This week’s journey we took along with our speaker was just as energized as those in past weeks. But maybe this week hit home a bit more.

We each know in our hearts that we should be eating healthy and taking better care of our bodies and minds than we do. So why do we each have problems maintaining a healthy lifestyle? Is it laziness? Neglect? A bad attitude?

Probably none of these. We all need to take account of our actions and make better choices. But sometimes we need guidance and direction to help us along our journey. Who to turn to for this advice? You should be talking to Leigh Wagner of KU Integrative Medicine.

Leigh has been very active in directing individuals towards a better and Healthier lifestyle. Without maybe knowing it, she has been on this flight path since high school. From her core family upbringing in Nebraska, to college at Iowa State, to traveling the country sewing her oats, seeing the world, and learning about food and human nature almost by accident.

Each of her pages of her Life’s Journal show a building block she has added to her Zenga Game of Life.

So what has Leigh gathered over these many years from her experiences? She has become impassioned in discovering how to provide a person with the tools to maintain a sound mind and body. Both work hand in hand. She told of how our lives are represented by a tree, and that you have to treat the “root” problems before you can affect the many different ailments that afflict you.

If you can reduce inflammation, stress, trauma, and increase exercise, good sleep, and a better diet plan, then issues like heart disease, allergies, diabetes, fatigue, and depression will be a thing of the past.

Having a healthy attitude and lifestyle make a world of difference.

KUIM treats patients in several ways. With acupuncture, both neuro feedback and biofeedback, using IV vitamins and infusions, and with nutritional consultations too.

They have cooking classes for all skill levels, and they provide individual nutrition counseling to fit YOUR specific needs. With a body composition analysis, lab tests, and other assessments, they can assemble a program that can make a huge difference in your life.

A typical consultation involves assessing your current status, looking at health history, the body composition assessment, questions leading the root cause of an issue, creating a diet diary, and evaluating your symptoms to see what story they might tell.

Leigh and her associates’ day-to-day routines are more centered on evaluations, classes, and on aligning better nutritional choices.

Continued on Page 3.....
UPCOMING SPEAKERS

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 Keith Steiniger, our Membership Chairman a call at 913-735-2780 or email at ksteiniger@idologymg.com before you visit our group so we can make sure there are no category conflicts with our current members.

May 5 – John Kennedy of Economy Auto Salvage AT HIS LOCATION.

May 12 – Ed the Bug Guy of Frechin Pest Control at Deer Creek CC.

May 19 – Dave Flessner of Mustard Seed at Deer Creek CC.

May 26 – Sheri Mortko of Live Like You Mean It Coaching at Deer Creek CC.

June 2 – Kathleen Cussen of Hangers Cleaners AT HER LOCATION.
**Trivia Question:**

**Who was Bonnie Blue Butler’s father?**

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**QUOTE OF THE WEEK**

*I don’t need a hair stylist, my pillow gives me a new hairstyle every morning.*

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**Con’t. From Page 1.......**

**Your Biggest Challenges of Life Can Be Easily Traced to the Root of the Problem.**

Leigh is always wanting more clients to work with. A good referral are those wanting to have a better physical and mental attitude, or if involved in sports, a nutritional plan to maximize their efforts in that sport. There are those that have tried conventional medical practices without a good outcome and are looking for answers. Are you ready to make the lifestyle changes needed? Interested in getting to the root of the problem? The KUIM may be a great choice for YOU!

KU is so lucky to have a great program, and we are lucky to have such a wonderful health guru to help guide us on this path. A reminder that this is strictly a self-pay proposition, and that is required by all.

The future shines bright for Leigh as she hopes to extend her reach across the Metro, not just around KU Med. She also wants to help develop several Workplace Wellness Programs, and she truly wants to finish her PhD degree in Research & Education to make her education complete.

Wow! So are YOU ready TO MAKE THAT CHOICE? Are you ready to become healthier in future days and months, and truly make a beneficial change in the way you eat, drink, sleep, and stay alert at work? You can do it, and Leigh is there for each step of the way.

Thanks Leigh, and hope your business continues to blossom and grow from the roots up.
BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY

PROSPECTOR EVENTS / NEWS / CHARITABLE CAUSES

Reconciliation Services Dinner / Fundraiser – see Cliff O’Brien…..

SAVE THE DATE!

for our 4th Annual Troost Jazz & Soul Experience, Friday May 6, 2016 at the historic Rumley Tractor in the West Bottoms, Kansas City.

Get dolled up and don your dapper duds for our extravagant jazz gala, enjoy a silent auction, cocktails, a three course dinner, and live entertainment!

Please join us for an exciting evening celebrating the strength and beauty of the people we serve.

