

# Springfield

## NEIGHBORS II



### TWO-WAY STAR:

# *The Relentless Drive of Luke Valerio*

Cover Photos By  
Whitney Dougherty

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# A BEGINNER'S GUIDE TO HEART RATE ZONE TRAINING

By Dave Winter, Fleet Feet Springfield



Whether you are a seasoned athlete or just starting your fitness journey, you may have heard the buzz about “Zone 2.” This method, known as **heart rate zone training**, moves beyond simply “working hard” and instead uses your own physiological data to guide every workout. By monitoring how fast your heart beats, you can ensure that every minute you spend exercising is tailored toward a specific goal—be it burning fat, building endurance, or increasing top-end speed.

## WHAT IS HEART RATE ZONE TRAINING?

Heart rate zone training categorizes exercise intensity into five distinct “zones” based on a percentage of your **maximum heart rate (MHR)**. Your heart rate is one of the most objective indicators of how hard your body is working.

The five zones generally break down as follows:

- **Zone 1 (50–60% MHR):** Very light effort used for warm-ups, cool-downs, and active recovery.
- **Zone 2 (60–70% MHR):** Light to moderate intensity where you can still hold a conversation. This is the “aerobic base” zone.
- **Zone 3 (70–80% MHR):** Moderate to high intensity. Breathing is deeper, and talking becomes more difficult.
- **Zone 4 (80–90% MHR):** High intensity (hard effort). This is the “anaerobic” or threshold zone, where talking is nearly impossible.
- **Zone 5 (90–100% MHR):** Maximum effort, such as all-out sprints. This can only be sustained for very short bursts.

## THE BENEFITS: WHY TRAIN IN ZONES?

The primary advantage of zone training is **efficiency**. By staying in a specific zone, you trigger targeted physiological adaptations:

- **Burn Fat Efficiently:** Training in Zones 2 and 3 encourages the body to use fat as its primary fuel source rather than stored carbohydrates (glycogen).
- **Build a Strong Aerobic Base:** Extensive time in Zone 2 strengthens the heart and increases mitochondrial efficiency, allowing you to go longer with less fatigue.
- **Prevent Overtraining:** Many beginners make the mistake of working too hard every session. Zone training helps you recognize when to pull back, reducing injury risk and mental burnout.



- **Boost Performance:** Higher zones (4 and 5) improve your **V02 max** and lactate threshold, enabling you to maintain faster speeds for longer periods.

## HOW TO GET STARTED

1. **Find Your Maximum Heart Rate:** The simplest (though least precise) formula is  $220 - \text{age}$ .
2. **Calculate Your Zones:** Multiply your MHR by the percentages above to find your target beats per minute (BPM) for each zone.
3. **Use a Monitor or the “Talk Test”:** Wearable heart rate monitors (chest straps or watches) provide real-time data. If you don't have one, use the **Talk Test**: If you can speak in full sentences, you're likely in Zone 2. If you can only manage short phrases, you've hit Zone 3 or 4.
4. **Balance Your Routine:** A common strategy is the **80/20 rule**: spend 80% of your training time in low-intensity zones (1 and 2) and only 20% in high-intensity zones (4 and 5).

By training with intention rather than just effort, you can transform your fitness from a guessing game into a science. Patience is the key as you begin this training. At times you might find yourself walking when you think you should be running – don't worry, by being consistent (and persistent) you will find yourself running faster as you acclimate to this process.

Keep running!



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April means it's time to take your workouts outside.  
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- Pool and Ice Rink 610-544-6670
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Have feedback or questions about how to submit story ideas, submissions, event listings or photos? We are happy to hear from you and will do our best to include as much community information as space allows. Deadline for submissions is the 1st of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "submit content." You may also email your thoughts, ideas and photos to [terrencecasey@bestversionmedia.com](mailto:terrencecasey@bestversionmedia.com).

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Spring has officially arrived in Springfield, and with it, a renewed sense of energy. After months of short, chilly days, the clocks have moved forward and the neighborhood is buzzing once again. Our local parks are filling with families, and the simple joy of a bike ride after dinner or a long walk with the dog has returned to our streets.

April is a month of meaningful milestones. We kick things off with the lighthearted fun of April Fools' Day, followed by the community-wide celebrations of Easter. Later this month, we turn our attention to the environment for Earth Day. We observe National Volunteer Week, a time to recognize the dedicated neighbors who keep our local organizations, schools, and charities thriving.

In this issue, we are proud to spotlight that very spirit of service. From the record-breaking success of the Steve Stefani Dance Marathon (SSDM) to the upcoming Delco Gives event and the Greater Springfield Business Association, this edition is packed with stories of neighbors helping neighbors.

For the first time ever, our cover features a standout local student-athlete: Luke Valerio. A Penn State-bound senior, Luke followed up a State Championship in lacrosse by leading the Cougars football team to a historic District 1 title run this past fall.

