Thousands of years ago in prehistoric times, the caveman was just evolving into homo sapiens. And their diet consisted of whatever they could forage, grow, and hunt. For several generations now, we have come to depend more and more on commercial processing and manufacturing of foods rather than growing sustainably. This has begun to change with the advent of many of us wanting to eat healthier to sustain our health and wellness.

Many of us do not get the exercise our ancestors did. We don’t work the land – we work the controller for our Xbox! That has lead to many of us with high blood pressure, high cholesterol, high blood sugar, heart disease, and other afflictions.

Now we come full circle to today. Look at all we deal with from a physical standpoint. We are all wanting to be healthy, eat healthy, and try to be physically fit. But it’s hard, so who do you talk to that knows about making the best decisions for YOU? It has to be Leigh Wagner of KU Integrative Health. (And her associate Randy Evans).

Leigh came from several generations of foodies – her grandmother loved to raise food in her garden, and her mother loved cooking great meals, and taught Leigh and her siblings the how and why of food. Leigh was a bit of a health nut in her formative years because of her love of sports and her participation in them. But it wasn’t until her brother living in California was diagnosed with 4th stage Hodgkins Lymphoma, that she began taking a look at all foods seriously.

She found a correlation between healthy eating and helping manage his disease.

This was but one reason for her to become immersed in learning all she could about helping her brother improve his health and wellness.

She has since started studying about what’s called foundational health. It is how she learned what the body needs. And we as humans have so many choices. Do you go Mediterranean, Paleo, Vegan, or full blown bacon diet? No matter what the choice, establishing the most basic foods are all the same. What Leigh has gathered from her clients is totally invaluable information and data. She has learned more from them than any book she’s read or instructor that forced their opinions on her. She is totally fascinated by people’s stories and wants to continue to grow as a dietary technician and as a food guru.

She is in an envious position in that she has a partner in crime if you will, that helps make her shine and look grand. His name, Randy Evans is a Registered Dietician to the Nth degree. Randy is the Registered Dietician at KU Integrative Health who brings a true love on Mother Earth. He too grew up surrounded by farm life and the willingness to exist by eating what you grew. They would go and pick fresh food almost daily. They ended up eating all the right foods because that is what they had.

At age 45, he too has mastered his love of food and diet and the importance of making sure he and his family are living that journey of healthy eating and drinking through life.

They both professed that eating good food makes you feel and act better – differently. Unfortunately, most of us are driving on the highway without a road map. Many of us a learning all of this health stuff on our own.

And today so many younger adults are still confused about what to do. Most are indeed motivated to feel better (athletes, those with cancer, diabetes, and other cognitive issues).

It comes down to making the right decisions before we jump off the deep end.

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 Stephanie Cocherl, our Membership Chairman a call at 913-266-9314 or email at scocherl@fnbk.com before you visit our group so we can make sure there are no category conflicts with our current members.

Aug. 3 – Vivek Dayal of PhoneTech Communications at Deer Creek CC
Aug. 10 – Pat Beckner of Beckner & Associates at Deer Creek CC
Aug. 17 – NO MORNING MEETING
- After Hours Event – 5pm to 7pm
- Offsite Event at JoCo Arts and Heritage Museum, 8770 Metcalf Ave. (old King Louie alley)
Aug. 24 – Rod Foster of Banc Card Services at Deer Creek CC.
Triva Question:-

Who laid the cornerstone for the US Capital Building in Washington, DC?

QUOTE OF THE WEEK

The goal is not to be successful, the goal is to be valuable. Once you’re valuable, instead of chasing success, it will attract itself to you.

—#bossbabe™—

The film that had Ronald Reagan raising a chipmanzee was titled Bedtime for Bonzo.

Con’t. From Page 1.......

After listening to Leigh and Randy tell their stories of success and trying to preach the truth, who would not be moved to make a change happen?

So IF YOU are indeed interested in making a change, here is your opportunity. Leigh or Randy are willing to give you a 15 minute chance to tell them what your challenges and concerns are and allow them to give you their thoughts and what direction you could follow – what your best choices are, and possibly become a client of theirs. They are not calorie counters, but are prepared to assist you making some great life choices.

