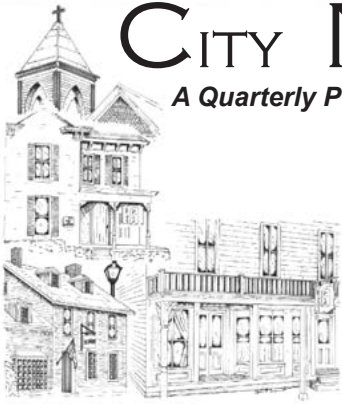


SPRINGBORO



CITY NOTES

A Quarterly Publication for the Citizens of Springboro

Olympic Hopefuls and Professional Athletes to Train at Springboro Facility



Officially dedicated by Mayor Agenbroad on November 8, Prodigy Training Center, located at 235 S. Pioneer Blvd., in Springboro, is a world-class athletic training center with nearly 50,000 square feet of space dedicated to athletic excellence. The facility is the largest wrestling and/or mixed martial arts facility in the United States.

The center is currently in the process of contractual negotiations with USA Wrestling, an arm of the Olympic Committee, to become sanctioned to provide training for Olympic hopefuls. Coaches include former Olympian Kevin Bracken, and several top-ranked USA wrestlers – Mary Kelly, Matt Lackey, Teyon Ware and Sam Hazewinkle. Wrestling programs for youth through adult will be offered at the center. The Prodigy Youth Wrestling Team currently holds the title of National Champions. The Director of the Wrestling program is Ryan Root, who is one of the facility owners and is currently the wrestling coach at the Springboro Schools.

Prodigy Training Center will also be the home of an exceptional Mixed Martial Arts program. Several exciting professional fighters will train at the site. The center will offer Mixed Martial Arts training for adults, as well as Boxing, Kick Boxing, Thai Boxing, Jiu Jitsu, Tae Kwon Do, Self Defense and Kick Boxing for Women, Strength and Conditioning.

Prodigy Training Center welcomes everyone who is serious about fitness to train at the facility. The weight training area houses over 110 pieces of equipment and a huge assortment of free weights. Anyone who wants to train with top-caliber coaches, in an environment that fosters successful outcomes, belongs at Prodigy. Individual, family and corporate memberships are available. For more information, please contact Prodigy at (937) 550-0051.

City Plants Trees After Windstorm



When an opportunity presents itself for the City to live up to its label as a "Tree City USA", the City dives right in. Recently, the City planted 109 trees along Hole #4 at Heatherwoode Golf Course in an attempt to reforest the area. Some of the trees included: Norway Spruce, Sweet Gum, October Glory Maples, Autumn Blaze Maples, and River Birch, just to name a few.



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SPRINGBORO

A Holiday Greeting from the Mayor and Council

We would like to extend our very best wishes for the happiest of holiday seasons to the entire Springboro community. The City has worked diligently over the past year on many new and ongoing projects together with our extremely dedicated committee members and staff. We would like to thank all of our volunteers, employees, and associates, and especially our citizens and businesses for your continued support, service, and commitment to Springboro.

As we say farewell to another busy and challenging year for everyone, we are very much looking forward to our return to 320 W. Central Avenue in 2009. Our new City Building is really taking shape and remains on schedule to open next fall. It will be an exciting new beginning in a much more customer-friendly environment for our residents. We look forward to welcoming all of you next year!

Once again, we truly enjoyed kicking off the holiday season with everyone at the "Annual Christmas in Historic Springboro Festival." It was a pleasure to see so many of our citizens, friends and neighbors, and many visitors enjoy the festivities and embrace the season, and it was truly an honor for our Mayor to serve as Grand Marshal of this year's festival parade. The Springboro Area Historical Society along with the generous sponsorship of many area businesses and community organizations makes this event a warm and wonderful start to the holidays.

As always, we are honored to serve the citizens of Springboro, and again, many thanks from all of us with best wishes for the New Year!

2008 Charter Amendments Approved by Voters!

City Council would like to thank the voters for making the decision to adopt Springboro's 2008 Charter Amendments. Voters were faced with many important issues in November, and we are glad that our electors took the time to carefully review and consider these changes. City Council also would like to commend the members of the 2008 Charter Review Commission for their hard work and success. Thanks again to voters for supporting the efforts of these dedicated citizens to strengthen our City's Charter.

