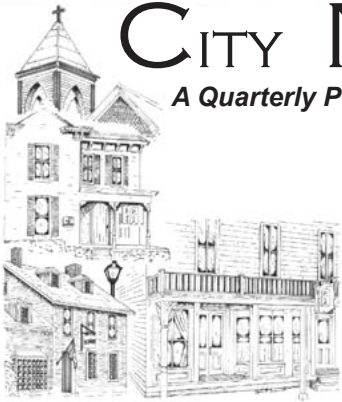


# SPRINGBORO



## CITY NOTES

*A Quarterly Publication for the Citizens of Springboro*

### Relay for Life Raises \$46,550

Despite the rain, wind and tornado sirens blaring off in the distance, the Springboro Relay For Life held at North Park on May 30-31 was a huge success. **The American Cancer Society Relay For Life of Springboro surpassed its fund raising goal by raising \$46,550.** The funds raised from this event will go toward the American Cancer Society's research, education, advocacy, and quality of life programs.



The Relay For Life began with about 70 survivors walking the Survivors Celebration Lap, and 27 teams with over 290 participants walking the opening Team Lap. At least one member from each of the teams walked the track for the next 18 hours of the event. There were an estimated 600 team members, survivors, and local residents at the opening ceremonies. All The Right Tunes, a professional DJ team, entertained participants and kept energy levels high throughout the event.

At dusk, over 400 luminaria surrounded the track to honor those living with cancer, and in memory of those who have lost their battle to the disease. The luminaria lighting is an emotional tribute that gives participants a chance to remember and honor their loved ones. Even though the



ceremony was threatened by rain and tornado warnings, it was only delayed by one hour.

Sunday morning, campers were awakened by the sounds of salsa music and a Zumba exhibition that kept those on the track energetic and motivated. A special sunrise service was held in the shelter. The activities concluded 9:00 a.m. when special awards were presented and teams walked the first lap of the 2010 Relay season.



The 2010 Relay For Life of Springboro is planned for May 22-23, 2010 at the North Park venue.

For information about the 2010 Relay For Life, contact Jen Gruber, American Cancer Society Income Coordinator at 1-888-227-6446 x 4214.

For information about cancer or American Cancer Society programs, call toll-free anytime 1-800-ACS-2345 or visit the web site at [www.cancer.org](http://www.cancer.org).



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## Summer Greeting from the Mayor and Council

This year is well underway with many roadway improvement projects occurring in the City, and we are very pleased to report that Springboro was approved for funding through the American Recovery and Reinvestment Act (federal stimulus package) to cover the cost of a few additional projects. Springboro will receive \$198,000 through the Miami Valley Regional Planning Commission to upgrade the traffic signals on State Routes 73 / 741 to LED, which is a more cost effective and environmentally friendly alternative to incandescent lights, and \$186,000 through ODOT District 8 to complete the resurfacing of Clearcreek-Franklin Road from State Route 73 to north of the Tamarack Subdivision. In addition, our new City Building located at 320 W. Central Avenue is only months away from opening to the public. City Council and staff are anxious to welcome citizens to the new facility and plan to host a public open house. Details regarding that event will be advertised in an upcoming newsletter to residents, the City website and in the media. Finally, Springboro City Council met with the elected officials of the City of Miamisburg, Miami Township, and Montgomery County on Thursday, June 11th to conduct a public hearing and take action to create the Austin Center Joint Economic Development District. The four local governments agreed to work cooperatively to develop the Austin Interchange Area and share the benefits of the district revenue after more than three years of intense study, discussion, and much consideration. Acknowledged as an historic occasion, the meeting was the culmination of a truly regional effort and the beginning of what we hope to be a long and prosperous partnership between our four jurisdictions to ensure that Austin Center reaches its full potential as a great regional development.

On April 10th, City Council and staff sat down for breakfast with about 175 guests from Springboro's business community at the City's 5th Annual Business Appreciation Breakfast at Heatherwoode Golf Course. Springboro has been fortunate during these tough economic times to continue to have a

healthy business community, which is in part due to its diversity. A variety of successful manufacturing, service, wholesale and retail enterprises have chosen to do business in Springboro, and we always enjoy meeting with the owners and employees that keep our City's economy thriving. This year's breakfast was another success, and we would like to thank our businesses for attending.

