Yes. OK – you all know what’s coming at you this week.

Take a look around. We all know it. We need to be eating much healthier and doing at least the minimum of good exercise. But do we? Are you counting calories? Are you doing cardio, running, or at the very least – walking? How about yoga? You gotta be doing something besides eating and drinking and watching sports!

So who can help all of us keep focused and able to live a better and healthier life? How can we do these things and still keep balance in our lives? Easy answer here – you’ve got to take time to talk to Jennifer Shelton of Jennifer Shelton Balance. She really will help you find balance in your life.

And it’s not all about exercise and diet. It’s about attitude. You have to be ready and committed to make significant changes in your day to day routine. Start paying attention to what goes into your mouth. Look at not just WHAT you are eating but HOW MUCH of it you eat. In today’s world, portions are HUGE! You could easily get two meals out of what they serve you in most restaurants today.

But Jen can’t sit there and tell you what to cook or eat in a restaurant. But she can guide you on choices and build a program that fits your goals and health status.

She is another person who has learned what is important in life by the family values she was taught at a young age. Coming from rural Kansas and having a father who farmed, she learned what a good day of work entailed early in life. And she cherished the time her family spent together growing up, remembering most her vacation trips together, especially all together in an RV heading West.

After high school, she attended college and worked several jobs that were interesting, but her heart was not into them. What she loved and discovered a bit later in life, was teaching classes and helping others with exercising and yoga. She loved teaching them! This actually was a way she helped to put herself through school and into her early career choices.

She eventually worked for Prairie Life Fitness, but she really did not want to be a gym rat. On her own is what she wanted so badly. She had kept great records and was working up a list of clients that would serve her for years to come.

It was during this time she was introduced to Carter, her future husband, whom she swore she would never marry a trainer or coach. But Carter was different. They thought alike in so many different areas. Something special clicked. Soon they were married and making this new found life work. The rest is history.

Coach Jen, as she humbly lets us call her, has taken her new found success to another level. Yes, she has all of her personal clients. All ages, sexes, and experience levels. Most of her appointments are private one-on-one trying to find out more about each person and making you push yourself to a new level each time you work with her. She goes to her private clients either at home or at work which makes up about 50% of her business. And she has a studio at home where she uses her basement to do yoga and private sessions.

And if you want to experience a great workout in a casual environment, you need to try out one of her boot camps. These are held early morning around a park environment intertwining endurance with sporadic exercise.

She admits that her business is a very personal business. She works close with each client – and listens and learns a lot about each of them. Each one is different and that is what keeps her motivated to help each one. What keeps them going is Jen having literally thousands of exercises to choose from. Let her personally make a workout routine that will get you started on the right path.

What she is proudest of is her association with the Leukemia and Lymphoma Society and her Team in Training commitment. She has participated in marathons and has been coaching cyclist teams for over 15 years.

We are so fortunate to have Coach Jen as a member. YOU need to take some time over a cup of coffee or tea and see exactly what she can do to make your life healthier and better. You won’t regret this chance at starting something great to happen in your life.

WE ARE AT DEER CREEK CC - 7300 W. 133RD ST., OPKS. MEET UP AT 7 AM; BREAKFAST AT 7:25; SPEAKER AT 8 AM.

SPEAKERS SCHEDULE
See Page 2
ALL THANK YOU’S See Pages 12-14
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 Sean Felton, our Membership Chairman a call at 816-258-3774 or email at DrSean.Felton@gmail.com before you visit our group so we can make sure there are no category conflicts with our current members.

March 15 – Doug Airey of Doug Airey Home Care at Deer Creek CC.

March 22 – Jay Alexander of Dark Horse Applicants LLC at Deer Creek CC.

March 29 – Ann Wilkinson of First National Bank Mortgage at Deer Creek CC.


April 12 – Kevin Boehringer of BSE Structural Engineering at Deer Creek CC.

IMPORTANT REMINDER – ESPECIALLY FOR NEW MEMBERS:-

**WINTER STORM POLICY**

If the Blue Valley School District cancels classes on the Thursday of our meeting, there will be NO MEETING THAT DAY.

Please check late the night before or early the morning of our meeting date for school cancellations.
Trivia Question:

What the heck are crubeens, a traditional Irish festival food? Is it boiled pigs feet, bread fried in bacon fat, black pudding, or mashed potatoes and scallions?

