How do you feel when you jump out of bed in the morning? Full of vim and vigor? Or are you sitting on the edge of your bed and counting all the aches and pains that are there and wondering “Should I just climb back into bed?”

Feeling healthy and mentally alert is how we should feel every day. Ready to meet the world head on. For the vast majority of us, the opposite is true. Yes, there are some of us that have true medical issues that bring on aches and pains, headaches, or physical maladies that we can’t control. Look around – and see how many individuals, both women and men, are unfit, terribly overweight, and struggle to do just our daily tasks of living. Is there really an answer to these issues? And who would know about them? A great place to start is by talking to Dr. Sean Felton of Hammond Chiropractic.

Sean found that being in business on your own has its list of challenges. After several years, he turned to several of those in the Prospectors that helped him by forming a Master Mind group. That led to him rethinking his business philosophy and finding a new partnership at Hammond Chiropractic, which has turned out to be a great fit for all involved.

There has been a new shift in today’s healthcare. We have gone to masking our symptoms with the huge use of pharmaceuticals. Sean believes that way too many prescriptions are written as a simple fix to complicated health problems.
UPCOMING SPEAKER SCHEDULE

Here is a list of our upcoming speakers. Please note some events are evenings or away from Deer Creek CC.

ARE YOU INTERESTED IN JOINING PROSPECTORS?
Give Chris Pickering, our Membership Chairman a call at 913-647-9019 or email at cfp@pickeringlawfirm.com before you visit our group so we can make sure there are no category conflicts with our current members.

June 25th – Keith Steiniger of Proforma IDology Marketing Group at Deer Creek CC.

July 2nd – Meeting to Celebrate our Red, White, and Blue at Deer Creek.

July 9th – SPECIAL BREAKFAST AT Kevin York’s home.

July 16 – TBA

July 23 – NO MEETING – T-BONES BALLGAME AND TAILGATE.

July 30 – Ed Hutchison of Frechin Pest Control at Deer Creek

August – all open dates
REFERRALS, IDEAS, SUGGESTIONS, AND "POSITIVE REINFORCEMENTS"

THIS SPOTLIGHT MEMBER OF THE WEEK is Rich Sirna of Sirna Brothers Hauling. Let’s change our focus a bit and give a member each week at least one referral, or a suggestion or idea to help them improve their business. Really try and give Rich the best information you can. New ideas, thoughts, or referrals. And Rich - you be OPEN to accepting all the benefits we are ready to give you. Here’s his info: - phone is 913-484-9564 and email is sirnabros@hotmail.com

Trivia Question:-
What sport was featured in the film “Kansas City Bomber“?

QUOTE OF THE WEEK
A Smooth Sea Never Made A Skilled Sailor

The only Arab country that does not have a desert is Lebanon.
A more holistic approach is to incorporate meditation, yoga, and deep breathing to give your body a chance to re-energize itself. All of these can help regenerate our nervous systems. There are three things that Sean says can help each of us stay healthier:

1)- Breathing – it has been shown that proper breathing and exercises that are done on a regular basis helps control pain, depression, and anxiety.

2)- Posture and movement – our society is so much more laid back in getting up and moving because we are tied to our televisions, game monitors, or computers. We now have something called texting syndrome, which is a pain in the neck and upper spinal area from leaning forward so much as we text and use our iPhones and smart phones. We should try and get some form of exercise every day – even just 30 minutes of walking provides so many benefits to us.

3)- Water – half of our bodies is comprised of water. So, you should be drinking about one ounce of water for every two pounds that you weigh (200 pound person needs to take in 100 oz. of water per day). Try to use a glass or stainless steel container to drink from, and buy bottled water or use a filter. Tap water has between 200 and 300 chemicals in it.

So his best advice is to watch what you put into your body. Ideally, if it has a label attached to it, DON’T EAT IT! If you can recognize what it is and know what it is, then you can eat it. Sean knows that is not realistic for most of us, but if he can at least get us thinking in that direction, any small changes will be greatly beneficial to us all.