Recognition and thanks are due to the Springboro Tree Authority, community volunteers, and city staff. The City of Springboro received national recognition again this year as a Tree City USA. This is the 13th consecutive year that the National Arbor Day Foundation has recognized our City for its achievements in forestation. In addition, Springboro celebrated the 137th Anniversary of Arbor Day with a tree-planting ceremony on Saturday, April 25 at E. Milo Beck Park on Lower Springboro Road. The ceremony was one of the most well attended in recent years, and City officials were joined by the family and friends of David A. Grollmus to plant a memorial tree in his memory. Mr. Grollmus, a City employee, passed away last year, and we were all touched by this gesture of dedicating a Sweetgum Tree to the community in his memory. Our City's Tree Authority is truly dedicated to Springboro's forestry program, and we are very proud of their accomplishments. Congratulations to committee members and staff! Also, a special thanks from Mayor Agenbroad to the Memorial Day Committee and the many other individuals and groups who participated in the Memorial Day Parade this year on May 25th. Your efforts to honor and remember those who made the ultimate sacrifice in the service of our Country are truly appreciated. Thank you for remembering.

We would like to thank our residents and businesses for your continued support. Have a safe, healthy, and happy summer!!!

**– Mayor and City Council**



## City Wins 'Excellent Financial Accountability' Award

For the second year in a row, Auditor of State Mary Taylor's office presented the City of Springboro with the "Making Your Tax Dollars Count" award. Fewer than five percent of all Ohio government agencies are eligible for this award.

"I am pleased to recognize Springboro officials for properly accounting for the tax dollars they spend," said Taylor in a press release in March 2009. "The community should be proud of their commitment to making sure that each tax dollar is spent appropriately."



Certain criteria must be met to receive the "Making Your Tax Dollars Count" award. Standards include:

- The entity must complete and submit a Comprehensive Annual Financial Report (CAFR).
- There must be no findings or issues present in the audit report.
- There must be no other financial concerns involving the entity.

As always, City Council, the City Administration and EVERY employee within the City is proud to serve our citizens and we always attempt to do that in the most fiscally responsible way possible.

## City Welcomes Back Officer Randy Peagler

The Springboro Division of Police recently welcomed back Randy Peagler to their ranks. Officer Peagler originally hired on with the department in 2000. He left the department to move to Georgia in 2007.

During his previous time with Springboro, Officer Peagler served as the Juvenile Officer, Bicycle Patrol Officer, and was a trained Hostage Negotiator with the Warren County SWAT Team.

Randy recently moved back to the area early in 2009 and was offered the opportunity to come back to the department to fill a vacancy.



## Gem City Ballet – Dancing The Night Away

On Saturday, August 22, 2009, Gem City Ballet, the premiere pre-professional ballet company of the Dayton area, will dance their way into your hearts with an evening of jazzy, romantic and fun ballets, at the North Park Amphitheater in Springboro, Ohio. Admission is free. Donations will be accepted and appreciated.

The performance will begin at 7:30 p.m. with the bright and snappy *Variable Speed*, a ballet created by Kiyon Gaines for GCB in 2006.

With its quick changes of mood and fast footwork, *Variable Speed* is a favorite of GCB audiences.



There will be three new works on the program. Erin

Wheeler, a Dayton native who was a principal dancer with Metropolis Dance Theatre in Los Angeles, is choreographing her first ballet for GCB. Kijsten Fricke, a Dayton native who finished her education at Point Park University will also premiere her first ballet for GCB. And Michelle Goodman, a Wright State University faculty associate, will choreograph her third ballet for GCB. All these ballets are being created this summer especially for this performance.

Finally, for the classical ballet lover, GCB will present *Aurora's Christening*, the story of the six fairies that come to Princess Aurora's christening to give her the gifts of Beauty, Energy, Grace, Song, Precision and Wisdom. With beautiful tutus, Tchaikovsky's lush music and Marius Petipa's classic choreography, *Aurora's Christening* will charm all.

Gem City Ballet is a pre-professional ballet company based in Dayton and was formed by Director Barbara Pontecorvo for 3 main purposes (1) to educate young dancers in the joys and rigors of ballet performance; (2) to make quality ballet performances available to a wider audience; (3) to provide new and experienced choreographers an opportunity to create new works. It presents three or more performances each season, including one performance a year at the Victoria Theatre. Gem City Ballet (Ballet de Jeunesse, Inc.) is a non-profit 501(c)(3) organization.

