

# ROBERT IRVINE

MAGAZINE

SEPTEMBER 2019

NOTHING IS IMPOSSIBLE

PETER FACINELLI

## HIS LIFE & CAREER

EXCLUSIVE  
INTERVIEW

RESTAURANT:  
IMPOSSIBLE  
RECIPES FROM  
THE NEW SEASON!

# ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

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MAGAZINE

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# WHAT WE STAND FOR

How every page of this magazine—  
especially our covers—reflect our values.

We're fast approaching four years of publishing Robert Irvine Magazine and I have to say I'm proud of what we've done so far. Thirty great issues, including a special print edition that was available on newsstands all through last winter and into the spring.

In each of those thirty issues, we've aimed to deliver information and inspiration you can really use. In short, Robert Irvine Magazine is: workouts, recipes, and motivation. We like to think that the spirit of our motto, "Nothing is impossible," can be found on just about every page. To that end, we're very selective about who we choose to feature.

Military stories of valor and overcoming obstacles will always be close to the beating heart of this magazine. My higher calling is to honor the men and women of our armed forces. I do that through my foundation and by volunteering to other charities and the USO in my spare time. My magazine, of course, follows suit.

Outside of the military, when we choose to interview someone it's because that person has led an in-



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# ROBERT'S LETTER



Facinelli is the latest on a short list of guests who have graced the cover of *Robert Irvine Magazine*.

spirational life and has something that I believe can teach everyone who reads what they have to say. That's especially true of anyone we feature (besides yours truly, of course) on the cover. To date, that list includes Gary Sinise, Deepak Chopra, Lewis Howes, Arnold Schwarzenegger, and now, Peter Facinelli.

I'm thrilled to have Peter on the cover for a number of reasons. Not only is he a passionate, driven individual who has brought some fantastic works of art into this world through his acting, writing, producing, and directing—he's someone who knows that there is inherent value in the process.

He knows that the ultimate goal might be to make a movie that lives on, but that the journey of creation—of digging in and doing the work—teaches us things about ourselves that are essentially priceless.

Peter has lived a life of learning through an intense creative process and working long hours. Through it all has managed to keep his role as a father of three front and center. In doing so, he has set an example for parents everywhere to follow and I'm proud to feature him on the cover. Turn to his interview on Page 18 and read about what Peter has learned by playing villains, how he gets

un-stuck, and much more. It's a fascinating read.

I want to offer a heartfelt thanks to Peter for spending his valuable time to speak with us.

And I want to offer that same heartfelt thanks to you the reader for sustaining us through thirty issues and counting.

And always remember...

Nothing is Impossible,

TSHANE JOHNSON

# A WALK TO REMEMBER

A former Marine's quest to raise \$1 million for wounded veterans.

Over the next three months, TShane Johnson will trek from Ground Zero in Manhattan to Lake Buena Vista, FL with a 100-pound pack on his back. He'll cover 22 miles each morning, then bring his unique brand of motivational speaking to 180,000 people at 36 venues and take a crack at breaking two Guinness World Records: the fastest mile carrying a 100-pound pack (he'll need to do it in less than 15 minutes) and the fastest marathon carrying the same pack (he'll need to do it in less than 6.5 hours). And that's not even the retired Marine's most ambitious goal in that time: In raising awareness for America's veterans (his 100-pound pack is meant to symbolize the burden of leadership), he also aims to raise \$1 million, all of which will benefit the Gary Sinise Foundation's R.I.S.E. program, which builds specially adapted smart homes for wounded veterans.

This is the fourth year of Johnson's "Hike Across America" and figures to be his most impactful yet. Attendees to his lectures will



hear life lessons from a man who served in the Marines from 1998-2002, deployed after 9-11, and endured three near-death experiences, including a motorcycle accident in which he was T-boned by a car and thrown 45 feet into a brick building.

Johnson didn't just fully recover from physical decimation, he fought back from financial ruin, as well. After years of success in the mortgage banking world, Johnson lost everything during the housing

collapse and lived out of his Toyota Camry for the next two years.

"Then I built three companies with over 40 million in sales out of a Dunkin' Donuts using their free Wi-Fi," Johnson said.

It is fitting that Johnson begins his journey on 9-11 – a day on which we didn't just lose thousands of innocent civilian lives, but a day which signaled the start of an American military deployment in the Middle East that has no end in sight. These engagements have

# TSHANE JOHNSON



Johnson is a Rotarian and lives by the maxim, “Service above self.” You can purchase his book, *Keep Your Feet Moving: 7 Principles To Get You Through Hard Times*, [HERE](#).

taxed the members of our armed forces beyond what could ever be reasonably expected; soldiers return home with alarming rates of PTSD and the military suicide rate has skyrocketed.

Johnson believes that a strong family anchor gives soldiers the best chance at leading balanced lives and reintegrating into civilian life. Goal-oriented members of the armed forces—much like a lot of businessmen—can excel when given a clear objective, but can strug-

gle with delicate family matters.

“You talk to a lot of these guys, and they have the business side down of things to a T,” Johnson says, “But when you ask them to engage with their families and tell their kids how proud of them they are, they fail horribly.”

Simple re-prioritization can fix much of what disrupts family bonds.

“We’re not making the time and not connecting,” says Johnson, whose forthcoming book, [Done](#)

[\*By 2:30: The Essential Guide To A Successful Work Life Balance\*](#),

releases early next year. “It’s about how to accomplish your goals with work as quickly as possible so you can spend quality time with your family... We’re interesting creatures because when it comes to something we really want, we find a way to get it no matter what.”

*To learn more about Johnson’s Hike Across America or to donate, click [HERE](#).*

# GET CHECKED

Whate every man needs to know in prostate cancer awareness month.

*Dr. Michael Schutz, a practicing urologist and RI Mag Senior Writer, interviewed Dr. E. David Crawford, Chairman of the Prostate Conditions Education Council and a world renowned expert on the diagnosis and treatment of prostate cancer.*

**Dr. Schutz: What are some of the benefits of screening?**

Dr. Crawford: Screening for any cancer is an attempt to find the cancer earlier to allow treatment and hopefully cure of the disease. In 1989, prostate cancer became the most common cancer diagnosed in men. Unfortunately, most men at that time had advanced disease when diagnosed and the options available for treatment were limited. Today, we diagnose the vast majority of men with localized disease and only 3-4 % present with advanced disease.

