

## FRIENDS CLUB UPDATE

### CATCH MYKEL! (DATES & TIMES)

*Help Me Help You*  
ABC Tuesdays, Pre-  
miers

*Behind Enemy Lines II*  
DVD Release  
October 17, 2006

*Lucky You*  
In Theaters  
March 27, 2007

### Visit Mykel's Website

- Check out the Photo Gallery
- Join the Email List
- Sign/View Guestbook

### Upcoming Projects

- Earth Angel, Independent Film
- More "Help Me Help You" Episodes

### Write Mykel at:

Mykel Shannon Jenkins  
P.O. Box 950549  
Mission Hills, CA 91395

## MYKEL RECURS ON ABC'S NEW COMEDY "HELP ME HELP YOU"

**ABC's "Help Me Help You" Premieres Tuesday, September 26 @ 9:30/8:30c**

Take a bunch of people who are all really messed up in different ways and put them in a room together to try and help each other out. Yeah... that's a great idea. No conflicts there. Just a bunch of crazy, self-obsessed strangers... workin' it out. Mykel plays Shannon, a charming and attractive guy working at the Metro Bean, a local coffee shop. Mykel will appear in the first two episodes, Sept. 26th and Oct. 3rd. If you want to see more of Mykel, let ABC know by writing to "Help Me Help You"



Mykel at the Metro Bean on the set of ABC's "Help Me Help You"

at Paramount, 5555 Melrose Avenue, Wilder Bldg., 2nd Floor, Los Angeles, CA 90038. Mykel would certainly appreciate it.

## BEHIND ENEMY LINES II DVD RELEASE COMING SOON

**Release Date: October 17, 2006.** The fate of the world hangs in the balance in this explosive action thriller. Brace yourself for nonstop action and chilling suspense, because there's no turning back in this pulse-pounding sequel that takes you Behind Enemy Lines for another adrenaline-fueled adventure! When a team of U.S. Navy SEALs is assigned to destroy a North Korean missile site and avert a possible nuclear strike, failure is not an option. But the mission is abruptly aborted, stranding Meideros (played by Mykel) and three of his comrades in enemy territory. Now, in order to survive, they must defeat the rebel forces that threaten their lives, their allies and the entire free world. Don't miss Mykel in this action adventure.

**FOR THE MIND**

**Acquiesce** \ak-wee-ES\, intransitive verb:

**Definition:**

to assent tacitly; submit or comply silently or without protest; agree; consent

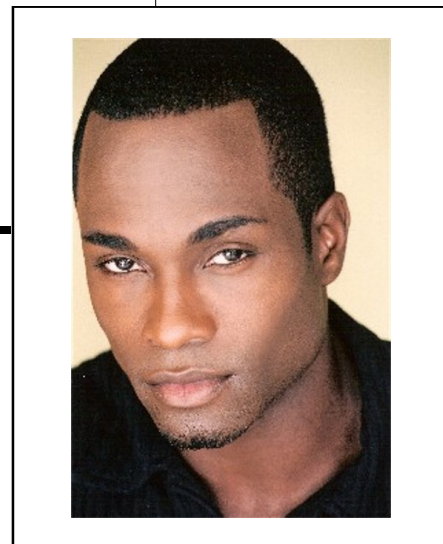
**Example:**

Paul acquiesced halfheartedly to the proposed business plan.

**Synonyms:**

assent, accede, concur

Source: <http://dictionary.com>



**FOR THE BODY**

**Walk-to-Run Plan**

An 8-week program that will turn you into a runner. The key is to start slow and think long-term. With our Walk-to-Run plan, you'll do a walk-run combo for 8 weeks, leading up to the day when you can comfortably run 5 miles without stopping. Whatever your goal—working with friends to get up to 10 miles a week or losing 10 pounds in 3 months—remember that walking is an important part of the running experience. It gives your body a chance to recuperate before you expend more energy. And, of course, it gives you more breath to chat and enjoy yourself.

To begin this program you should be already exercising three times a week for 30 minutes each. If not, start walking 30 minutes 3 to 4 times a week and work up to 45 to 60 minutes for at least 8 to 10 weeks. Then you can begin running for 1 minute every couple of minutes, until you're able to run for 4 minutes straight.

**Weeks 1 and 2**

- 3 times a week for 30 minutes: Run 4 minutes, walk 2 minutes; repeat 5 times
- Do 30 minutes of other exercise on alternate days; rest one day

**Week 3**

- 3 times a week for 35 minutes: Run 5 minutes, walk 2 minutes; repeat 5 times
- Do 30 minutes of other exercise on alternate days, such as yoga, swimming, weightlifting; rest one day

**Weeks 4 and 5**

- 3 times a week for 32 minutes: Run 6 minutes, walk 2 minutes; repeat 4 times
- Do 30 minutes of other exercise on alternate days; rest one day

**Week 6**

- 3 times a week for 36 minutes: run 8 minutes, walk 1 minute; repeat 4 times
- Do 30 minutes of other exercise on alternate days; rest one day

**Weeks 7 and 8**

- 3 times a week for 33 minutes: run 10 minutes, walk 1 minute; repeat 3 times
- Do 30 minutes of other exercise on alternate days; rest one day

Source: <http://www.Health.com>

**FOR THE SPIRIT**

**VERSE:**

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.  
 -- Psalm 143:10

**THOUGHT:**

We want the Spirit to be at work in us to make us like Jesus. For this to happen, we must open our hearts to the will of God. There are no greater words God wants to hear than "teach me to do your will." That is what it means for him to be God, to have control over our lives and our wills.

**PRAYER:**

Almighty God, I want you to truly be God in my life. I renounce any attempt on my part to try to manipulate or use your grace and kindness for my benefit. I submit my will to yours. But Holy Father, I confess that I struggle at times with my own selfish and evil desires that lead me astray. Please forgive me when my heart is cold and my ears are deaf to your will. Please, take control of my life today. Through Jesus my Lord, and in his name, I ask you to assert your will as God in my life. Amen.

Source: <http://www.HeartLight.org>

*“What’s good to you, ain’t always good for you. Think about it.”*

*- Mykel*