

FRIENDS CLUB UPDATE

CATCH MYKEL! (DATES & TIMES)

CSI: Miami
CBS Monday
Feb. 5th, 10pm ET/PT

Behind Enemy Lines II
In Rental and Retail
Stores Now!

Lucky You
In Theaters this Summer

Visit Mykel's Website

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

I pray your Holiday Season was a joyful one filled with love and prosperity. May this be our best year ever.

God Bless,
Mykel

Write Mykel at:

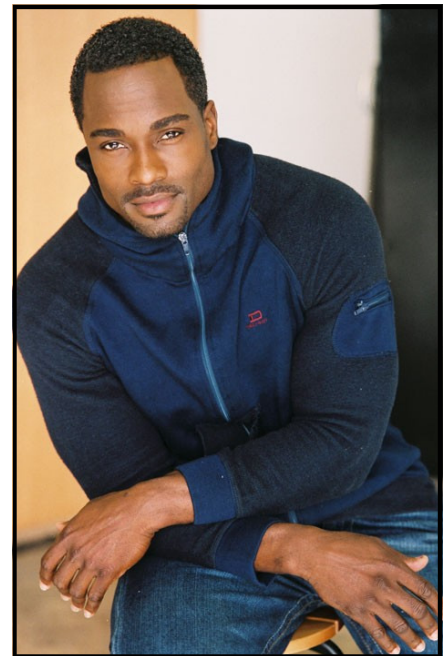
Mykel Shannon Jenkins
P.O. Box 950549
Mission Hills, CA 91395

MYKEL GUEST STARS ON *CSI: MIAMI*

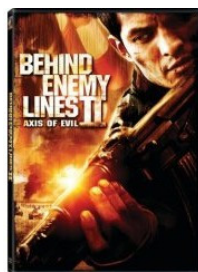
**"CSI: Miami" on CBS Monday,
February 5th @ 10pm ET/PT**

Mykel guest stars as Officer Chris Ryder on *CSI: Miami*, Episode 14 entitled, "No Man's Land: Part 1." Mykel plays Officer Chris Ryder in this can't miss action packed episode.

If you enjoy the episode, show your support by writing to "CSI: MIAMI", CBS Productions, 1600 Rosecrans Avenue, Bldg 4A, 2nd Fl., Manhattan Beach, CA 90266 or you may send your comments via the internet at www.cbs.com. Just go to the bottom of CBS's main page and click Feedback and fill out the feedback form. Mykel would also like to hear from you. Visit his website at www.MykelShannonJenkins.com and drop him a line.



BEHIND ENEMY LINES II IN RENTAL & RETAIL STORES NOW



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 Seal's 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 Medeiros (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

Opportune /op-er-toon/, adjective:

Definition:

appropriate, favorable, or suitable; occurring or coming at an appropriate time

Example:

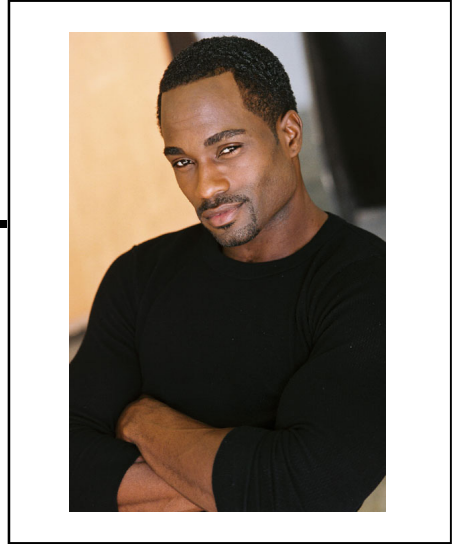
Jill's remark was an opportune phrase for the occasion.

The sound of the loud siren was an opportune warning.

Synonyms:

1. apt; fortunate, propitious. 2. convenient

Source: <http://dictionary.com>



FOR THE BODY

It's one thing to breathe (and sweat) a little more heavily than usual during an intense workout, but it's another thing entirely to find yourself gasping for air during a leisurely after-dinner walk. While occasional exercise aches and pains are rarely cause for alarm, certain symptoms that pop up out of the blue when you exercise could sometimes signal something serious, says Martha Gulati, MD, assistant professor of preventive medicine at Rush University Medical Center in Chicago. If you're otherwise healthy and in good shape but experience any of the warning signs listed below during a workout, stop what you're doing and see your doctor right away.

What You Feel: Chest pain, pressure, or tightness

What It Could Mean: Heartburn, muscle strain, or something more serious, like heart disease

What You Feel: Unusually rapid heartbeat

What It Could Mean: Heart disease, arrhythmia, anemia, thyroid disease, or even just too much caffeine

What You Feel: Difficulty breathing

What It Could Mean: Heart disease or asthma

What You Feel: Fainting

What It Could Mean: Heart disease, arrhythmia, a glitch in your nervous system, dehydration, or low blood sugar

What You Feel: Severe headache

What It Could Mean: Dehydration, stroke, cerebral aneurysm, or high blood pressure

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

“Great words to live by, Van Zant couldn’t sang it better...“it’s better to be hated for who you are, than be loved for who you’re not.”

- Mykel

FOR THE SPIRIT

VERSE:

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being. -- Ephesians 3:16

THOUGHT:

What is one of the most important things we can do for those we love in the Lord? We can pray for them. But more than that, we can pray that God will strengthen them with power through his indwelling Spirit. This same Holy Spirit raised Jesus from death (Eph. 1:19). This same Holy Spirit is God's great gift for those who ask (Luke 11:13). This same Holy Spirit reanimated a valley of dry bones (Ezekiel 37). And this same Holy Spirit will strengthen those we love in the Lord if we ask for him to!

PRAYER:

Mighty and awesome God, I have several brothers and sisters in Christ who need your grace, mercy, and power poured into their lives by your Spirit. Some need to be convicted of their sinfulness. Some need strength and courage for their difficult road ahead. Some need power to overcome besetting sin in their lives. Please strengthen them with your power in their inner being through your Holy Spirit. In Jesus' name I pray. Amen.

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