For more information about the Gem City Ballet, please visit their website at [www.gemcityballet.org](http://www.gemcityballet.org).



# SPRINGBORO

## Council Agenda

Here are some of the things City Council has been working on over the past few months:

**May 21** – City Council passed a resolution authorizing the City Manager to enter into an agreement with ODOT to install LED Traffic signals at all intersections and add 3 more battery backups to traffic signals within the City. This \$198,000 project was made possible through the federal stimulus bill.

**April 16** – City Council authorized the sale of 5 +/- acres of City-owned land at South Tech Business Park to Mills-Morgan Development with the option of purchasing the remaining 31 +/- acres. The initial purchase price was \$100,000 per acre.

**April 2-** Members of the Land Use Planning Subcommittee made a formal presentation to City Council regarding the Land Use Plan recommendations that were formalized over the past year. The City Council adopted the Land Use Plan after the presentation. Details of the plan can be found on the City website at [www.ci.springboro.oh.us](http://www.ci.springboro.oh.us).



## New Mural At Clearcreek Park

The Springboro Park Board recently commissioned local artist and business owner Karleen Materne of Green Lion Studios on South Main Street to paint the mural you see to the above. The mural, a blending of all the activities and sights typically seen down at Clearcreek Park, was recently completed by Materne over a few-month period.

"I wanted to do something to add a little art to the park and dress up the concession stand. It really presented a nice canvas for me to work on," stated Karleen. And her children and their friends might be surprised to know that they are the inspiration for the people depicted in the mural. "The pitcher is my son and the girl is my neighbor. I had to 'copy' someone, so who better than the kids I see every day?"

The mural was painted with exterior latex paint and should be vibrant for many years to come.

The Park Board is very pleased with the artwork and they believe it will be a very nice welcome to any visitors to the park.

## Springboro Trivia Question



Every issue we will ask a trivia question about something Springboro. The answer can be found by going to the City's website at [www.ci.springboro.oh.us](http://www.ci.springboro.oh.us) and searching in the "City News & Updates" section. See how much you really know about your hometown...

The elevation within the City of Springboro ranges from 692 feet above sea level at Clearcreek Park to 1,006 feet above sea level. Can you guess what neighborhood has a point that is 1,006 feet above sea level?

- A) Brookside
- B) Settler's Walk
- C) Laurel Glen
- D) Fieldstone
- E) Sycamore Creek



## Theater Under The Stars



The City of Springboro and the Springboro Park Board are pleased to announce that Playhouse South, a Community



Theatre is back for another exciting year of Theater Under The Stars! Playhouse South will be

presenting ***Kiss Me Kate*** at the North Park Amphitheater, August 7th-9th and August 14th-16th. The Friday and Saturday, August 7th & 8th and August 14th & 15th shows will begin at 7:30 p.m. and the Sunday, August 9th & August 16th matinees will begin at 2:00 p.m.

While cast members of a musical version of *The Taming of the Shrew*, the show's stars, Fred Graham and Lilli Vanessi, celebrate the first anniversary of their divorce. They take time from their bickering to recall they had once sung "Wunderbar" in a long-forgotten operetta. Lilli receives a bouquet from Fred, leading her to believe he



still loves her, and she confesses she is still "So in Love" with him, but when she learns the flowers are meant for Lois, the show's ingénue, she determines to be revenged. Fred's problems are compounded when Lois' boyfriend, Bill Calhoun, signs Fred's name to a gambling debt. Opening night is peppered by warfare between Fred and Lilli, and by demands from two comic hoods for payment of the debt. In the course of the evening Fred and Lilli recognize they still do love each other.

**Attendance to *Kiss Me Kate* is free (although donations are accepted to support the group)!** We look forward to seeing you under the stars at the North Park Amphitheater, August 7th-9th and August 14th-16th.

## INCOME TAX INFORMATION

### Quarterly estimated payments

Declaration and payment of estimated tax shall be filed on or before April 15 of each year or four (4) months after the end of the taxpayer's fiscal year end. Quarterly payments of the estimated tax shall be due and payable 30 days after the end of the taxpayer's quarter based on a fiscal year other January 1

through December 31, except for the first quarter payment which is due fifteen (15) days after the end of the taxpayer's first quarter.