Sincerely,
Mayor & Council

Dayton Children's Opens New Urgent Care Facility

On Friday, November 7, Mayor John Agenbroad and State Representative Shannon Jones cut the ribbon on the new Dayton Children's Hospital Urgent Care Facility, located at 3333 West Tech Road in Springboro.



Dayton Children's pediatric experts will offer services in urgent care, medical imaging (x-ray, EKG, ultrasound, fluoroscopy, CT scanning), rehabilitative services (audiology, speech therapy,

occupational therapy, physical therapy) and a full service laboratory. "The new center is all about making it as convenient as possible for parents and families south of Dayton to get specialized pediatric care for their children close to home," says Matt Graybill, vice president for business development and planning at Dayton Children's.

Dayton Children's new facility will be LEED certified or Leadership in Energy and Environmental Design building. "Dayton Children's is dedicated to doing our part to improve the environment for not only our patients, but also for our global community," says Edd McGatha, director of facilities at Dayton Children's. "We care about our patients and families and we continually strive to provide the healthiest, safest environment possible." Dayton Children's also partnered with artists from Dayton Visual Arts Center to create kid-friendly artwork that decorates the facility. "We wanted the facility to be kid-friendly, soothing and inviting," McGatha says. "The pictures of the children on the outside panels of the building are employees' children. These are real kids living right here in the community. All of the artwork, the paint color schemes and other design elements like the fish tank in the lobby are designed to soothe and promote healing."

Facility Hours:

- Urgent care: Monday – Friday, 3:00 pm to 10:00 pm; Saturday and Sunday, 11:00 am to 8:00 pm
- Rehabilitative services: Monday – Friday, 8:00 am to 5:00 pm
- Lab and medical imaging: Monday – Friday, 8:30 am to 9:00 pm; Saturday, 8:30 am to 7:00 pm; Sunday, 11:00 am to 7:00 pm

For more information on Dayton Children's Outpatient Care Center – Springboro, visit:
www.childrensdayton.org/springboro.



City Building Construction Update

Although the recent windstorm knocked down half of the south wall of the new City Building, Brumbaugh Construction has done an excellent job of getting the construction back on track. Most of the structural steel has been delivered and is being put in place. The masons continue to work on the walls; the slab for the entire lower floor of the building has been poured. As long as Mother Nature cooperates, the hope is to have the building finished in the August/September 2009 timeframe.



Electronic Utility Billing

As of October, residents now have the option of receiving paperless bills through email with E-billing. There is also online utility account access and payment options via the City's website. Residents will be able to review usage, check account balances and make secure credit card payments at no charge using the Internet or touchtone phone.

If you elect to receive your bill through the mail; full-page utility billing statements with return envelopes have replaced the billing postcards. The new statements will contain usage graphs and expanded usage information.

Sign up information for E-billing will appear on the new statements, or you can send an e-mail to Dee Mullins at dee@cityofspringboro.com.

Council and Board Happenings

City Council:

- At their October 2 meeting, City Council passed a resolution authorizing the City Manager to enter into a contract with Stone Excavating to complete the West Mill Street Reconstruction project for \$450,122.
- At the October 16 meeting, City Council authorized the supplemental appropriation of \$250,000 for road salt. Unfortunately, over the past year, the cost of road salt has increased 300%. This is a statewide problem and certain communities such as Springboro have had a very difficult time finding salt companies to even provide bids to purchase salt. Due to the supplemental appropriation, the City was able to purchase 1,800 tons of salt – but this number is still below what is typically spread on the roads for a normal winter. The City will be conserving salt as much as possible, and the street crews will be implementing other snow clearing measures such as pre-treating the roads to ensure the salt lasts all winter long.

Planning Commission

- At the September 24 meeting, the Planning Commission approved the site plan for a new Chipotle Mexican Grill to be located in the former TomKatz restaurant building at 5 Greenwood Lane, near I-75. The architect on the project said they hope to have the Chipotle open sometime early Spring 2009.

Did You Know?

- The Crosley family, who manufactured radios, refrigerators, cars and had the ballpark in Cincinnati (where the Reds used to play) named after them, all lived on a farm just north of Springboro.
- The traffic light at the intersection of State Route 73 and State Route 741 was installed in 1942.
- State Street and Factory Street downtown exchanged names in 1957.

SPRINGBORO

Hometown Cooking

Many of the merchants in Historic Downtown Springboro got together recently to produce a cookbook of local food favorites.

