



HOLLYWOOD

By Adrienne Papp

The Heart Foundation presents The Steven S. Cohen Humanitarian Award

The Steven S. Cohen Humanitarian Award, presented by The Heart Foundation honors the man whose sudden death transformed a community. Each year individuals committed to the betterment of mankind receive this prestigious award bearing his name.

This year's event at the Hollywood Palladium—*The British Beat*—offered guests a VIP Martini Lounge, flash-back food, monumental music by the 'knock-off' live bands: *Sticky Fingers*, *The Who Show* and *Led Zepagain*, who rocked out for the Foundation.

December 1995, Steve Cohen went to play his weekly game of basketball with friends. During the game, this healthy-looking, 35-year-old complained of not feeling well. He sat down, suffered a massive heart attack and died. In January 1996, The Heart Foundation was founded to increase heart disease awareness and support the work of P.K. Shah, M.D., Chief of the Division of Cardiology and Atherosclerosis Research Center at Cedars-Sinai Medical Center and Professor of Medicine, UCLA.

Past recipients include Marshall Ezralow, Norman Brokaw, Kirk and Anne Douglas. Heart disease now claims one million lives each year—men and women. Every 33 seconds someone in the U.S. dies from cardiovascular disease. More people die of heart disease than



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AIDS and cancers combined. Each year 250,000 people die specifically of (SCD)—sudden cardiac death—many are under the age of 65.

For more about The Heart Foundation:
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Photos by Thomas Neerken



Heart Foundation Chairman Mark Litman,
Dr. P.K. Shah, Tamara Litman & Kimberly Shah



Tatyana Danilchenko, Michael Sutton,
DJ Eque & Rap Artist Talib Kweli

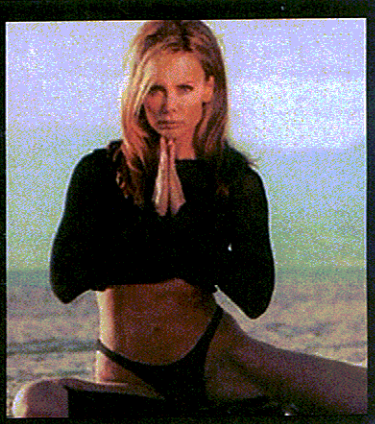


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Adrienne Papp is a prominent economist/MBA, from UCLA & NYU, whose public relations and marketing/business development expertise have turned numerous start up companies into successful business enterprises. When not building corporate America, Adrienne is busy hob-nobbing with rich and famous of Tinseltown. Contact: Adrienne@adriennepapp.com

8 BEVERLY HILLS TIMES May 2006

LIGHTS... TAMARA... ACTION...



The Rising Star of Tamara Henry

Roll out the Red Carpet!
There's a new face on the TV scene. **Tamara Henry has been named news anchor for "Beverly Hills In Focus"—Channel 10 week-nights at 6:30pm & 11pm.**

Tamara Henry has been the *Red Carpet*

Celebrity Host and center of media blitz as "star" reporter for the legendary Oscar *'Night of 100 Stars'* for the past two years. A year ago, Henry was delivering news for Santa Monica City TV Channel 16, and, today, she co-hosts *Santa Monica Update* and *Metro Motion*, both seen daily. With a degree in Broadcast Journalism this sweet Southern belle started on her winning streak capturing crown and title of *Miss Arkansas USA*. Soon, an anchor position on the nightly news, at WB, in Little Rock, Arkansas. Three years later...off to California to work at one of the top five Fox affiliates in the nation. Henry now calls Venice, California home and, enjoys the hip and artistic life with her Himalayan cat, *Kindles*.

An avid roller-blader, Henry does a nine mile turn around almost every day and enjoys meditating at the beach. A creative soul whose passion lies in the balance of mind, body and spirit, her ultimate dream is to be a national entertainment anchor or host a national television show. Henry graduated in August, with a Masters in Spiritual Psychology from the University of Santa Monica, with an emphasis in consciousness, health and healing.