### Payment due dates:

1st quarter.....	April 15th
2nd quarter.....	July 31th
3rd quarter .....	October 31th
4th quarter.....	January 31th (2010)

If your situation changes and you need to adjust your estimated payment amounts, or if you need advice on any situation change, please feel free to contact the Income Tax Department. Our office hours are Monday thru Friday, 8 a.m. – 4:30 p.m. with no appointment necessary. Our office phone number is (937) 748-9701.

### Important Contact Information:

**Springboro Income Tax Department (937) 746-9701**  
(937) 748-6185 (fax), [www.ci.springboro.oh.us](http://www.ci.springboro.oh.us)

**Internal Revenue Service (800) 829-1040 (individual)**  
(800) 829-4933 (business), [www.irs.gov](http://www.irs.gov)

**State of Ohio (800) 282-1780 (individual)**  
(800) 405-4039 (business), [www.tax.ohio.gov](http://www.tax.ohio.gov)



# SPRINGBORO

## Police Beat

School is now out, and hopefully families are busily involved in the activities of summer. To make this summer a good experience for all residents the Springboro Division of Police is requesting assistance with two chronic issues that persist in our community.

The first is vandalism in the City parks. It is expected that the parks get heavy use during the summer months, but unfortunately when the sports teams and animal lovers leave our parks, vandals with ill intent come in to destroy the bathrooms, paint the shelters, break glass, and generally cause problems for the parks maintenance crews.

This is unfortunate, because the City is very proud of its park system, and wants to keep them open to public use as much as possible.

If you are in the vicinity of a city park at night or after hours, and you observe suspicious activity, please call the police department immediately at the non-emergency number (937) 748-0611, to report your observations.

The second chronic problem that we ask for your assistance is an ongoing series of larcenies from vehicles. We have identified an increase in this type of criminal activity since the weather has become warmer. In the vast majority of cases, laptop computers, GPS units, spare change, and other small items are being taken from unlocked cars. For your safety, please remove ALL valuables from view in your vehicle and lock the doors – even if you are parked in your own driveway. We all recognize that Springboro is a wonderful city in which to live; however, the nature of our society requires that we take small steps to ensure the safety of our property.

The members of the Springboro Division of Police wish everyone a safe and enjoyable summer.



## PARK PROJECTS IN FULL SWING

**E. Milo Beck Park** – This Spring, 30+/- acres of wildflowers were planted in the lower basin, along with a grass walking trail. The wildflowers were planted in a way that should produce different colors in different areas of the park during different times of the year. So, if you visit during each season, you should hopefully see a “different” park each time! Work also continued on the switch-back walking trail on the west side of the overlook to allow access to the lower basin.

**Clearcreek Park** – Work has begun on the first of two new ball diamonds on the west side of the park. The first diamond is a 180-foot diamond that can be utilized for Rag and T-ball. The second diamond is planned to be a 290-foot diamond to be utilized by the Junior Divisions. Thank you to SCBA who has pledged some money from their organization to help build the fields.



In addition, the City has plans to extend the driveway to the west to allow an additional access point to the park from Lower Springboro Road, thus relieving potential traffic congestion. More parking and an additional playground area is also planned for the western portion of the park.

**Community Park** – Rubberized safety surface is being added to both playground areas at Community Park. As with the new playground equipment at Clearcreek Park – this surface is much safer for those children playing as well as easier maintenance for our Parks Maintenance Crew.

**North Park** – The electrical system at the North Park Shelter has been recently upgraded. Use of the shelter has grown exponentially over the past few years with larger groups and activities being planned. One of the limitations for residents having large scale activities with such things as bounce houses, etc., was the electric. Not anymore! Included in the upgrade was a 200 amp service as well as two ballasts in the grassy area on the inside of the walking trail to accommodate the large activity areas.



