



**Chocolate Comes From Cocoa, Which Comes From a Tree. That Makes It a Plant. Therefore, Chocolate is Salad !!**

So tonight when you go home and you sit down for dinner, whether it's at home, a friend's house, or a nice restaurant or fast food joint, take a look at what you are eating. NO – REALLY! Now, take a look at WHAT you are eating!



Do you RECOGNIZE IT? Is it something that came from the earth, or was raised to be eaten? Or did it come in a bag or a

box, or worse yet, a box you peeled back the lid and fired it up in your 1200 watt microwave?

Yes, you have choices. So which ones are you making? We were told last week how there is more to food than nutrition. There is a science to food, and yes, you can study and learn all about this. Our speaker last week has learned the science of healthy eating and now is working to teach those who listen how to live a very healthy productive life. It is **Dr. Leigh Wagner of Leigh Wagner LLC** who is our food guru for now.

Growing up in Nebraska, Leigh was a very active youngster, participating in various sports, ranging from baseball, volleyball, track, but she loved gymnastics. All this kept her healthy and active. She was in college, and began to talk to fellow classmates where the conversations centered around what and how much they were eating. One day, she heard a friend who was studying nutrition. Leigh kept asking questions. She found out how fascinating to learn about the science of food could be, so her sophomore year, she changed her major to Dietetics, and she was off to the races.

She finished her college, but was not ready to start her career path just yet. She had met her future husband in college, and she needed some time with him, and also to take off and do some traveling and seeing the world on advice of friends. While seeing different places she visited, she was learning more about organic farming, how the soil effects food production, the environment, and how food reacts to where and how it is grown.

All the members of her family were hard workers and great cooks, so she grew up around learning from osmosis, watching and learning from Grandma and Mom even though she never thought she was learning about food.

She was glad to become a part of the Integrative Medicine Department at KU Med Center. What also drove her to new heights was a brother who was having health issues, and Leigh was able to help him through tough times by teaching him how to eat healthier and to be self-conscious about how he lived his life. Then, in 2011, her Mom was diagnosed with Non-Hodgkin's Lymphoma, and again her skills in knowing how eating healthy can have such a strong impact on how one adapts to those conditions, she was able to work her Mom through some tough times by using her skills and expertise that would allow Mom to now be in a better place.

But even though she enjoyed her time at KU Med, there was something else missing. When she joined the Prospectors several years ago, she saw how most of the group who were business owners and entrepreneurs were making a good living and using the support of those in Prospectors to make that happen. This year she took the plunge, and opened her own nutrition consultation business and has hit the road running. When you speak to her, you can tell how much she cares about trying to help her clients lead a healthier and more productive life. This allows her to become more creative. She truly cares about what she does every day.

She says she is here to help those that are health conscious to resolve their nutrition issues. She likes doing what is best for her patients. Before anything takes place, she has a one-on-one assessment with you before you invest your time or money. You spend 60 to 90 minutes fully evaluating your present health and nutrition conditions and she listens to your full story. If she thinks there is a way to help and you are willing, she would run the basic labs to see your health status, and then



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**June 21, 2018**

suggest a personalized plan made just for you with diet and food supplement suggestions.

Her ideal client is one who is interested in being truly health conscious and living a great life. She helps you learn what is right for you, and what is not good. So, what do you have to lose? You must take time, talk to Leigh, and let her, if nothing else, at least talk and listen to YOUR story and see where it takes you. Thank you Leigh for being there, and for motivating each of us to think better about our food, our body, and our mind.

**See Page 3.....**



**WE ARE AT DEER CREEK CC – 7300 W. 133<sup>RD</sup> 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 7-9**



## 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](mailto:DrSean.Felton@gmail.com) before you visit our group so we can make sure there are no category conflicts with our current members.

**June 21 – Scott Swim of Legacy Mergers and Acquisitions at Deer Creek**

**June 28 – Tyler Webb DDS at Deer Creek CC.**

**July 5 – NO MEETING**

**July 12 – Mike Kopplin of Kopplin Wardrobe Management and Design at Deer Creek CC.**

**July 19 – Amber Sewell of Lutz Plumbing at Deer Creek CC.**

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**Trivia Question:-**

**What legendary group comprised Eric Clapton, Jack Bruce, and Ginger Baker?  
(Mr. Holk)?**



**QUOTES OF THE WEEK**

**When you wake up at 6 in the morning, you close your eyes for 5 minutes and it's already 6:45. When you're at work and it's 2:30, you close your eyes for 5 minutes and it's 2:31.**

**At his graduation party, Benjamin Braddock (Dustin Hoffman) was advised to enter a career in the plastics industry.**

**CONT'D FROM PAGE ONE – None this week...**

***SAVE THE DATE:*** Christmas Party –  
December 8, 2018 at the Brass on Baltimore  
downtown.

***BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME  
JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY***

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**From Erin Brown – Dolce Bakery –**

**Hi Prospectors,**

Dolce Bakery is looking to add enthusiastic people to our growing Team! We have another position open!