"I wanted to add depth to my health and medical reporting and deepen my own

way of being in this world." Henry plays an anchor or reporter in films, a role she's fulfilled in real life for a decade.

"Being a newscaster makes it more believable than an actor who doesn't know the subtle nuances, inflection or how to deliver news copy," states Henry. Future plans include a Ph.D. from the Pacific Graduate Institute and study of Carl Jung and meaning of life. Tamara started in journalism

at the *Arkansas Times* newspaper entertainment section and plans to continue at the *Beverly Hills Times*, reporting on what she knows best: celebrities and events where spirituality is involved. Her first story: the new non-profit organization, *Institute of Spiritual Entertainment Los Angeles*, formed by the producer of the film, *'What Dreams May Come'* to support spiritual cinema.

"The hunger for meaningful television is increasing. People seek higher answers than just what stars are wearing. Soon agents will be scrambling to find the nation's first spiritual entertainment reporter." Read more about Tamara Henry.

Visit: www.TamaraHenry.com
Contact TamaraHenry@Email.com



Hosting the 2006
'Night of 100 Stars'



Access Hollywood's
Rob Silverstein at the
NALPE Convention



Henry and Mary Hart at
the ET Christmas Party

PROFILE TAMI LYNN



**Hollywood Mover & Shaker...
Globe Trotting Personal
Manager to Tinseltown A-listers...
Breast Cancer Survivor turned
Nouveau Fashion Designer...**
Lynn is one tough cookie and bottom line,
the word 'NO' doesn't exist in her world.
What Tami Lynn wants...Tami Lynn gets!

For more than 30 years, Tami Lynn has lived in the Hollywood spotlight. Legendary for making the ground quake while negotiating with her attorney, Henry Holmes, breakneck contracts between Studio bigwigs and clients she represents; Lynn is talented, her expertise in the field of Personal Management made her Executive Director and Founder of the National Conference of Personal Managers Western Division, and President of the Conference Of Personal Managers. She has earned a name in the entertainment industry for behind the scenes excellence on numerous television series, documentaries and numerous big screen projects. Lynn is presently working with Writer/Producer/Director Verne Nobles, and actor Lui Leung Wai, as Executive Director of the Children's Entertainment and Educational Science Showcase Center for the Pangea Island Theme Parks.

No shrinking violet in front of the camera either, in addition to her current laundry list of film projects that she is producing on her 24/7 agenda—one in particular, is very close to her heart. A breast cancer survivor, Lynn is gaining national recognition from Washington to Sacramento, with her lobby to find proper education, support and fashionable attire for other cancer survivors.

Tami Lynn started her own Personal Management Company in 1968. Her name is attached to the biggest stars, on the biggest television series made: The Brady Bunch; One Day At A Time; Eight Is Enough; The Bad News Bears; The Waltons; Dynasty; Heart Of The City; Married, With Children; Jesse—the list is endless.

With hundreds of clients doing hundreds of television commercials, starring & guest roles on a weekly series, movies of the week and feature films at the same time, the one thing Lynn could always count on was spending endless amount of time on a plane and on the set waiting for a client. Hence, a fashionable plan was hatched.



The Hope Hat—
a spinoff of the
Chapony Tail Hat
for those undergoing
or recovering from
Chemotherapy—
hair is attached
for a natural look.

Born in Chicago, Lynn spent part of her childhood in New Orleans. When she was 10 years old, her parents moved the family, with her brother and sister to Los Angeles and, not a minute too soon for this budding Hollywood star, who couldn't wait to plant roots in Tinseltown. Although Lynn's father was a well-known night club pianist, who enjoyed a celebrated career, he discouraged his daughter from taking the showbiz plunge. Lynn gave no notice and stayed on track to find her Hollywood niche.

"No way did my father want me in the entertainment business. But my mom was my rock and encouraged me," stated Lynn. "The fire was burning. I just did not know what for. After college, Lynn accepted a job, at the Russ Larson Drama Studio, in North Hollywood teaching young schoolers—her first taste of behind the scenes action—she loved it! In time she opened her own drama school and Personal Management Company and her star was launched.