As you flip through these pages, you'll also find expert advice and seasonally relevant offers from our local sponsors. Shop local, shop small, and support the businesses, organizations, and residents that make our community one of a kind.

Always my best!

*Brian G. Kenyon*

Publisher



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# PRESERVING THE CANVAS OF HISTORY

## THE DELAWARE COUNTY HISTORICAL SOCIETY

By Terrence Casey

Since 1895, the Delaware County Historical Society (DCHS) has served as the region's premier steward of local culture. With a collection numbering in the hundreds of thousands—ranging from 17th-century deeds to unique 3-D artifacts—the Society maintains the records and stories of the oldest settled section of Pennsylvania.

Following a massive two-year project to index and organize these invaluable archives, DCHS recently moved to a new, accessible home in downtown Media. The organization is now inviting the community to help safeguard several specific pieces of Delco art history that require expert conservation to survive for future generations.

### LOCAL TREASURES IN NEED OF CARE

Among the priority projects is a portrait of the Marquis de Lafayette (circa 1825). Legend suggests it was painted during his famous "Grand Tour" of America, which included stops throughout Delaware County. Currently yellowing and housed in a damaged frame, the work requires professional restoration to preserve it and potentially reveal the identity of the unknown artist.

Another standout is the Washington Tavern Sign (1849) by celebrated Federalist painter John Archibald Woodside Sr. Originally hanging at "The President Tavern" in Edgmont Township, the sign features General George Washington in two distinct portraits. While it has survived remarkably



Lafayette



Washington

well since its removal in 1923, it now requires an official assessment and conservation treatment to prevent further fading.

### BUILDING A LEGACY FOR 2026

These efforts coincide with upcoming celebrations commemorating the 250th anniversary of the Declaration of Independence. DCHS launched the "Where Pennsylvania Began" series to celebrate the county's unique role in American history. By restoring works like the 1874 portrait of the *City of Peking*—once the largest American ship afloat, launched from Roach's Shipyard in Chester—the Society ensures these engineering and artistic milestones remain accessible to the public.

### HOW TO PROVIDE SUPPORT

Preserving these works is a meticulous and costly endeavor. DCHS is seeking community partners and history enthusiasts to help reach a \$15,000 goal for these initial restorations. Contributions ensure that portraits of local figures such as Emma Crozer Knowles and industrial giants such as John Glenn Pew can be featured in upcoming special open house events.

To learn more about these specific paintings or to support their preservation, contact the Delaware County Historical Society at its Media headquarters or visit [padelcohistory.org](http://padelcohistory.org).

Photos provided by The Delaware County Historical Society



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# WHEN TO REPAIR VS. REPLACE YOUR AGING HVAC SYSTEM

By David Oliver,  
Oliver Heating and Cooling



When your HVAC system starts acting up, you are faced with a classic homeowner's dilemma: do you patch it up one more time, or is it finally time to invest in a new unit? An aging system can still have life left in it, but there comes a point where repairs become frequent, inefficient, and frustrating. Understanding the key factors involved in the "repair vs. replace" debate can save you stress, discomfort, and long-term financial headaches.

## CONSIDER THE "RULE OF 10"

Age is the first and most critical factor. Most heating and cooling systems are designed to last roughly 10-15 years with proper maintenance. If your system is under a decade old and has only required minor fixes, a repair is usually the smarter move. However, once a unit crosses that 10-to-12-year threshold, its internal components are likely wearing out. Even if it is still running, it is likely working much harder than necessary to keep your home comfortable, often utilizing outdated technology that is more expensive to maintain.

## THE FREQUENCY OF "RED FLAGS"

Occasional repairs are normal, but if you find yourself calling for service multiple times a season, that is a red flag. Constant breakdowns signal that the system's integrity is failing. When repair visits become routine

instead of rare, it is often more practical to consider a replacement rather than continuing to fix one issue after another.

## HIDDEN COSTS IN YOUR ENERGY BILL

If your energy bills have been creeping up without a major change in usage, your HVAC system is likely losing its efficiency. Aging equipment struggles to maintain consistent temperatures, causing it to run for longer cycles. A modern, high-efficiency system is designed to stabilize energy use, which can help offset the cost of the replacement over time through lower monthly utility bills.

## SIGNS OF A STRUGGLING SYSTEM

An HVAC system should provide even, consistent comfort. Pay attention to these indicators that your system is nearing the end:

- **Uneven Temperatures:** Some rooms are always too hot or too cold.
- **Weak Airflow:** The system struggles to push air through the vents.
- **Excessive Noise:** Banging, squealing, or grinding sounds.
- **Humidity Issues:** The system can no longer properly dehumidify the air in the summer.

