

# Sports & Entertainment

## ME releases 2nd single “Grown Man” now available from their debut “All Good Things” set to follow suit on July 24

*New Project from former founding members of Taking Back Sunday Mark O’Connell and Eddie Reyes*

JUNE 16, 2026, New York, NY— “The song isn’t just about love. It’s about trust. It’s about second chances. It’s about finding someone who believes in you when you’ve forgotten how to believe in yourself,” says drummer **Mark O’Connell** of **ME**. about their second single **"Grown Man"** from their debut **ALL GOOD THINGS** (independently released on July 24, 2026). "It's a song about finding someone who makes you want to put your guard down again. Someone who reminds you that being strong isn't about building walls. It's about having the courage to stay open after life has given you every reason to close down." The new track is a follow-up to their first single "Special" that shows another side of the band. Anthemic and passionate, "Grown Man" finds the band cementing their foothold into alt-rock's foundation, establishing them as a new force in the music world. Together with guitarist **Eddie Reyes** (both of whom are former members of Taking Back Sunday), **ME**. presents a new beginning with a new sound and musical outlook for them. With the additions of vocalist **Mike Jansen** and bassist **Neal Amiruddin**, **ME**. opens a whole new book. "We want to share this with the world and go back to having fun again."

As with most of the music for All Good Things, "Grown Man" began with the instrumentals between Reyes and O'Connell. Learning that the alchemy they had in their former band was still intact, the passion and emotion pours through their guitar and drum parts that explode in technicolor. "Grown Man," in particular, started out with inspiration Reyes found within his daughter. "For me personally, the idea came from hearing my daughter vocalizing in her room," he explains. "I paired it with riffs I had floating around in my head. I also knew just getting together alone in a room with Mark, we were going to create some fucking good music, I want listeners to know that we've been through a lot, all of us respect-



ME members are ready to release album “All Good Things” and single “Grown Man” to waiting fans. (Photo credit: Amber Patrick)

fully, and it's just a new, fresh breath of air in our lives." Once the musical bed was ready, Jansen added his lyrical magic, which he too drew from personal experience. "When I wrote this, I had not met anyone in the band. I was at home in Chicago. Married around a month at that point, I wrote a song about falling in love and the decision to ask someone to spend the rest of their

*"When I wrote this, I had not met anyone in the band. I was at home in Chicago. Married around a month at that point, I wrote a song about falling in love and the decision to ask someone to spend the rest of their life with me. It's scary and beautiful."*

life with me. It's scary and beautiful." Reflecting on the move through his own personal experience in relationships, O'Connell's new start to trust in love (as well as O'Connell and Reyes' ability to write together again), Jansen was the puzzle piece needed to lyrically and vocally complete the new single. "In a lot of ways, 'Grown Man' is what the whole album is about - choosing love and fighting for it by fighting for yourself," Jansen adds. "The interesting thing is that Mike didn't change the direction at all," O'Connell says. "He

Link below for YouTube Video:.,  
<https://youtu.be/1l2bSc1x-ps?si=4W2nrWkyOYp2tLux>

somehow found exactly what was already living inside the song and amplified it." Both emancipated from their previous shared band experience, Reyes and O'Connell's reconnection represents a conscious decision to build something entirely fresh with a different divergence. "It wasn't about timing in the industry sense," O'Connell explains. "It was about timing as people. We're not trying to recreate anything. We've already done that. This was about building something that works for who we are now." "We are not the same guys we were 25 years ago," Reyes adds. "ME. is about growth. It's about creating something new."

