

Q Your life is so busy. How are you feeling now that you're pregnant?

A At the end of the day I am so tired I can't function or speak and my eyes glaze over; but this pregnancy has seriously melo- lowed me out, which is nice. I've been going, going, going for so long, it feels nice not to take things so seriously.

Q You must be in full-fledged nesting mode.

A Yes! We had to get a baby-friendly house because my home was four stories with a big spiral staircase—so *not* a baby house! It's a big project, with painting and decorating. The crib and other baby furniture I'll get through the charity Step Up Women's Network (suwn.org). They started a baby furniture line that helps serve underprivileged women. I think often the baby's room doesn't fit in with the rest of the house, but this line does. Plus, the crib is made of sustainable wood, and the other furniture has low-VOC paint.

Q Are you having any cravings or aversions?

A I suddenly love citrus stuff, oranges and lemonade; I can't get enough of it, and I didn't really care for any of that before. And I can't deal with things that are too pungent. I used to love truffles; now I can't. I also have a hard time eating a big steak.

Q What kind of mother do you think you'll be?

A I don't want to be my child's friend; I want to be a mom. But I do want my child to come to me when they have problems and need to talk, so it's going to be about treading that line.

Q There are so many child-raising "experts" out there. Who, if anyone, are you getting tips from?

A I watch the TV show *Supernanny* with Jo Frost, and it is so obvious, of course, when you are not in the situation yourself to go, "The kid is jacked on sugar all day long and you are arguing with them? Send them to a time-out chair or to their room!" But because the parents never established those rules, the kids are doing anything they want, and I look at that closely.

Q Your own heritage is very diverse; how are you going to introduce your baby to all his or her different cultures?

A Mostly it will be the Mexican traditions that will be important. At Christmas we sing *Las Posadas*, which is like a Christmas play, and we sing all of the Christmas carols in Spanish and English. My grandmother has traditions I will definitely be exposing my kid to.

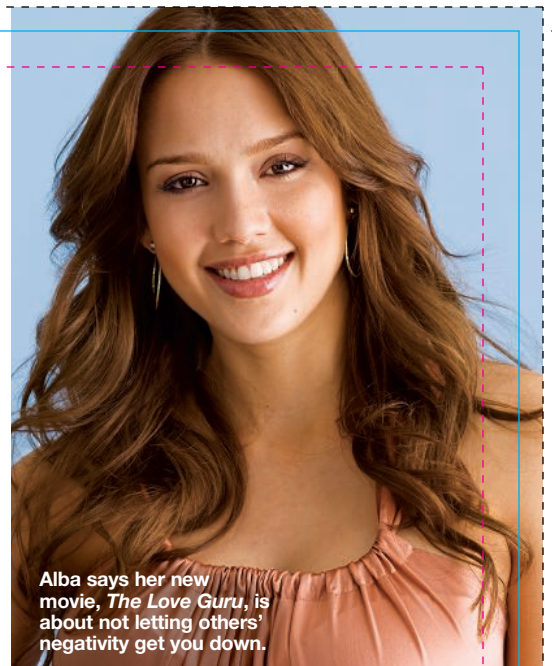
As far as food goes, we are pretty diverse. Cash grew up with soul food, I grew up with Mexican, but we both love sushi and lots of other kinds of food, so we will be able to expose our kid to so many different things.

Q How do you think Cash will be as a father?

A We are pretty similar in our views on parenting. But I really don't want my kids eating McDonald's, and Cash will probably be the kind of dad who'll sneak off and get McDonald's for them and tell them not to tell mom!

Q What can you tell us about your next film, *The Love Guru*, with Mike Myers?

A Mike is a fan of Deepak Chopra, so his script combines his two favorite things, Eastern philosophy and hockey—plus that crazy *Austin Powers* comedy! I play the owner of a cursed hockey team and I hire the love guru to help fix my star player's love life.



Alba says her new movie, *The Love Guru*, is about not letting others' negativity get you down.

Fit mama

Jessica is replacing her usual workout routine, which includes running and weights, with prenatal yoga. "I hear it helps make labor easier," she says. The health-conscious mom-to-be is also favoring fresh fruit, especially the citrus variety. "I was never on a strict diet before, so I just eat more fruit than I used to," she says.

Q What are your plans for the delivery?

A I want to spend as much of my labor as possible at home, and I'm taking a HypnoBirthing class. It's a relaxation technique that allows you to avoid going into panic mode and tightening up. If you are calm and relaxed, your body will just do what it has to do.

Q Did you always want to be a young mother?

A I think I'm the perfect age— young enough to be a young mom but old enough to be prepared and totally ready for it. My parents were 19 when they had me, and that is different from being 27. And I've lived many different lives, so I'm excited and happy to be a mom right now. >>