**Dr. Schutz: How does life expectancy play a role in screening and diagnosis?**

Dr. Crawford: Screening for prostate cancer is an individual decision between a man and his physician. Making that informed decision involves assessing the risk of cancer for the man and his life expectancy. One of our concerns with screening is finding men with prostate cancer that will never cause them a problem. We don't need to find every cancer, just those that will pose a threat.

We want to find people for active treatment, not active surveillance. That is where there is a value to screening. If you have less than a 10-year life expectancy, there is a low value to screening for you as prostate cancer is unlikely to impact your survival. If you are in a higher risk group such as African Americans or have a family history of prostate cancer, there is more value to screening for you.

**Dr. Schutz: During an exam, what is a physician looking for?**

Dr. Crawford: PSA is the first line test we use to screen for prostate cancer. It is an excellent test for this purpose. Ninety percent of PSA tests in the US are ordered by primary care physicians. If you have a PSA less than 1.5, your risk of developing aggressive prostate cancer over the next 5 years is 0.4%. You do not need another PSA test during that time. If your PSA is greater than 4, you will likely need a biopsy to assess if you have cancer.

**Dr. Schutz: And what if the levels are in between?**

Dr. Crawford: A PSA between 1.5 and 4 is considered the gray zone. There are new genomic tests available



to allow us to identify those people who are at higher risk of significant prostate cancer who need a closer evaluation. SELECT MDx is a urine test that identifies two genes that are associated with high grade cancer. This test should help determine who needs a biopsy. MRI can help us identify people who may have more aggressive disease, but it can still miss 20% of those cancers. These are the people who need closer scrutiny.

Prostate cancer is the most common cancer in men. Our goal of screening is to find those cancers that will impact a patient's life. One analogy for screening is like casting a net out to catch fish. We can catch a lot of fish but we want to let the little ones go. When we screen for prostate cancer, we want to find those cancers that will shorten a man's survival and not find those cancers that will never be a bother to him.

# DESIGN YOUR OWN WORKOUT

Every workout needs four things. Incorporate those basic elements to build an effective routine every time.

If you know what every workout needs, you can always design your own routine. Here are the elements that every full body routine requires, and suggestions on how to start designing your very own.

### **PUSH**

Pushing movements engage the pectorals (chest), deltoids (shoulders), and triceps. Classic pushing movements are the bench press, pushups, dips, military press, and all other forms of overhead pressing.

### **PULL**

Pulling movements engage the latissimus dorsi (back), rhomboids (mid-back) biceps, and forearms. Classic pulling movements include pullups, deadlifts, bentover barbell rows, lat pulldowns, and seated cable rows.

### **SQUAT**

Squats trump all other ways of working your legs, incorporating the hamstrings, quadriceps, and glutes. In addition to classic barbell squats, this category can include bodyweight squats, sumo squats, goblet squats, single-leg squats, and sissy squats.

### **CORE**

All abdominal exercises fit into this category, from basic situps and crunches to leg raises, Russian twists, planks, side planks, and cable rotations.



# IN THE GYM: PRO TIPS



It's hard to beat the old-fashioned pullup for upper-body work. If you can't do a pullup, use an assisted pullup machine or loop a band around the bar and rest one or both knees inside the loop.

## PUTTING IT ALL TOGETHER

Designing your own workout from these choices is a simple matter of balance. For every rep of pushing, there needs to be an equal amount of pulling. Add a comparable amount of squatting and enough core work to make it challenging and you've got yourself a workout. Keep machine work to a minimum. Free weights are superior. Here's an example of how to do it if you've only got 30 minutes. You'd perform this as a circuit with one minute of rest at the end of each round and no rest between exercises.

## SAMPLE WORKOUT 1

EXERCISE	REPS
Goblet Squat	15
Bench Press	10
Barbell Row	10
Squat Jump	10
Decline Pushup	12
Dumbbell Row	10 (each side)
Plank	60 seconds

If you had more time, say an hour, you could lose the circuit setup and perform straight sets, completing all sets and reps for each exercise before moving on, like so:

## SAMPLE WORKOUT 2

EXERCISE	SETS	REPS
Barbell Squat	4	12
Deadlift	4	8-10
Pullup	4	10
Bench Press	4	10
Incline DB Bench	4	8-10
Russian Twist	2	50
Leg Raise	3	10
Cable Twist	3	10 (each side)

**BEFORE YOU GO:** Designing your own workout is going to take some trial-and-error as you figure out exactly how much volume makes it effective for you. The nice thing about doing it yourself, however, is that you can add reps on the fly—or merely pick up the pace—if you think it's too easy. Likewise, you can do a little subtraction or slow down if you've bitten off more than you can chew. Whatever the case, don't get caught up in the science of it and start worrying that your program wasn't designed by an expert or performed by a movie star. Exercise science is inexact and can't account for effort. As long as you're being honest with yourself about how hard you're working, you'll get a positive effect from your training. Move briskly, but put proper form above all.

# THE ONE-BARBELL WORKOUT

A single bar is all you need for this pulse-pounding total-body thrash.

**DIRECTIONS:** This barbell complex doesn't just hit every muscle group, it's also a fun and challenging to get your workout in. After a thorough warmup, load a barbell and set it at your feet. Then complete 10 rounds as quickly possible while keeping good form on all the exercises.

**THE CATCH:** The number of reps escalates as you go on, starting with one rep on all exercises in Round One, moving up to two reps in Round Two, and so on up to 10 reps in Round 10. Record how long it took you to work up to 10 rounds for future reference and try to beat that number in future workouts. Make sure to do at least 10 minutes of a cool-down—light jogging or walking on a treadmill—and stretch before leaving the gym.



On thrusters, the power to push the bar overhead should come from your legs. Learn how to do them on the next page.

# IN THE GYM: WORKOUT OF THE MONTH



Once you've found a comfort zone with front squats, you can use just your middle and index fingers to hold the bar in place against the front part of your shoulders.

## THE BARBELL COMPLEX WORKOUT

### EXERCISE

Barbell Pushup  
Sumo High Pull  
Bentover Row  
Front Squat  
Thruster

### EXERCISE DESCRIPTIONS

**BARBELL PUSHUP:** Get into a pushup position with both hands on the loaded barbell. Keep your body in a straight line from ankles to shoulders. Perform pushups, getting your chest to the bar on each

rep. Squeeze the bar tight to keep it from rolling away from you.

