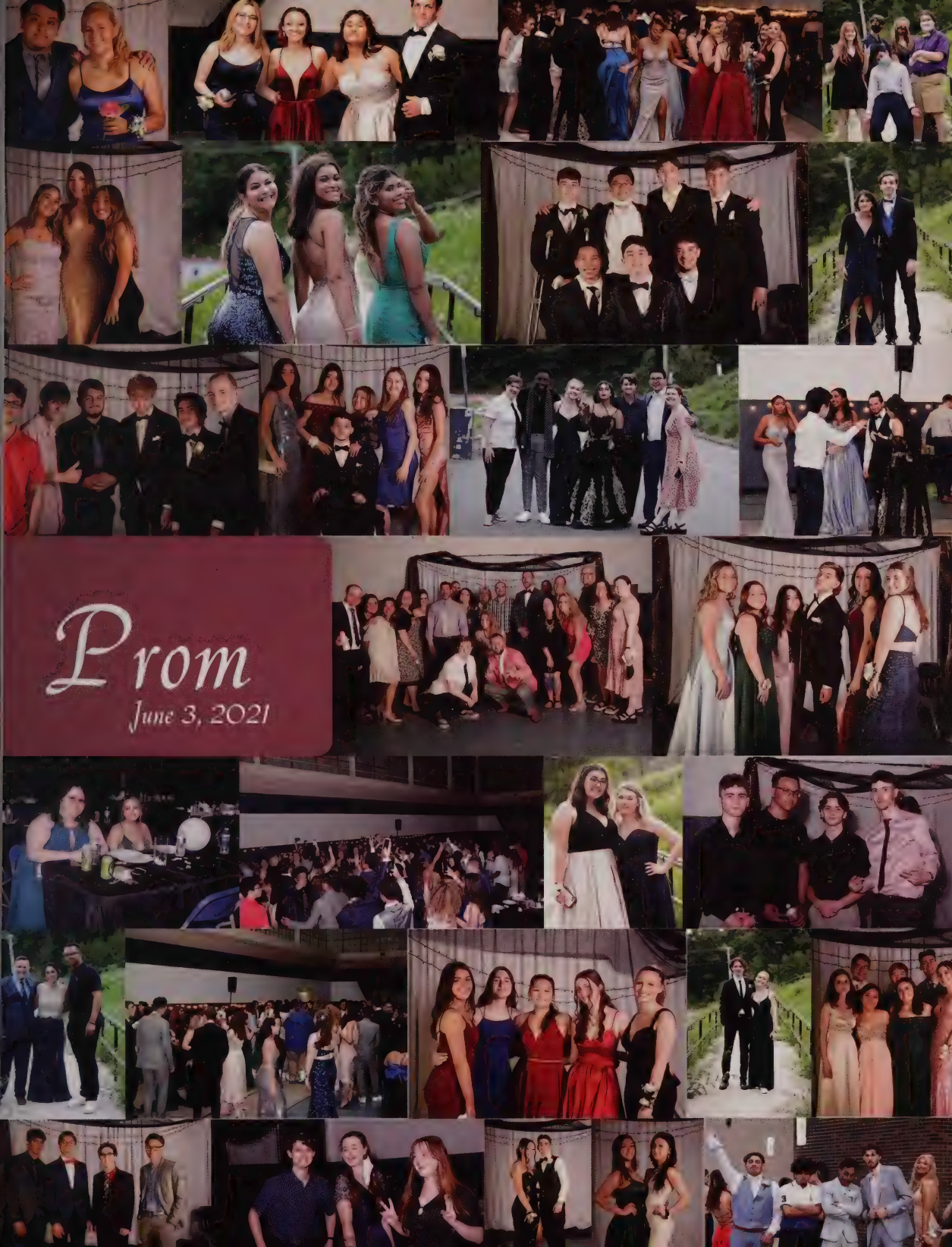




Sophomore Semi

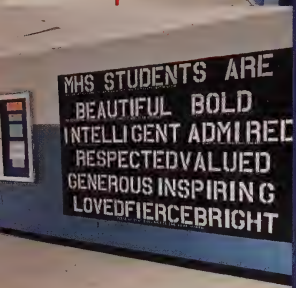
Friday, March 29th, 2019


Senior

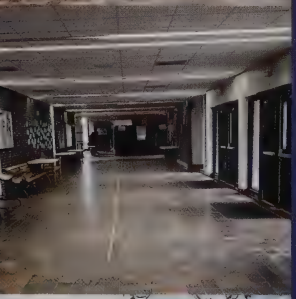

Prom
June 3, 2021

You Know You're At MHS When ....