QUOTES OF THE WEEK

By working faithfully eight hours a day you may eventually get to be boss and work twelve hours a day.

The name of the spectacular California coastline south of Monterey is called Big Sur.

ARE YOU EXCITED?

SPRING IS RIGHT AROUND THE CORNER!

Con’t. From Page 1........

BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY
BIG NEWS - Leigh Wagner of KU Integrative Medicine may no longer be associated with her company. She announced last week she is opening her own nutritional and dietary business. Stay tuned for more great information.

If you have any causes you are supporting this spring, please pass them along to the newsletter editor.

From Erin Brown – Dolce Bakery –

Hi Prospectors,

Please refer someone you know that might fit these two positions below:-

Dolce Bakery is looking to add enthusiastic people to our growing Front of House team! The Pastry Counter Position is a customer service position with part time hours available.

Join our upbeat team of passionate people that strive to give our customers the best product and experience possible. Applicants should enjoy connecting with people as a member of a dynamic small business with loyal customers.

We are centrally located in the Village Shops!

Retail or Sales experience is preferred, but we will train the right applicant! You will need a willingness to work weekends and holidays to meet business needs.

To apply, please go to http://www.dolcebakes.com/joinourteam/ and submit the application form.

Dolce Bakery is looking for a full time cake and sugar cookie decorator as part of our growing team! Our decorators create beautiful, delicious products to fill our pastry case and special orders, including weddings.

Join our committed team of passionate people that strive to give our customers the best product and experience possible. Applicants should be organized and excited to create delicious desserts with detail and care.

Pastry decorating experience is preferred, but we will also consider applicants with artistic experience or abilities! You will need a willingness to work Saturdays and holidays to meet business needs.
This is from Chase and Amy Ashurst reminding of an event anyone can participate in on Sunday, April 8th. If you have questions, give Chase or Amy a call.

SAFER SCHOOLS SUNDAY
APRIL 8TH 2018

LOCAL BUSINESSES DONATING BACK TO THEIR LOCAL SCHOOL DISTRICT TO MAKE OUR SCHOOLS SAFER FOR OUR CHILDREN.

#SAFERSCHOOLSSUNDAY

PLEASE TAG YOUR BUSINESS IN THE COMMENTS IF YOU COMMIT TO DONATING ALL OR A PORTION OF YOUR SALES ON APRIL 8TH, 2018 TO YOUR LOCAL SCHOOL DISTRICT TO BE USED FOR ANY SORT OF SAFETY PROGRAM THEY SEE FIT.

LOCAL COMMUNITIES TAKING ACTION.
Annual Brew-to-Brew Run - Sunday, April 8th, 2018

Brew to Brew is a 44 mile solo or relay race with runners traversing roads and trails from downtown Kansas City, MO to the party in Lawrence, KS.

Benefit Organization: Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of $10 included in the registration. In 2017 The Kansas City Track Club was able to donate $40,000 to the Cystic Fibrosis Foundation. The median life expectancy of someone with CF is 37 years, but we are working to add more years. Thank you for your generosity.

To participate this year, please see Coach Jen or call her at 913-927-1113.

See Ken Eidson of RBC Wealth Management, one of the sponsors of the event. He has a table of 10 reserved for any Prospector members that wish to purchase tickets (see below for details). Please contact him at 913-451-3543.

Join us for an enchanted evening

We promise you that this is not your typical gala. Grab your favorite storybook character and come join us for Phoenix Family's 15th Annual Un-Gala. We promise that this year’s gala will be just as spectacular as in years’ past, featuring an open bar, a gourmet seated dinner, and dancing, as well as live and silent auction items.

EVENT INFORMATION

2018 DISTINGUISHED COMMUNITY LEADER

Jonathan Cohn, Chief Executive Officer, The Yarco Companies

AGENDA
6:00-7:00 PM: **Cocktail Hour**
7:00-8:00 PM: **Gourmet Dinner**
8:00-9:00 PM: **Community Leaders Award Ceremony and Live Auction**
9:00-11:00 PM: **Dancing and Entertainment**

**PARKING**

We provide all of our guests with complimentary valet parking. The valet station will be located on the corner of Wyandotte and 16th Street. To take advantage of the complimentary valet parking, please arrive on 14th Street and turn south on Wyandotte. *NOTE: Wyandotte will become ONE-WAY for the night of the event.*

**COMMONLY ASKED QUESTIONS**

**IS IT AN OPEN BAR?**

Absolutely.