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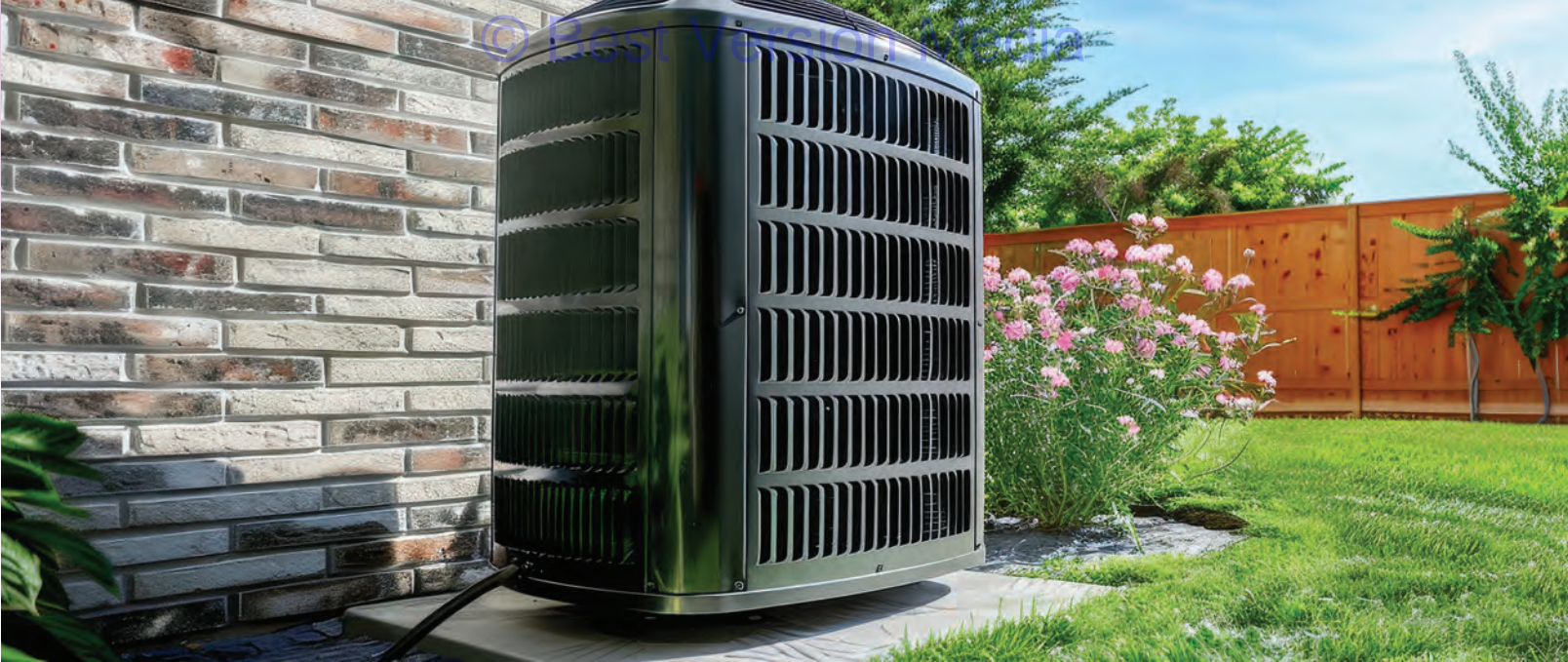
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### WHEN TO CHOOSE REPAIR

Repairing is the right choice when the unit is relatively young, the issue is an isolated minor component (like a capacitor or a fan belt), and the system has otherwise been reliable. If your system has been well-maintained and hasn't shown ongoing problems, a professional repair is a cost-effective way to extend the life of the equipment.

### WHEN REPLACEMENT IS SMARTER

Replacement becomes the better option when the system experiences a

major component failure—such as a cracked heat exchanger or a seized compressor—and is out of warranty. Furthermore, older systems that rely on discontinued refrigerants can be incredibly costly to recharge. Upgrading provides peace of mind, improved indoor air quality, and the reliability of modern equipment.

Deciding between a repair or a replacement isn't always clear-cut. A thorough inspection and honest assessment from a professional can help you understand your system's condition and what makes the most sense for your home and comfort needs.