**SUMO HIGH PULL:** Take a wide stance and spread your feet so that your toes point out. Squat down to grab the bar with an overhand grip. Keeping your back flat, stand up explosively and pull the bar up to your chin.

**BENTOVER ROW:** Grab the bar with an overhand grip and bend at the waist, keeping your back flat. Extend your arms fully, then row the bar into your stomach near the bottom of your ribcage.

**FRONT SQUAT:** Set the bar across your front delts and collarbones, holding the bar in place using just your middle and index fingers (pictured) or by crossing your arms in front of you. Squat low to the ground, aiming to get the top of your thighs parallel to the floor on each rep.

**THRUSTER:** With the bar in the front squat position, grab the bar with an overhand, shoulder-width grip. Squat low to the ground, then explode upward, pressing the bar overhead at the top of the rep.

# BRUSSELS SPROUTS with BACON

A perennial fan favorite.

**SERVES 8**

**YOU'LL NEED**

10 cups water  
Salt  
4 lbs Brussels sprouts  
5 or 6 pieces bacon, minced  
1 red onion, medium dice  
4 tbsp butter, divided  
¼ cup red wine vinegar  
2 tbsp brown sugar  
1 cup fresh or dried cranberries  
Freshly ground black pepper

**MAKE IT**

1) In a large pot, over high heat, bring the water to a boil.

2) Generously salt the water and add the Brussels sprouts. Cook the sprouts until medium tenderness has been reached, about 8 to 10 minutes.

3) In a large sauce pan over medium heat, fry the bacon until crisp, stirring occasionally. Remove bacon from the pan to a plate lined with a paper towel. Crumble the bacon and set aside.

4) Leave the bacon fat in the pan and add the red onions and 3 tablespoons of the butter. Sauté until the onions are translucent, about 2 to 3 minutes. Stir in the red wine vinegar and brown sugar and cook until

the liquid is slightly reduced, about 5 minutes.

5) Drain the Brussels sprouts from water and add to pan with the onions. Stir to coat and add the remaining 1 tablespoon of butter.

6) Stir in the reserved bacon and cranberries. Season with salt and freshly cracked black pepper, to taste, and transfer to a serving bowl to serve.

**THE MACROS**

CALORIES: 222

PROTEIN: 9 g

FAT: 8 g

CARBS: 34 g



## IN THE KITCHEN: RECIPE

# CHORIZO AVOCADO BURRITO

Upgrading convention—with minimal fuss.

### SERVES 3

### YOU'LL NEED

6 oz chorizo, finely ground  
9 eggs  
½ white onion, small dice  
1 avocado, medium dice  
1 cup black beans  
3 flour tortillas  
1 cup shredded cheddar cheese

### MAKE IT

1. In a hot sauté pan add chorizo. Allow to cook for about 5 minutes over medium heat.
2. Add white onion and cook for another 3 minutes.
3. In a mixing bowl, add eggs and whisk, then add to the chorizo and onion mixture.
4. Using a rubber spatula, stir egg and chorizo mixture over medium heat.

5. Lay the tortillas flat and construct burritos, adding black beans, cheese, egg, chorizo mixture, and avocado.

### THE MACROS

CALORIES: 706

PROTEIN: 45

FAT: 35

CARBS: 46



# BALANCING ACT

The heavier fare featured on Restaurant: Impossible needs the perfect cocktail to cleanse your palate. We've got just the thing.

BY JAMES CLELAND, Mixologist for [Boardroom Spirits](#)

This month, we tackle how to pair cocktails with your heavy, rich, and classic greasy spoon foods. After all, if you're planning to splurge with any of Robert's new Restaurant: Impossible recipes in this month's food feature, you'll need something suited to the task at hand.

Do you ever wonder why a Margarita tastes so good with tacos and nachos? Or a Mojito at a cookout? This is because the acid in the citrus juice cleanses your tongue of the heavy oils in the food you eat, from cheeseburgers to tacos. Think of it like the tannins of wine, but in a more refreshing, less pretentious manner. Pro-tip: a classic daiquiri or gimlet is a better way to get rid of the burning sensation from hot peppers than milk for this same reason because capsaicin is an oil.

You don't want to do anything too sweet or artificial. No sour mix or bottled juices. This will keep your palate clean and actually enhance your dining experience when eating

heavier foods. Best of all, every bite will have that "first bite" sensation.

Try this great blend of a Gimlet and Mojito at your next cookout.

### **Arrogant Bastard**

2 oz Boardroom Gin (or other bright citrusy gin)  
.75 oz Lime Juice  
.75 oz Simple Syrup  
4-6 mint leaves



Add all ingredients to a shaker tin, add ice and shake. Strain into Collins glass. Top with club soda.

Garnish with a mint sprig and float 2-3 dashes of Angostura bitters for aromatics and added complexity to accentuate the taste of the cocktail. Note that the photo on this page shows the cocktail with a healthy dose of Angostura bitters. The cocktail will be relatively clear without them.

## PRODUCT SPOTLIGHT

# NEW & EXCITING

The keepsake of a lifetime—and why your PB&J sandwich will never be the same.

### SUNDAY PROVISIONS PECAN BUTTER

Gavan Murphy, a chef better known to the readers of *Muscle & Fitness* magazine as “The Healthy Irishman” for his years of sharing healthy recipes in those pages, is now in the healthy gourmet food business. And the first products being offered from his new company, Sunday Provisions, are four shockingly delicious varieties of high end pecan butter. Pecan Smash is the base flavor; Pecan Spice is flavored with cinnamon; Pecan Choco is rich and chocolatey thanks to addition of pure cacao; and Pecan Joe derives its distinct coffee notes

from decaffeinated coffee beans. We taste-tested all varieties at the *RI Mag* offices and were astonished not just at the depth of flavor in the base product Smash, but at how perfectly balanced the flavors in the other three varieties were. Give

any of these a try and you won’t be disappointed. A Sunday Provisions pecan butter and jelly sandwich eats like a proper meal, not a weak replacement for the real thing.