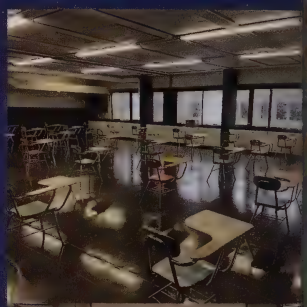


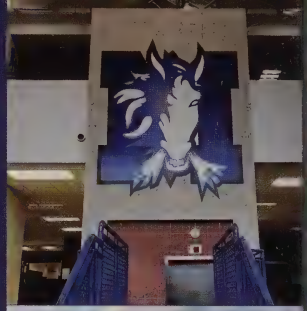






The Wifi isn't working
The bathrooms are locked
Mr. Mazaka is throwing root beer barrels
The fire alarm goes off during a snow storm
You show your Mustang pride
The overpass is either hot or cold
You have a three lecture halls in a row
You have to hide your coffee in the morning
You have a school dance in the lobby or gym
You have to wait until a certain time to use the vending machine
You wait in the lobby after school











SENIOR FADS

MOST USED WORDS

"BET"
"BRUH"
"NO CAP"
"PERIODT"
"POP OUT"
"SPILL THE TEA"
"THAT'S LIT"
"YESSIR"
"YERD"

POPULAR PLACES

MEDFORD SQUARE
ASSEMBLY ROW
THE FELLS
MEDFORD BOAT CLUB
CB SCOOPS
PLAYSTEAD PARK
DUNKS
AMICI'S
BOBS FOOD STORE

HIGH SCHOOL FADS

TIK TOK
AIR PODS
PS5
AIR FORCE ONES
CARHARTT HATS
MOM JEANS
DISPOSABLE CAMERAS
SNAPCHAT
COW PRINT

FAVORITE ARTISTS

TRAVIS SCOTT
HARRY STYLES
DRAKE
LIL UZI VERT
FRANK OCEAN
ARIANA GRANDE
DAN+SHAY
BILLIE ELISH
CARDI B

FAVORITE SONGS

"SICKO MODE"
"MO BAMBA"
"SAVAGE"
"ROXANNE"
"BOHEMIAN RHAPSODY"
"WELCOME TO THE PARTY"
"LIFE IS GOOD"
"BLINDING LIGHTS"
"YUMMY"
"MOOD"

FAVORITE TV SHOWS

GREY'S ANATOMY
GOSSIP GIRL
FRIENDS
ALL AMERICAN
STRANGER THINGS
PARKS AND REC
THAT 70S SHOW
TIGER KING
EUPHORIA





Graduation Day

June 2nd, 2021

























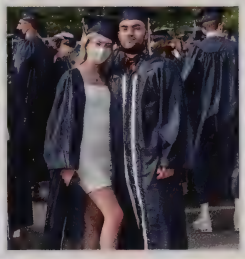














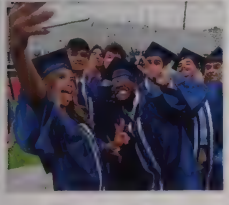
















Congratulations!

Future of Class of 2021

As the members of our class part ways and begin a new chapter in our lives, no two paths are the same. Here is a look at some of the unique pathways students will pursue in their post-high school career.



Zoe Kelly

Nurse

Bunker Hill Community College: Nursing



Vinicius Neves Pereira

Rapper

"I plan to get a job right after finishing High School and I will try to go to Bunker Hill at the same time. Also I plan to invest more in my rapping career."



Christian Calautti

Athlete

Gap year to play Junior Hockey for the Valley Jr. Warriors in the Eastern Hockey League



Marcello Sessa

Engineer

"After high school I plan on transferring to UMass Lowell to become an Electric Engineer!"