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# APRIL

Semiquincentennial events can be found on Page 15



## TOWNSHIP MEETINGS

@Springfield Country Club  
springfielddelco.org

**Thursday, April 2**  
**Planning Commission**  
Time: 7:30 p.m.

**Monday, April 13**  
**Golf Advisory Board**  
Time: 7:30 p.m.

**Tuesday, April 14**  
**Board of Commissioners**  
Time: 8 p.m.

**Wednesday, April 15**  
**Yard Waste Collection**  
All Day

**Wednesday, April 15**  
**Library Board**  
Time: 7:30 p.m.

**Tuesday, April 21**  
**Park Board Meeting**  
Time: 7:30 p.m.

**Thursday, April 23**  
**Zoning Hearing Board**  
Time: 7:30 p.m.

**Tuesday, April 28**  
**Conservation Committee**  
Time: 7 p.m.

**March 27 - April 11**  
**Witch**

A sharp, subversive fable about a devil seeking souls in a quiet village.  
Time: Check website for showtimes  
@Players Club of Swarthmore  
pcstheater.org

**April 3**  
**Easter Egg Hunt**

Join the Easter Bunny for moon bounces, crafts, and games.  
Time: 10:00 a.m. - 12:30 p.m.  
@Springfield YMCA  
www.cyedc.org

## IMPORTANT DATES

**Wednesday, April 1**  
**April Fools' Day**

**Sunday, April 5**  
**Easter Sunday**

**Friday, April 10**  
**National Siblings Day**

**Sun-Sat, April 19-25**  
**National Volunteer Week**

**Wednesday, April 22**  
**Earth Day**

**Friday, April 24**  
**Arbor Day**

**April 14**

### Mystery Book Club

Discussion on Memory Man by David Baldacci for fans of whodunits and intrigue.  
Time: 6:30 p.m. - 7:30 p.m.  
@Springfield Township Library  
springfieldtwplib.org

**April 16**

### Paint Your Own Suncatcher Mandala Flower

A relaxing, hands-on afternoon of art. All supplies provided; registration required.  
Time: 2:30 p.m. - 3:30 p.m.  
@Springfield Township Library  
springfieldtwplib.org

**April 17**

### Gift Card Bingo

Time: Doors open 6:30 p.m.  
@Ridley's Creekside Center  
www.cyedc.org

**April 17 - 25**

### The 39 Steps

A riotous blend of virtuoso performances and stagecraft in this inventive spy thriller.  
Time: Check website for showtimes  
@Players Club of Swarthmore  
pcstheater.org

**April 18**

### Darby Creek Cleanup

Bags, gloves, and equipment provided to all volunteers.  
Time: 9:00 a.m. - 12:00 p.m.  
@John Heinz National Wildlife Refuge  
Contact: hannah.thompkins@fws.gov

**April 18**

### Laff Out Loud Comedy Tour (two shows)

Featuring Michael Colyar, Donnell Rawlings, Bill Bellamy, & Nephew Tommy.  
Time: Check website for showtimes  
@Lansdowne Theater  
thelansdownetheater.com

**April 21**

### All Abilities Dance Party

Time: 1:00 p.m. - 2:00 p.m.  
@Springfield YMCA  
www.cyedc.org

**April 29**

### Author Visit: Kathryn Canavan

Local author discusses her newest true crime nonfiction, Killers in the House.  
Time: 6:30 p.m. - 7:30 p.m.  
@Springfield Township Library  
springfieldtwplib.org

**April 30 - May 2**

### Jon Anderson & The Band Geeks

The legendary voice of YES performing epics and classics over two magical nights.  
Time: 8:00 p.m.  
@Lansdowne Theater  
thelansdownetheater.com

**May 6 - 7**

### Delco Gives

See Delco Gives article on page 12 of the Community News for more details.

**April 7**

### Fish250 Free Fishing Night

All supplies and instructions provided.  
Time: 4:30 p.m. - 7:00 p.m.  
@John Heinz National Wildlife Refuge  
fws.gov/refuge/john-heinz

**April 7**

### Delco's Wide World of Women's Sports

Delco's female Olympians from 1932 through 2026.  
Time: 6:30 p.m. - 7:30 p.m.  
@Springfield Township Library  
springfieldtwplib.org

**April 9**

### Try Archery (Ages 8+)

Free pop-up range. No equipment required.  
Time: 4:00 p.m. - 6:00 p.m.  
@John Heinz National Wildlife Refuge  
fws.gov/refuge/john-heinz

**April 10**

### Opening Gala Celebration

Celebrating the \$20 million restoration of the 1927 theater with a performance by Minas.  
Time: 7:30 p.m. (Doors at 6 p.m.)  
@Lansdowne Theater  
thelansdownetheater.com

**April 10**

### Afternoon Movie: Song Sung Blue

A Neil Diamond tribute act experiences success and heartbreak in this 2025 musical journey.  
Time: 2:00 p.m. - 4:00 p.m.  
@Springfield Township Library  
springfieldtwplib.org

**April 12**

### Micky Dolenz

60 Years of The Monkees: A career-spanning performance by the legendary singer and actor.  
Time: 7:00 p.m. (Doors at 6 p.m.)  
@Lansdowne Theater  
thelansdownetheater.com