Shop at [SundayProvisions.com](http://SundayProvisions.com)



### CUSTOM BABY PORTRAITS

The Time Stand Still Shop on Etsy will beautifully render an original piece of photorealistic artwork and ship it to you. Just send any baby photo to shop owner and artist Kristine, and she’ll get to work with an ebony pencil “to provide a dramatic contrast of light and dark.” The finished product will arrive on acid-free paper to make the ultimate keepsake to pass down through generations. On the shop page she writes, “Children grow up right before our eyes. How we wish to have time stand still. A beautiful, one of a kind, portrait drawing will be yours to enjoy for a lifetime. It is the perfect gift for you or a loved one.” We couldn’t agree more. Any parent would be lucky to have one of these professionally-commissioned pieces. The fact that you can get one at such an affordable price? That’s just icing on the cake.

See pricing and ordering info on [ETSY](https://www.etsy.com/shop/TimeStandStillShop)



Main: The finished product. Inset: The photo from which the artist worked.

# LET'S HELP OUR HEROES

Text GIVE to 813-536-5006



The Robert Irvine Foundation is a not-for-profit organization dedicated to enriching the lives of our military personnel, first responders, and their families. 100% of all funds raised go directly to those who need it most. To learn more about Robert's commitment to our military and first responders, please visit [RobertIrvineFoundation.org](https://RobertIrvineFoundation.org)



# RI MAG INTERVIEW: PETER FACINELLI



Photos by Jeffrey Fountain; styling by Veronica Graye; grooming by Candice Birns

The multi-hyphenate actor-writer-director-producer took a break from post production work on *Hour of Lead*, a film he wrote and directed starring Thomas Jane and Anne Heche, to speak with *RI Mag* about family, what playing villains taught him about human nature, and how to get un-stuck from any lousy situation.

INTERVIEW BY MATT TUTHILL /// PHOTOS BY JEFFREY FOUNTAIN

**Robert Irvine Magazine:**  
**Thanks for taking a break to speak with us. What is *Hour of Lead* about?**

Peter Facinelli: It's about two parents who go to an RV park with their daughter, and their daughter goes missing. So it's kind of a Hitchcock thriller. A

whodunit. Every parent's worst nightmare is having their kid disappear. If I'm walking alongside my kid and she goes missing for 30 seconds, it's the longest 30 seconds of my life.

**RI: You have three kids and Robert has two—and he just**

**published a book called *Family Table*, where it's not just family style recipes but it's all about getting together with your family and how to connect with them. Do you cook with your kids? And do you find it a challenge to engage with them?**

PF: Yeah, I do. My three kids are

# INTERVIEW: PETER FACINELLI

all different. So, trying to engage with them—it's different as they go through phases. Since they're all five years apart, as soon as one crosses over into being a teen and the other one's left behind, still being a preteen or a child, they're kind of doing different things. Right now, I have two of them that are young adulthood, and one of them that's a preteen. And the preteen kind of feels left behind. And I keep telling her, "Don't worry. You'll catch up. Then once you catch up you'll be best friends for life." But in the moment, it's hard on them.

**RI: Your filmography covers so many diverse films and characters, including heroes and villains. And the way you do your job you can't judge your characters if you're inhabiting them, so I'm curious if that's taught you something about human nature—something everyone could use to help relate to one another better.**

PF: I'm always learning. One of the things with this job is you get to learn about humanity so much because you're always tapping into different parts of it. When I play a character, it's my job to find—even if they're doing things that are deemed as evil—you have



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to ask, "What is the good that they're trying to do?" For themselves. Somebody robs a bank, but they rob it because they need the money for themselves. So it might be a selfish act, but they're not going to rob a bank to do an evil task. Right?

**RI: Right.**

PF: So for the longest time I didn't think people do evil things. That they do selfish acts, or they do things that are good for them that are bad for others. Whenever I play a character, you're right, I try to find some kind of redeem-

# INTERVIEW: PETER FACINELLI

ing quality within them. If you're playing a person that one would deem a sociopath, you still have to find the good within them. At times it's hard. I've played people recently that ride the fine line of finding redeeming qualities within them. But they're there. You've got to find them. Everyone's the hero of their own story, right?

**RI: It's already been over 10 years since the first *Twilight* movie came out. How did that experience change your career? And did you have an inkling then that it would be the phenomenon that it turned out to be?**

PF: I don't think anybody that was part of that could possibly understand... I had no idea that it would reach such a global scale when we were making that movie. At some point we were making it like an independent movie, so it wasn't even in a studio at that time. We were just hoping that enough people would get in the seats that maybe we could do a second one. But it far surpassed any expectation we had.

When I started on it, it was kind of this underground following to the book. And then by the time that premiere was going to come out, it was a pretty big following of the book.

I remember after filming the

movie, I went on vacation with my family and people along the beach were reading the book! Like all over. And until it got to premier it was nerve-wracking because I thought, "Well geez, I hope all these people who read the book like the film. Because sometimes they don't."

**RI: No matter what you're a fan of, everyone has had that experience where you feel the book is better than the movie.**

PF: Yes. I remember going to the

*"When I get stuck I go within. Instead of blaming anyone else, try to figure out why you put yourself in that space."*

premiere, and there were people that had slept in tents for it. And they're were blocks and blocks of fans waiting for this movie to open. And I thought, "This crowd could turn into an angry mob within seconds if they hate the film." But thankfully they liked it.

**RI: Quite a bit.**

PF: But as far as it changing my career, I mean I've always kind of

gone job to job and tried to just do different things. I try to say, "What haven't I done before?" That's what kind of interests me. So I don't know if it's changed how I've taken on roles, but it definitely opened up my world to a bigger audience. I remember traveling, I was in Thailand on vacation, and people knew the film there. I think everyone's goal as an actor is a piece of work that hits a global scale. And this was one of them.

**RI: As viewers, we have more choice than ever before and there's a ton of room right now for so many different voices in film and television. But increasingly, you see that the movie theater has become a place where we go to see giant spectacle. And the thought-provoking character stuff has been relegated more to TV and streaming services. What are your feelings on that trend? And do you worry about the**

**future of the theater experience? Do you feel like you're going to see, maybe in your lifetime, a place where we have no more movie theaters?**

PF: That's an interesting question because when I was starting out there were five channels: two, five, seven, eleven, and HBO. Back then in some ways it was a lot harder because there was less space for actors. Fewer shows and

# INTERVIEW: PETER FACINELLI

lots of actors. So the competitive space was higher amongst actors.

