

FRIENDS CLUB UPDATE

CATCH MYKEL! (DATES & TIMES)

Ugly Betty

ABC Thursdays
April 26th & May 10th
8/7 pm CST

Behind Enemy Lines II

In Rental and Retail

Lucky You

Don't miss Mykel's
cameo in *Lucky You*,
opening in theaters on

Look for Mykel in an
***American Century
Investments***' national
commercial currently
airing

Visit Mykel's Website

- Check out the Photo Gallery
- Join the Email List
- Sign/View Guestbook
- View Mykel's Demo Reel
- Spread the word... tell a friend to visit Mykel's

Write Mykel at:

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

MYKEL RECURS ON ABC'S HIT COMEDY UGLY BETTY

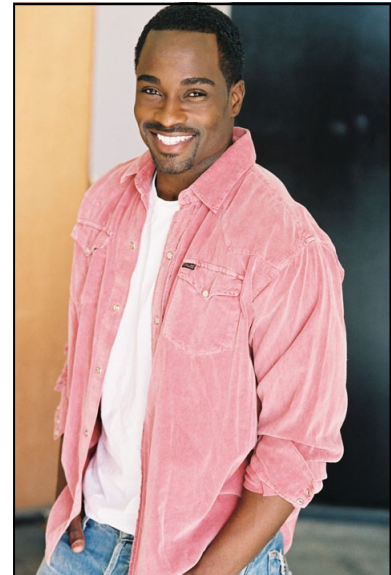
"Ugly Betty" on ABC Thursday, April 26th @ 8/7pm (check your local listing)

Mykel guest stars as Tavares on ABC's *Ugly Betty*. Tavares is a very mysterious character and that is all we will say about him. Mykel enjoyed the challenge of bringing Tavares to life. You do not want to miss it.

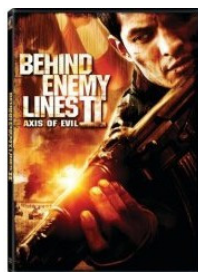
Mykel as Tavares will also appear in a second episode tentatively scheduled to air on May 10th. Visit Mykel's website for additional dates as they become available.

Take some time and show some love by writing to: *Ugly Betty*, 5300 Melrose Avenue, Hollywood, CA 90038. And/or post your comments on the *Ugly Betty* message board at www.abc.com. Just click on "Shows", then select "Ugly Betty" and then click on "Message Board" on the left side of webpage.

Visit Mykel's website at www.MykelShannonJenkins.com and sign his guest book or just 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

Errant \AIR-uhnt\, adjective

Definition:

Wandering, roving, especially in search of adventure; Deviating from an appointed course, straying; Moving aimlessly or irregularly; as, an errant breeze.

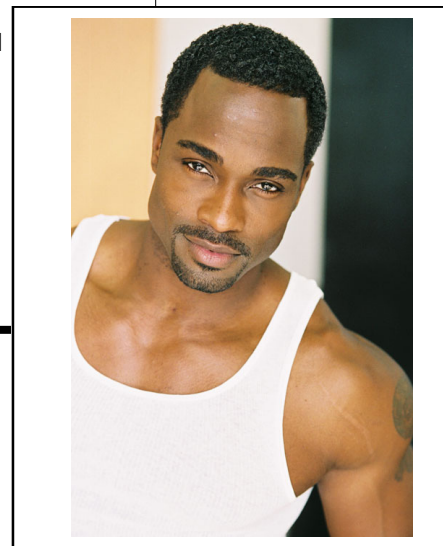
Example:

The errant knight lost his way.
There is an errant breeze blowing outside.

Synonyms:

misbehaving, mischievous, naughty, offending, rambling

Source: <http://dictionary.com>



FOR THE BODY

The Bicycle exercise is the best move to target the rectus abdominis (i.e., the “six pack”) and the obliques (the waist), according to a study done by the American Council on Exercise. To do this exercise correctly:

1. Lie face up on the floor and lace your fingers behind your head.
2. Bring the knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck.
3. Straight the left leg out to about a 45-degree angle while simultaneously turning the upper body to the right, bringing the left elbow towards the right knee.
4. Switch sides, bringing the right elbow towards the left knee.
5. Continue alternating sides in a 'pedaling' motion for 12-16 reps.

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

FOR THE SPIRIT

VERSE:

The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.

--Proverbs 15:4

THOUGHT:

Words are powerful. Communicators know this. Negotiators know this. Deep down, you know this. Words have blessed you and words have devastated you. The healing that comes from a kind and tender word is precious. The destruction of a cruel taunt or a well-told deception is crushing. To have such power is amazing. To use this awesome power found in our speech is an awesome responsibility. Words do have the power to give life, hope, and peace when offered in love to honor Jesus. Let's speak those words today!

PRAYER:

O Father, I want my words to be a blessing today. I want them to reflect your grace. I want them to bring healing to the hurting and comfort to the grieving. I want them to be tender with the broken. I want them to be honorable and truthful in difficult circumstances. I want them to be upright when the language around me is crude. Through your Spirit, use my speech to bless others and bring you praise. In the name of Jesus, your ultimate Word, I pray. Amen.

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

“We need to remember how fragile hearts can be, how quickly a soul can grow weary, how fast a spirit can break.” - Tracia Gloudemans