Lots to ponder over – let each of us begin to take account for our actions by exercising and watching what we put in our bodies, and let’s see what difference it makes. Take a chance – listen to Sean and you’ll be thanking him in 6 months. If you need more information, take ten minutes and give Sean a call; he’ll be glad to get you headed down a new road to great health and wellness.

HEY – DO YOUR PART –
MAKE SURE WE ALL SIGN THE THANK YOU SHEETS !!!
**UPCOMING EVENTS:**

**Several After The Facts are being organized for the near future – watch for details soon.**

**T-Bones Family Night – (Tentatively) Thursday, July 23rd**
Game at approx. 7:05 pm with a Tailgate from Coach’s before the game in parking lot. – BE SURE TO GET YOUR TICKETS PAID FOR EARLY.

**PBC Annual Golf Tournament – Friday, October 2nd at Deer Creek CC.** (There is no meeting on that Thursday, Oct. 1st). Tee times will be announced closer to date. Plan on joining us for a great After Hours at Coach’s South after golf (around 5:30 pm).

**Christmas Party Saturday, December 5th, 2015 – SAVE THE DATE**
At 1520 Grand on Downtown KCMO !

**PROSPECTOR EVENTS / NEWS / CHARITABLE CAUSES**

**Village Flower Company** is looking to expand our staff with an experienced retail sales person. Must have good verbal and written communication skills. Will need to be able to multi-task and use a point-of-sale terminal for orders. This is a part-time position. Average week would be 20-25 hours with more during the holiday season. Call Cindy at 913-722-1325 for details.
Prospector’s Breakfast Club

Attendance and Thank You’s

Meeting Date: __________________________

PLEASE PLACE “X” IN FRONT OF NAME IF ATTENDING MEETING

X Adams, Linda
X Alleman, Gayle
X Alleman, Faye
X Alleman, Keith
X Appel, Bob
X Arey, Douglas
X Ashurst, Chase
X Ashurst, Amy
X Beckner, Pat
X Bell, Jim
X Beizer, Dan
X Boehringer, Kevin
X Bovard, Zach
X Breish, Rick
X Breish, Terri
X Bresse, Mike
X Brown, Erin
X Brown, Chase
X Brown, Amy
X Brown, Rich
X Cocher, Stephanie
X Cunningham, Rick
X Cussen, Kathleen
X Darby, Mike
X Darby, Jeff
X Darby, Jenny
X Darby, Rick
X Darby, Janine
X Darby, Matt
X Darby, Chris
X Darby, Stephanie
X Darby, Kevin
X Dayal, Vivek
X Douglas, Kyle
X Eckinger, Bill
X Eidson, Ken
X Emerson, Bill
X Felton, Dr. Sean
X Felton, Rod
X Felton, Neil
X Felton, George
X Felton, Rich
X Felton, Brad
X Felton, Twigg
PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

- Giordano, Phil
- Sheehan, Mike
- Goodheart, Alan
- Adams, Edson
- Shellen, Stone
- Goodheart, Bruce
- Hardin, Dan
- Hawkins, Darryl
- Heriford, Alan
- Holk, Dan
- Holland, Ed
- Hutchison, Ed
- Kennedy, John
- Kopplin, Mike
- Mellott, Mike
- Morgan, Jeff
- Mortko, Sheri
- O'Bryan, Cliff
- Oettmeier, Dr. Bert
- Phar, Matt
- Pickering, Chris
- Rapp, Bryan
- Runyon, Joe
- Ryan, Pat
- Shelton, Jennifer
- Sirna, Richard
- Steiniger, Stan
- Stone, Stone
- Smith, Dasm"
**PLEASE PLACE “X” IN FRONT OF NAME IF ATTENDING MEETING**

- X Spencer, Neil
- X Steiniger, Keith
- X Stone, Janet
- X Terstriep, Janine
- X Trondson, Chad
- X Twigg, Brad
- X Webb, Tyler
- X Wilkinson, Ann
- X Williamson, Beverly
- X Wolverton, Rick
- X York, Kevin

**GUESTS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Name of Business</th>
<th>Your Position (owner, sales, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>