And now it seems that there are a lot more actors out there, and a lot more product. But a lot of that product is white noise. Where it's just on some network, or some streaming place where a small audience might see it. But a broader audience isn't.

You can get stuck on a show that nobody's watching. And that's kind of scary; you're stuck in this limbo of a show that maybe is on air, but it's just very small numbers and it's neither here nor there.

As an actor you want to do something that's going to make a splash, or that people are going to watch. So it's harder to select the projects, because you don't know what's going to be white noise and what's going to pop.

But that said, do I think theaters are going to go away completely? I hope not. I mean, I think theaters are going to be a place for bigger tent-pole pictures, just like they have been. And you're going to see more and more of that. Maybe in the future, they might go to theaters, and at the same time, be on streaming services on the same day. They've been toying with that a little bit.

**RI: That was a very controversial idea that's still floating**



**around. James Cameron came out against that, but other guys like Peter Jackson were in favor. How would you feel if such a service like that existed where you could go stream it the same day it comes out in theaters, but it costs \$50 to stream it?**

PF: Well, I think people want to view it where they want to view it. So if they're going to go to the theater to watch it, they'll go to the theater. If they're not, they'll wait for it to come out, and they'll watch on the platform they want to watch it on. Nowadays, it's not

# INTERVIEW: PETER FACINELLI



Facinelli starred as Dr. Carlisle Cullen in the *Twilight* movies. "I don't think anybody that was part of that could possibly understand... that it would reach such a global scale." (Image courtesy of Lionsgate)

that many weeks before you have to wait before it's on a streaming service that you could watch it on. So I'd probably be in the camp of watching it where and when and how I want. We're getting there anyway.

Appointment TV isn't really a thing anymore. People watch it on their own time. Theaters are a beautiful tradition where we have a communal experience. But nowadays people have giant screens in their own homes. So they'll have friends come over and they'll watch it with their friends. So to each his own. My interest is more in making the products for them to watch.

**RI: We get a lot of e-mails from readers who say they feel stuck. What advice would you have for the reader who feels stuck? In a job they don't like. In a bad relationship. Or they can't reach their fitness goals. Whatever that hurdle may be.**

PF: Whenever I get stuck, I try to go within. Because I'm a firm believer that whatever's happening on the outside, is what's happening on the inside. So a lot of times if you're stuck, you put yourself in that space. And instead of blaming other people, and going, "Well, I'm stuck because of this or that," try to figure out why you're stuck from within.

Why you put yourself in that

space. And then try to look at it from a different perspective. And finding a different perspective of it often helps jostle you out of being stuck. Because wherever you're at, you're there for a reason. And wherever you're going, you're going to get to. You just got to keep putting the focus on that future. Not getting stuck in the past.

**RI: And being certain that you can do it. You have to have that belief in it first, don't you? If you're going through the motions of say, a diet, and you say, "Oh, I'm never going to lose this weight." Then that becomes the self-fulfilling prophecy.**

# INTERVIEW: PETER FACINELLI

PF: Yeah. Whether you can or can't, you're right. So you have to definitely believe, put your intention on where you're going to go and what you want to do. And then move forward with that intention.

**RI: You're Italian and you're from Queens. So you grew up surrounded by some of the best food in the entire world. What is your favorite type of cuisine? Is it Italian?**

PF: It changes. Because when I'm home, it's Italian because my mom cooks Italian. I mean she's a fantastic cook.

When I was growing up she cooked six days a week, and she only took one day off. We had a pizza night. I never went to restaurants or went out to eat because my mom would cook all the time.

But here in LA, I don't always get to cook. So sometimes going out to eat is easier. So I like sushi and Mexican food. But I like cooking as well. I cook sometimes for the kids, and barbecue for friends.

**RI: Do you have a singular favorite restaurant in LA?**

PF: I would say in LA, my favorite sushi place is called Sushi Yuzu. It's in Toluca Lake.

**RI: As you were working to break into this career, did you ever think about quitting?**

PF: I was really lucky in the

sense that I started working right out of college.

And I have lulls of not working, but for the most part I've been able to work pretty consistently in this town.

I didn't have the struggles where I had to think about giving up. But I have had moments where you get burnt out, just kind of feel like there's something else I should be doing.

And I remember when that happened, I took an acting class. I wanted to get back to the root of why I love acting. And I do. And so I still study in between work nowadays.

Because I feel like you might have a six month lull of trying to find the right project. So I'll take a class, and that'll kind of reinvigorate me. Like going to the gym, a good little workout.

And then at the same time, being in a class full of people that are eager to work, and so passionate about acting reminds me of why I love to do what I do.

I've also found now that directing and writing and producing are other outlets for me. Once I learned to keep busy doing the things that I love, and continue fueling that passion, then I don't think I ever get bored.

**RI: If you could wave a magic wand, and green light any project right now, what would it be? Do you have a passion project that you've been nursing along for years, and you're**

**just waiting for the right director or something like that?**

PF: I have a few actually. I mean the one that I just made, I'm ecstatic that it's done, and I'm happy to get it out to an audience.

But there's another one that I wrote and I'd like to direct, it's called *El Chico Blanco*. It's like modern day *Scarface* film that I wrote. And that's the one I kind of want to direct next. So if I could wave a magic wand, I could get the financing for that and get that up and running, that would be a lot of fun.