## Springboro History 101

*(With special thanks to resident historian Becky Hall who helped compile the following article.)*

*(Part 3 taken from the Jesse Wright Centennial Celebration speech delivered in the summer of 1915)*

*When Jesse Wright gave his famous speech during the 1915 Centennial Celebration, his descriptions of the village were referenced with names that most Springboro residents will not recognize.*

*Parentheses within the text will provide updates when possible so that locations can be referenced with current surroundings.*

Within the memory of the writer, there were four flour mills, or grist mills as they were then called, within one-half mile of the west boundary line of the village. Wright's Mills, still standing on the upper Franklin Road (State Route 73 near Fairview Drive); Millard's Mill which stood on the north bank of the creek southwest from the farm house now occupied by George Surface; the old Brock Mill or Red Mill on lower Franklin Road on site now occupied by Carl Barnhart (West Mill Street near the creek) for several years ground feed and philosophized. Last on the list is the mill that stood until probably 1845 on the slope of the hill nearly opposite the home of Henry Madison Decker (East Lower Springboro Road at Weidner Road). Clear Creek furnished the power for this mill and for a saw mill that stood near it. The dam was east of the cemetery hill (Springboro Cemetery) near the mouth of Millard's Creek. There were on Clear Creek and its tributaries within a radius of two miles, five or six saw mills.

The first woolen mill to take in raw wool and turn out finished cloth, blankets, etc., was a brick building which stood a few rods east of the building known to the present generation as the "Old Factory," torn down a few years ago, and which was built about 1836, burned to the ground in 1843, and rebuilt the same year (Factory Road about two or three blocks off South Main Street).

Of blacksmith shops, there were at one time six in operation. In view of the fact that for several years past, two have been sufficient to take care of all the work of that kin. Offering this may seem to be an exaggeration, but we must not lose sight of the fact that up to as late a date as 1860, a large portion of the work done by blacksmiths was making the iron work of wagons and carriages, work that is now done almost exclusively at the large plants in South Bend and other centers of the industry. It is possible that the first forge put up was in a small building that stood on the present site of Mrs. Bradstreet's stable (Helen Sproat's barn). In 1843, the presiding genius in this shop was an eccentric Englishman named Thomas Harrage. He was a hero in the eyes of us boys because he was born in England and had actually crossed the ocean and stood before us in the flesh.

I believe that next in order of time was Jesse Hopkins' Shop which was on the southeast corner of what is now Will Early's dooryard. Then probably built in the order named would be Stephen Peebles' where the Town House now stands (Springboro Chamber of Commerce). William Peebles was on the corner of Charles Mills' lot north of his residence. Next was a shop run by James F. Bennett for several years as an accessory to his manufactory. This shop stood in the southeast corner of the lot where James Weidner now lives. When we come to the shop now occupied by James Weidner built by his father about fifty years ago. (All of these shops were just north of West Mill Street on west side South Main Street). Thomas Fitts built a shop near his residence on the Franklin Pike (State Route 73) in the year 1861 and carried on the business for many years. The building now used by Alfred Gilpin was not used as a shopsmith until Mr. Gilpin opened up there in 1893 (southeast corner of State Route 73 and 741 where small park is now).



# SPRINGBORO



## PUBLIC IMPROVEMENT PROJECTS



### Public Works Projects

#### West Factory Road Water Main Replacement, Phase 2

This project has just been completed in late spring by W.G. Stang LLC. About 1,800 feet of 12" water main was installed from Woods Road to Catalpa Drive. This new main replaced an existing deteriorated main which has had numerous mainline breaks.



#### West Mill Street Roadway Improvements

Improvements to West Mill Street began in the fall of 2008 by Stone Excavating Inc. These improvements are a part of an Issue 2 project. The project includes pavement widening, installation of curb and gutter and the installation of sidewalk on the north side of West Mill Street. Storm sewer and catch basins will be added as needed and the existing bridge west of Juanita Court will be replaced. The project begins east of Gilpin Drive and continues to east of Lookout Street. The project also includes improvements between Juanita Court and Myers Creek Lane. The profile will be adjusted as well as the alignment modified to allow for safer driving conditions. This project will be completed by August.

#### 2009 Concrete Street Replacement Program – Phase One & Two

Deteriorated or damaged curb, sidewalk and driveway aprons will be repaired as a part of the 2009 Concrete Street Replacement Program. The concrete streets will also be completely removed and replaced with full depth asphalt. The following streets are included in the Phase One Program: Evergreen Drive, Queen Anne Court, St. James Place, Foliage Lane, Wellington Way, and Westminster Way. Phase Two streets include: Hiawatha Trail, Springwood Drive, Clearview Drive, Sycamore Creek Drive, Sycamore Creek Court, Elkins Drive, and Music Circle. Both phases will be completed by the fall of this year.