They solicited recipes from many local people, including Mayor Agenbroad, Deputy Mayor Marie Belpulsi, City Manager Christine Thompson, and other local business owners, just to name a few. So, check out the cookbooks to see what all these local folks love to eat!

The cookbooks are \$10 each and can be purchased at any retail store downtown, as well as the Springboro Chamber of Commerce, located at 325 South Main Street. The cookbooks not only have many great local recipes, they also have a lot of interesting information about the history of Springboro and the downtown area.

Christmas Tree, O Christmas Tree

It's hard to believe it is that time of year already! Festive decorations will appear, snow has been falling and Christmas trees will be going up. Of course, what goes up, must come down. When you are ready to set your tree out by the curb for pick-up – remember – any tree over 5 feet tall must be cut into more manageable pieces for the refuse haulers.

There will be no delay in refuse pick up this year for the Christmas or New Year's Holidays. Pick up during those weeks will occur on the regularly scheduled day.



Police Beat



Springboro Police Officers competed in the 2nd annual Springboro Police Department off road bike race on Saturday, October 18, 2008. Participants in the race were those officers who also have been trained as Bicycle officers and issued a police mountain bike for duty use. The course was five miles of off road bike trails located at Caesars' Creek State Park. Participants were cheered on by family members, off duty members of the police department, and representatives from the City staff, including City Manager, Christine Thompson.

Seven Officers competed for the opportunity to represent the Springboro Police Department at the annual conference of the International Police Mountain Bike Officers Association in 2009. The conference will be held in Albuquerque, New Mexico in May.

The winner this year was Officer Bryan Hawk with a time of 32:34. Following second was Sgt. Todd Turpin with a time of 35:32.

Chief Kruithoff, who organizes the race each year said, "I am very proud of every officer who accepted the challenge and made the effort to compete. I also appreciate those non-racers who came to provide emotional support. This is a fun event for the members of the department, and the competitive talk starts several weeks before the race. This years' winner was new to the racing format, but clearly came out to establish a bench mark for the future."

The defending winner from last year, Officer Nathan Anderkin was unable to participate this year due to recovering from some physical injuries he had suffered recently.

Participants in the race were; Officers Bryan Hawk, Thomas Faulkner, Bob Marchiny, Larry Bush, Terry Dunkel, Chris Evans and Sgt. Todd Turpin.

Springboro Trivia Question

Every issue we will ask a trivia question about something Springboro – whether it be a current event question or something from Springboro's storied past. The answer can be found by going to the City's website at www.ci.springboro.oh.us and searching in the "City News & Updates" section. See how much you really know about your hometown...

This issue's question: **How many businesses are located within the City of Springboro?**

A) 132 B) 255 C) 348 D) 522 E) 767





SPRINGBORO HISTORY 101

(With special thanks to resident historian Becky Hall who penned the following article.)

The Early Days of Springboro - Part 2

(This is part 2 of the Centennial Celebration speech given by Jesse Wright in summer of 1915)

The new settlement (Springboro) was on an east and west road that for many years previous to the building of railroads was a thoroughfare for emigrant travel, and the growth of the village during the first decade after it was laid out was rapid.

When the village plat was recorded in Lebanon on July 25, 1815, the site of it lay in Franklin Township. On October 1815, Clearcreek Township was formed by taking a strip off the west side of Wayne Township and a strip double the area off the east side of Franklin Township.

In the early days, Springboro was well supplied with hotels, or taverns as they were then called, all of them at the upper end of the village. This may be accounted for by the fact that in the deed given for the lots by the original proprietor (Jonathan Wright) there was a clause providing that no whiskey should be sold on the premises before the expiration of ten years from the date of transfer. The village, as platted by Jonathan Wright, extended north only to the alley between North Street and Franklin Street so that previous to 1825 taverns where liquor was sold would be restricted to that portion of the village lying north of that alley called Carr's addition.

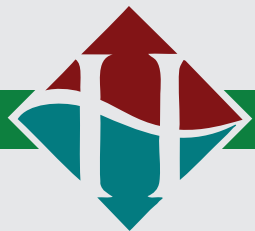
The house at the top of the hill as you come up from the creek (entering Springboro from the east on State Route 73) was the first tavern to greet the weary traveler coming from the east. Another tavern was located farther along on the north side of the street. The present hotel, once owned by John Kinney, has been for more than fifty years the only one in the village. (This building is still standing at 40 South Main Street.)