"I had an eye for kids destined for stardom...could pick them out of a crowd every time, she says. There are those few who have it...they're on! It's like they walk in, flip a switch and the room lights up." By her fifth year, there wasn't a casting director in Hollywood, who didn't have her number on their speed dial and business was booming! At one point she had 80 commercials running at the same time. As easy as she made it seem, however, Lynn's job was no day at the beach. It was a demanding and non-stop.

A Manager is different than an Agent. Managers provide every area of a client's career, making certain they have whatever they need to focus on success. Managers work 24/7, weekends, holidays doesn't matter. Agents negotiate contacts. Then, they're finished until the next job. Years of floating between times zones, observing actors, clients and people on sets, Lynn had a vision that not only changed her life, but the lives of thousands of others.

"The idea for The ORIGINAL CHAPONY TAIL hats was born from watching women, men and children look for ways to hide their hair under a cap," Lynn says. "Whether their hair was messy and they wanted to make it fashionably unnoticeable, or were trying to stay warm, the look was the same. Unflattering. People with long hair looked the worst.

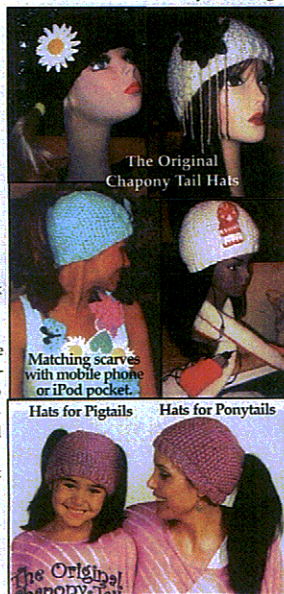
They jammed their hair into caps and there was this giant lopsided blob inside the cap. It looked awful. I knew there had to be a better solution." There was Lynn came up with an idea to design a trendy 'beanie-like' hand knitted hat, with an opening to pull through hair into a ponytail. She assembled a professional knitting team to accomplish her goal. It took months for Lynn to approve a model worthy for the hand-knitted caps. Some might think designing a cap with an opening for a ponytail is not rocket scientist work, Lynn's team worked as if it was.

"I was used to sitting in a room with 20 executives, battling it out with attorneys. Designing this hat was fun," Lynn states. "I'd never been in a yarn shop in my life nor did I know anything about stitching, but I found people who did. I didn't want thin stitching. I wanted beautiful thick, warm cozy stitching, with no seams showing."

In 1991, Lynn got thrown for a loop with a devastating diagnosis; Breast cancer. Physicians agreed that she needed a mastectomy. Unwilling to accept such a drastic sentence without looking into alternative treatments that might allow her to keep her breast, Lynn took her case and put her producing research into gear. She took the road less traveled and researched physicians offering options other than mastectomy.

"I found out the day before Christmas 1991, in a routine exam. I was a wreck. I eat well, exercise, and no one in my family had breast cancer," Lynn says. "I knew it was stress-related. The biopsy was Intraductal Carcinoma—cancer in the ducts. Losing my breast scared me and radiation scared me. I didn't know where to turn.

Then, I found a female Oncologist who said there was a procedure called 'Subcutaneous Mastectomy' a process that has been around since the 60s. An incision is made under the breast, tissue is removed, and in cases, as mine, the nipple is saved. The incision is closed and you go home to rest and allow your breast to heal. Next, breast implants are inserted. My results are natural and undetectable as if I never had an operation. Of course, this might not be a choice for everyone, but for me, it made the difference. One thing I want women to know is not to take the first diagnosis given, for any illness. Every woman has a right to inquire about alternative options with regard to treatment, especially when surgery is recommended. Women should feel guilt-free and without pressure, as I did, from doctors or nurses who may see such proactive action as an insult to their medical expertise."



