



Pine Ridge Business Park

THE MONTHLY NEWSLETTER OF PINE RIDGE BUSINESS PARK

JANUARY 2017

O+ BLOOD EMERGENCY

Please . . . Donate blood. Save lives.

Our supply of blood is at a critically low level and our patients need your help!

Henderson Engineers Blood Drive
10 a.m. to 2 p.m. Friday, Jan. 20
8345 Lenexa Drive
In the Pine Ridge Business Park
[Schedule An Appointment](#)

Are you able to donate? Please see [medical eligibility](#) for information. For travel outside the U.S. or any other questions, call 1-800-688-0900.

Thank you for your support!



Community Blood Center

Save a Life. Right Here, Right Now.

AROUND TOWN



BATTLE OF THE BEAN 5K RUN WALK

- The event will be at 8 a.m. Saturday, Jan. 14 at Foo's Fabulous Café, 9421 Mission Road. At the finish line, the Roasterie will be offering coffee and hot chocolate to participants, and Christopher Elbow will be providing chocolates.
- Children 8 and under can sign up for the Jelly Bean Dash. Youth T-shirts included for each registrant.

TENANT SPOTLIGHT | Evolve Paleo Chef

Q & A WITH DR. JASON FECHTER

Tell us about your business.

[Evolve Paleo Chef](#) is a weekly meal delivery service with no contracts or minimums. Clients order online by 10 a.m. Friday, and pick up or have their food delivered on either Sunday or Monday. Evolve focuses on the Paleo lifestyle. The Paleo diet has no processed sugars, dairy or wheat, making it the No. 1 diet for those looking to become healthier.

What should potential customers know about your company?

Although most of the clients order and pick up or have their food delivered on Sunday or Monday, you can stop in our location any day to pick up an entrée or snack. Our entrees are pre-made and in individual servings, are always fresh, never frozen. We would be happy to heat up your entrée or you can take it back to your office to heat up in a microwave or toaster oven.

What would surprise people about Evolve Paleo Chef?

Evolve was started out of a house kitchen and garage and through word of mouth, now has seven locations in five states, ships nationwide and has pantry items in grocery stores including Whole Foods and Natural Grocers. Evolve was started four years ago by a doctor and a chef with the intent of bringing healthy food to as many people as possible. Evolve has about 140 employees and has a goal of opening 10 to 15 new franchise locations in 2017.



Co-owners Dr. Jason Fechter, right, and chef Caleb Summers



2017 ROYALS FANFEST

- The event is 2 to 9 p.m. Friday, Jan. 27 and 11 a.m. to 7 p.m. Saturday, Jan. 28 at Kansas City Convention Center's Bartle Hall, 301 W. 13th St., Kansas City
- Autograph sessions with current and former Royals, interactive games and programs. A portion of the proceeds will benefit Royals Charities.

2017 POLAR PLUNGE

- Be a Below-Zero Hero! This "unbearable" event on Saturday, Jan. 28 at Longview Lake Beach, 11101 Raytown Road, Kansas City, is a unique opportunity to show your bravery as you support local Special Olympics athletes by walking, running or crawling into the frigid winter waters.



- Proceeds benefit Special Olympics Missouri's year-round program of sports training and competition for children and adults with intellectual disabilities.



TENANT TIP | Frozen pipes

The cold is upon us in the great state of Kansas! Please make sure your heaters are functioning properly. Keep the heat in your space set high enough to prevent freezing the water pipes and the fire sprinkler systems in your area.

JANUARY FOOD TRUCK SCHEDULE



Wednesdays
11 to 11:30 a.m.

Five Pine Ridge, southwest side outside Henderson Engineers
8345 Lenexa Drive

[Coffee Cake KC](#)

- Jan. 4
- Jan. 11
- Jan. 18
- Jan. 25

Coffee Cake KC comes year round, except in blizzards and when it's 20 below zero or less outside!

2017 CHILDREN'S TLC GROUNDHOG RUN

- The event is 8 a.m. to noon Sunday, Jan. 29 at the Hunt Midwest SubTropolis, 8300 NE Underground Drive, Kansas City
- As the largest annual fundraiser for Children's TLC, the Groundhog Run has raised more than \$4.6 million for children with special needs since its inception in 1982. The race is believed to be the only 100 percent underground sanctioned 10K race in the nation. With a consistent temperature of 65 to 68 degrees, the Hunt Midwest SubTropolis is the ideal venue for runners from all over the country to compete in this annual winter event.