- The **Cake and Sugar Cookie Decorator** is a kitchen position with part time or full time hours available.

Our decorators create beautiful, delicious products to fill our pastry case and complete 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 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 around holidays to meet business needs.

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

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



**Another GREAT Event in June / July coming up:-Zip Lining in Swope Park!!!!**

**Times and Dates to follow – Watch for it!!!**

**SAVE THE DATE: Friday October 12<sup>th</sup> – The Prospectors Club Annual Golf Tournament at Deer Creek CC.** Shotgun start at 11:30am; Members who play are paid for; Guests are welcome at \$55 for golf / cart / beverages. Everyone else is welcome to attend the After Hours starting at 5pm at Coach's – location to be announced later. Questions, contact Rod Foster.

**Watch for a date for our Annual Progressive Dinner in July / August. Interested in hosting appetizers, dinner, or desserts? Let Tyler Webb know asap!**



**Get well Keith and Sheri, and anyone else with an ailment, surgery, sickness, or malady.**

# Prospector's Breakfast Club

Attendance and Thank You's

Meeting Date:-

JUNE 14, 2018

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

Adams, Linda \_\_\_\_\_

Airey, Douglas *Chris Peterson*

Alexander, Jay \_\_\_\_\_

Ashurst, Chase & Amy \_\_\_\_\_

Beckner, Pat \_\_\_\_\_

Bell, Jim *Amber S, James T, Ken Y, Kyle D, Leshay, Matt P.*

Belzer, Dan \_\_\_\_\_

Boehringer, Kevin *YORK, SIENA, DOUGLAS, STEINIGER, BROSEIT, DAYAL SRWELL, HERIFORD, GODHEPOT*

Bovard, Zach \_\_\_\_\_

Brosseit, Mike \_\_\_\_\_

Brown, Erin \_\_\_\_\_

Cocherl, Stephanie \_\_\_\_\_

Cunningham, Rick \_\_\_\_\_

Cussen, Kathleen *Phil, Rick, Rick, Keith, Karl, Ann, Jan Alan G, Dr Sean, Sheri, Erin, Alan H, Matt Paperi*

Dayal, Vivek *Kevin B, Cliff OR Dave F, Dr Twigg, Rick S, Matt Paperi Phil G, Stephanie, Sherry M, Chris P*

Douglas, Kyle \_\_\_\_\_

Eckinger, Bill \_\_\_\_\_

Eidson, Ken \_\_\_\_\_

Emerson, Bill \_\_\_\_\_

Felton, Dr. Sean *KEVIN YORK, ALAN HERIFORD, SHARI, FELICI, LINDA, KATHLEEN, AMBER, MATT PAPERI, SIENAS, DR. LIGM, VOLLEY BULLOCKS, NEIL S.*

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

Flessner, Dave Neil, Chris, Vivek, Kevin Full, Leigh

Foster, Rod Coach Jen, Keith S, Rick W, Kathleen C, Rick S, Ann W, Kevin Y, Alan H, Chase A, Matt Paperi

Full, Kevin Dave Flessner, Matt Paperi, Amber Sewell, Bryan Rapp, Rick Sirna, Ed the Bug Guy, Alan Herford, Chris Pickering, Scott Swin

Giordano, Nick  
Giordano, Phil Rick S, Kathleen Sherr, Keith S, Vivek, Rick W, Sean, Matt P, Brad Taylor W, ~~Scott S~~ Scott S  
 Goodheart, Alan ED!

Goodheart, Bruce

Hardin, Das

Hawkins, Darryl

Herford, Alan

Hobbs, Derek

Holk, Dan Mike Brossert, Amber Sewell, Rick Wolkstein, Sheri Mortko

Holland, Ed

Hutchison, Ed Matt Wall

Koplin, Mike

Mortko, Sheri Dan, Danny, Dr. Brad, Vivek, Rick, Rich, Keith, Janine, Jen, Leigh, Robyn, Brian, Kathleen, CPick, Felici, Erin, Sean  
Mullen, Jessica

O'Bryan, Cliff Vivek, Neil Spencer

Oettmeier, Dr. Bert

Paperi, Matt Neil, Keith Beard, Alexis, Margi, Dave, Vivek, Ed, Rick, Kathleen, Brad, Jen, Bryan, Jim, James, Kris, Linda, Jay, Sheri, Alan, Amanda, Chape  
Phar, Matt

Pickering, Chris

Pickering, Margot