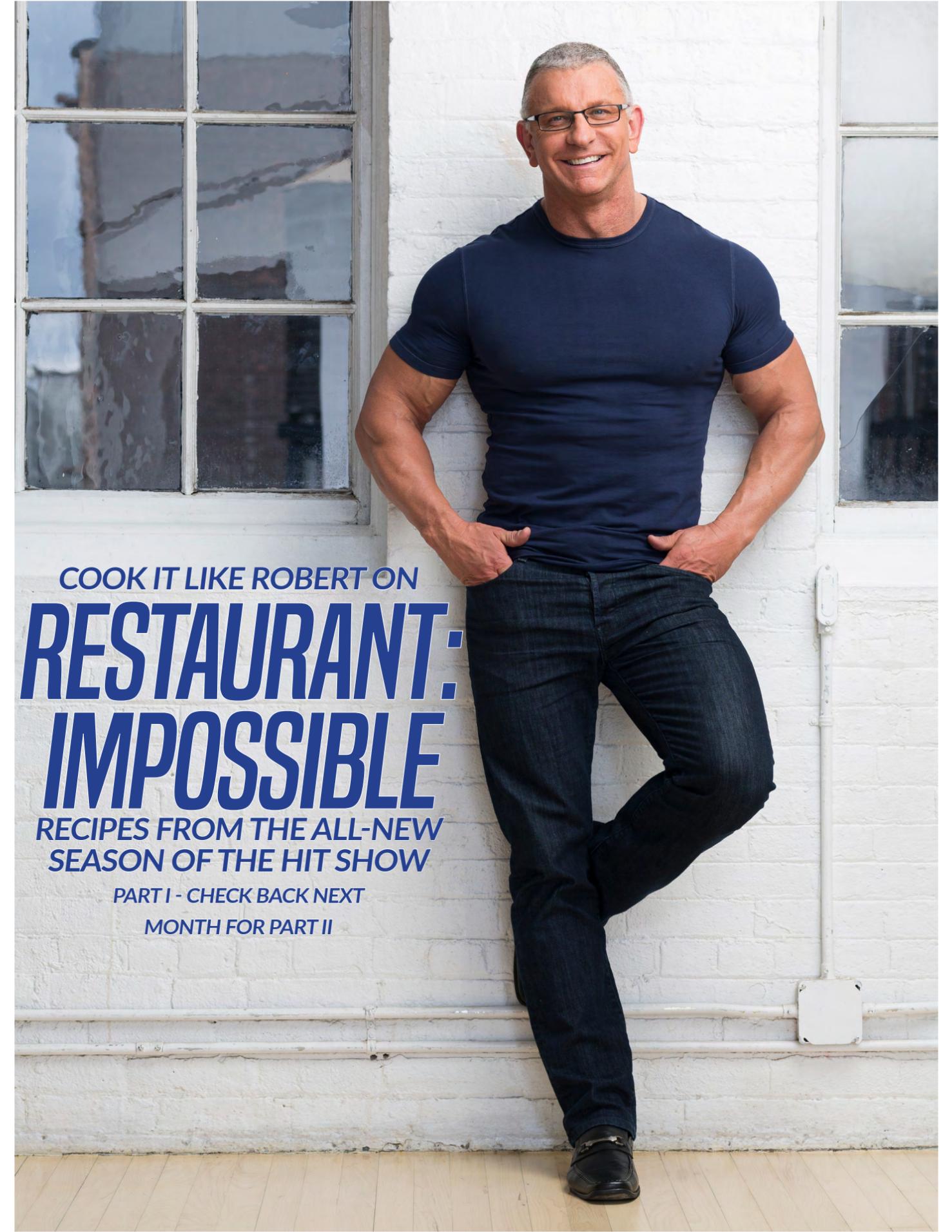
And then I have a book that I optioned called [\*The Unbreakable Boy\*](#). It's a really beautiful story that I want to also produce.

And then I have a comic book called [\*Protocol: Orphans\*](#) that I would love to get off the ground as well, that I created. I'd love to create a movie or a series based on that.

But immediately coming up I have a film called [\*Running With the Devil\*](#) with Nicholas Cage and Lawrence Fishburne and that comes out September 20.

I did a movie for Lifetime called [\*Escaping the Nxivm Cult\*](#) based on the memoir *Captive*. I play Keith Raniere, who is the leader of the cult; that's the true story of Nxivm with [\*Allison Mack\*](#) from *Smallville*. That one comes out in September 21.

After that, I have a film called [\*Countdown\*](#), which comes out October 25.

A full-page photograph of Robert Irvine, a muscular man with short grey hair and glasses, smiling. He is wearing a dark blue short-sleeved t-shirt and dark blue jeans. He is leaning against a white brick wall with his hands in his pockets. To his left is a large, multi-paned window. The floor is light-colored wood.

COOK IT LIKE ROBERT ON  
**RESTAURANT:  
IMPOSSIBLE**

RECIPES FROM THE ALL-NEW  
SEASON OF THE HIT SHOW

PART I - CHECK BACK NEXT

MONTH FOR PART II



## BRUSSELS SPROUTS HASH with POACHED EGGS

**From the episode: Dull Diner  
Dilemma (Rosie's Diner)**

**Serves 4**

### YOU'LL NEED

1 tbsp grapeseed oil  
1 potato, cooked through (baked)  
peeled and medium diced  
¼ yellow onion medium diced  
½ red pepper, medium diced  
½ yellow pepper, medium diced  
4 tbsp diced bacon  
1 lb Brussels sprouts, shredded

½ cup feta cheese  
4 poached eggs (crack fresh eggs  
into boiling water and 3 tbsp dis-  
tilled white vinegar, cook for 3-5  
minutes and remove with slotted  
spoon)

### MAKE IT

1) In a medium 10 inch sauté pan  
over high heat add grapeseed oil  
and potatoes. Allow to cook for 8  
minutes, or until potatoes are gold-  
en brown.  
2) Add onions and red and yellow

peppers, and cook for another 10  
minutes.

3) Remove mixture from pan and  
set aside. Over high heat, add ba-  
con and allow to cook until bacon  
is crisp.

4) Add shredded Brussels sprouts  
and cook for another 4 minutes.

5) Add home fry mixture back to  
the sauté pan. Season with salt,  
pepper, and crumbled feta cheese.

6) Top with poached egg and serve.

## RESTAURANT: IMPOSSIBLE RECIPES

# SALTED CARAMEL FRENCH TOAST

**From the episode: Dull Diner  
Dilemma (Rosie's Diner)**

**Serves 4**

### YOU'LL NEED

#### French Toast

1 tsp ground cinnamon  
½ tsp ground nutmeg  
2 tbsp sugar  
4 tbsp butter  
4 eggs  
½ cup milk  
½ tsp vanilla extract  
8 slices (Challah preferred)  
1 tbsp confectioner's sugar

#### Apple Compote

2 honey crisp apples, peeled and  
medium diced  
½ cup orange juice  
½ cup lemon juice  
½ cup brown sugar

#### Salted Caramel Topping

½ cup water  
1 cup granulated sugar  
2/3 cup heavy cream  
3 tbsp butter, cubed small  
1 tsp salt

### MAKE IT

#### French Toast

1) Combine cinnamon, nutmeg,  
and sugar. Set aside.  
2) Melt butter in a skillet over me-  
dium heat.  
3) Dip bread in egg mixture. Add to  
pan and fry until golden brown on  
both sides. This should take about 3  
minutes per side.