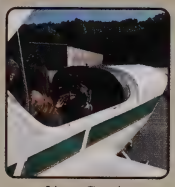


Aidan Barry

Athlete

Choate Rosemary Hall: Committed for Baseball, Basketball, and Football

This Is Our Future



Liana Curcio

Pilot

Embry-Riddle Aeronautical University
Major: Aeronautical Science
Goal: Become a commercial pilot



Savanna Bernier

Nurse

Regis College: Nursing



Paul Kelley

ABC News Anchor

University of Rhode Island: Political Science major



Letícia Biella

Marines

United States Marine Corps
Primary military occupation specialty: Motor Transport



Luana Barros-Oliveira

Business Owner

"My plan after high school is to work in a salon go to business school and become a professional hairstylist. Also, I want to work for Amazon and open my own salon or restaurant that work will be called Around the World."

The Best Way To Predict Your Future Is To Create It



Jashandeep Pabla

Entrepreneur

Anna Maria College
Major: Business



Adrianna Fowlkes

Designer

Lesley University
Major: Graphic Design



Elizabeth Lazzaro

Engineer

Rensselaer Polytechnic Institute
Major: Engineering



Catherine Deasy

Esthetician

Catherine Hinds Institute of Esthetics
Obtaining a license as an esthetician



Joseph Leonforte

Licensed Hairstylist

Working at Kent Newton Salon in the South End



Janet Lam

Kinesiologist

UMass Amherst
Major: Kinesiology on the pre-med track
Minor: Spanish



Hailey Deterding

Hairstylist

Work as a stylist on Newbury St., Salon Mario Russo



Nathan Moreno

Genetics Researcher

Tufts University
Major: Biology and Biotechnology
Planning on a career in genetics research.



Aiden McLaughlin

Athlete

Suffolk University
Committed for soccer
Major: Business Management



Colin Bailey

English Teacher

Tufts University
Major: English
Interest in teaching



Andrew Olivieri

Engineer

Virginia Tech
Major: Finance



Destiny Gomes Ross

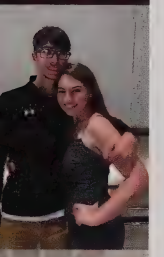
Dentist

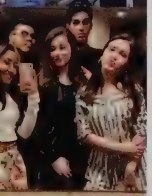
Massachusetts College Of Pharmacy Health and Sciences
Major: Dental Hygiene
Also owning a Dental Office



