



# Laughing at pregnancy

Cheryl is wearing a cream tie-back, long sleeve top and jeans by "NOM." Earrings and necklace by "Cilla"

# *Hilarious Cheryl Hines*

and *(some of)* what it brings

Maybe it was her carefree childhood spent swimming with her siblings at their lakeside home in Winterhaven, Fla. Perhaps it was her training at the Groundlings Theater that taught her to not take herself too seriously. It could even be her comedic genius that keeps life flowing at a jovial pace. Whatever the reason, actress *Cheryl Hines* takes a humorist's approach toward life, which allows her to laugh off many of the mind- and body-altering aspects of a first-time pregnancy. >

*By Suzy Feine*

*Photography by Brie Childers*



### Nothing to Laugh About

It's hard to think of anyone who laughs more than Hines. Her joyful look at life is evident and seems to carry her through most situations, except the first trimester of her pregnancy. "Oh, lady, it was rough!" she says. "I was nauseous the whole time, I dropped weight, just a few pounds, but it just showed how much I didn't want to eat."

Luckily, Hines found a few odd food combinations that worked. "The only thing I could eat was mashed potatoes, Popsicles® and ginger ale," she says. "And now I can't really bare to eat any of them."

During the first trimester, pregnancy also wreaked havoc on her mental state.

### CHERYL HINES' PREGNANCY BEAUTY REGIMEN

Living in California and Florida, the sun and its damaging effects are a big concern for Hines. "I always use SPF moisturizers and always carry around Olay® moisturizer with SPF 15," she says. "I grew up in Florida; it's always been something to consider."

In the morning, Hines uses skincare products by Ole Henriksen. "They have great moisturizer and anti-aging cream with folic acid that I love," she says.

Her evening ritual consists of removing her makeup before applying Prada moisturizer and lightning serum for under-eye circles. Then, Hines deals with the skin nuances associated with pregnancy. "Every night before I go to bed, I rub on this stretch mark oil from Ervaviva that my agent bought me," Hines says. "She said she used it for all three children and she looks great!"

"The first three months I was very emotional," she says. "I think I cried every day. I didn't even feel depressed, it was just hormonal." For someone whose livelihood relies on her ability to make others laugh, feeling depressed and cry-

ing all the time has never been part of her emotional makeup.

### Funny Business

Acting and comedy come naturally for Hines. "I've always wanted to be an actress as long as I can remember," she says. "When I was a kid, we used to put on sketches for my parents. Every other weekend we'd make them come to our bedroom, my sister and I, and we'd perform for them whether they wanted to see it or not."

Hines retained this love for acting into adulthood while she attended college and then graduated from the University of Central Florida. She studied theater and television production, but it wasn't until she moved to Hollywood and met Phil Hartman's sister, who spoke of her brother's beginnings in comedy at the Groundlings Theater, that Hines realized the direction of her career.

"Most of the training [in theater] was very serious and dramatic," says Hines. "So when I went to see a show at the Groundlings Theater and it was funny and silly, I realized that was what I was supposed to be doing."

Hines started taking classes at the Groundlings Theater, and her first teacher there was *Friends* star Lisa Kudrow. "And then I was invited to

become a member and it was really one of the biggest moments in my career," Hines says. "I felt like I'd really accomplished something and I was working with really talented people. It changed my life, the Groundlings Theater." >

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### A Laugh a Minute

After becoming a member of the Theater, Hines was cast as Cheryl, wife of Larry David, on the Golden Globe Award-winning HBO comedy series, *Curb Your Enthusiasm*. The show was nominated for 10 2002 Emmy Awards, including Best Supporting Actress for Hines. In June 2003, she received the Gracie Allen Award for the role.

*Curb Your Enthusiasm*, an improvisational show filmed entirely without scripts, is a welcome challenge for Hines. "Fortunately, I had a lot of training in improv," she says. "Otherwise I wouldn't be able to do this role."

While many might feel that acting without a script would be difficult, Hines feels it's a liberating and exciting way to work. "It's not that hard because I'm working with Larry David and Jeff Garlin and people who are brilliant," she says. "It's hard keeping a straight face because I never know what they're going to say."

In addition to television, Hines often performs stand-up comedy at the Groundlings Theater, which is where she met her husband, Paul Young, chairman of the board for the Groundlings Theater and owner of Principato-Young Entertainment. "I met him and I fell madly in love with him," Hines says. "We dated for about six months before he proposed and then we dated for another six months before we got married." Hines and Young married in December 2002.

