SPRINGFIELD HIGH SCHOOL

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SPRI-HIAN

SPRINGFIELD MUSIC:THE DELCO BAND SHOW

Sadien Saleh
Editor-in-Chief

The DELCO Band Show was a spectacle here at SHS on October 24th and was run by the PA Marching Band Coalition.

Non-competitive marching bands performed at SHS to support and give each other feedback. There were a total of ten bands from throughout the region. Counties like Burks, Bucks, and Chester (and obviously Delco) were all involved!

Band members ranged from 35 to 100 students, all with special talents and unique backgrounds.

At the show, professionals came and gave feedback based on visual aspects, musical aspects, color guard, compressions, and performances as a whole.

It was the first time SHS hosted the Band Show in the new building, and it was exciting to see our band flourish in their environment!

This event took hard work and dedication from not only the students and our educators, but also from our community like the parents, the administration, the fire department, the police department and many more.

In the end, the Eastern University band closed out the show with a phenomenal performance, and the SHS band was able to showcase their immense talent with their different pieces: “Phantom of the Opera,” “Gonna Fly Now,” and “We Are the Champions.”



Photo Courtesy of Alivyanna McGreevy

VARSITY SOCCER

Gabriella Weist
Staff Writer

As another exciting high school sports season comes to a close, the Springfield High School Varsity Girls soccer team under Coach Pat Lacey looks back on a year filled with passion, perseverance, and unforgettable moments.

From grueling practices under the afternoon sun to thrilling high-stakes matches, the athletes poured their all into every minute on the field. The journey required determination at every step, but the bonds forged through every win and setback defined their time together.

(continued on pg. 5)

Images courtesy of *Canva*

ENVIRONMENTAL CLUB

Morgan Herrington
Managing Editor

An interesting waterfall in Antarctica is a deep, red color due to the iron-rich water beneath the glaciers. It is basically composed of water that has a high concentration of dissolved iron in it.

- Dani Kobb

Have you ever wondered what makes mint minty? Well, your body detects cold temperatures when a specific protein channel in your nerve cells—called **TRPM8**—is activated.

Menthol binds to these TRPM8 receptors and forces them to open up, sending signals to your brain that feel icy cold, even though your mouth's actual temperature has not changed.

This gives the illusion that mint is cold, when in reality, it has not changed temperature at all. Different flavors of mint have different amounts of menthol.

Peppermint has about 40% menthol, giving it a sharp flavor, while spearmint relies more on a compound called carvone for that sweeter and milder flavor.

- Kayla Deal + Maeve Herrington

Despite what some may think, axolotls do not live in the ocean. They are fresh water creatures that live in Mexico, lakes of Xochimilco, though a great deal of the wild population is dissipating.

No, they do not change color. Axolotl's natural coloring is black/brown, while the commonly known color is pink (albino). They have the capability to regenerate many aspects of their bodies, though my axolotl's tail was cut when he was young and he still has a scar.

To eat, since they have no true teeth, they vacuum in their food. They eat a variety of worms in addition to other things. Yay, axolotls!

- Kayla Deal



Image courtesy of *Creative Commons*

HISTORY OF HALLOWEEN

Maeve Herrington
Managing Editor

Halloween is a fun-filled night that happens every year on the 31st across the world. Millions of people across many countries get dressed up and partake in the celebrations of this holiday. But how did this tradition start?

The celebration of Halloween dates back 2,000 years ago to a Celtic festival called Samhein (Boccacino). The Celtic people believed that the barrier between the living and the dead blurred as the seasons transitioned from fall to winter.

Due to this belief, the Celtic people held a festival honoring the dead and celebrating those who have passed. Due to the eventual spread of the Roman Empire and Christianity, this practice was later renamed All Saints Day.

After a while, it was renamed All-Hallows Eve, and then eventually Halloween. This holiday continued to be celebrated in Ireland, Scotland, and the UK as history went on. But how did this tradition make its way to the US?

Thanks to the immigration of Irish and Scottish people, this tradition was brought overseas along with them. It was common for people with this background to dress up and go door to door asking for money or food, which eventually turned into the tradition of asking for candy that we know today. (*History.com)*

SPRINGFIELD PEP RALLY

Nabeeha Shaukat
Staff Writer

On the 16th of October, Springfield High School held its yearly pep rally to hype up energy for the homecoming football game and festivities.

The school day's schedule was shortened, giving extra time to the pep rally. The pep rally occured in the gymnasium and started off with an introduction to the fall sports teams as they are led by a member of the student council.

After the teams walked, the nominees for homecoming king and queen were announced. Shortly after, two seniors who represented each of the four pillars at Springfield - academics, athletics, arts, and service - walked as well.