**WHAT SHOULD I WEAR?**

Fairytale-chic.

While we love it when our guests join us in fun costumes that reflect our theme, if costumes aren’t your thing, come as you are. We want you to be comfortable and have a great time.

**CAN KIDS OR TEENAGERS ATTEND?**

Please call us at 816.612.8841 to discuss.

**WHAT DO I DO IF I HAVE FOOD ALLERGIES?**

Please contact us at eotto@phoenixfamily.org or at 816.612.8840 to communicate any food allergies or special accommodations needed.
Be sure to see Kevin Full at 913-851-3252 about his fundraiser event Cocktails and Golf benefitting the PKD Foundation (Polycystic Kidney Disease). This is near and dear to his heart and he would love your participation.

See next page for application and details of the event.
Cocktails + Golf
Kansas City Chapter
April 29, 2018 | 3-6 pm

For online submission, visit pkdcure.org/get-involved/events/kansas-city-cocktails-golf/sponsorship

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Please indicate Sponsorship Level and circle type of donation:

- [ ] Gold - $1,000
- [ ] Silver - $500
- [ ] Bronze - $250

- [ ] Full page program ad - $100
- [ ] 1/2 page program ad - $50
- [ ] 1/4 page program ad - $25

- [ ] If this is an in-kind gift of goods or services (non-cash). Please include the fair market value and a description of the gift:

*In-kind sponsorships will be recognized at the level matching the fair market value of the gift.*

Please email this form to kansascityfundraising@pkdcure.org and attach your logo (eps or high res jpeg file).

- [ ] Send me an invoice for my sponsorship. Please note, if payment is not received within 30 days, an invoice will be emailed to the contact listed above.

- [ ] Please check here if you would like us contact you for credit card payment.

If paying by check, payment and form can be sent to:

PKD Foundation
Attn: Peggy Robinson
1001 E. 101st Terrace, Suite 220
Kansas City, MO 64131

For questions, please contact Peggy Robinson at 816-405-6910 or kansascityfundraising@pkdcure.org.

The federal tax ID # for the PKD Foundation is 43-1266906

Thank you for supporting the Kansas City Chapter of the PKD Foundation!
SAVE THE DATE!

THE 6TH ANNUAL TROOST JAZZ & SOUL EXPERIENCE will be at the historic Arvest Bank Theatre at the Midland on SATURDAY, APRIL 28, 2018 AT 7PM.

Get dolled up and don your dapper duds for Reconciliation Services’ swinging jazz gala, featuring live entertainment, dancing, silent auction, dinner, cocktails, live painting, wine pull, and more!

JOIN US IN CELEBRATING THE STRENGTH AND BEAUTY OF OUR COMMUNITY ALONG TROOST AVENUE AND LEARN ABOUT OUR NEW DONATE-WHAT-YOU-CAN CAFE OPENING THIS SUMMER, A GATHERING PLACE WHERE ALL ARE WELCOME!

Space is limited. For information on sponsorships and to get discounted early bird tickets visit: www.RS3101.org/TroostJazzandSoul or call 816-931-4751 x.106

This charity event benefits Reconciliation Services at 31st and Troost. Our mission is to cultivate a community seeking reconciliation, to transform Troost from a dividing line into a gathering place, revealing the strength of all.
7TH Annual Tour de Hope Charitable Bike Ride Event – Sun., May 6, 2018

Ride into Fun on Sunday, May 6th!

Join your friends and family for the 7th annual Tour de Hope bike ride! Whether you’re a casual pedaler in blue jeans, a sleek Strava KOM/QOM, or somewhere in between — we’ve got a route for you.

Choose from four different courses:
- 14-mile family route
- 36-mile
- 50mile
- 62-mile metric century with a KOM/QOM option for you hammerheads.

One of KC’s favorite bike rides, Tour de Hope begins and ends at World War 1 Memorial...takes you past your favorite landmarks and our uniquely refreshing SAG stops...and is followed by our always-fantastic post-ride party with great food, drinks and live entertainment. Hit the registration link to the right and get ready for the most fun you can have on two wheels.