- Tracklist:
1. An Introduction

2. Bloodsport

3. Grown Man

4. Special

5. Violent People

6. Nuzzo

7. Big Smiles

8. Sun Poison

9. Soap Bar

10. The Astronaut Show

11. This Is What It Feels Like To Be Normal

All Good Things is an album that feels less like a collection of songs and more like a progression—moving through conflict, vulnerability, and, ultimately, a form of acceptance. The album title reflects that journey. While the album title nods to the familiar phrase, the band reframes it as something more expansive: not an ending, but what comes after. What gets rebuilt when everything familiar falls apart. “At its core, All Good Things is about survival, reinvention, and choosing to move forward,” the band

shares. “Some things end, but that doesn’t mean the story is over,” Jansen adds. "This album is very real for me. I’m not living in a feeling of extreme internal conflict anymore, but I think a lot of us go through or eventually have to give ourselves some hard talks about reality. Life is short. Make positive change wherever you can. Start with yourself and move on from there." "Eddie and I have been writing songs together for a very long time," concludes O'Connell. "I genuinely believe these are some of the best songs we've ever written. But great songs alone don't make a record. You need

people who believe in each other. More than anything, I want people to know that this is the album Eddie and I deserved to make, but we couldn't have done it alone." ME. is comprised of **Eddie Reyes** (guitar), **Mark O'Connell** (drums), **Mike Jansen** (guitar/vocals), and **Neal Amiruddin** (bass). Their second single "Grown Man" is out now. ALL GOOD THINGS will be released independently on July 24, 2026. Album pre-orders available, visit their website for more information, Instagram, and Facebook.

## Grizzlies acquire draft rights to Karim Lopez

MEMPHIS, Tenn., June 23, 2026 – The Memphis Grizzlies announced the team acquired the 2026 draft rights to forward Karim Lopez (No. 21 overall) and three future second round draft picks from the Detroit Pistons for the 2026 draft rights to guard Ebuka Okorie (No. 17 overall). In a preceding trade, the Grizzlies acquired the draft rights to Okorie and two future second round draft picks from the Okla-

homa City Thunder for the 2026 draft rights to guard Bennett Stirtz (No. 16 overall). Lopez (6-8 ¼, 222) played the previous two seasons with the New Zealand Breakers as part of the Australian NBL’s Next Stars program and averaged 10.9 points, 5.5 rebounds, 1.6 assists and 1.0 blocks in 24.4 minutes. The 19-year-old scored 358 points in 30 games for the Breakers last season, the most

ever by a draft-eligible player in the history of the NBL Next Stars program, surpassing high marks previously held by LaMelo Ball, Josh Giddey and Alex Sarr. During the 2024-25 season, Lopez became the youngest player in NBL history to record a double-double by scoring 13 points and grabbing 10 rebounds as a 17-year-old against Sydney on Oct. 27, 2024

## Beale Street Live Performance from Morning After Club premieres June 27; Recording can also be viewed on DMC’s YouTube Channel

MEMPHIS, TN - Beale Street Live, a live recording series spotlighting Memphis musical talent, will debut its next video release on Friday, June 27, featuring live house and techno sets by Morning After Club. Filmed on Beale Street, the performance will premiere on the Downtown Memphis YouTube Channel at [youtube.com/@Downtown-Memphis](https://youtube.com/@Downtown-Memphis). Presented by the Downtown Memphis Commission and Beale Street Management, Beale Street Live aims to bring the intimacy and authenticity of Memphis music digitally to fans every-

where. The series launched in May 2025 with a captivating set by Savannah Brister, followed in September 2025 by Talibah Safiya, and The PRVLG in November 2025, whose recordings can be viewed on the DMC's YouTube Channel. To attend the next Beale Street Live taping and stay in the loop on future performances, sign up for the Beale Street Beat newsletter. For more information, visit [www.downtownmemphis.com](https://www.downtownmemphis.com). About Downtown Memphis Commission The Downtown Memphis Commission (DMC) drives Down-

town's role as the economic, cultural, and governmental core of our city and county. The DMC is funded by an assessment on commercial property in the Central Business Improvement District (CBID), which is reinvested into funding incentives and activations designed to support the growth of both Downtown’s population and appraised commercial property values. Through their investment in Downtown development, infrastructure, vibrancy and activation, The organization is creating a stronger Downtown Memphis—a Downtown for everyone.