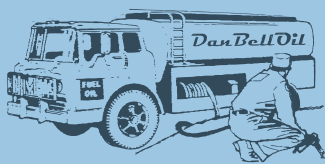
**April 12 and April 19**

### All Abilities Youth Basketball Clinic

Inclusive sports clinic for ages 7-12 focusing on skills and fun.  
Time: 12:00 p.m. - 1:00 p.m.  
@Springfield YMCA  
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2201 Aspen Cir	1,444	2	2/1	41	\$310,000	\$290,000	02/09/26
111 Greenhill Rd	1,514	3	2	5	\$439,000	\$465,000	02/10/26
517 W Woodland Ave	1,720	3	2/1	134	\$450,000	\$396,000	02/13/26
15 Pearson Dr	1,521	3	1/1	164	\$517,500	\$440,000	02/13/26
208 Harwicke Rd	1,436	3	1	3	\$375,000	\$382,500	02/18/26
243 Colonial Park Dr	2,064	4	2/1	5	\$525,000	\$557,000	02/19/26
242 Lewis Rd	1,783	3	2	3	\$425,000	\$450,000	02/20/26
220 N Rolling Rd	2,400	4	2/1	4	\$674,900	\$692,000	02/20/26
464 Conard Dr	2,116	5	3/1	78	\$650,000	\$535,000	02/20/26
19 Wayne Ave	1,470	0	0	13	\$360,000	\$362,500	02/26/26
173 Hillview Dr	1,680	4	2/1	4	\$575,000	\$615,000	02/27/26
211 S Norwinden Dr	2,672	4	2/1	28	\$670,000	\$670,000	02/27/26
34 Schuyler Rd	1,276	3	1/0	14	\$429,900	\$415,000	02/27/26

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By Terrence Casey

Professional photos by Whitney Dougherty | Photos submitted by Katie Valerio

In a town like Springfield, where sports are woven into the community fabric, it takes a special kind of athlete to stand out across multiple seasons. But for those who have watched Luke Valerio dominate on both the football field and the lacrosse turf, the word "special" feels like an understatement.

Luke is the rare "Ironman" of modern high school sports. Whether he is taking over 130 snaps a game as a safety and running back or grinding as a transition midfielder, he is an athlete who simply doesn't want to come off the field. This spring, as he prepares to trade his Cougars jersey for Nittany Lion blue, Luke reflects on a journey defined by family, community, and a "constant work mode" mentality.

**A FOUNDATION OF  
HARD WORK**

For Head Lacrosse Coach Tom Lemieux, Luke's rise was no surprise. Having watched Luke grow up as a neighbor since the age of five, Lemieux saw the potential early. "We knew he was going to be a special athlete back in middle school," Lemieux said. He noted that Luke's success



was a direct reflection of a household where "hard work is just embedded into their life culture."

Coach Chris Britton, who brought Luke up to the varsity football squad as a freshman, remembered a similar spark. "He was always the best kid on the field," Britton said, noting that Luke excelled in every sport he touched, from CYO basketball to elite-level football. This upbringing produced a student-athlete who balances high-level athletics with academic excellence — a combination that recently earned him the prestigious Mini Maxwell Award.

**THE MULTI-SPORT EDGE**

While many modern athletes choose to specialize early, Luke credited his success to his refusal to pick just one lane. "Being a multi-sport athlete has definitely helped me in my journey," Luke said. "Even though football and lacrosse are very different, they are both very physical. There are moments in football when I treat running the ball like dodging a defender in lacrosse, and in lacrosse, I use football tactics like clearing the ball as if it were a punt return."

This cross-training made him one of the most durable athletes in the state. "If it were up to us, he would never come off," Lemieux said. "He's so valuable in the middle of the field and on the defensive and offensive side... he's just so athletic and tough, and such a competitor."

## A CULTURE OF COMPETITION

Luke's drive wasn't manufactured on the practice field; it was forged at home. As the youngest of three, every backyard game or board game was a battle. "Being the youngest, I was always working to keep up with my brother and sister," Luke said. "It doesn't matter what we are doing or playing, there is always a sense of competitiveness in our house. Everything turns into a competition, and there has to be one winner. My siblings and I are brutally honest with each other; we keep each other humble. But we are also each other's biggest supporters."



That support system extends to his parents and a large extended family in Springfield and Morton who rarely miss a game. Luke noted that his parents pushed him to give 100% in everything, a lesson that translated directly to the classroom. "I know that sports alone won't take me everywhere I want to go," Luke said, "so I treat my academics just as seriously, if not more."

## CHARACTER OVER STATS

Despite his All-State accolades and record-breaking performances, Luke is defined by his humility. Coach Britton recalled a game against Upper Darby where Luke had already scored five touchdowns. When offered the chance to go back in for a sixth to tie a Delco record, Luke declined, opting to let his younger teammates get some playing time instead. "He's not a stat guy, he's not a 'me' guy," Britton said. "It's more about what's best for the program."