One of the old citizens of Springboro recalls that in the very early days of the settlement there were within a radius of two miles of Springboro no less than 15 distilleries. These primitive distilleries were a very different proposition from the large plants of the present time. Many of them consisted merely of a large tub holding the mash—a large kettle in which the mash was boiled and a coil of copper pipe in which the steam from the boiling mash was condensed. It is claimed by some aged connoisseurs whose memory carries them back to the early days, that the whiskey made this way was much better than the product of modern distilleries.

I have not been able to ascertain the names of any of the merchants doing business in Springboro previous to about 1830. About 1835, Mahlon and Josiah Wright opened a general store in the building now owned by J. W. Hadley (230 South Main Street). In the summer of 1854, they built the south half of the house now occupied by W. H. Siegfried as a general store. (245 South Main Street). About 1833, Jeremiah Stansel and Samuel Gregg opened a general store at the (northeast) corner of Factory and Main Streets. These two establishments had for many years the bulk of trade in dry goods, groceries, and hardware. The dean of merchants now doing business in Springboro is John Robinson who has carried on the grocery business for 37 years (was located at southwest corner of Factory and Main Streets).



SPRINGBORO



Golf Anyone?

Heatherwoode GOLF CLUB

Heatherwoode Happenings

By Tom Barnhart, PGA General Manager

I'd like to thank everyone for their support of the club this year as we had a great season at Heatherwoode! This past year was the second full season in which Billy Casper Golf has managed the club and we feel that we have made great strides in making the club one of the top courses in the area. We're not done yet! During the winter months, we will be working diligently preparing for the 2009 season. We have a lot of new and exciting things planned for 2009, which should make next season even better!

The main areas where we are constantly looking to improve are: Course Conditions, Guest Service, Pace of Play, Food and Beverage Quality and Overall Guest Experience. We understand that these are the top items that golfers and patrons are looking for when seeking a place to play or eat. We are committed to making Heatherwoode one of the top club's in the state and a facility that makes all Springboro residents proud. Make sure you stop by the club during the winter months to find out the status on all of the new programs. See you at the course!



Winter Golf Tips

By Tom Vosler, PGA Director of Instruction

For many area golfers, the coming of winter is not a welcome season. The wintry weather takes away their favorite recreational activity. Yet nowadays with a seemingly extended fall season, golf need not end. I have noticed a huge increase in "winter golf" over the past 15 years. In the 1980's it was unheard of playing much after Labor Day, but not anymore.

For those of you whom are addicted to golf, I have the following suggestions. Plan a golf trip with your foursome; lots of destinations down south are waiting for northerners who miss their precious golf. Keep an eye on the weather forecast and plan your golf accordingly. Purchase some quality winter golf-wear such as gloves, Under Armour, fleece pullover, and so on.

Here are some good reasons to play winter golf. The fees are low and the course is generally not very crowded. In addition, the trees don't have any leaves on them which make the course "seem" more wide open and the water hazards are iced over, so go for that miraculous shot. Many golfers have to shorten up their swing due to the increase in clothing layers, which typically helps ball striking. If you do play poorly, you have a built in excuse... it's cold out!

Heatherwoode Dining Experience

By Mike Leitz, Director of Food and Beverage

Wow! What a season for Food and Beverage! 2008 was a fantastic year and truly was "The rebirth of Food and Beverage" at Heatherwoode. Thanks go out to the tremendous community support that we encountered this year; we couldn't have done it without you! And also to the team, Jason Ogles, Chef Chris Mitchell, and Sous Chef Zack Allen

2009 will bring even more excitement as the newly renovated Bar and Grill re-opens in the spring. The menu will include hand-made pizza, (carryout available) and our famous ribs, pasta, chicken and the best selection of adult beverages, signature frozen drinks,

and the coldest beer in the Miami Valley. All of this coupled with the friendliest service available!

The newly renovated area will feature a whole new decor package and a wraparound indoor-outdoor bar that services the outdoor seating area and the upper deck overlooking the tenth tee. You don't want to miss it!

Heatherwoode recently hosted the national meeting of top executives from Billy Casper Golf our Parent Management Company. We were congratulated by the top management as being, "The Best Food and Service in the Billy Casper Portfolio." We invite you to come out and see what the buzz is all about!



CITY WELLNESS

The following wellness information is part of a new section of the City Notes Newsletter that has been championed by local chiropractor, Dr. Dennis Brickner. Healthy living and healthy lifestyles are becoming more and more difficult to obtain, what with busy work schedules, running kids to school activities, sporting events, etc. So, we hope to provide some beneficial information in this section to help all Springboro citizens “get well”!