#### 2009 Street Resurfacing Program

Deteriorated or damaged curb, sidewalk and driveway aprons will also be repaired as a part of the 2009 Street Resurfacing Program. This project was awarded to John R. Jurgensen Company and will be completed by the fall of this year. The asphalt streets will be milled and overlaid with asphalt. The streets in this year's program include: Lemonwood Court, Gerry Lane, Myrtle Lane, Timberside Court, Belvoir Court, Turnberry Court, McCray Boulevard (east of Belvoir Court), Country Club Meadows, North Ridge Court, and Sycamore Springs Drive.

#### Water Main Relocation

A 12" water main located at the Pennyroyal Bridge at I-75, is currently being relocated. This project was awarded to Kinnison Excavating Inc. The water main needs to be relocated to accommodate the future removal and replacement of the Pennyroyal Bridge as a part of ODOT's interstate (I-75) improvements.





## What To Do When Traffic Signals Aren't Working

Have you ever driven up to an intersection with a traffic signal that isn't functioning properly? Do you stop? Do you drive right through?

While the City has been proactive with installing battery backups at a majority of our traffic signals, there are certain intersections in town that don't yet have battery backups. For those intersections that don't have battery backups, or those where the battery backups have run through their power source (they are typically capable of four hours of operation), here are a few good tips to follow:

- 1) **Stop at the intersection** – DO NOT drive straight through. When a traffic signal is inoperative, the intersection becomes a 4-way stop no matter what roadway you happen to be driving on (the main road versus a side-street).
- 2) **Only after stopping** should you proceed with caution when it is safe to do so.
- 3) **When two or more vehicles approach** an intersection from different roadways at the same time, the driver of the vehicle on the left should yield the right of-way to the vehicle on his or her immediate right.

Failure to follow these fundamental rules of the road may result in a serious accident. Being alert and following these rules will help to keep Springboro roadways and intersections safe when traffic signals are not functioning properly. To report inoperative traffic signals, please call the non-emergency police number at (937) 748-0611.



## Community Happenings

### Rotary Club of Springboro -

The Springboro Rotary Club is a service club dedicated to improving the community in which we live, as well as communities outside of our own. The club is a part of Rotary International, a service organization with over 2 million members worldwide. Each year the club raises funds to use in Springboro, serving the needs that we see; for example painting a park concession stand, giving dictionaries to children in the local schools, funding college scholarships and supporting the city food pantry. Each year the club also strives to support those less fortunate, by supporting a project in partnership with a club overseas. Our meetings are lively, fun and informative to our members and our guests. The club meets at the Coffman YMCA on Remick Boulevard, at 7:30am on Friday mornings. Guests and new members are welcome and encouraged; please join us; or for more information, please call Dina Lauricia at (937) 684-5809.

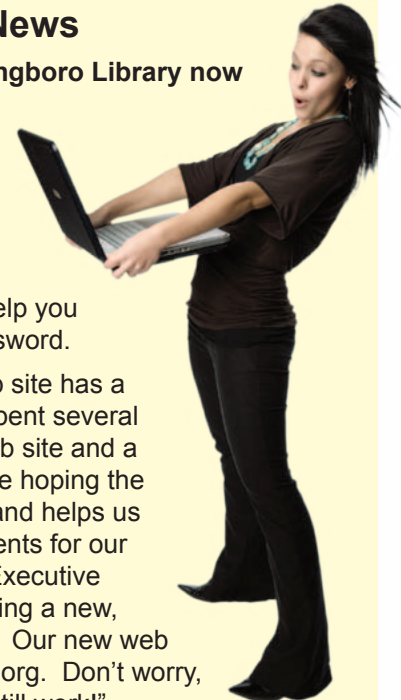
## Library News

### Did you know that the Springboro Library now offers wireless access?

If you own a laptop and need to connect to the Internet, the Springboro Library has what you need. The process of logging on is simple; just ask the staff to help you and to provide the logon password.

The Springboro Library's web site has a new look! Library staff has spent several months working on a new web site and a new web site address. "We're hoping the new site is easy to navigate and helps us promote our services and events for our users," stated Anita Carroll, Executive Director. "We also are unveiling a new, easier to remember address. Our new web site address will be [www.fspl.org](http://www.fspl.org). Don't worry, though, our old address will still work!"

The Springboro Library is on Facebook and MySpace! We'd love to be friends with you. Check out our sites and add us! Our Facebook address is [www.facebook.com/franklin.springboro.public.library](http://www.facebook.com/franklin.springboro.public.library) and our MySpace address is [www.myspace.com/your\\_library](http://www.myspace.com/your_library).



