

FRIENDS CLUB UPDATE

CATCH MYKEL! (DATES & TIMES)

Saving Grace

on TNT

Monday, September 10th

10pm ET/9pm CT/7pm PT

Thursday, September

The Great Observer

Set for release in tandem with *Bolden!* in theaters 2008!

American Century

Investments commercial or to view now visit American Century's website at www.americancentury.com/wel

Behind Enemy Lines

II

In Rental and Retail

Visit Mykel's Website

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

Write Mykel at:

Mykel Shannon Jenkins
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MYKEL IS "BIGTIME" ON TNT'S NEW DRAMA *SAVING GRACE*

"Saving Grace" on TNT Monday, September 10th @ 10ET / 9CT / 7PT
(always check your local listing)

From a devilish demon to a heartwarming wrongfully accused to a tough Miami Dade policeman to the flamboyant Tavares....Who will Mykel be this time?

Don't miss *Saving Grace*, where Mykel plays Dion "BigTime" Reynolds and goes toe to toe with Academy Award winning actress Holly Hunter (Grace). This cop drama is TNT's new smash hit. In this episode, "Everything Has A Shelf Life", you will get a chance to see Mykel bring to life a very different character than any he has

ever done. You don't want to miss it.

As always, please take some time and show some love by writing to *Saving Grace* (TNT), 1010 Techwood Dr. NW, Atlanta, GA 30318. And/or post your comments on the *Saving Grace* message board at www.tnt.tv/series/savinggrace.

Note: TNT rebroadcasts Mondays' episodes on Thursday nights. If you miss Mykel on **Monday, September 10th on TNT**, look for the rebroadcast on **Thursday, September 13th**. For up-to-date info on time and dates, visit Mykel's website at [www. MykelShannonJenkins.com](http://www.MykelShannonJenkins.com).

THE GREAT OBSERVER

Recently, Mykel was in North Carolina, where he was taught to play the trombone for the filming of "The Great Observer." Mykel (center) plays Frank Duson, who was remembered as a competent musician on both valve and slide trombone. He took over Buddy Bolden's band in 1907, when it became known as the Eagle Band. The "Great Observer" is a short piece about a young boy named Louis, recalling Charles "Buddy" Bolden's more celebrated successor Louis Armstrong, dreams of playing the horn while becoming entangled with the denizens of New Orleans's redlight district. "The Great Observer" will debut in 2008 in tandem with the film called "Bolden!," which is a true story of New Orleans cornet man Buddy Bolden, whose legendary improvisational style awed fans and musicians circa 1900 and made him considered by many to be the founder of contemporary jazz/blues. Mykel had a great time filming and learned a lot about the beginnings of what is now called jazz.



WWW.MYKELSHANNONJENKINS.COM

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FOR THE MIND

Verbose \ver-bohs\, adjective

Definition:

characterized by the use of many or too many words; wordy: a verbose report.

Example:

The first sentence is verbose.

Seldom have we perused a document so verbose.

Synonyms:

prolix; tedious, inflated, turgid; voluble, talkative, loquacious

Source: <http://dictionary.com>



FOR THE BODY

Note: If you have back or knee problems, stick with 3-pound weights and don't lower yourself fully into the squats or lunges. Also, be sure to keep your abs tight.

Plié Squat With Upright Row (for thighs, shoulders, butt, core, and hamstrings)

1A. Stand with your feet a little more than shoulder-width apart and toes pointed slightly outward. Hold a 3- to 5-pound dumbbell in each hand in front of your thighs, palms facing inward. Squat and drop your arms straight down toward the floor until you feel a stretch in your inner thighs (don't lift your heels). Return to standing.

1B. Point your elbows away from your body, keep your shoulders down, and draw the dumbbells up your chest as if zipping a jacket, keeping the weights close to your body. Lower your arms to complete the rep. Do as many reps as you can in 4 minutes (about 20-40).

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

FOR THE SPIRIT

VERSE:

But when they [the disciples] saw him [Jesus] walking on the lake, they thought he was a ghost. They cried out, because they all saw him and were terrified. Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid."

-- Mark 6:49-50

THOUGHT:

In the middle of our storms and terror, Jesus passes close by, just waiting for us to acknowledge our fear and need, so that he can join us in our worst nightmares and help us through. Incredibly, Jesus' words here are literally, "Take courage! I Am." God revealed himself to Moses in Exodus 3 as I Am, reminding Moses that he heard the cry of the Israelites and had seen their hardship and was now coming down to help them. Jesus does the same for us!

PRAYER:

Thank you, O God, for not only being there, but being close by -- always waiting to respond to my cry of distress and fear. Forgive me for not inviting you and the Lord Jesus daily into a more active role in my life. I know you are near, so I ask that you not only make your presence known, but that you will gently confront me when I push you to the periphery of my daily life. In the name of Jesus I pray. Amen.

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

*"A man's life
consisteth not in the
abundance of the
things which he
possesseth."*

[Luke 12:15]