#### Apple Compote

1) In large sauce pot, add orange  
juice, lemon juice, and brown sugar.  
Bring mixture to a boil.  
2) Reduce mixture to a simmer and

allow to cook for 8 minutes. Mix-  
ture should begin to thicken.  
3) Add apples and allow to cook for  
another 10 minutes.

#### Salted Caramel Topping

1) In a heavy-bottomed sauce pot,  
add water and sugar and cook  
over medium heat until sugar has  
dissolved.  
2) Increase heat to high. Continue  
to stir; it will become a dark amber  
color in about 8 to 10 minutes.  
3) Remove mixture from heat and  
carefully add heavy cream. The  
mixture will bubble up. Continue  
stirring.  
4) Whisk in butter and salt.  
5) Top French toast with apple  
compote, salted caramel, and con-  
fectioner's sugar. Add whip cream  
with a leaf of fresh mint if desired.



# RESTAURANT: IMPOSSIBLE RECIPES



## BURNT ENDS POUTINE

**From the episode: Single Dad Sparks His Passion (Mike Audia's)**

**Serves 6**

### YOU'LL NEED

#### **For The Country Gravy**

4 tbsp all-purpose flour  
1 quart whole milk  
1 tsp ground black pepper  
1 tsp ancho chili powder

#### **For The Poutine**

2 lbs French fries (fresh or frozen)  
Grapeseed oil (enough for frying)  
1 lb burnt ends (brisket recipe [HERE](#))  
2 tbsp shredded mozzarella curds

### MAKE IT

#### **Country Gravy**

1) In a large sauce pot add butter and allow to melt. Using whisk, add flour to create a roux. Allow the roux to cook for 5 minutes.  
2) Using a whisk, add milk and allow to cook on a low temperature for approximately 10 minutes.  
3) Season with salt, black pepper, and ancho chili powder.

#### **Poutine**

1) In a 350° fryer or a 350° frying pan, place French fries and cook until crisp.  
2) In a bowl, toss French fries and

season with salt and pepper.

3) Place fries in serving vessel and top with warm burnt ends and then top with shredded mozzarella curd.  
4) Pour hot country gravy over the top and serve.

## SAUSAGE MAC & CHEESE

**From the episode: Single Dad  
Sparks His Passion (Mike Audia's)**

**Serves 6**

### YOU'LL NEED

1 qt heavy cream  
1 lb American cheese slices  
1 tsp mustard powder  
Salt  
Pepper  
2 lbs elbow macaroni  
1 lb ground spicy Italian sausage  
1 oz sliced chives

### MAKE IT

1) Put heavy cream into a medium sauce pan and bring to a boil.  
2) Using a whisk, slowly incorporate sliced cheese. Finish making cheese sauce with salt, pepper, and mustard powder.  
3) In a large pot, bring 4 quarts of water to a boil. Once water has started to boil add pasta. Cook for approximately 8 minutes or until the pasta is al dente (firm to the bite).  
4) In a large sauce pan add sausage and cook over medium heat. Use

a spatula to break the sausage into small pieces.

5) Add your Cheese sauce and bring to a boil. Season with salt and pepper

6) Add already cooked pasta, using a wooden spoon to incorporate it into the sauce.

7. Serve topped with chives.



# RESTAURANT: IMPOSSIBLE RECIPES



## SEAFOOD SHEPHERD'S PIE

From the episode: *Saving a Family's Legacy (Al's Seafood)*

Serves 8

### YOU'LL NEED

#### Mashed Potatoes

4 Russet potatoes, peeled and medium diced  
1 stick butter  
1 pint heavy cream

#### Seafood Pie

1 leek, thinly sliced  
1 Spanish onion, medium diced  
2 ribs celery, medium diced  
1 fennel bulb, medium diced  
½ lb butter  
¼ lb all-purpose flour  
1 pint fish stock  
24 peeled and deveined shrimp  
2 lbs fresh cod, cut into 3-oz filets  
2 lbs calamari, cut in ¼-inch rings

### MAKE IT

#### Mashed Potatoes

- 1) In a medium sauce pot, add potatoes and seasoned water. Bring to a boil.
- 2) Allow potatoes to boil for about 10 minutes.
- 3) Drop temperature to medium. Simmer and allow to cook for 15 more minutes. When potatoes are done, strain into a colander.
- 4) Steam in the colander for 4 minutes; allow to dry out.
- 5) If you have a ricer, pass potatoes through that. Alternatively, you can place in a stand up mixer with a paddle attachment. You can also whisk by hand.
- 6) In a small pot, add heavy cream and butter and bring to a simmer, allowing butter to melt into cream.
- 7) Slowly incorporate butter and cream mixture into potatoes and season with salt and white pepper.

#### Seafood Pie

- 1) In a large Dutch oven, add butter and leeks and allow to cook for approximately 8 minutes, over medium heat, with the cover on the pot.
- 2) Add flour and cook for another 5 minutes, stirring occasionally.
- 3) Add celery, fennel, and onions, and continue to cook for another 5 minutes, continuing to stir.
- 4) In a separate pot, bring fish stock to a boil.
- 5) Add hot fish stock to the Dutch oven using a whisk to avoid lumps. Add heavy cream and season with salt and pepper.
- 6) Add fish, calamari, and shrimp, and cover with mashed potatoes. Place in a 350 degree oven for 8 minutes; the potatoes should be a nice golden brown before serving.

## RESTAURANT: IMPOSSIBLE RECIPES

# CRAB CAKE SANDWICH

**From the episode: Saving a Family's Legacy (Al's Seafood)**

**Makes 8 Cakes**

### **Crab Cake Sauce**

1 cup mayonnaise  
1 tbsp chili paste, Sambal  
2 tbsp sweet relish  
½ cup ketchup

### **Cabbage Slaw**

1 cup shredded Napa cabbage  
1 cup mayonnaise  
¼ cup shredded carrots  
¼ cup whole grain mustard  
1 tbsp white wine vinegar  
1 tsp Old Bay seasoning

### **Crab Cakes**

3 lbs jumbo lump crab meat  
4 ribs celery, diced small  
1 Spanish white onion, diced small  
1 tbsp grapeseed oil  
2 cups crushed Ritz crackers

2 cups mayonnaise  
2 large eggs  
2 tbsp Old Bay seasoning  
8 brioche style buns  
1 beefsteak tomato, thinly sliced  
1 head of Boston bibb lettuce

### **MAKE IT**

#### **Crab Cake Sauce**

1) In a mixing bowl, add mayonnaise, chili paste (Sambal), sweet relish, and ketchup.  
2) Mix and season with salt and pepper.