Leigh and Randy – we all THANK YOU BOTH for taking the time to instruct, inform, and make us all more aware of what choices we have to become healthier and stronger, both physically and mentally. Let’s all make an effort to start by changing one thing about how we eat and live our lives. More will follow naturally.

CONGRATULATIONS TO OUR NEWEST MEMBER KERRY FREMERMAN OF CENTER FOR CLASSICAL ACUPUNCTURE. EXCITED TO HAVE YOU ABOARD. BE SURE TO SAY HI TO KERRY AND WELCOME HER AS A MEMBER.
BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY

PROSPECTOR EVENTS / NEWS / CHARITABLE CAUSES

BOARD MEMBERS – DON’T FORGET ABOUT OUR MEETING TONIGHT – TUESDAY AUGUST 1 AT COACH’S SOUTH, 135TH AND GRANDVIEW AT 5:30 PM.

Prospector Foodies Club on Facebook (private group) – I have been given a hot tip on a newer place is SKC. Please check out their website and take Daniel Holk’s review, which was glowing (even his chef son Spencer liked it 😊 one and let me know if you’re interested. Maybe we can do Friday August 25th? . If you are NOT a foodie yet, tell Kathleen Cussen and she will get you signed up.

PROGRESSIVE DINNER – DATE TO BE ANNOUNCED.

Summer – T-Bones Game – Family friendly event – date to follow.

Reserve the Date: October 6th – PBC Annual Golf Tournament at Deer Creek CC.
Prospector's Breakfast Club
Attendance and Thank You's

Meeting Date: July 27, 2017

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

Adams, Linda  
Alroy, Douglas  
Alexander, Jay  
Ashurst, Chase & Amy  
Beckner, Pat  
Bell, Jim  
Bell, Matt  
Beiter, Dan  
Beiter, Matt  
Boehler, Kevin  
Bovard, Zach  
Brossett, Mike  
Brown, Erin  
Brown, Dr. Tugus, Amber, Alan H, Keith, Matt, Ryan, Mike, Dan, Sherry, matt  
Cochrane, Stephanie  
Cunningham, Rick  
Dussan, Kathleen  
Dayol, Vicki  
Dayol, Vicki  
Dorsey, Holley, May, Pat, Tony  
Douglas, Kyle  
Eckinger, Bill  
Eidson, Ken  
Emerson, Bill  
Felton, Dr. Sean

Thank you, Prospector's.


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

Flessner, Dave

Foster, Rod

Full, Kevin

Giordano, Phil

Goodheart, Alan

Hardin, Das

Hawkins, Darryl

Heriford, Alan

Hobbs, Derek

Holk, Dan

Holland, Ed

Hutchison, Ed

Kopplin, Mike

Mortko, Sherri

Oettinger, Dr. Bert

Page, Matt

Pickering, Chris

Rapp, Bryan

X
PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

- Runyan, Joe
- Sewell, Amber
- Sehn, Joe
- Shau, Steve
- Nick, Wake
- Tolkien, Cussen
- Ron, Barn, Inc.
- Shelton, Jennifer
- Foster, Goodheart, Koppin, Sindt, Wilkinson
- Simpson, Brownie
- Danby, Janine
- Terstrep, Kevin
- York

- Sirna, Richard
- Brown, Spitzer, Barlow, Gottlieb, Steiner, Groisman, Tedalin, Turok, Spencer, Neil
- Stein, Jeremy
- Steiniger, Keith
- Stone, Janet
- Terstrep, Janine
- York, Twigg, Moriko, Welby, Dinora, Guidone, Cook, McNeely, Lalor, Adams, Alexander, Simpson, Jewell, Brimak
- Tronsdon, Chad
- Twigg, Brad
- Wagner, Leigh
- Webb, Tyler
- Lide, Adams, Bier, Dave, Janet, Janine, Jim, Mike, Busset, Doug, Phil
- Wilkinson, Ann
- Wolverton, Rick
- Mike K., Ed, Sean, Phil, Kathleen, Rick, Arv, moth
- York, Kevin

GUESTS
Name | Name of Business | Your Position (owner, sales, etc.)
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