## THE NEXT CHAPTER: HAPPY VALLEY

The next chapter of Luke's life will be written in State College. His commitment to play Division I lacrosse for Penn State is a testament to his growth within the Springfield program. "It has always been my dream school," he said. The opportunity to play in Panzer Stadium – where he already won a State Championship – and the chance to reunite with lifelong friend and former teammate Billy Henderson made the decision easy.

As he enters his final months at SHS, Luke is quick to credit the mentors who shaped him. He spoke of Coach Lemieux's motto, FTC (Family, Trust, Character), as a North Star he will take to State College. "He's one of the better kids we've had in the program in a long time," Lemieux said. "Our hope is that our sophomores and freshmen see how he handles his business and they emulate that."



**"He was always the best kid on the field."**



## A COACH FOR THE PLAYERS:

While Luke Valerio's on-field performance was historic, the guiding hand behind Springfield's recent success has not gone unnoticed. Coach Chris Britton was recently honored as the District 1 Coach of the Year after leading the Cougars to a District title.



Luke described Britton as the ultimate "player-first" coach. "His commitment to this team was one that every coach should strive for," Luke said. "He is a role model on and off the field. He always seemed to know what his players needed and how to go about getting them healthy."

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# COMMUNITY NEWS

Compiled by Terrence Casey

**Editor's Note: Springfield Neighbors always welcomes community news submissions. Share your school events, neighborhood updates, and standout moments by emailing [terrencecasey@bestversionmedia.com](mailto:terrencecasey@bestversionmedia.com).**

## CAN YOU IDENTIFY THIS LITTLE LIBRARY?

Congratulations to Andrew Nalesnik, who correctly identified the location of last month's Little Library. Now it's time for a new challenge!



Photo by Terrence Casey

Each month, Springfield Neighbors features a photo of a different Little Free Library hidden somewhere in our township. These charming book-sharing boxes are popping up in front yards, near parks, and along quiet streets, and we want you to find them!

Take a close look at this month's photo. Do you recognize the setting? If you think you know where this Little Library lives, email your guess to [terrencecasey@bestversionmedia.com](mailto:terrencecasey@bestversionmedia.com). The first correct response will win next month's Springfield Swag Bag (est. value \$20), packed with goodies from local shops and restaurants.

*This contest is not sponsored by or endorsed by Best Version Media in any way.*

## GOING 'ALL IN' FOR DELCO GIVES 2026

Submitted by Katy Lichtenstein

The third annual Delco Gives returns May 6-7. Hosted by The Foundation for Delaware County, this online event supports hundreds of local nonprofits. In its first two years, the initiative raised nearly \$4 million from 20,000 donors, with a median gift of just \$30, proving that small contributions create a massive collective impact.

All proceeds go directly to participating organizations. Every gift also helps nonprofits qualify for "bonus funding" from the Foundation and local sponsors. Because these prizes are awarded based on the number of unique donors rather than total dollars, every participant helps their favorite cause win more.

- **The Kickoff:** May 6 at Media's Dining Under the Stars, featuring 6ABC's Cecily Tynan and live music.
- **The Grand Finale:** A celebration on May 7 (5-8 p.m.) at the WSFS Bank Sportsplex with food, music, and family activities.

Visit [delcogives.org](http://delcogives.org) to view participating nonprofits and the full schedule. Local businesses interested in sponsoring prizes can contact Laura Sindoni at [lsindoni@delcofoundation.org](mailto:lsindoni@delcofoundation.org).

## CALLING ALL GREEN THUMBS FOR THE 35TH ANNUAL GARDEN CONTEST

Submitted by Christine Student

The Penn State Extension Master Gardeners of Delaware County have announced the return of their annual Garden Contest. Now in its 35th year, this competition is open to all Delaware County residents, from beginners to seasoned experts. Categories include Ornamental (flower beds, cottage designs, or containers), Vegetable (edibles grown in pots, raised beds, or plots), and Community & Youth (gardens managed by schools, churches, or youth groups).

### JUDGING SCHEDULE & DEADLINES:

- **Spring Blooms (Azaleas/Peonies):** Judging May 1 (Deadline: April 27)
- **Summer Annuals:** Judging June 26 (Deadline: June 22)
- **Vegetable & Community:** Judging August 7 (Deadline: August 3)

Winners will be celebrated at the annual Fall Fest on Saturday, September 26. To submit your garden for consideration, visit the entry portal at: [bit.ly/4sxck66](http://bit.ly/4sxck66). For additional questions, contact Holly Thorpe at [hat5041@psu.edu](mailto:hat5041@psu.edu).

## SSDM 2026 RAISES MORE THAN \$116K



Photo provided by Molly Fallon

The spirit of giving was on full display at Springfield High School on March 7 as students held the 24th annual Steve Stefani Dance Marathon (SSDM). This year's theme, "Swinging toward brighter tomorrows on vines of hope," saw over 500 participants take to the floor to raise critical funds for the Four Diamonds Foundation.

