START YOUR NEW YEAR THINKING ABOUT HEALTHIER HABITS AND BETTER CHOICES.

It’s that time of year – a new beginning to a new year. No better time than now to make a few New Year’s Resolutions!

And can you guess what the No. 1 resolution is? You got it – to lose some of the weight we most all put on this past Holiday season (and maybe further back than that). But who knows what we really need to do, and how aggressively should we attack our task at hand? You should be at least talking to Jennifer Shelton of Jennifer Shelton Balance. Jennifer has been rocking people’s world for years now, and has quietly helped change the way many of us think about our physical well-being. She talks to you in terms you can understand, and she explains that what works for one person may not work for another. That is why each conversation she has presents something that will fit your lifestyle and your physical challenges. She does not want to bust you like a bronco horse, but she wants to make sure you are challenged and you have goals that are lofty enough to achieve. Jen talked about how impressive the Prospectors Group is, some riding 100 miles for LLS, some running Marathons or half-marathons, others getting up at 5 am and doing yoga or attending a killer Boot Camp routine before the sun rises. That is commitment! That is crazy! But that is what gets you results that YOU can see and feel. One thing Jen laughed at was how people think they have to begin getting into shape BEFORE they can work with a personal trainer. That’s like making your bed before the cleaning lady comes to your house. That is her job!
START YOUR NEW YEAR THINKING ABOUT HEALTHIER HABITS AND BETTER CHOICES. – cont’d…

She will take you through steps to gradually get started from simple, easy exercises, to eventually working your cardiovascular system to its limits. Ahh… sweet success! And even if all this fails, one of the best ways you can exercise is quite simply walking. That’s right – just 30 minutes a day could provide lots of healthy benefit to you. Hard to believe, but true! And you should not force someone into exercising, like buying them lessons with Jen. That person has to want to change their lifestyle in order for them to commit to doing them. So, as Jen might be thinking but rarely says… “Get up off your ass and do SOMETHING – walking, running, yoga, biking, breathing, but do SOMETHING!” You will be happier for it, and your body will be happier, too. Thanks Jen for taking your time to make us more aware of what we need to be thinking about in 2014!

RE New Members - What kind of business should we be thinking about that could help YOUR business prosper? Let’s give that some thought over the next several weeks.

TRIVIA QUESTION:- WHAT WOMAN HAS HAD THE MOST APPEARANCES ON THE COVER OF TIME MAGAZINE?

WHO’S SPEAKING NEXT?

Jan. 16th – at Deer Creek – Alan Heriford’s State of the Onion Address – don’t miss it!

Jan. 23rd – at Deer Creek – To Be Announced

Jan 30th – at Deer Creek – Chad Trondson of ComforCare Senior Services

Feb. 6th – AT THE DECORATIVE TOUCH LTD. – AFTER HOURS – Jeanine Terstriep of The Decorative Touch

Feb. 13th – at Deer Creek – Kyle Douglas of Beautiful Outdoors
This week’s Prospector Spotlight Member is Chris Pickering of The Pickering Law Firm. Are you looking at jail time? Dealt with a bad client? Or just have some legal issues that need ironing out? Hopefully no one has these kinds of problems. But - Why not ask Chris what he can do get you off to a fresh start! See what he can tell you and maybe he will learn more about you as you talk. Please... just give Chris a call. How about an early cup of coffee or tea, or an after-hours beverage? Here’s Chris’ info: - phone is 913-647-9019, and email is – chris@christopherpickering.com

PROSPECTOR’S BREAKFAST CLUB

Last Week’s Trivia Answer:-

The answer to last week’s trivia question – **IF YOU GET PEPPER IN YOUR PROBISCUS, YOU BETTER HAVE KLEENEX HANDY WHEN YOU SNEEZE!**
Lots of Thank You’s List