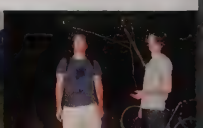

Congratulations!
CLASS OF

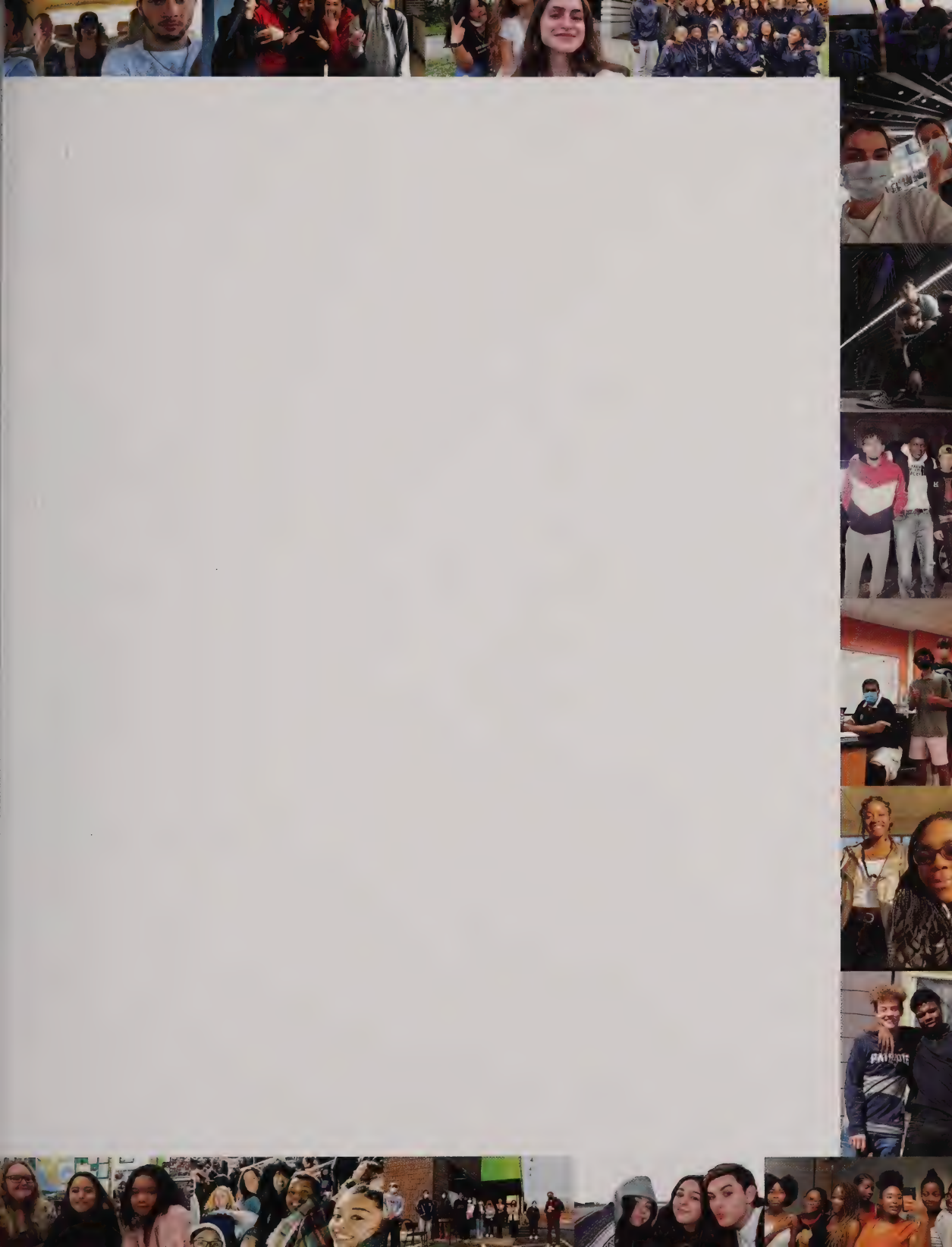




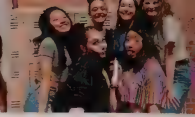
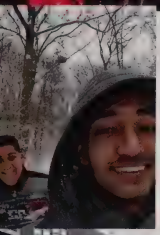




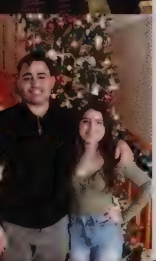




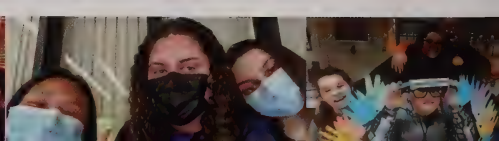
























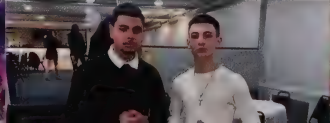














Nicholas Yurasko



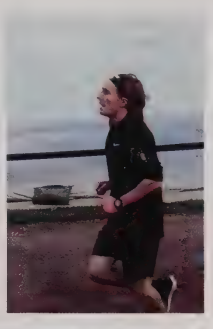
Nicholas, we are so very proud of you. Every day you remind us how much we love your curious, thoughtful, generous spirit. We support and respect you creating your own path. You have brought us so many smiles, hugs and new ideas. We look forward to celebrating this next phase of life's adventure with you. We love you so much.

Mom, Dad, Noah, Grandma Diane, Grandpa Joe and Grandma Carol, aunts, uncles, so many cousins and wonderful friends.