Afterwards, the games and activities started to take place. The musical chairs, a game where you have to be seated when the music stops, had everyone intrigued. Bottle Flip was an activity the students had attempted in the homeroom earlier as part of spirit week.

Students also attempted to create human pyramids, which is always fun to observe which teams have a strategy prepared. They all tried their best, demonstrating resilience and fun.

The pep rally concluded with the iconic basketball game between SHS faculty and students, and ultimately, the student team won with a buzzer beater!

From musical chairs, bottle flipping, and human pyramids, to an intense game of basketball, the feeling of excitement was produced by all to energize the students before the day of the homecoming football game and dance.



Image courtesy of Canva

VARSITY FOOTBALL

Tristian Hunchack
Layout Manager

Our Springfield Cougars football team has been off to a HOT start this season. With an undefeated 7-0 record and outscoring opponents this season 206-10, the Cougars have set themselves up for success heading towards the back half of their season and soon, the playoffs.

On October 16th, the team and the community celebrated homecoming weekend with a big win over the visiting Raptors from Radnor Township. As the rain poured down on the Friday night lights, so too did the Cougars' reign over the Raptors.

Senior captains for the Cougars led the charge, as RB TJ Valleti found the endzone twice along with Alex McGinnis adding another from the backfield. Wide receivers Finn Delaney and Michael Neville both joined the scoring, adding long touchdowns to the board. Junior Quarterback John Hopkins also added a 30-yard rushing touchdown at the end of half to put the Cougars up 42-0.

At halftime, friends and family took to the gym to shield from the rain and celebrate our 2026 homecoming court and pillars. Congratulations to our King and Queen, Landon Ragan and Cate Convery, respectively, along with the rest of our court and pillars!

When the second half opened up, the Cougars did not take their foot off the gas. A strong defensive stand led by Rohan Sparks held the Raptors scoreless through the second half as well, and Junior and Sophomore running backs Parker Muhlenberg and Andrew Steager added touchdowns to the Cougars' stat sheet to finalize the score at 54-0. It was a great start to our homecoming weekend, and the Cougars will look to improve to 9-0 next week when the Conestoga Pioneers come to play at Rolling Road next Friday night.

(Continued on pg. 4)

FOOTBALL HOMECOMING

Tristian Hunchack
Layout Manager

(Continued from front cover)





Images courtesy of Tristan Hunchak

It was a similar story the following week when the Cougars celebrated Senior Night against the Pioneers of Conestoga. Before the game, players, cheerleaders, and families gathered on the field to honor the senior players and cheerleaders for their hard work, dedication, and success. Congratulations to our seniors!

Once the game got rolling, the Cougars jumped to a huge lead and never looked back, scoring a whopping 52 points in the first half and holding the Pioneers to zero. Senior RB/OLB TJ Valleti led the Cougars in scoring with five touchdowns and two interceptions in the first half, including a 20-yard interception that he returned for a touchdown. It was a party for the Springfield Seniors all night, as Senior WR Finn Delaney and Senior QB Ryan Powers also found the endzone in the first half!

At halftime, it was time to honor the seniors in our band and color guard, and listen to their all-star performance. The energy this group brings to every game can only be described as one word; electric. The band helps get the players and the crowd fired up, and we loved honoring them and saying, "Thank you!" This weekend the band will also compete against other schools in the area in *The Battle of the Bands*, so we wish our color guard and band the best of luck this weekend!

When the Cougars came back out for the second half, it was right back to Alcatraz for Conestoga offense. Led by two interceptions and a fumble recovery by Senior Tristan Hunchak, the Conestoga offense remained locked down, gaining only eight yards and scoring zero points throughout the entire second half. With this shutout, it marks six weeks since this strong Cougar defense has let up any points.

Next week, Coach Britton's defense will be put to the test when the Cougars travel down the pike to pay the Strath Haven Panthers a visit, in a game with a lot of magnitude. The winner will be deemed the Central League Champions, while the losing team will drop in the District 1 playoff rankings. With the way the Cougars have been playing, however, the Panthers should be no match for them. Good luck Cougars!

VARSITY SOCCER

(Continued from front cover)

When asked to capture the essence of the season in just three words, team members pointed directly to the character and connection of the group. Responses like “Challenging, Friendship, Fun” and “Persistent, Effort, Bonding” highlight a team that embraced difficult moments together.

Rather than letting adversity weigh them down, the players leaned into team unity and pure enjoyment of the game, proving that success is measured as much by companionship, as by scorelines.

Behind every memorable game performance was a dedication to mental preparation and focus. While physical drills and conditioning are essential parts of any athletic program, players noted that getting into the right mindset before stepping onto the pitch was often the most intense part of pre-game preparation.

