



**Temple Founder Lions Club**  
**Broadcaster**  
**TFLC President**  
**Boss Lion David Southerland**



**Volume 106, Issue # 20 Editor, 2nd VP Lion Jeffrey Thigpen**

**[www.templelionsclub.org](http://www.templelionsclub.org)**

**COMING UP**

**PROGRAMS:**

**11/23 No Meeting—T’Giving**

11/30 Dirk Gibson—Parkbench

Fat Boy’s

12/07 Nathan Self—Navy Seal

Big Hoss

12/14 Lions Christmas Party!

Gregory’s

**BURFDAYS:**

11/12 I forgot to include Dave Feta on last week’s Broadcaster. Apologies!

11/18 Alex Ketteman

**GREETERS:**

11/30 Lathe Owens & Nichole Guajardo

12/07 Thiggy & Craig Caddell

12/14 Mike Hamby & George White

**CLUB CALENDAR:**

11/23 No Noon Meeting—Thanksgiving break

12/12 Board of Directors Noon Meeting—Cotton Patch

02/25 Reverse Raffle

**TODAY’S PROGRAM:**

**Mark Randel—SpaceX**

**And Lions Thanksgiving Feast**



If you missed today’s meeting, it was definitely your loss. Mark Randel spoke about everything going on at SpaceX, both now and in the future. We also shared a spectacular pot-luck Thanksgiving meal. The guests were plentiful and the company was mediocre.



Tryptophan is an amino acid needed for normal growth in infants and for the production and maintenance of the body’s proteins, muscles, enzymes, and neurotransmitters. It is an essential amino acid—your body cannot produce it, so you must ingest it. Your body uses it to help make melatonin and serotonin which regulate the sleep-wake cycle, appetite, mood, and pain. Thanksgiving holidays at my house make so much more sense now...