# SPRINGBORO



## Golf Anyone?

### Heatherwoode GOLF CLUB

#### Golfing Heats Up with Summer!

Summer has finally arrived! Heatherwoode is having a great year so far and the golf rounds are rising with the temperatures. All the rain of the spring has really helped the maintenance team keep the course green and lush for the golfer's enjoyment. There are a number of new and exciting things going on right now at the golf course!

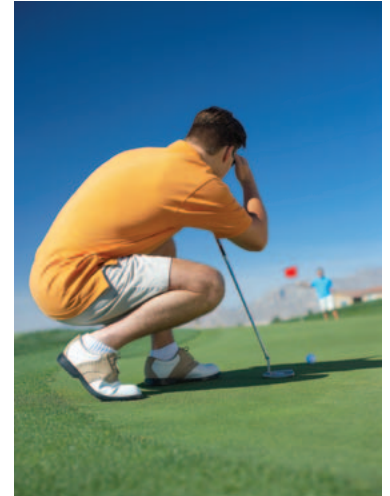


#### New General Manager Tom West

Heatherwoode is proud to welcome Tom West as the new General Manager. Tom has relocated from Piankatank Golf Club in Hartfield, Virginia. Tom has an extensive background in club management having worked at several prestigious clubs around the country, including The Bardmoore Club in Tampa, Florida. He is also an accomplished teacher of the game. Tom will be residing in Springboro with his wife Jimi and children Garrett and Clara. Be sure to stop out and welcome Tom to the Heatherwoode family.

#### Improving Your Short Game

One of the biggest challenges as the courses firm up is the short game. This time of the year the ball tends to roll much more and the greens are much quicker than usual. One common mistake is trying to hit higher pitch and chip shots around the green to stop the ball faster. This shot requires expert precision and is a pretty low percentage shot for most golfers out there. Here are a few keys that can help you hit it closer when around the green this time of year. When hitting chip shots play the ball off of your back foot and choke up on the grip to increase your feel. Once you have the setup you want, push your hands forward so that the end of the grip is pointing at your left pocket. From there you just make a putting type stroke and get the ball rolling. Be sure to hit the ball well short of the hole and let it roll the rest of the way. This is a much higher percentage shot than the high or flop shot around the green. When faced with fast downhill putts, pick out a spot short of the hole to putt towards and let the green do the rest of the work. And as with all short game shots you have to keep your hands very soft on the club for better feel. Try these simple tips and watch your scores go down.



## HEATHERWOODE PROSHOP

**25%  
OFF!**  
**SHOES & BAGS**



It's that time of year again when the pro shop sales are hotter than ever. Right now all residents can enjoy 25% on all shoes and golf bags. And did you know that over 50% of golfers use a driver that doesn't have enough loft? Loft is essential to getting the maximum distance and accuracy. Even Tiger Woods just switched to a 10 degree driver. **Lucky for you we just lowered the price on the Nike Dymo drivers to just \$199!** Not only is this a top of the line driver but it is used by several of the world's best tour professionals. Stop out and grab one today and add some more distance and accuracy to your golf game.





## City Wellness - Get Screened!

Colon cancer is one of the leading cancer killers. 90% of colon cancer deaths can be prevented by early diagnosis. A colonoscopy can diagnose and remove benign polyps before they become cancerous.

Regular screening, beginning at age 50, is critical since most people with colon cancer have no family history and no symptoms. If polyps are found in a parent, sibling or child, screening begins at age 40. A personal history of inflammatory bowel disease (chronic ulcerative colitis or Crohn's) also requires earlier screening.

Colon cancer is often asymptomatic, but symptoms can occur with more advanced cancer and may include rectal bleeding, persistent change in bowel habits, narrowing of the stool, abdominal pain (cramping), fatigue, and unexplained weight loss. If you have any of these symptoms, see a gastroenterologist promptly for evaluation and diagnosis.

Take ownership of your health by making wise diet and exercise choices and regular screening. Together we can prevent colon cancer deaths in our community.

For more information about colon cancer or having a screening, please call **Digestive Specialists** at (937) 534-7330 or visit their website at [www.digestivespecialists.com](http://www.digestivespecialists.com).

