

Former MHS star

Ms. Lemmi - 'Champion'

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"It's been a life long goal to be a physical education instructor and I love kids!"

Perhaps it is this statement that inspires previous graduate Josie Lemmi, to return to the old halls of M.H.S. to teach gymnastics.

We recently interviewed Ms. Lemmi and found that her high achievements in gymnastics made her a strong and determined person. Though she feels the girl's programs are limited, with more equipment needed, and not enough teams, she still believes that it will improve with the help of enthusiastic students and supporting teachers. She wished that more girls would come out and try different sports and not have any doubts of not making the team.

She stressed "The hardest part is to see your weaknesses can become your strengths if you want them to be!"

She is currently coaching the Medford Community schools AAU girls gymnastic team and teaches grades 5 thru 8. Ms. Lemmi was also in Atlantic City for a body building competition and competed with the best body builders in the U.S. and placed 11th in the nation. She recently completed a competition in Boston and won the Northeast Coast Championship.

A regular week for Josie consists of natural foods, a four day work out, weight training and a run that is 25-35 miles long, but this is only when she is out of season. In season it becomes a six day workout with a 35-45 miles a week.

"With the world today everyone has to have something to believe in, she



Ms. JOSIE LEMMI
Gym teacher

stated. As for me I believe in a long good healthy life, good nutrition and that means being able to be strong enough to be able to walk away from many evils and temptations in life."