Today, Lynn is cancer free and her experience shed light on many things. One, a very special addition to her CHAPONY TAIL Hat line is: **"THE HOPE HAT"** for

women and children going through chemotherapy. THE HOPE HAT is attached with either synthetic hair or 100% Human Hair (a ponytail) that can be removed as the natural hair grows in. THE HOPE HAT is trendy for all ages—a symbol of hope for hundreds of cancer patients, helping them feel a little less different during a difficult time.

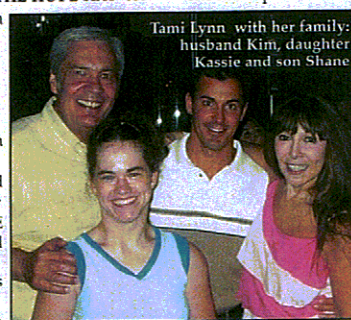
"My experience with cancer opened many doors and brought many wonderful people into my life," Lynn says. "Family has always been a priority to me. I was raised in a very strong Italian Catholic family. We were taught to take care of the family...that it is number one. We never go to bed without making sure that everyone

"Every woman has a right to inquire about alternative options with regard to treatment especially when surgery is recommended. Women should feel guilt-free and without pressure, as I did, from doctors or nurses who may see such proactive action as an insult to their medical expertise."

is tucked in and happy to this day. I've been fortunate in my career which has allowed me the freedom to work around my family and, not my family around my work. Family and friends are invaluable to heart and health."

For 28 years, Lynn has been married to multi-E Emmy Award winner renowned veteran journalist, Kim Marriner, who anchors the news on KNX Radio. They have two amazing children—the sun in both their universe. Shane Butterworth from Lynn's first marriage, is a working actor claiming his own amid Hollywood goo and glam. Shane is best known for his role as Lupus, in "The Bad News Bears". And as Lynn, says, a complete health buff whose expertise as a personal trainer has whipped many budding stars into tip-top shape. Their daughter Kassie, is a student at Pierce College and happens to sideline as a model in her mother's Chapony Tail brochures. Both sister and brother are picture perfect—and appear in national Chapony Tail infomercials.

Kassie, who was adopted by Lynn and her husband as a baby was diagnosed with Cerebral Palsy. Throughout her young life she has experienced many rough patches,



Tami Lynn with her family: husband Kim, daughter Kassie and son Shane

especially painful has been rejection by peers when she became a teenager, and wasn't included in social activities. Watching her daughter endure such sadness led Lynn and another parent with a teen with a disability, to establish **Disability Socials.**

"We try to have at least four socials

a year, and alternate homes," says Lynn. "There is no greater feeling than seeing these wonderful young people interact."

Lynn also produced the acclaimed **GIVEN A CHANCE, A Little Girl's Journey** documentary available on DVD and VHS. It's the story of Kassie and hundreds of children just like her who are pushed aside due to disabilities. This extraordinary 'must see' documentary has garnered national media and community attention, receiving the "Special Jury Prize" and featured in the AFI Perspective Film Awards 2004, as well as Congressional Coalition Adoption Institute CCAI's Annual Angels in Adoption Awards Celebration in Washington, D.C. **GIVEN A CHANCE, A Little Girl's Journey** gives credence to the fact we must do our part to make certain disabled people receive the compassion, dignity, faith, equality, friendship, kindness, love and respect they deserve, just like everyone else. When **Given A Chance** debuted, Kassie's dear friend, veteran actor John Ritter, who for 15 years hosted the United Cerebral Palsy Telethons, volunteered to come on board to support Lynn. Unfortunately, Ritter's life was halted by his untimely death. But as friendship goes, one of Ritter's

best pals, Academy Award winner Billy Bob Thornton gallantly stepped in and took Ritter's place, providing the introduction. Kassie narrates the documentary providing a very unexpected answer to the question: Who wants to adopt a child with a special need?

"I attended my Notre Dame High School reunion and after all these years, when we were sharing accomplishments—did we take out pictures of our car, our house? No, we took out photos of our children—our most important accomplishment in life."

