

UPCOMING SPEAKERS SCHEDULE

Aug. 8 – Bryan Rapp of Bryan Rapp Agency will insure a fun time with no deductions, and letting us know where his industry is headed at the Hy-Vee store at 95th and Antioch.

Aug. 15 – Kevin Boehringer of BSE Structural Engineers, LLC, will give us a blueprint to his company's success AT THE Hy-Vee store.

Aug. 22nd – Sean Felton of Felton Chiropractic will help you understand the benefits of chiropractic and

Why Not Have A Goal In Life To Help People Stay Healthy.

Easier said than done. Yeh, you think it's easy to do the right thing – exercise, eat the right foods, get plenty of sleep, drink lots of water. All the things you've been told would benefit you. But how many of us have swayed from the temptations that we face each day? Sweet drinks? High-caloric fast foods? Salt?

That's what motivates **Jennifer Shelton of Jennifer Shelton Balance** in her daily routines.

A young farm girl from Kansas, Jennifer has become a young fitness guru with an agenda. She started teaching exercise classes in college, and began a personal quest running marathons since the year 2000.

She told how hard it is to do well in the al training industry. Jennifer worked for Prairie Life for about 6 months, and found she could develop her own programs. That's what lead her to start her own personal training business.

One thing that is really near and dear to her heart is being the Coach for Team in Training. This all benefits the Leukemia and Lymphoma Society. Team in Training includes many fellow Prospectors and other friends. Setting goals like a half-

marathon, a marathon, or bicycling in the Century ride (100 miles around Lake Tahoe) are milestones in a person's life that you will never forget.

What sets Jennifer apart from other trainers is her approach to programs tailored to each individual. She refuses to do the same workouts everyday, keeping variety a big part of her regimen. Yoga, the blending of mind, body, and spirit, has been beneficial to all that she has exposed it to, and has changed her life.

Her clients are mostly in their 50's and 60's, and some like the convenience of her coming to your home or business, wherever you need her to be. Very flexible. And she works one-on-one or in small groups giving you great attention.

And Jennifer told us that her biggest area of expansion is remote exercise and yoga classes, offered online with some universities or through her website, and out of state clients via email.

Thanks Jennifer for making us think outside the box to improve our health and well-being, and how we think about our lives.

THIS WEEK'S TRIVIA QUESTION:
What TV station did Mary Richards (Mary Tyler Moore) work for?

UPCOMING DATES TO REMEMBER

*Aug. 10th – Seven Springs Italian Dinner – Salad, spaghetti and sauce, and bread. You bring a side dish or dessert. Details at this week's meeting – **SIGN UP NOW!***

Sept. 19th – PBC Annual Golf Tourney and After Hours event – this year at Deer Creek Golf Club – details to follow.

Dec. 7th – Prospectors Annual Christmas Party at Hallbrook Country Club – details to follow

QUOTE OF THE WEEK:-

Men marry women with the hope they will never change. Women marry men with the hope they will change. Invariably they are both disappointed."

-Albert Einstein

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Answer to Last Week's Trivia Question:
The person who took dictation from the attorney, Perry Mason was Della Street.

WE ARE MEETING AT THE HY-VEE STORE THIS WEEK !!

ATTENDANCE & THANK YOU'S

✓ Adams, Linda	Dayal, Williamson, Beckner, O'Bryan, Steiniger, Pickering
✓ Airey, Doug	Goodheart, Wolverton, Darby, Douglas
Ashurst, Amy & Chase	
✓ Beckner, Pat	Pickering, Adams, Williamson, Bell, Morgan, Douglas
✓ Bell, Jim	Beckner, Phar, Pickering, Steiniger
✓ Boehringer, Kevin	Beckner, Sirna
✓ Bovard, Zach	Oettmeier, Steiniger, Phar
✓ Cunningham, Rick	Pickering, Hutchison, Turner
✓ Darby, Mike	Hardin, Dayal, Beckner, Mellott, Morgan, sirna, York, Wolverton, Wilkinson, Kessinger, Airey,
Hutchison, Oettmeier.	
✓ Dayal, Vivek	O'Bryan, Steiniger, Adams, Sirna
Douglas, Kyle	
Eidson, Ken	
Emerson, Bill	
✓ Felton, Sean	Shelton, Wilkinson, Foster, Stone, Mellott, Pickering, Steiniger,
✓ Foster, Rod	Heriford, Wolverton
✓ Giordano, Phil	Holk, Morgan
✓ Goodheart, Alan	Morgan, Airey, Sirna, Steiniger
Goodheart, Bruce	
✓ Hardin, Das	Pickering, Darby, Phar, Darby, Hutchison, Oettmeier
✓ Hawkins, Darryl	York
Heriford, Alan	
✓ Holk, Dan	Darby
Holland, Ed	
✓ Hutchison, Ed	Mellott, Darby, Cunningham, Stone, Bovard
✓ Kessinger, Sandy	Morgan, Darby, York, Sirna, Knapp
✓ Knapp, Bruce	Kessinger, Steiniger, Beckner, Bovard, Page
Ladegaard, Arlene	
✓ Mellott, Mike	Williamson, Goodheart, Wolverton
✓ Morgan, Jeff	Beckner, O'Bryan, Wolverton, Sirna, Goodheart
✓ Mortko, Sheri	Hutchison, Goodheart
✓ O'Bryan, Cliff	Dayal, Morgan, Adams, Williamson
✓ Oettmeier, Bert	Bovard, Darby, Holk, Rapp, Hardin
✓ Page, Brad	Williamson, Knapp, Stone
Phar, Matt	
✓ Pickering, Chris	Beckner, Douglas, Hardin, Steiniger, Heriford, Shelton, Wolverton, Williamson, Bell
✓ Rapp, Bryan	Stone, Oettmeier, Knapp, Heriford, Wilkinson
✓ Shelton, Jennifer	Ashurst, Felton, Pickering, Sirna, Steiniger, Wilkinson, Williamson
✓ Sirna, Rich	Dayal, Wolverton, Kessinger, Hardin, Felton, Shelton, Goodheart, Stone, Mortko, Boehringer
Spencer, Neil	
✓ Steiniger, Keith	Shelton, Pickering, Wolverton, Bovard, York, Williamson, Darby, Goodheart, Douglas, Knapp
✓ Stone, Janet	Wilkinson, O'Bryan, Page, Hutchison
✓ Turner, Kevin	
Webb, Tyler	
✓ Wilkinson, Ann	Stone, Felton, Page, Shelton, Airey
✓ Williamson, Beverly	Adams, Pickering, Wolverton, York, Shelton, Page, wolverton, Beckner, Mellott, O'Bryan
✓ Wolverton, Rick	Steiniger, Mortko, Morgan, York, Felton, Darby
✓ York, Kevin	Williamson, Hawkins, Steiniger, Morgan, Darby

Guests: None

RADON TESTERS.....

Ed Hutchison of Frechin Pest Control and Radon Services will have three Radon Testers that he will be bringing to the meeting this Thursday. He will be passing them out to whoever wants to use them to test for radon, but he is asking that when returned, you write a \$50 check payable to the Leukemia Society as a donation. Any questions, you can ask Ed on Thursday.

STICKY FINGERS PROJECT

A Benefit for the Head Start of Shawnee Mission, KS
Beverly Williamson has initiated a fundraiser for the Head Start organization to raise badly needed school supplies for this year. You can add a few dollars onto your invoice from DocInk, or just send a donation to the Sticky Fingers Project. Beverly will have all the info this Thursday. Or if you cannot make the meeting, call her to discuss how you can make a difference.