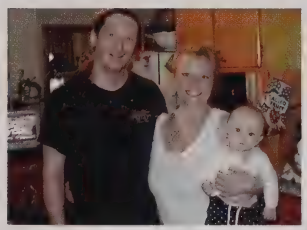
I took the path less traveled ... And that has made all the difference. -RF

The Journey of a thousand miles begins with a single step – Lao Tzu

Because of your smile, you make life more beautiful – Thict Nhat











Conner and Jared Carreiro



Off to college you go!
Love, Mom and Dad

Giana Resmini

Congratulations, Giana Resmini

Love, Nannie, Mom, Dad,
Charles, Cooper, and Auntie

Aiden McLaughlin



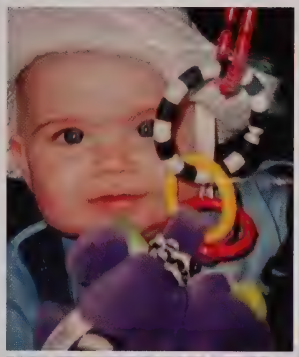


Aiden, we are so proud of you and have no doubt you can achieve anything you put your mind to!

Congratulations!
You did it!

Love, Mom, Dad, Ryleigh, Gracie, Griffin, and Delilah

Dawn Eisnor



Congratulations on your Graduation!
This has been a tough year and a 1/2 but even through a pandemic you have shined. It has been amazing watching you grow into a strong, beautiful, intelligent and talented young lady. We are extremely proud of you and we can't wait to watch you in the next chapter of your life. Good Luck in College and keep reaching for the stars! You will always be our sunshine! We Love You! Always and Forever!!

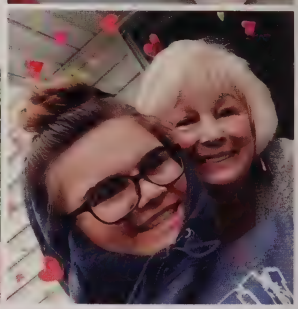
Love you: Mom, Dad, Ashley, Kenzie, Shawn, Ma, Daisy, Luna and Nova.









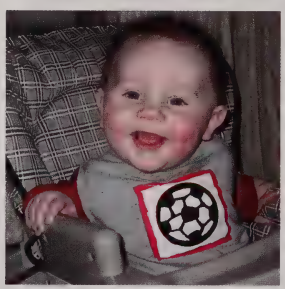


Edward Butler

Congratulations!

Wishing you all the best as you embark upon your new path Edward. We are so proud of you.

Love, Mom and Dad



Ricky Brenton

Congratulations!

We are inspired by your sensitivity, your humor and your persistence. We are excited to see all that you will do.

Love, Dad, Mom and Alieda



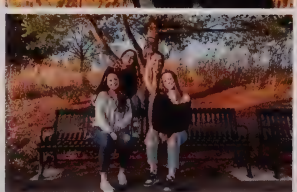
Hailey Deterding

Hailey, my queen, we are so proud of the woman you are becoming. You are hardworking, kind and compassionate and capable of anything your put your mind to. Your adventure is just beginning and we can't wait to see where it takes you. We love you to the moon.... to beyond the moon... and back again!

Love, Mom, Dad, Brain and Max









Joseph Leonforte





There are no words to tell you how proud we are of you for everything you have overcome and accomplished. We know you will go on to do great things. Follow your heart and dreams; and always stay true to yourself. You are loved more than you know <3

Congratulations, Joey!

Love,
Mama, Daddy, Dante, Preston & Cailyn xoxoxo







Devan Smith

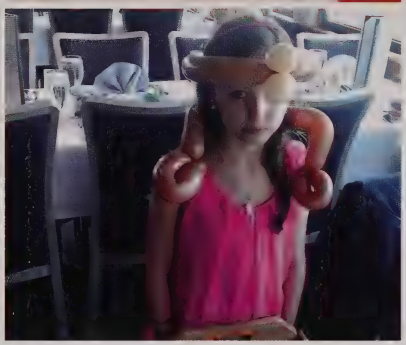
Congratulations!