### Maintain a Healthy Brain

Do you find yourself feeling lethargic at your desk after lunch? Are you becoming more and more forgetful? Is multi-tasking becoming a thing of the past? Your brain is part of the most important system of the body, your nervous system. That's why it's so important to keep your mind from becoming as dull as a number two pencil during a standardized test. With this in mind, pardon the pun, here are some simple and smart ways to improve brain power and maintain focus.

**1. Proper Nutrition** - When it comes to your brain's health, which ironically is something most of us do not actually think about very often, the proper vitamins and minerals through nutritious foods is essential. Vitamins B, C and E and Magnesium are especially crucial. Here is a list of the best sources for each:

**Vitamin C:** Food rich in this vitamin include: yellow peppers, red peppers, green peppers, raw watercress, broccoli, raw parsley, canned pimentos, Chinese cabbage, banana peppers, scotch kale, mustard greens, chives,

squash, and turnip greens. The fruits highest in Vitamin C include guavas, strawberries, lemons, papayas, kiwis, oranges and grapefruits, star fruit, pineapple and peaches.

**Vitamin B:** Consuming enough Vitamin B will also help maintain healthy brain function. Vitamin B enables the brain to focus and also affects the brain's ability to maintain memory. Foods high in Vitamin B include cereal, potatoes, bananas, garbanzo beans, chicken breast, beef, clams, oysters, veal, turkey, and many more.

**Vitamin E:** Vitamin E is essential for the health of cells. Vitamin E also improves brain function. Foods rich in vitamin E include ready-to-eat cereals, cooked spinach, almonds, sunflower seeds or sunflower oil, safflower oil, broccoli, kiwi and mango.



**Magnesium:** Magnesium has been proven to help maintain memory in people who are middle aged or older. Foods rich in magnesium include wheat germ, raw dock, Swiss chard, beet greens, spinach (frozen or fresh), clams, fresh basil, coffee, tea, rice bran, kale, arugula, coriander leaf, okra, zucchini, hearts of palm, mustard greens, summer squash, okra, oat bran, and broccoli.

**2. Exercise for Memory** - Another smart way to maintain healthy brain function is to exercise. Exercise not only benefits your body, it benefits your mind. When you run, do aerobics, ski, bike, chase a toddler around the house, or any other physical activity which increases your heart rate, you are performing cardiovascular exercise. You increase blood flow to every part of your body, including your brain. Even simple exercise like walking can help improve memory. In addition to increasing blood flow to the brain, and improving memory, exercise is also a natural way to relieve stress and stave off depression.

**3. Play a Game** - Your brain needs its own form of exercise to maintain brain health. The brain is like a muscle, and needs to be flexed as often as possible to stay healthy now and in the future. Memory games especially are ideal for sharpening your mind, however any game which requires you to do a bit of focused thinking will benefit your brain more than watching another half hour of television.

**Do everything you can to keep your brain sharp for the rest of your life!**

# SPRINGBORO



## Mayor and Council

<b>John Agenbroad</b> - Mayor 1255 South Main Street	<b>937-748-0842</b>
<b>Jim Chmiel</b> - Deputy Mayor 1235 South Main Street	<b>937-748-0093</b>
<b>Scott Anderson</b> - Council Member - Ward 1 40 Sycamore Creek Drive	<b>937-748-8346</b>
<b>Marie Belpulsi</b> - Council Member - At Large 8672 Tanglewood Drive	<b>937-748-1664</b>
<b>Tom LaDu</b> - Council Member - At Large 164 Deer Trail Drive	<b>937-748-1858</b>
<b>John D. Parise</b> - Council Member - Ward 3 165 Sesame Street	<b>937-748-1793</b>
<b>Sheila Lairson</b> - Council Member - Ward 4 575 Royal Springs Drive	<b>937-748-8376</b>
<b>Lori Martin</b> - Clerk of Council 320 West Central Avenue e-mail: lori@cityofspringboro.com	<b>937-748-4356</b>

## CITY NOTES

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Please direct comments and questions to:  
Chris Pozzuto  
320 W. Central Ave.  
Springboro, OH 45066

## City Offices

<b>City Manager's Office</b>	<b>(937) 748-4352</b>
<b>Police Department</b> (Non-Emergency Number)	<b>(937) 748-0611</b>
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320 W. CENTRAL AVE.  
SPRINGBORO, OH 45066

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