For information about The Original Chapony Tail Hat or The Hope Hat www.chaponytail.com 877.669.4287 **Given A Chance, A Little Girl's Journey** www.givenachance.com tamilynn8264@aol.com

May 2006 BEVERLY HILLS TIMES 11



COVER Couple



Ron & Yanlin Teegarden

"Experts agree that within the next decade there will be a significant shift in the American Medical System. Even now it's apparent that trying to treat disease—after an illness has occurred—leaves a great void. We can no longer afford to rely on 'medicine' to assure our health. People need a health care system that encourages the promotion and protection of their health at all levels. The time has come for individuals to take more responsibility for their own well-being."

—Ron Teegarden

Slow the aging process.
Gain unlimited energy.
Fertility & sex drive.
Sharpen mental clarity.
Reduce stress.
Immune efficiency.
Look & feel younger.

In life, nothing is more important than health and well-being. Western Society is slowly realizing the vast and significant contributions of Chinese herbal wisdom. Relying on centuries old Chinese recipes to prevent illness and preserve optimum health—we are turning more and more to the ancient methods

of Chinese Tonic Herbalism. And, when it comes to radiant health, inner healing,

Taoist health principles and the cutting-edge knowledge of Chinese Tonic Herbs...there is no bigger name attuned to our health options, than the author of two best-selling runaway books, an international lecturer, Oriental health philosopher, ancient Chinese expert —Master Herbalist, Ron Teegarden.



Sketches of the new
Dragon Herb Shop, in Santa
Monica set for August 2006

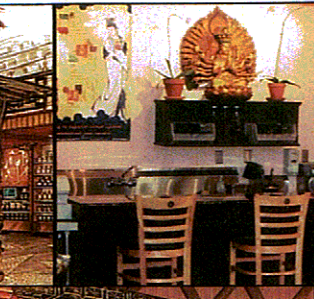


For 35 years, Ron Teeguarden has studied and taught the 3,000 year-old art of Oriental healing. It all started during his studies at the University of Michigan where he was diagnosed with a severe case of *Chronic Fatigue Syndrome*. For two years, he sought relief from the debilitating symptoms but, Western medicine failed to neither cure or help him. Teeguarden lost nearly 50 pounds and with no relief in sight, became so depressed that at one point, he even contemplated suicide.

Then, a friend gave him a bottle of a Chinese herbal tonic called *Shou Wu Chi*. It was a health tonic from mainland China and some students at the University were taking it to counter-act the stress of school. Teeguarden says the minute he drank the tonic—every instinct told him he was on the mend. Within days, he drank a dozen bottles of the tonic that he says his body absorb like a wilted plant. By weeks end, he was a new person and had his life back. "The veil was lifted. My energy came rushing back," states Teeguarden. "The color returned to my skin and the dark circles under my eyes started to disappear. I had found a miracle and it would form the foundation for the rest of my life."

In 1988, Teeguarden, founded his first Herbal Emporium, in Venice, California. The trend-setting shop was a Hollywood haunt for the likes of John McEnroe, The Rolling Stones and Mel Gibson, who were spotted browsing the array of rare and pure herbs Teeguarden imported from China. Natural elixirs, unheard of powders, dried roots, life-saving supplements, rejuvenating extracts, won reviews for reducing signs of aging, hormone replacement, flu, boosting energy, psychological stress, degenerative disease and chronic illness.

As Teeguarden's success grew, so did his need for a larger, more visible herb wonderland location. Six years ago, he moved to Santa Monica and opened *Dragon Herbs* where celebs like Britney Spears, Dr. Dre, Courtney Cox and a



trillion others have been spotted making their way in and out of Teeguarden's *Fountain of Youth, Beauty & Health*. "We attract clients from all walks of life, some the wealthiest individuals in the world, looking for superior herbalism," states Teeguarden. "Many are very savvy when it comes to maintaining their health. Because we deal with health issues, we make it a policy not to discuss clients or the diagnosis made by our herbalists. Treatments are strictly confidential."

