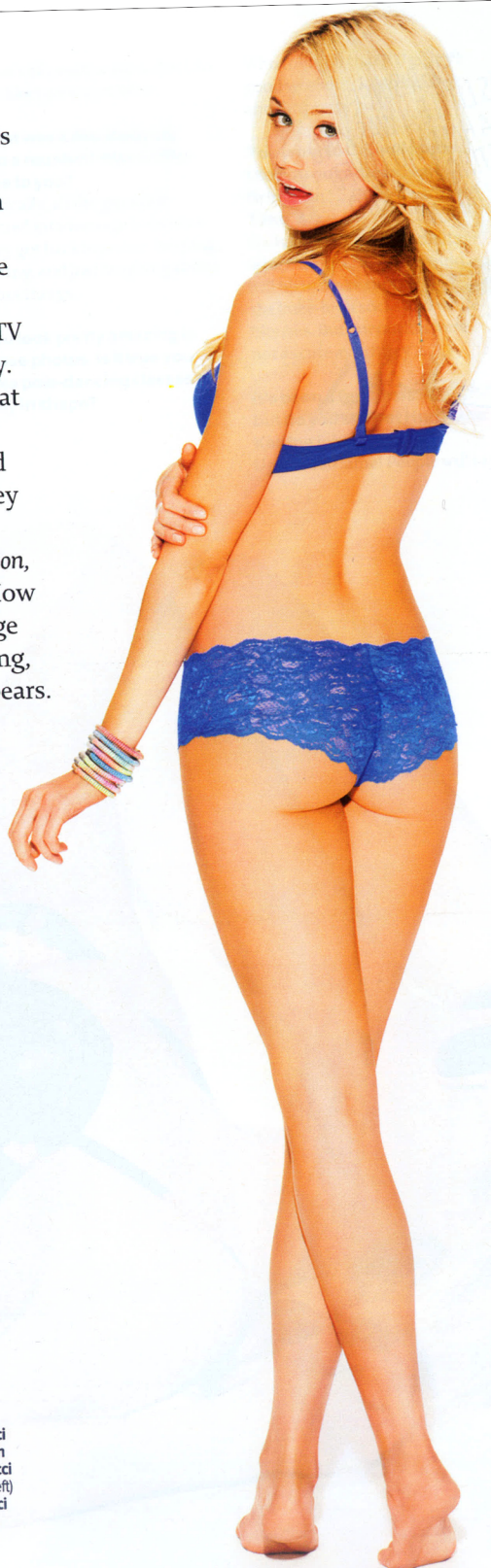




Playing Liz Lemon's impossibly cute assistant Cerie on *30 Rock*, **Katrina Bowden** won over the hearts of both her on-screen coworkers and TV fans across the country. This winter she's back at it with Tina Fey, Alec Baldwin, Tracy Morgan, and company, but the New Jersey native is also storming the big screen in *American Reunion*, *Piranha 3DD*, and *Nurse 3D*. How does the 23-year-old manage it? Here's a hint: pole dancing, kickboxing, and Britney Spears.



**This is your first time in *Maxim*, and you're on the cover. Straight to the top, huh?**

It was so fun. I started modeling when I was 14, and ever since I was little I was kind of a ham and loved getting my photo taken.

**How did you make the transition from modeling to starring on *30 Rock*?**

I auditioned for the part of Cerie when I was about 16, which was a little bit young for the character, so they shot the pilot with a different girl. But when NBC picked it up a year later, I was old enough and they recast it.

**It must have been pretty crazy having your first gig on a big show like that.**

It was really exciting! I got the part and then had to go to a table read, like, two days later. But I got lost going to the studio, and when I finally got there I was 10 minutes late. I barge into the room, and I'm standing there like a deer in the headlights and everyone is waiting for me. Finally, Tracy Morgan goes,

Cosabella lingerie, Carolina Buccì bracelets. (opposite) True Religion shorts, Huit panties, Carolina Buccì necklace. (previous pages, from left) Cosabella panties, Carolina Buccì bracelets; 525 America sweater, Cosabella lingerie.