

SOAK GIRL

# Tamie Sheffield

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*Shot on location at The Belamar Hotel ([thebelamar.com](http://thebelamar.com))*



The bright lights of Los Angeles are far from her native Mechanicsburg, PA, but actress/model/host/bombshell Tamie Sheffield has a score to settle: she's not dumb.

While slaving over the 800 photos she had to edit from one of her recent photo shoots in the desert, where she avoided goons on ATVs, dust storms and tumbleweeds, Tamie Sheffield chatted up SOAK.

Aside from teaching SOAK a game of acronym Scrabble that included such hot topics as 'JGF hair' and 'CFM heels'—hey if you don't know what they mean, you can't sit at the cool kid table—Tamie spouted off about what it's like to be the smart cheerleader (we understand it's a rare breed), the crunching taste of a mouthful of maggots, and what it's like to be one of the *Pieces of Ass*. Oh yeah, she's also the host of this year's *Lingerie Bowl*.

Ok fine...grab a chair at the cool kid table and sit down. Just don't offer Tamie a slice of cheese.

**SOAK:** *You do the modeling thing now, but you've been dressing up for years. Weren't you homecoming queen in high school?*

**Tamie:** I guess we could say in high school for senior year I was best dressed. I was the whole cheerleader thing; the homecoming queen; I was in the student council; I was in National Honors Society even though all my girlfriends weren't—that was always kind of a joke through high school and college. In college, I was the only one in all of my pictures with the Honor sash and when I was going across the stage for graduation [she graduated summa cum laude with a degree in Education] all my girlfriends were like, "She stole the sash." [laughs] It was like, "OK, haha." I was the only one in the whole group.

**SOAK:** *So you defeated the beautiful cheerleader stereotype that leads people to think that you're dumb?*

**Tamie:** I am so not that stereotype! First of all, I grew up a tomboy on a farm. I remained a total tomboy until I was in the eighth or ninth grade; that's when I discovered clothing, boys and stuff like that. [laughs] Before that, I was into trees, collecting tadpoles [get your mind out of the gutter], catching butterflies, and whatever. In high school, I did do the whole cheerleader thing, but I was also a straight-A student, did charity work [Tamie recently played in a charity softball game for *Best Buddies*, an organization run by the Shriver family for kids with autism and Down Syndrome] and student council. So, I wasn't just the cute, ditzzy cheerleader. I was never really in a particular clique or niche.

**SOAK:** *Not having a niche in high school isn't such a bad thing.*

**Tamie:** I know. I'm not dissing it. That's the way I am today, which I love. People may look

at me and say I look like—it's not really a compliment—an LA girl. But I also have a brain and I'm very nice.

**SOAK:** *I hear stories about girls from LA, but I hear a lot of them are kind of bitchy.*

**Tamie:** You don't have to sugarcoat it, hon, you can say it. They're bitches. [laughs]

**SOAK:** *As far as now being in LA, you're in movies and you're in magazines. I imagine you get approached by guys all over the place.*

**Tamie:** Oh, yeah. I can't complain. It's flattering. It's just the real annoying ones that, uh, get me annoyed. Some of them, especially in LA, are just way too pushy or don't understand the word "No." If they have money or power...for example, if they're a director or producer, they think you're just supposed to bend over and say, "Ok, I'll date you. I'll do this, I'll do that." I'm so not that way. That's not fun.

**SOAK:** *What would be one of the most annoying recent approaches?*

**Tamie:** We were out at a Halloween party and this guy came up and said, "I want to introduce you to this guy who's been watching you all night." I didn't even get a chance to say yes or no, and he's like, "He's on MTV!" I kind of looked at him and said, "Am I supposed to be impressed?" I guess you could say I had a couple cocktails by then. [laughs] He was shocked! I re-phrased and said it kind of

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jokingly, "So...I'm...supposed to be...impressed?" I was just like, 'Dude, he would have had a better chance coming up to me himself instead of having you come up.' He could have just said, "Hey what's up, how's the party?" It was almost like I wanted to go up to his buddy who was a couple steps away and say, "You gotta figure another approach, hon." It was so bad the way he was going about it. "Well, he could get you on MTV." Well that might work for someone that, I use the phrase, "just got off the bus," but for somebody that's been [in LA] for a couple years, it's not going to work.

**SOAK:** *What would be the proper way for a guy to approach you?*

**Tamie:** Just make me laugh. That's definitely the best way. Do something to make me laugh, whether it's coming up and telling me a joke or giving the girl next to me rabbit ears. You know, that's funny. It shows also they can make light of themselves and that they're not so macho cool. I think that's a problem for a lot of guys—they try to be too cool instead of being lighthearted. You know how a lot of pretty girls can't make fun of themselves, or can't be dorky and feel they have to be so on-top of things? I'm the opposite. I just love being

goofy and dorky. I think guys appreciate a girl who can make fun of herself. There's a niche there; there's not too many hot girls out there who are funny. I'm definitely not cookie-cutter.

**SOAK:** *With all your different projects going on, do you ever just want to focus on one?*

**Tamie:** I started off pretty much doing modeling and then I got into some acting and now my main focus, and what I really want to do, is more hosting. Of course, I still do the acting and modeling if it comes around. I don't turn it down. Everyone from my publicist to my agent or manager say, "Come on, Tamie you need to focus here, are you an actress or a host or a model?" And I'm like, "I'm all of them." Just look at Tyra Banks. She's hosting her own TV show, but she's also a model. There are a few people out there doing their singing careers but they're also actors/actresses. I hate when people want to just narrow me down to something.