Space is limited. For more information on sponsor packages and to pre-order your tickets visit:

www.RS3101.org/TroostJazzandSoul

This charity gala benefits Reconciliation Services at 31st and Troost. We build community by revealing the strength of those we serve, providing emergency services and promoting self-sufficiency.
Karson Douglas, son of Kyle and Lexie, will be having heart surgery on May 9th. You can stay in touch with their journey by joining them on www.caringbridge.org and follow their posts. You will need to log in and create a username and password, and it’s that easy. Please keep them in your thoughts, and keep this private within the Club.

It’s A Baby Boy Shower !!  For Prospector Ladies Only………

Saturday, May 21st – 11:30 am - at Janine Terstriep’s home, hosted by Janine and Sheri. Check your emails for a personal Evite sent to you and be sure to let them know Y or N.

ATF !!

Return to After The Facts – Mark your calendars for our next ATF event when Doug Airey and Rich Sirna will host us at Doug Airey’s home for a great evening of light snacks and beverages and sharing. More details coming very soon.

For those not at last week’s meeting, Ken Eidson’s wife, Wanda – her mother passed away last Monday. Private services were held over the weekend. Please keep the Owsley and Eidson families in your thoughts.
Lady’s & Gentlemen: Step Right Up!

Prepare to be amazed at Phoenix Family’s UnGala on Friday, May 13th!

AMAZING PERFORMANCES:

You will marvel at the performances, including aerial silks, fire performers, contortionists, jugglers & other amazing circus acts.

FINE DINING:

Start the evening with complimentary cocktails and stay to enjoy a gourmet dinner & dessert.

GREAT CAUSE:

Proceeds from the UnGala benefit Phoenix Family, providing assistance, education, transportation and job readiness skills for low-income families, children, seniors and people with disabilities in our community.

Learn more about the night

TICKETS:

Tickets are on sale now! $175 per person or $1,750 for a Table of 10

Purchase your tickets by May 7 to reserve your seat.

FOR MORE INFORMATION – CONTACT KEN EIDSON AT 913-451-3543
How about a great excuse to get together with your friends to enjoy a margarita and a Mexican Fiesta? Join us for a Cinco de Mayo celebration to benefit the Leukemia Lymphoma Society. We will have pinatas, door prizes, a silent auction, a Mexican Buffet... and of course margaritas, and a selection of your favorite Mexican beer!

LEUKEMIA & LYMPHOMA SOCIETY
fighting blood cancers

RSVP to: AnnW93@gmail.com

CINCO DE MAYO CELEBRATION WITH TEAM IN TRAINING

CINCO DE MAYO!

HOST:
TEAM IN TRAINING

WHEN:
THURSDAY, MAY 5 FROM 5:00 PM TO 8:00 PM

WHERE:
THOMSON BARN
11184 LACKMAN ROAD LENEXA, KS 66219

THURS
May 5 5-8 pm
Thompson Barn
Lenexa
# Prospector’s Breakfast Club

## Attendance and Thank You’s

**Meeting Date:** April 28, 2016

- Please place “X” in front of name if attending meeting

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*PLEASE PLACE “X” IN FRONT OF NAME IF ATTENDING MEETING*
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Ryan, Pat

X Shelton, Jennifer Danby, Hubbs, Sirna, Wagner, Wilkinson,

Simpson, Brownie

X Sirna, Richard Cowden, Stone, Crown, Haggard, Wach, Wagner, Emerson

Spencer, Neil

X Steiniger, Keith Wolverton, Sirna, MaVaka, Conolly, Phar, Herit, Kapp

Fellow, Danby, Aguy, Boivard, Bassett, Silver, Cork, Serx

X Stone, Joretta Ed, Mike Me, Ar, Weeh, Peter B, Pachol

Hori, Marc

X Terstriep, Janine Kresge, Stephen, Sherry, Arnt, Doug, Rich, Jerr, Kevin

Clemens, Ed, Brad, Tom, Mike

X Trondson, Chad Shere, Mertle, Rick, Rod, Rapp, Sean

X twigg, Brad Jamm T., Chris P., Jenn, Aris, Jen, Sheldon

X Wagner, Leigh Ann, Sean, Jen, Rich, Jim

Webb, Tyler

X Wilkinson, Annie Greci, Shellen, Rich, Shinn, Rick, Ken, Rich, Bryant, Gondels

Clement, Kelly, Longer, Kelly, Cnmn, Ed, Turner, Denny, Ken, Pat

Williamson, Beverly

X Wolverton, Rick Sherr, Kevin, Jodi, Allan, Rich, Mark, Doug

X York, Kevin P. G., Jim, Mike, Ken, Rich, Matt, James, Mike, B.