Concentrating focus, building energy, and stepping onto the turf with complete confidence allowed the squad to perform at the highest level.

For younger athletes and junior varsity players looking forward to their future on the varsity squad, current players offered simple yet timeless advice: “Try your best, work hard, don’t give up.”

This mindset served as the foundation of the varsity team’s identity this year, setting a standard of work ethic and resilience that rising players will carry forward into coming seasons.

Looking ahead, the outlook for next season is exceptionally bright. With goals set to refine their plays, build on current achievements, and welcome new talent, the SHS Varsity Girls Soccer team is well-positioned for future success.

Guided by Coach Lacey and fueled by strong team spirit, the squad remains eager to return to the field stronger and more united than ever.

SENIORS ON SOCCER

Sadien Saleh
Editor-in-Chief

On October 15th, 2026, Springfield High School varsity soccer celebrated its class of 2027 seniors: Abbie McFarland, Molly Logan, Ella Pintoff, Mia Amoroso, Giulia Keller, Abby Terreri, and Abby Fisher.

Over the course of the 2026 season, the girls have nailed it in their past few games. Before their senior night, the girls had won games against Delaware County Christian and Ridley, Springfield’s long-standing rivals.When asked about their high school soccer experiences, the seniors gave some wisdom and stories.

One thing that most of the players agreed on was that their game against Conestoga was by far the hardest and most intense of the season. The Conestoga team has always been a strong opponent for the Cougars, so being able to tie with them felt like a huge success.

Mia Amoroso, #22 on the field, believes that the biggest lesson she's learned throughout her high school soccer career was that success is a team effort. You must work as a whole rather than an individual.

Her fellow seniors agree. Abby Fisher, #23, states that you need to value your role on the team and take responsibility for that role. Give it your all because you affect your teammates.

On the topic of teammates, the Cougars had some advice for the underclassmen of the 2026 season. While it may seem repetitive, high school goes by fast, and so do the memories.

Abbie McFarland, #43, believes that you need “to make every moment count and have the best time ever.”

On that same page, while you're having the best time ever, Molly Logan, #16, believes that you should continue to “work hard every day,” especially when it gets tough, because it will, and staying on top of that schoolwork makes it easier. The Cougars' advice does not only apply to soccer but to life as a whole.

The soccer team ended up winning 7-0 against Upper Darby on senior night as a hurrah for the class of 2027. We can’t wait to see you on and off the field in the future!

GAME 4 OF THE WORLD SERIES:
FOR THE RAYS, ITS WIN OR GO HOME- HOW DO THEY RESPOND?

Adrian Burgess
Staff Writer

Backstory:

The World Series. The biggest event of America's favorite pastime, but this year is different. No more Blue Jays magic and Dodgers back-to-back titles; instead, we see the juggernaut Milwaukee Brewers looking to handle business and take home the title on the young and hungry Tampa Bay Rays' home soil. But is it all over for the Rays, or is there still a chance to make two different types of history?

How They Got Here:

While the banners and promotions may say Brewers vs. Rays, with both teams in equal light, they have had very different journeys this postseason. The Brewers (103-59), who boasted the best record in baseball, and the Rays (98-64), who had the best record in the AL, have both fought through dangerous teams, but that doesn't mean their playoff runs are the same. The Brewers started with the San Diego Padres (91-71) facing them in the National League Division Series, and although the series reads a 3-1 Brewers win in the NLDS, it was far closer of a series then that, as the Brewers, until the final game, did not have a win or loss that was by one run or more (*MLB.com*). Not to mention how the Brewers in the first two games were almost entirely bailed out of bad spots; in Game 1, Padres First Baseman Ty France hit a towering blast to right field that ended up hitting a roof cable at American Family Field in Milwaukee, Wisconsin. Then, in Game 2, the Padres held a 3-2 lead in the bottom of the ninth; that is when All-Star and flamethrowing Closing Pitcher for the Brewers, Mason Miller, threw a 40-pitch embarrassment of a blow-save, walking three batters and eventually giving up the two-run walk-off base hit by Brewers star Jackson Chourio to seal their fate in game two. However, in the National League Championship Series, Milwaukee made quick work of the defending back-to-back champion Dodgers in a four-game sweep, thanks to their seven total home runs in the series.

However, for the Rays, it was a lopsided story: in their ALDS matchup with everyone's least favorite, the New York Yankees (93-68), they made quick work of them with a perfect 3-0 sweep (*MLB.com*). But this is where the boat of their playoff run would be rocked. As the "gritty underdogs" in the Cleveland Guardians (85-77) would try to punch their ticket to the World Series, up two games to one on the Rays, that's when the collapse truly started as Tampa Bay showed why they owned the AL number one seed, taking three straight against Cleveland to clinch a meeting with the Brewers under the brightest lights.