Teeguarden, who has appeared on the pages of *TIME*, *Entertainment Weekly*, *Los Angeles Times*, *The Hollywood Reporter* and *Mademoiselle* among many others, lives an extraordinary life. Born and raised in Florida, he travels the world with his wife Yanlin, visiting exotic and far-reaching countries shopping, picking and sampling the most healing and rejuvenating herbs on planet earth. Their children, Tiger (10) and Schizandra (8), accompany them on many of these fantastic voyages. Yanlin, who was born in China, has an innate eye for detail and her expertise in art and design are seen on each brochure and bottle containing *Dragon Herbs* products.

"We met in Shanghai. He was lost and trying to find his hotel," says Yanlin. "He asked for directions and we started walking and had such a good time, we forgot where we were going." Hours later, love was in bloom. At the time, Teeguarden was traveling to Shanghai doing herb business. A year after he and Yanlin met, she gave him the—time to meet my parents talk. He thought the introduction was marriage-oriented. Yanlin might have been looking

for a thumbs up from her family, but more to the point, she felt the introduction beneficial because unknown to Teeguarden, her parents were major pharmaceutical/herbal scientists/engineers who ran herbal institutes and factories in China catering to traditional Chinese medicine. Upon meeting them, Teeguarden was shocked.

"This is a part of why we are so good at what we do," Teeguarden explains. "We both have long and rich roots in China and herbalism. It was a strange coincidence that I met and fell in love with this woman."

The day I visited, I was treated to one of Teeguarden's heavenly-tasting secrets: *Beauty Bon Bons*—round morsels stuffed with rejuvenating ingredients—simply divine. I also walked away with a bag of a luxurious anti-aging/energy fruit from *Heaven Mountain*, in Asia, *Goji Berries*, a beauty secret throughout China and Asia for centuries. A handful a day... keeps the wrinkles away! Having traveled the world most of his life, Teeguarden has met and studied under the greatest herbologists known. In 1975, he was accepted as the primary disciple of Taoist Master Sung Jin Park, who taught him the principles of Taoism and Chinese herbal tonics.

A current project Teeguarden is working on is expanding his Santa Monica shop. Same location, different interior. A grand opening in August debuts a fabulous elixir bar, a 30 foot Buddha, meditation room, more products added to the 1,000-plus that already line the shelves, consultations with one of 10 herbalists at the shop and monthly schedule of seminars on a variety of topics to fill everyone's heart's desire.

"Our main emphasis is to promote health as opposed as trying to fix problems after they've occurred. People come and say, 'this is what is going on.' We look at it differently. We take a person's weakness and strengths...and then start building their health."



Ron Teeguarden's

LASTING TIPS FOR
HEALTH, WISDOM
AND HAPPINESS

Respect Yourself

Self-respect is the secret for health & longevity. If we respect ourselves, we won't pollute our bodies or minds with drugs, junk food, smoke or harm it with a poor lifestyle. Treat yourself with respect—you may be a potential Buddha or person with the potential to save or positively change the world.



Build & Protect The Three Treasures (Jing, Qi & Shen)

These are the fundamental energies within a human being and vital to health & happiness.

Jing. Our primal power, it determines our fundamental life force & how long we live. Replenish *Jing* daily to



charge your inner battery & slow the aging process. **Qi.** Day-to-day vitality, it is a protective energy that determines

how we adapt to the world & how well we function in it.

Shen. Is our spirit—psychological well-being & our spiritual experience. *Shen* is the spark of divinity that resides within our hearts allowing us to experience the full joy of life. To learn how to cultivate the *Three Treasures*, consume nurturing tonic herbs.

Focus On The Positive But Take Note Of The Negative

Focusing on the positive in life contributes to health & we live longer. Negative people are ill, in pain or miserable nearly all the time. What kind of life is that? Focus on what can be done to make your life better; the lives of other people better, & the lives of animals & plants of this earth better. Focusing on negative in the world causes sickness & war. Focus on harmony & it will occur. Focus on light & you will see more clearly. Visualize radiant health & you'll achieve it from within.



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May 2006 BEVERLY HILLS TIMES 15