Named in honor of a beloved former SHS teacher, SSDM is a cornerstone of the Springfield and Morton community's charitable efforts. The student-led marathon successfully raised \$116,388.57, contributing to the national Mini-THON initiative. These funds ensure that Four Diamonds can continue to provide 100% medical expense coverage for families battling childhood cancer while supporting innovative research. Congratulations to the organizers and the entire community for another record-breaking year for the kids!

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## TEE OFF FOR THE 33RD ANNUAL SFA GOLF OUTING

Dust off your clubs and head to the Springfield Country Club on Friday, April 24, 2026, for the 33rd Annual SFA Golf Outing. This long-standing community tradition brings neighbors together for a day of sport and local spirit at 400 W. Sproul Road. Check-In: 7:30 a.m. Shotgun Start: 8 a.m.

Whether you are a seasoned pro or a weekend duffer, the outing offers a great opportunity to enjoy the spring weather while supporting a local cause. For more information, registration details, or to learn about sponsorship opportunities, please visit [sfabuins.org](http://sfabuins.org).

## SFA BRUINS CHEERLEADERS CROWNED NATIONAL CHAMPIONS



Photo courtesy Stephanie Mace

The Saint Francis of Assisi (SFA) Bruins middle school competition cheer team recently proved that resilience is just as important as athleticism. Competing at the National Cheerleaders Association (NCA) Competition in Ocean City, Maryland, on February 28, the Bruins brought home a 1st place finish in the Novice Middle School division.

The road to the trophy was anything but easy. The team – comprised of girls in grades 6-8 from SFA, E.T. Richardson, Haverford, and Holy Cross – has faced extraordinary hurdles. In October 2024, the team had to evacuate the SFA gym during a fire while in the middle of practice. They later battled a harsh winter that canceled competitions, flu outbreaks, and the heartbreaking loss of Head Coach Annie Ward's father in November.

"It would have been easy to give up," said parent and assistant Stephanie Mace, "but instead it showed how strong and hardworking our team really is." Just two weeks before Nationals, the team learned they had to completely scrap and redo their routine from scratch to meet different competition rules, all while re-adjusting for seven teammates who couldn't attend.

Under the leadership of Coach Annie Ward, assistant coaches Abby Beurket, Grace Beurket, and Kaylee Ward, and choreographer Christine Plousis, the girls bonded through the pressure.

## PACK 240 PINEWOOD DERBY OPEN HOUSE APRIL 11

Submitted by  
Janice Schuld

Start your engines! Cub Scout Pack 240 invites the Springfield community to their Pinewood Derby Open House on Saturday, April 11, at the First Presbyterian Church.

For those participating, check-in runs from noon to 1 p.m. Neighbors and fans who want to catch the high-energy racing action are encouraged to arrive between 1 and 4 p.m. Beyond the races, the event features a basket raffle and family-friendly activities for all ages. It's a great opportunity for those interested in scouting to see the program in action. For more information, contact Dan Peterson at [240cubs@gmail.com](mailto:240cubs@gmail.com).



Photo provided by Janice Schuld

## WIZARDS, COUGARS LIGHT UP THE COURT



The scoreboard at Springfield High School on March 6 might have shown a lopsided victory for the Harlem Wizards, but for the sell-out crowd, the final score was the least important detail of the night. The exhibition match against a team of Springfield School District teachers and administrators—all sporting No. 67 jerseys—was a masterclass in community spirit and "Trick Hoops and Alley Oops."

The energy in the gym was electric from tip-off to the final buzzer. The night was packed with fan interaction, including a meet-and-greet with the Wizards and a massive dance party on the court where local moms relived their high school days to the sounds of Flo Rida.

The highlight of the evening came at the start of the second half, when one lucky student was "signed" to the Wizards' roster. After checking into the game, the young player scored several buckets, including a memorable dunk made possible by a perfectly timed assist from a Wizard teammate.

More than just an evening of comedy and basketball, the event served as a significant fundraiser for local education. By bringing together students, staff, and families for a night of high-flying fun, the Wizards helped ensure the Springfield schools were the biggest winners of the night.

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## GSBA ANNOUNCES NEW LEADERSHIP



The Greater Springfield Business Association (GSBA) is entering a new chapter this spring with the appointment of Tom Curtis, of Curtis Mortgage, LLC, as the organization’s president. Curtis represents the Residential Mortgage category.

The transition marks the end of a historic era for the GSBA. Curtis succeeds Ruth Guazza, who served as president for over a decade. Originally elected to the role during her time in the Title Insurance category, Guazza became a mainstay of the organization, staying on for multiple terms by popular demand. Her leadership was instrumental in maintaining the group’s strong presence in the Springfield community. While she is stepping down from the presidency, Guazza will remain a key figure on the team, moving into the Ways & Means role to support the group’s continued growth.

