

UPCOMING SPEAKERS SCHEDULE

Feb. 14th – Outside meeting at the Federal Reserve Bank on Main St., KCMO – See your email !!

Feb. 21st – Mike Mellott of MEM Accounting and Tax Service will discuss Basic financial Statements at the West Chase Grille.

Feb. 28th – Kevin Turner of Kevin Turner Painting and Rick Cunningham of Cunningham appraisal will share the tag team spotlight giving 15 minute

THIS WEEK'S TRIVIA QUESTION:

What does the French expression Mardi Gras literally translate to in English?

UPCOMING DATES TO REMEMBER

February 14th – Breakfast and Tour of the Federal Reserve Bank of Kansas City – details to follow.

May 4th – Progressive Dinner – details to follow – save the date.

QUOTE OF THE WEEK:-

The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart.

—Helen Keller

IMPORTANT WINTER REMINDER !!
CHECK THE NEWS AND WEATHER ON THURSDAY MORNINGS!

Prospector's Club meeting policy is that if the SHAWNEE MISSION Schools cancel classes, then we will have NO meeting that day. Be sure to listen to the latest news Thursday mornings to see if classes are cancelled.

Answer to Last Week's Trivia Question:

Dry ice is indeed NOT ice, but is the compressed form of Carbon Dioxide.

We All Need To Think More About Our Individual Health and Wellness As A Part Of Our Daily Regiment

How do you feel when you wake up in the morning? Ready to hop out of bed and get your day going? Or are you still tired and lethargic, even after seven hours of sleep? This is all part of our individual health and wellness, and how we each approach how we feel every day.

So it is good to have someone there to answer your questions and address your personal health issues. It's good to have **Sean Felton of Felton Chiropractic** at hand ready to help in many ways. You see, Sean arrived doing what he does from a very diverse upbringing – parents who were bonafide hippies. And his grandparents gave him a more religious influence in his life, which lead him to move to explore the California lifestyle. The west coast is where he was exposed to the benefits of Chiropractic and how powerful of a science it was.

That is what lead him to enroll into Cleveland Chiropractic

School and he graduated in 1998 here in KC. Sean opened a large practice in Westport, but he was not using his passion to his fullest. This was not for him.

He found out that he was much more comfortable giving more one-on-one consultation and treatments. He was able to treat the pain and yet give them ways they should continue the wellness themselves. This has proved to be a very effective model to build on.

Sean spoke of reforming healthcare. IN the US, we have the best docs, hospitals, and trauma and burn centers of anywhere in the world. We spend more than any other country to maintain that status. But when it comes to total health, the US is ranked 79th out of 81 countries. 78 other countries rank better at total wellness than the US. Unbelievable! He also said that cancer will increase 50% by 2020, and diabetes has increased by 600% since 1980.

Be sure to "LIKE" our Facebook page online.

<http://www.facebook.com/ProspectorsClub>
You can paste this in your URL line if it does not list as a link to the Facebook page.

WE ARE AT THE FEDERAL RESERVE THIS WEEK !!

ATTENDANCE & THANK YOU'S

✓	Airey, Doug	Pickering, Bell, Allen, Mellott, Stone, Wilkinson
✓	Allen, Dick	Heriford, Goodheart
✓	Ashurst, Amy & Chase	York, Dzurick, Pickering, Wolverton, Heriford, Goodheart, Foster, Cunningham, Darby, Felton,
Allen		
	Beckner, Pat	Bell, Pickering, Wolverton, The Sirna's, Dayal
✓	Bell, Jim	Beckner, Pickering, Goodheart, Airey, Steiniger,
✓	Bovard, Zach	Ladegaard, York, Phar, Steiniger, Bell, Heriford, Williamson
✓	Cunningham, Rick	Sirna
	Darby, Mike	
	Dayal, Vivek	
	Douglas, Kyle	
✓	Eidson, Ken	
	Emerson, Bill	
✓	Felton, Sean	Ashurst, O'Bryan, Sirna, Stone
	Foster, Rod	
✓	Giordano, Phil	O'Bryan, Hawkins, Morgan, York
✓	Goodheart, Alan	Ashurst, Bell, Emerson, Hardin, Holk, Hawkins, O'Bryan, Mortko, Wolverton
	Hardin, Das	
✓	Hawkins, Darryl	Steiniger, York, Wolverton, Giordano, Wilkinson, R. Sirna
	Heriford, Alan	
✓	Holk, Dan	Heriford
✓	Hutchison, Ed	Darby
	Kessinger, Sandy	
	Knapp, Bruce	
	Ladegaard, Arlene	
✓	Mellott, Mike	O'Bryan, Sirna, Spencer
✓	Morgan, Jeff	Darby
✓	Mortko, Sheri	Wolverton, Steiniger, Heriford, Goodheart
✓	O'Bryan, Cliff	Mellott, Morgan, Dayal, Giordano
	Oettmeier, Bert	
	Page, Brad	
✓	Phar, Matt	Wolverton, Steiniger, York, Coach Jen, Bell, Pickering, Heriford, Bovard, Foster
✓	Pickering, Chris	Caldwell, Hardin, Beckner, Bell, Dayal, Airey, Steiniger, Kessinger, Ashurst, Heriford, Spencer,
	(from last week)- Williamson, Hardin, Beckner, Dayal, Airey, Steiniger, Kessinger, Ashurst, Heriford, Spencer	
	Rapp, Bryan	
✓	Shelton, Jennifer	Heriford, Steiniger, Sirna, Williamson, Darby, Wolverton, Phar, York
✓	Sirna, Rich	Stone, Coach Jen, Wolverton, Kessinger, Heriford, Hawkins, Felton
✓	Spencer, Neil	Pickering, Mellott, Hawkins, Wilkinson, Cunningham, Williamson, Sirna
✓	Steiniger, Keith	Coach Jen, Wolverton, Bovard, Bell, Darby, Heriford, Eidson, York, Ashurst, Mortko, Linda ad-
ams		
✓	Stone, Janet	Airey, Wilkinson, Sirna, Felton, Williamson
	Turner, Kevin	
✓	Wilkinson, Ann	Ashurst's, Airey, Stone, Williamson, Page, Shelton
	Williamson, Beverly	
✓	Wolverton, Rick	Morgan, Steiniger, Beckner, York, Phar, Hawkins, Darby, Goodheart, Sirna
✓	York, Kevin	Hawkins, Bovard, Ashurst, Phar, Morgan, Wolverton, Steiniger, Heriford, Darby X 2.

Guests:

Sean strongly feels that we need to begin addressing the causes of our symptoms. The goal of our health care system is to maintain optimal function and not to reduce the symptoms.

Sean began concluding by talking about the importance of meditation as part of your overall wellness regime. We deal with more stress today than our grandparents did in their entire lifetime. One way to help control our stress is by controlling our breathing. Doing this helps the nervous system repair itself, and also helps with one's stress and blood pressure. A 30

minute walk decreases both blood pressure and cholesterol.

And sit up straight, because all of your physiology is connected. And the best way to maintain your nervous system is through using exercise, good diet habits, the use of chiropractic by finding safe, natural methods to remove interference. Thanks Sean for being there for those that want and need your services.

**SPECIAL NOTE: MARK YOUR CALENDARS FEB. 21
AFTER THE FACT AT BEVERLY WILLIAMSON'S DOCINK**