Adams, Linda   Williamson, O’Bryan, Bell, Shelton
Airey, Doug   Bell, Goodheart, Bovard0
Ashurst, Amy & Chase
Beckner, Pat   Pickering, Bell, Morgan, Boehringer
Bell, Jim   Williamson, Pickering, Airey, Shelton, Steiniger, Adams, Phar, Mellott, Beckner, Sirna, Foster,
Kessinger, Felton
Bohringer, Kevin   Beckner, Sirna, Hawkins, Knapp
Bovard, Zach   Steiniger, Hutchison, Knapp, Shelton, Airey, Phar
Brosseit, Mike
Cunningham, Rick   Kessinger
Darby, Mike   Dayal, Eidson, Foster, Giordano, Goodheart, Hardin, Hutchison, Kessinger, Morgan,
Oettmeier, Pickering, Shelton, Sirna, Steiniger, Wilkinson, Wolverton, York
Dayal, Vivek   Sirna, O’Bryan, Darby, York
Douglas, Kyle
Eckinger, Bill
Eidson, Ken   Mortko, Goodheart, Darby, Hutchison, Hardin, Emerson, Airey
Emerson, Bill
Felton, Dr. Sean
Foster, Rod   Heriford, Darby, Pickering, Felton, Terstriep, Bell
Giordano, Phil   Morgan, Stone, Cunningham, Mellott, Williamson, Darby
Goodheart, Alan   Airey, Brosseit, Darby, Eidson, Hardin, Holk, Hutchison, Mellott, Mortko, Pickering, Sirna,
Steiniger, Stone – Coleman, Terstriep, Williamson, Knapp
Goodheart, Bruce
Hardin, Das   Pickering, Heriford, Williamson, Oettmeier, Hutchison, Goodheart, Eidson, Darby, Mortko,
Terstriep
Hawkins, Darryl   York, Rapp, Airey, Goodheart
Heriford, Alan
Holk, Dan
Holland, Ed
Hutchison, Ed   Darby, Pickering, O’Bryan, Bovard, Stone
Kessinger, Sandy   Sirna, Darby, Pickering, Heriford, Bell, Terstriep, Cunningham
Knapp, Bruce   Steiniger, Terstriep, Williamson, Bovard, Spencer
Mellott, Mike   Turner, Giordano, Goodheart, Hawkins, Williamson
Morgan, Jeff   Wolverton, Beckner, Darby, Holk, Bell
Mortko, Sheri
O’Bryan, Cliff Adams, Williamson, Dayal, Wilkinson, Mellott
Oettmeier, Dr. Bert
Page, Brad
Phar, Matt
Pickering, Chris Beckner, Spencer, Steiniger, Bell, Foster, Goodheart, Rapp, Hardin, Shelton, Ashurst, Douglas
Rapp, Bryan Pickering, Cunningham, Wolverton, Phar, Stone, Ashurst, Felton, Williamson, Terstriep, Trondson, Heriford, Wilkinson, Emerson
Shelton, Jennifer Adams, Ashurst, Bell, Bovard, Darby, Felton, Pickering, Sirna, Williamson, Hardin, Wilkinson, Williamson
Sirna, Richard Goodheart, Kessinger, Steiniger, Heriford, Wilkinson, Felton, Dayal, Wolverton, Bell
Spencer, Neil Ashurst, Giordano, Heriford, Hutchison, Knapp, Pickering, Sirna, Wilkinson
Steiniger, Keith Wolverton, Darby, Bell, Shelton, Hutchison, Heriford, Phar, Mortko, Ashurst, Bovard, Adams
Stone, Janet Goodheart, Rapp, Sirna, Adams, Wilkinson, Ashurst, Mellott
Terstriep, Janine Kessinger, Knapp, Goodheart, York, Wilkinson, Hardin
Trondson, Chad
Turner, Kevin Mellott, Phar
Webb, Tyler
Wilkinson, Ann Eidson, O’Bryan, Stone, Williamson, Shelton, Rapp
Williamson, Beverly Adams, Goodheart, Knapp, O’Bryan, Rapp, Hardin, Shelton, Phar, Airey, Mellott
Wolverton, Rick Heriford X 2, Steiniger, Sirna, Rapp, Ashurst, York, Mortko, Giordano, Morgan,
York, Kevin Dayal, Steiniger, Darby, Wolverton, Cunningham, The Sirna’s, R. Coleman, Pickering, Williamson, Turner, Bovard, Hawkins

GUESTS – None