The GSBA also welcomed fresh perspectives to its leadership team, with Michael Brown (Sir Speedy) and Rich Gallo (Vera’s Water Ice) recently joining the Board of Directors. They join continuing board members Erik Klein (Brinker Simpson), Anton Dell’Orefice (Award Connection), and Ed Rose (eRose Web & Business Services).

Ensuring the group stays true to its roots, founding members Mark Rodgers (Cellucci Foran) and Jim Sweeney (Raymond James Financial) continue to serve as Special Advisors, with legal counsel provided by longtime member Nick Orloff (Lamb McErlane).

For local business owners looking to connect and grow within the township, more information is available at [www.BusinessSpringfieldPA.com](http://www.BusinessSpringfieldPA.com).

## VIEWING SPRINGFIELD HISTORY FROM ABOVE

By Terrence Casey

Residents can access a digital archive of historical aerial photography covering Springfield and surrounding Delaware County through the Pennsylvania Spatial Data Access (PASDA) portal. Developed in 1995 by the Pennsylvania State University, PASDA serves as the Commonwealth’s official public geospatial data clearinghouse, offering free access to records dating back nearly 90 years.

The Pennsylvania Imagery Navigator tool allows users to view the progression of local landscapes, farms, and neighborhoods from the 1930s to the present. The portal is a cooperative project of the Governor’s Office of Administration and the Penn State Institute of Energy and the Environment.

### Steps to Access Historical Data:

1. Navigate to the Portal: Access the Imagery Navigator via the PASDA website.
2. Locate Area: Use the zoom tools to find a specific street or landmark.
3. Select Year: Right-click on the map to open a selection box featuring available years (e.g., 1937, 1958, 1971).
4. Download: Select a file format (TIFF or JPG) to view high-resolution versions of the imagery.

The 1937 data set provides views of the region before major post-war residential development, including historic landmarks.

PASDA is funded by the Pennsylvania Office for Information Technology and serves as a node on the National Spatial Data Infrastructure. For more information or to access the archives, visit [pasda.psu.edu](http://pasda.psu.edu).

- Suggestion by Carla Welsh Photo provided by Pennsylvania Spatial Data Access



An aerial view of Springfield in 1937. Springfield Road cuts across the middle, with Windsor Circle visible at the center-right of the image.

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# SEMIQUINCENTENNIAL 250

## AMERICA250PADELCO: COMMEMORATING OUR HISTORY

As we approach the 250th anniversary of the United States, Delaware County is hosting a series of immersive events to celebrate our local revolutionary roots. From colonial spirits to the "social gossip" of the 18th century, there is something for every history buff this April.

**April 8**  
**The Unfinished Business of 1776**  
 Historian Thomas Richards, Jr. discusses why the American Revolution never truly ended.  
 Time: 7:00 p.m.  
 @Radnor Memorial Library (Wayne)

**April 9**  
**John Morton: Delco's Signer of the Declaration**  
 A deep dive into the life of Ridley Township's own John Morton, the man who cast a decisive vote for independence.  
 Time: 6:00 p.m.  
 @Middletown Free Library (Media)

**April 12**  
**Masterclass: Spirits of the Revolution**  
 A specialty guided tasting of colonial-era punch, from arrack to the whiskey favored by patriots. (\$40)  
 Time: 1:00 p.m. - 4:00 p.m.  
 @124 Beaver Valley Road (Chadds Ford)

**April 16**  
**Heroes and Villains of the American Revolution**  
 Major figures like George Washington and Benedict Arnold come to life in this lecture.  
 Time: 6:00 p.m.  
 @Middletown Free Library

**April 17-18**  
**The Neumann Inspires Film Festival**  
 A two-day celebration of storytelling, workshops, and community creativity.  
 Time: Starts 11:00 a.m.  
 @Neumann University (Aston)

**April 18**  
**Historic Roofing Demonstration**  
 Learn how 18th-century roofs were built using cedar and slate. Try your hand at shingling!  
 Time: 10:00 a.m. - 3:00 p.m.  
 @Newlin Grist Mill (Glen Mills)

**April 19**  
**Afternoon Tea with Abigail Adams**  
 Historical presenter Kim Hanley brings Abigail Adams to life for an afternoon of tea and 18th-century "social gossip."  
 (\$45)  
 Time: 2:00 p.m. - 4:00 p.m.  
 @Lia's Catering (Boothwyn)

**April 23**  
**History of Winemaking in America**  
 An immersive workshop exploring the craft, culture, and creativity of early American viticulture.  
 Time: 12:00 p.m.  
 @Penns Woods Winery (Chadds Ford)

**April 23**  
**Nathanael Greene and the Southern Campaign**  
 Discover how Washington's most trusted commander brought victory out of disaster in the South.  
 Time: 6:00 p.m.  
 @Middletown Free Library

For more information and weekly event updates, visit [www.america250padelco.org](http://www.america250padelco.org)

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