**SOAK:** *Why types of things do you like to do outside of work?*

**Tamie:** Believe me, I'm very into my career, but it's not my life. My passion in life right now is to travel. I love going out with my friends and having fun. I'm not working seven days a week; I think I'd drive myself and the people around me crazy!

**SOAK:** *Well, you've been known to do crazy*

*stuff. How long ago were you on Fear Factor?*

**Tamie:** I was on it so long ago (in 2003) and it just keeps following me. It was a great experience. I won \$50,000. I actually got a couple acting roles out of it; it was great! People were saying, "Why did you do it?!" For one role in particular, a director saw it and he was getting ready to do a shoot down in the bayou, and they were looking for a girl that had my look. It was low budget, so there was no stunt double and there weren't any trailers. It was very low budget. They weren't looking for a prima donna. "Oh, look at this girl on *Fear Factor*, she can do this and she can do that; we should contact her."

**SOAK:** *Did you get sick eating a maggot-ridden piece of rancid cheese on the show?*

**Tamie:** I got sick probably about ten times afterward. To this day, I still have a hard time eating cheese. It wasn't the maggots; the maggots were fine. The maggots are kind of like Rice Krispies where they kind of pop in your mouth and maybe stick in your teeth. The maggots have a little hard shell and they have no taste. There's nothing there, it's a mind game. *Fear Factor* is mind-screwing at its best. The cheese was just rancid, nasty, and disgusting. Putrid is the best description!

**SOAK:** Did you have to see a doctor after that?

**Tamie:** Nah, I just threw up about ten times.

**SOAK:** That's hot.

**Tamie:** I rubbed my fingers with everything possible until I swear I was rubbing my fingerprints off! I just could not get the smell off of them. I'd lie in bed, put my fingers next to my nose and just gag! I could not get that...smell off my fingers.

**SOAK:** Please tell me about *Pieces of Ass*. That sounds...interesting.

**Tamie:** *Pieces of Ass*—I don't want to say it's a knockoff of *Vagina Monologues*, but that's what it is. There are ten women and each have a three minute monologue on what it's like to be a piece of ass. [laughs] It could be anything from the perks, the downfalls, the stereotypes; anything on what it's like to be a piece of ass. It started in New York as an off-Broadway show, did really well, so the producers brought it to Los Angeles. It did well in Los Angeles, so they took it to Las Vegas. So we did it in Vegas at the Joint (Hard Rock Hotel) where the Rolling Stones, the Eagles, and Lenny Kravitz have all played. To be on the stage was an honor. It was so cool. We went out there for a weekend and Rachel Hunter was with us, she was what we called "The Main Piece of Ass." That sounds so bad! [laughs] It was a great turnout and people thought it was hilarious. You just kind of get up there and talk.

**SOAK:** So you guys were half-naked?

**Tamie:** No, I just wore jeans and a tiny, little bustier top. The one girl, she was a lesbian, so when she came out, she wore a cheerleader outfit and she's like, "You know these are the kind of girls that everyone likes." Then, she started to take things off and she became all butch with this wife beater and these little tight black shorts. And then she's like, "They're the kind of girls that I like too." [laughs] One girl's was, "How come when guys sleep around they're cool, but when girls sleep around, they're sluts." I know it says







*Pieces of Ass*, but it's not like we're out there half-naked; we're in sexy outfits. That was my first stage debut and let me tell you, it was scary! I'm way more of a film actress than a stage actress.

**SOAK:** You're going to host this year's *Lingerie Bowl*, to be played during Super Bowl halftime on Feb. 5. What has that been like?

**Tamie:** That's the big thing that I've really been putting time into now. I hosted it last year and I'm also hosting this year. We have Jenny McCarthy and Dennis Rodman, which is huge, so it's going to be a hit. We're going to do a pre-game, which is called the *Leather and Lace Lingerie Bowl*. There are four teams right now: Chicago, New York, Dallas and LA; the winner of those two teams will go on to the whole Super Bowl halftime challenge, which will be aired on TV. The girls started practicing in November and have put in a lot of time. Everybody thinks girls just go out there and pull each other's hair, but it's not like that at all. It's full contact football. These girls all have to pass tests. They have to learn football or they'll be cut and be replaced. It's as serious as lingerie football can be! Considering the whole thing with the halftime show two years ago (Janet Jackson), you wouldn't believe how many people tune into the *Lingerie Bowl*.

**SOAK:** Why aren't you playing in the *Lingerie Bowl*?

**Tamie:** People ask me that all the time. I did my stint in wrestling, with *WOW, Women of Wrestling*. That was enough full contact for me! I love hosting and to be honest, they asked me to be one of the celebrity quarterbacks, but I declined, because I wanted to be a host.

**SOAK:** One of my buddies was hoping that you would play and wanted to know if he could be your waterboy...

**Tamie:** Oh God. [laughs] When I was wrestling, people say, "Do you need help practicing your body slams?" I'd sit there and look at him and say, "That's original. You know I've never heard that one before." "Can I be your water boy," he put a lot of thought into that one...tell your guy to try again. [laughs]

Feast your eyes on more of Tamie at [tamiesheffield.com](http://tamiesheffield.com).