CHARITY:
- Hope Center Academy Technology and Leadership Program
  - [www.hopecenterkc.org](http://www.hopecenterkc.org)

See Keith Steiniger for entry details or to volunteer.
Prospector's Breakfast Club

Attendance and Thank You's    Meeting Date: MARCH 8, 2018

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

X Adams, Linda
   Sonn, Kathleen
   Denk, Matt
   Tyler, Scott
   Airey, Douglas

X Alexander, Jay
   O'Brien, Matt
   Papini, Linda
   Adams, Brad
   Twigg, Sheri

X Ashurst, Chase & Amy
   Robin, Kathleen C.
   Allen, Poh
   Neil, S.
   Mont Ko, Mike
   Kapling, Jim
   Bell, Bell

X Beckner, Pat
   Chase, P.
   Brad
   Twigg

X Bell, Jim
   Chase, Ty
   Keith, S.
   Kel, S.
   Vivek, D.

Belzer, Dan

X Boehringer, Kevin
   Slera, Pickering
   Douglas, Hardin
   Mee/Ho

Bovard, Zach

Brossette, Mike

Brown, Erin
   Dan, Ken
   Rick, Steve
   Tyler, Brad
   Rich, Kevin
   Bryan, Chris
   Dayton, Mike
   Darby, Matt
   Pharo, Kathleen
   Allen G.
   Monte, Leigh
   Amber, Chase
   Amy, Kyle
   Papini, Matt
   Papini

Cochrane, Stephanie

Cunningham, Rick

X Cussen, Kathleen
   Phil, Rich
   Rick, Keith
   Allen G.
   Sean, Ara
   Lue, Mike K.
   Chase, P.
   The Board

X Dayal, Vivek
   Dr Tung Club
   Rich, Dave E.
   Ken, R.
   Matt, P.
   Dr Tung, Holder

X DeMarte, John
   Bell

Douglas, Kyle
   Linda, A.
   Kevin B., KEK
   Alan, J.
   Matt, P.
   Neil, S.

Eckinger, Bill

X Eidson, Ken
   Davis, Hardin
   Alan, Goodhead
   Ted, Hutchinson

Emerson, Bill

Felton, Dr. Sean
PLEASE PLACE "X" IN FRONT OF NAME IF AttENDING MEETING

Flessner, Dave
Foster, Rod
Full, Kevin
Giordano, Nick
Giordano, Phil
Goodheart, Alan
Goodheart, Bruce
Hardin, Das
Hawkins, Darryl
Heriford, Alan
Hobbs, Derek
Holk, Dan
Holland, Ed
Hutchison, Ed
Kopplin, Mike
Mortko, Sheri
Oettemeier, Dr. Bert
Paperi, Matt
Phar, Matt
Pickering, Chris
Pickering, Margot
Rapp, Bryan
Ridgeway, Jean
Ridgeway, Ken
Ridgeway, Jim
Ridgeway, Keith
Ridgeway, Sarah
Ridgeway, Tim
Ridgeway, Todd
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Runyan, Joe
Sewell, Amber
Shelton, Jennifer
Simpson, Brownie

Sirna, Richard
Spencer, Neil
Chase, Ashurst
Stephens, Cockrell
Kylar, Wood
Derek, Hobbs
Hutchinson, Ed
O'Brien, Matt
Papad, Mike
Pickering, Brynt

Steiniger, Keith
Rich, Rick
Alain, Mehta
Kathleen, Matt
Paner, Matt
Sherik, Jim
Enfield, Bob
Roth, Jay
Phil, Averch
Kevin, V.
Ed, Hefley
Jon, Rod
Kyle, R.
Tylor, Ken
Ely, Emily

Stevens, Robyn
Renderson, Larron
Bourn, Carol

Stone, Janet
Ferry, Ed
Duke, Melotti
Arendt, Lisa
Woodard, Gerri

Swim, Scott
Hutchinson, Phil
Giordano, Brad
Twigg, Alan

Adams, T., Linda

Tersprip, Janine
Fenelon, S., Steph
Andreas, Rick
Shen, Erin
Kevi, Kevin

Trondson, Chad
Trondson, Alan
Enfield, Bryan

Woodard, Chad

Twigg, Brad
Sherr, Chris
Amber, Erin

Wagner, Leigh
Shen, Andree

Webb, Tyler

Drew, Adam

Tersprip, Janine

Wolfort, Rick

Cooer, Ryan

Walker, Matt

Kevin, K.

Wolfort, Rick

Cooer, Ryan

Wolfort, Matt

Kevin, K.

York, Kevin

GUESTS

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<th>Name</th>
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