Now, how did we get to a Brewers 3-0 lead?

The Brewers, who are by far the best team in baseball, have truly shown why in this series; they at first took games 1 and 2 thanks to a (3-2) victory and a (5-4) win. This is mainly because 2026 Cy Young award favorite Jacob "The Miz" Misiorowski, who struggled in the NLDS and NLCS, was locked in Game 1, tossing a 3-hit, 1-run game through five innings to secure the win, and for the most part it was about the same for Game 2. However, Game 3 is where the Brewers exploded; everyone was contributing, including a 2-RBI day for Brice Turang (2B) and Cooper Pratt (SS) to secure the 10-1 win. Now, hope may seem grim for the Rays, but if they want to win or make it competitive, they need some big things from their big players.

The Stakes:

For both teams, there is some history to make and a championship to win. For the Rays, they are young, and they will be back, but a sweep with a chance to win their first would be demoralizing; and for the Brew Crew, a sweep to win a chip would put them in the greatest team of all time conversations and could show how the future of the league could be seeing this year's Brewers, winning their first championship, turn in many more yellow and blue banners being raised in the near future. So may the best team win, and either way, history will be made under the brightest lights.



Image courtesy of *Creative Commons*



Image courtesy of *Creative Commons*

2026-2027 NBA SEASON OUTLOOK

Mohammad Saleh
Staff Writer

The 2026-2027 NBA Season started on October 20th, 2026. Over the last 3 months, the NBA off-season has been heated, with surprising trades and signings by every team, with accumulations of players all over the league.

Kawhi Leonard heading back to the Toronto Raptors, Giannis Antetokounmpo to the Miami Heat, and LaMelo Ball to the Minnesota Timberwolves, and more. This upcoming season is going to be exciting and dramatic, to say the least.

The trades mentioned previously also include Finals MVP winner and MVP candidate Jaylen Brown. As well as the acquisition of the highly esteemed 4-time Champion, 4-time MVP, and Golden Medal winner LeBron "King" James (*USAb*).

James, through free agency, signed with our beloved Philadelphia 76ers, as they make one last push to the finals for the first time since 2001. Now's as good a time as ever to tune into the NBA, with this being by far the most exciting off-season in not only Philadelphia history, but NBA history as well.



Image courtesy of *Creative Commmons*

The 76ers are going to be kicking the season off with a 5-man roster expected to be consisting of a backcourt based around Tyrese Maxey, our Point Guard that averaged a whopping 28.3 points per game last season (*ESPN*), and our star rookie, VJ Edgecombe, coming into his sophomore year for the Philadelphia 76ers, at Shooting Guard.

At our Small Forward position, we have Jaylen Brown, who averaged 28.7 points per game last season, being traded in from our divisional rivals, the Boston Celtics (*ESPN*). As well as LeBron James at Power Forward, in hopes of winning a championship. In his own words, he didn't come to Philadelphia to lose in the second round of the playoffs.

Last but not least, the face of the 76ers franchise, our 2022-2023 MVP and Gold Medalist, Joel Embiid at the center position (*USAb*). Despite the hype the 76ers have received this offseason, there are many questions regarding the performance of this roster.

The number one question is always: will this team remain healthy throughout the season? An understandable concern due to the circumstances of Joel Embiid's issues regarding his personal health, but with a team filled with stars, as ours is, there's no reason one should assume injuries would plague this roster.

With every player on the roster having to sacrifice possessions for other star players, there should be no heavy physical burden on any of our players. However, there is, without question, a mental burden.

With a roster filled with as much talent as the 76ers, there's little room for error. Every player is expected to perform at a championship level, or else this season will be deemed a failure by many viewers.

Regardless of the concerns surrounding our Philadelphia 76ers, there's certainly no doubt in our minds that the upcoming season is going to be one of the most exciting seasons in Philadelphia 76ers history to be witnessed as a viewer and fan of the Sixers.

Spri-Hian Policy

The Spri-Hian is a student-run newspaper established in 1932 and has been published by the Springfield School District with a purpose to inform and entertain the student body of Springfield High School.

The Spri-Hian aims to be the voice of its readership and to provide a forum for students to express their vetted opinions. A student-run newspaper creates the opportunity to practice and value responsible journalism.

The content of the Spri-Hian is a decision that is the responsibility of the student staff with the aid of the adviser. The Spri-Hian staff is open encouraged to communicate with the administration about story ideas, drafts, and discussions that center on journalistic integrity that builds credibility with the Spri-Hian's readership.

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Image courtesy of *Canva*