Devan , we are so very proud of you ! You can do anything you set your mind to. You have an amazing heart and soul and will achieve all you set out for
Love, Mom and Dad Brendon Rae and Karleigh









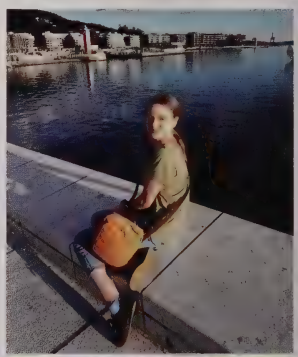


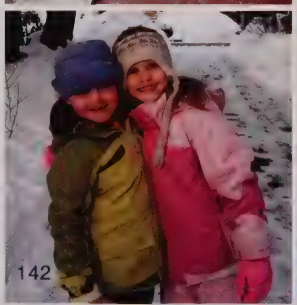
Rachel Myers

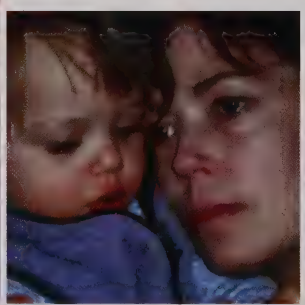


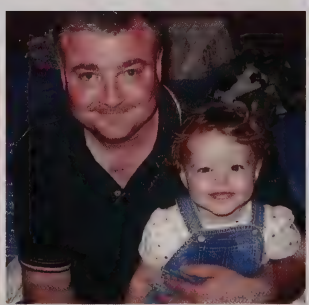
Congratulations Rachel. We are so proud of you and love you so much!

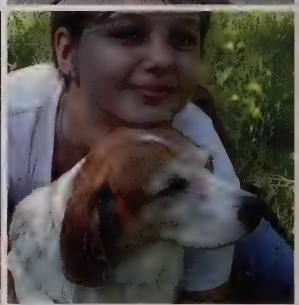
Your Moms and Jack & Mary











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Lacey Intoppa

We are always so proud of you and all your accomplishments. We can't wait to see what you'll do next! Stay Gold (and average). Love, Mom, Dad, John and Leo







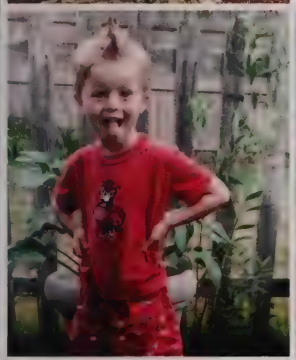
Peter Todhunter



SCOOPS,

Congratulations! We are super proud of you and know you will go on to do wonderful and amazing things!!!

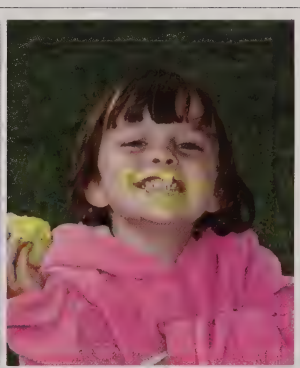
Love, Mom and Dad, Callie, Chaz and Felix





Alison Finnegan





Congratulations Ali! We are so proud of all your accomplishments. Keep reaching for the stars.

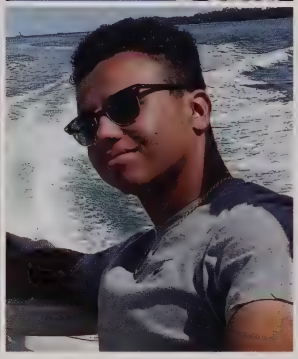
Love, Mom, Dad, Connor & Emily

Quintin Neves

Congratulations Quintin on your Graduation. We know that is has not been easy. We are so very proud of you & all of your accomplishments. We can't wait to see what the next chapter brings for you. Always remember to reach for the stars. Love, Momma, Daddy, Nia & Ronin







Paul Kelley

Congratulations Paul!

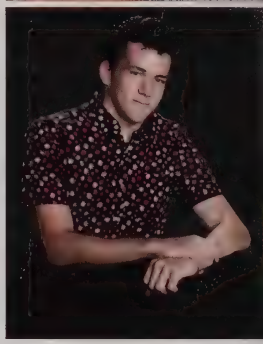
It seems like just yesterday that you were starting kindergarten at the Brooks, and now you are charting a new course, preparing to embark on your next journey. We are so proud of all you have accomplished, both in the classroom and on the track, and we can't wait to see what your future has in store.