At 38, Hines is somewhat anxious about her first pregnancy. "I don't know what to expect and I don't know how it will affect my life," she says. "I get a lot of advice from family and friends and, of course, it differs from person to person."

For Hines, pregnancy has brought

some welcome changes – and a few unwelcome ones. "When I was going through my first three months of pregnancy, I started to worry that I had changed and I was never coming back," she says. "I thought I was always going to be crying on the couch and eating mashed potatoes." Due in March, Hines is feeling back to her normal self, just knowing the end is near.

Fitness has always played an important role in Hines' lifestyle. "I work out with a trainer three times a week," she says. "I walk for a mile, usually on the treadmill and sometimes outside. I do lunges, push-ups, dips, but nothing where I'm laying on my back and no jump-roping or anything jarring."

Currently on hiatus from *Curb Your Enthusiasm*, Hines recently landed the female lead in DreamWorks Television's new NBC primetime animated series, *Father of the Pride*, debuting Fall 2004. Hines plays Kate, wife of John

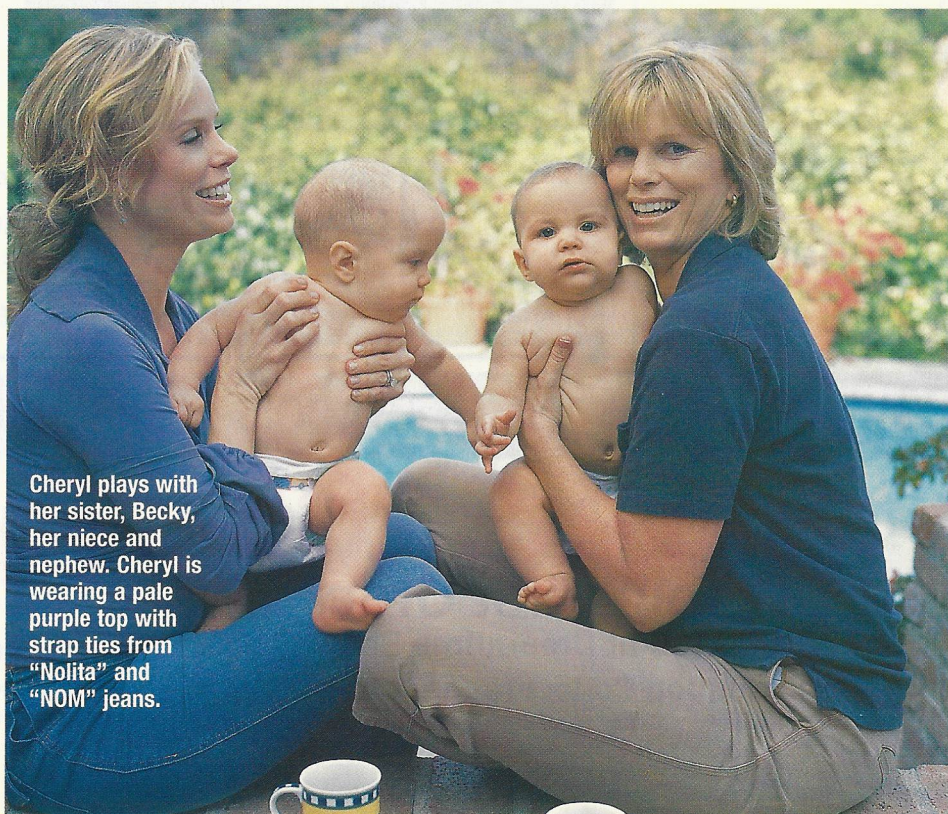
Goodman's character, Larry, on this series featuring a family of white lions. "I barely consider it work because it's really fun," says Hines. "It's voice-over so you don't have to worry what you look like."

### Just the Three of Us

Hines' hiatus from *Curb Your Enthusiasm* will carry through to September 2004, giving her plenty of time to adjust to motherhood. "We plan to hire a nanny, someone that we really trust and think will be great with the baby, and she'll help us out when I'm shooting," she says.

Hines' husband also intends to play a key role in raising their baby. "He's very excited about having this baby and he wants to be a great father," says Hines. However, she is cautiously optimistic about her husband's involvement. "He doesn't know what to expect," she says. "He's only touched a baby once so he's flying blind!"

As they patiently await the arrival of their baby, free time together is a precious commodity for Hines and Young. "He watches me sleep," she says. "Sometimes we go to movies, but that's about it. He watches me eat; we have a great relationship!" ■



Cheryl plays with her sister, Becky, her niece and nephew. Cheryl is wearing a pale purple top with strap ties from "Nolita" and "NOM" jeans.