

TEMPLE FOUNDER
LIONS CLUB



BOSS LION DEB SWIFT - ALEJANDRO

BROADCASTER

COMING UP!

Meetings:

- 12.17.25- Lions Christmas Party
- 12.24.25- NO MEETING - Merry Christmas!
- 12.31.25- NO MEETING - Happy New Year!

Birthdays:

- 12.12- Harry Adams
- 12.13- Michael Moore

Greeters:

- 12.17.25- Cindy Schexnayider
- 12.24.25- NO MEETING
- 12.31.25- NO MEETING

Club Calendar:

- 2.21.26- Annual Reverse Raffle
- 4.17-4.18 2026- Annual TFLC Follies Show

This Weeks Program: Lion Doc X



This week we had the pleasure of hearing from our very own, Doc. X! Dr. Alan Xenakis is known by his students and colleagues as DOC X MD. He holds dual doctorates in Medicine and Neuroscience, a master's in public health, and a master's in neurophysiology from Harvard and Boston Universities. Doc X has more than 40 years' experience as a physician, lecturer, author, consultant, educator, and mass media communications host and executive producer. Dr. Xenakis research: energy drinks vs bioactive formula to improve tissue oxygenation. Caffeine, modafinil, amphetamines, b vitamins, caffeine plus taurine. All energy drinks can lead to shakiness, loss of sleep, etc with cardiovascular, neurologic, and psychiatric effects. Silent hypoxia: decreased oxygenation because of red blood cells sticking together in the presence of inflammation. Dr. Xenakis claims that this is because of incomplete breakdown of fat, protein, and carbohydrates. Xenagen (his formula which disrupts rouleaux clumping of red blood cells) reduced post exercise HR by 55% and recovery time by 33%. Fatigue reduced, energy and strength increased. No increase in heart palpitations. Xenagen is not commercially available, but Dr. X intends to bring it back. Most of the research he says was done with professional athletes in the early 2000's. It is intended to be taken 3 x daily, and he claims it helps with any oxygen requiring process in the body.

Fun Facts & Did you Knows?

Did you know? Lions are everywhere. We're active men and women in more than 210 countries and geographic areas.

Emily G. Weaver

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EXTRA EXTRA, HEAR ALL ABOUT IT!!

- Please continue praying for good health and comfort for some of our Lions in need.
- We still have 1 Prize left to sponsor for our annual Reverse Raffle! Thank you to ALL of the incredible Lions who have already Sponsored a Prize and DINNER!!
- Next week the 17th is our Lions Christmas Party! We will have regular catering, but we are asking for everyone to bring a dessert (in a disposable dish) please! 😊

ALSO! Please bring an ornament (wrapped) if you would like to participate in the exchange!!