Love, Mom and Dad

"The future belongs to those who believe in the beauty of their dreams."

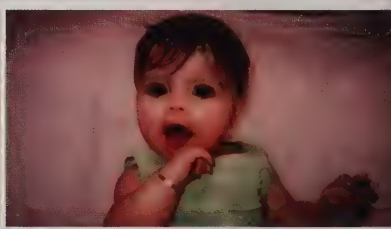
-Eleanor Roosevelt





Sabrina DaSilva









Congratulations Sabrina!

We are so proud of you! From the day you were born, you have brought our family so much love and happiness. You have become a beautiful, smart, compassionate, generous and fearless young lady. It has been a blessing to watch you grow through the years in your journey.

Your ambition and determination will lead you in the path for a bright future. We look forward to seeing all the wonderful things you will do.

We love you!
Mom, Dad and Devin

Talia Ritchie

Congratulations!

We have watched in amazement as you've grown into the person you are today. We can't wait to see what the future holds for you. We are so proud of you!

We love you always,
Mom and Dad





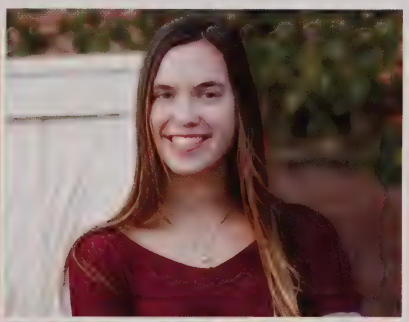


Sabrina & Brianna Leite

Congratulations Sabrina & Brianna!!!

Keep proving you can achieve the unachievable! You have given me so many reasons to be proud of the women you have become. I will always believe in you. I love you forever and always!

Love, Mom, John, Brady and Olivia
XOXO




CONGRATULATIONS
SABRINA & BRIANNA LEITE
& TO ALL THE STUDENTS OF THE 2021 MEDFORD HIGH SCHOOL CLASS

From your friends at:

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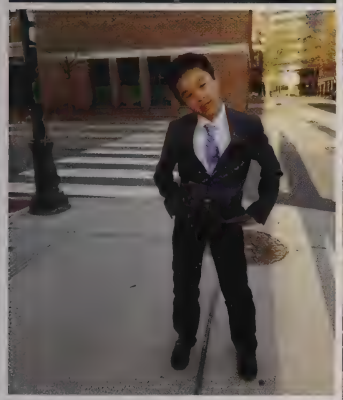


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Alexander Lee









CONGRATULATIONS ALEX!!

So happy for you and proud of the young man you have become, even during COVID and remote learning! You have always marched to your own drummer while finding joy and humor in everyday life. I hope that you go forward in life always learning and with wonder and gladness in your heart.

Love,
Mom

Sabrina & Brianna Leite





Congratulations Sabrina & Brianna on your graduation!

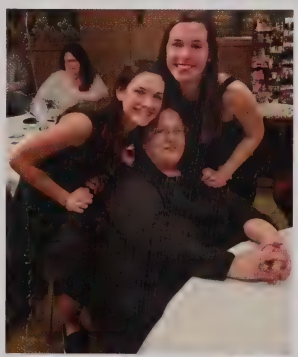
You are two of the most beautiful blessings in my life. I am beyond proud of the amazing young women you are. Always believe you can do anything and reach for the stars as I will always be here to cheer you on! Wishing you both all the best and success in your next endeavors. I love you both more than words can ever describe.

Love, Zia Franca





Sabrina & Brianna Leite



Congratulations & Tanti auguri alle nostre prime nipoti, Sabrina & Brianna!

Ti amo molto!

Abbraci & baci,

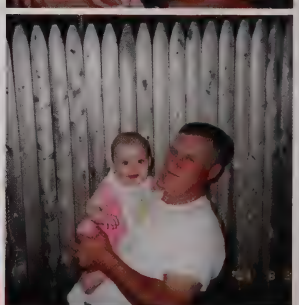
Nonno & Ninni











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