Dietary Needs for Your Family's Survival

- **Proper Amounts of Quality Water:** If you wait to drink water until you're thirsty, you are waiting too long. By the time you experience the feeling of thirst you are dehydrated. A muscle that is dehydrated by a mere 3%, loses 10% of its strength and 8% of its speed. Inadequate hydration compromises concentration and coordination. So, drink a lot of water regularly throughout the day.



- **Quality Fish Oils:** These contain omega 3 fatty acids (also referred to as essential fatty acids). These acids have been found to benefit the body in many ways. In addition to helping to relieve minor pain, omega 3 fatty acids support optimal joint and bone health, cardiovascular function, brain and nervous system function, glucose and insulin homeostasis, skin and retinal health, gastrointestinal health, and a healthy immune response. Eat more fish!

New Year's Resolutions:

How to make them, how to keep them

January is quickly approaching and by now you've probably come up with a whole bunch of New Year's resolutions. Unfortunately most New Year's resolutions don't make it much further than a fleeting remark made on December 31st.

This doesn't have to happen to you—not this year! Follow these 9 strategies for making, and keeping, your New Year's resolutions and achieve your goals this year, once and for all!

- 1) **Make your goals realistic:** Don't set yourself up for failure. Establishing new habits and the process of change oneself can be difficult. Keep your list of goals to a manageable few and choose a level of commitment that will stretch but not overwhelm you. You can always add more.
- 2) **Write down your goals:** The act of documenting your goals establishes commitment in your mind. When your goal is on paper you are 20% more likely to achieve it! So, write them down and be specific. If your goal is to lose weight, include how much. If your goal is to exercise more, what does that mean to you?
- 3) **Break large goals down into smaller goals:** Since large goals can seem overwhelming and lead us to give up and fall back into old habits, break your goals down into smaller goals. Smaller tasks that you can achieve on a daily, weekly and monthly basis will keep you on track and moving toward the greater end-result!
- 4) **Set a deadline:** Without a firm timeline in place, procrastination will surely squash your enthusiasm. A deadline will apply some healthy pressure as you sense time is running out! In addition to a deadline for your big goal, give your smaller tasks deadlines too. As each deadline passes you can assess your successes and evaluate your overall plan.
- 5) **Review your goals often:** Post your goals where you will see them often. Each time you see your goals you will be reminded of what it is you hope to achieve. This “consciousness” will keep your mind focused and you will be less likely to get off track.
- 6) **Tap into your support system:** There's no need to go it alone. People naturally want to help others achieve. Tell everyone about your goal and if there is a way they can help and support you let them know it. Share your goal with us. We won't let you fail!
- 7) **Stay positive:** Positive mental attitude is the most important ingredient for achievement. If you believe, you can achieve. Is your mind plagued with negative self talk? What if someone else spoke to you the way you speak to yourself within your mind? Would they be a friend or an enemy? Respect yourself and encourage yourself just as you would your very best friend.
- 8) **Forgive Your Failures:** As you work toward your goal you will undoubtedly face many challenges. Some successfully and some not. Don't give up just because of one mistake. Forgive yourself and move on. Make the decision to begin anew at the very next moment!
- 9) **Celebrate success:** Celebrate even the smallest of successes. This will keep you motivated and excited to push forward!



Thank you to contributing writer, Dr. Dennis Brickner.

SPRINGBORO



Mayor and Council

John Agenbroad - Mayor 1255 South Main Street	937-748-0842
Marie Belpulsi - Deputy Mayor 8672 Tanglewood Drive	937-748-1664
Scott Anderson - Council Member - Ward 1 40 Sycamore Creek Drive	937-748-8346
Jim Chmiel - Council Member - Ward 2 1235 South Main Street	937-748-0093
Tom LaDu - Council Member - At Large 164 Deer Trail Drive	937-748-1858
John D. Parise - Council Member - Ward 3 165 Sesame Street	937-748-1793
Sheila Lairson - Council Member - Ward 4 575 Royal Springs Drive	937-748-8376
Lori Martin - Clerk of Council 320 West Central Avenue e-mail: lori@cityofspringboro.com	937-748-4356

CITY NOTES

is a publication of the City of Springboro

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Building & Zoning	(937) 748-9791



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