#### **Cabbage Slaw**

1) In a large mixing bowl, add cabbage, carrots, mayonnaise, mustard, and white wine vinegar.  
2) Season with salt and pepper.  
3) Serve within 24 hours of making.

#### **Crab Cake**

1) In a medium sauté pan over medium to low heat, add onions, celery, and 1 tbsp of grape seed oil

and allow to sweat.

2) Cook for approximately 8 minutes until the onions look translucent. Pull From heat and allow to chill.

3) In a medium sized mixing bowl add crab meat, mayonnaise, eggs, Old Bay, and crushed Ritz crackers.

4) Using a wooden spoon, gently mix all ingredients; season with salt and pepper.

5) Divide the crab mixture into 6 oz portions and form into patties.

6) In a medium sauté pan over medium to high heat, add 1 tbsp of grapeseed oil and let it get hot. Add 2 crab cakes at a time, making sure not to overcrowd the pan.

7) Cook each crab cake for 7 minutes on each side.

8) Toast brioche bun either in a toaster oven or in a sauté pan over medium heat.

9) Finish with crab cake sauce, 2 slices of tomato, 2 lettuce leaves, and ¼ cup of coleslaw on top.



# RESTAURANT: IMPOSSIBLE RECIPES



## CORNERD SHORT RIB SANDWICH

**From the episode: Dull Diner  
Dilemma (Rosie's Diner)**

**Serves 4**

### YOU'LL NEED

#### Corning Liquid

1 qt water  
3 cups kosher salt  
¼ cup brown sugar  
1 cup pickling spice  
½ carrot  
½ onion  
1 stalk celery

#### Spicy Mustard Ketchup Aioli

1 cup Dijon mustard  
1 cup mayonnaise  
1 cup ketchup  
1¼ cup whole grain mustard

#### Sandwich Build

2 lbs cornerd short rib (bone out)

1 cup shredded cabbage  
4 tbsp spicy aioli  
1 tbsp cornerd liquid  
1 tbsp butter  
8 slices Texas toast  
1 cup potato chips  
8 slices Swiss cheese  
12 oz French fries  
1 stalk celery

### MAKE IT

#### Cornerd Beef

1) In a large heavy bottom stock pot, add water, salt, pickling spice, carrot, onion, and celery.  
2) Bring to a boil, and remove from the heat. Allow mixture to chill.  
3) Place short rib in the cornerd liquid for at least 12 hours; 24 hours is preferred.  
4) Place short rib and cornerd liquid in crock pot or slow cooker at medium-heat for 5-6 hours, or until fork tender.

#### Spicy Mustard Aioli

1) In a large mixing bowl, add Dijon mustard, ketchup, mayonnaise, and whole grain mustard.  
2) Mix well and season with salt and pepper.

#### Sandwich Build

1) In a sauté pan over medium heat, add butter and Texas toast. Allow to cook until golden brown about 2 minutes. Remove toast from the pan and set aside.  
2) Next add shredded short rib and cornerd liquid to the pan and bring to a boil.  
3) Place Spicy Mustard on the untoasted side of the Texas toast, then add shredded cabbage, short rib, Swiss cheese, and potato chips.  
4) Place french fries in a 350° fryer and cook for 5 minutes until crispy.



# A DAY IN THE SUN

*The first-annual Robert Irvine  
Foundation Golf Tournament was a  
smashing success—and not just  
because of the money it raised.  
Here's how veteran outreach  
played a role in the event itself.*



Above, Robert fires up the attendees before the start of the tournament. At left, Robert Irvine Foundation Executive Director Dave Reid, center, does a video interview to promote the foundation's work. The RIF raised \$100,000 for veterans in need and their families. Since its inception, the foundation has raised over \$1.1 million.

# RIF GOLF TOURNANMENT



John Fissette, COO of A Veteran's Valet, won the tournament's long drive competition.

**T**he Hill Country Golf Club at the Hyatt Regency in San Antonio, TX, is typically a place for vacationing dads to cut loose for a few hours while their wives and kids ride bikes around the resort grounds or float down its lazy river. But for one day this August, it was a haven for dozens of wounded warriors and their sponsors thanks to the Robert Irvine Foundation.

On a typical sun-drenched Saturday morning, 100 golfers—36 of whom were wounded veter-

ans—played in the foundation's first annual charity golf outing. The day included breakfast, an 18-hole scramble (wherein each foursome only uses the best ball after each shot), a barbecue lunch served up by Irvine and his culinary team, and a charity auction featuring sports memorabilia, event tickets, and more.

All told, the event raised over \$100,000 through sponsorships, ticketing, the auction, and in-kind donations.

Jen Lee, a retired 10-year Army veteran and amputee who won the closest-to-the-pin challenge, typ-

ified the response of servicemen who took part in the festivities. While loading a plate with Irvine's brisket and pulled pork from the buffet line at lunch, Lee said the day had been a tremendous amount of fun, adding, "I'm grateful to Robert and all these guys for their help—and their patriotism."

The flawless execution of such an elaborate, multi-phased event—spread over the course of nearly eight hours—was a pleasant surprise to many attendees and sponsors.

"For a fifth- or sixth-year tournament, this is really great," said

# RIF GOLF TOURNAMENT

Winston Wilkinson, Executive Vice President of the Pentagon Federal Credit Union, one of the event's marquee partners. In addition to sponsorship, PFCU also paid for 20 wounded warriors to play in the tournament. "The fact that this is a first-year tournament is incredible. Pen-Fed, which is run by Nate Mickelson, has a long history of supporting the military since 1932. It's great being a part of an event like this because Robert's passion is so genuine."

John Fissette, COO of A Veteran's Valet—a hospitality company based in Dallas—took home a new driver after easily winning the long drive competition. It's a much longer drive (over four hours) to make it to the tournament by car from Dallas, but Fissette said there were no other considerations than supporting the wounded warriors. "It was a humbling privilege to play with these men," he said.

At the end of a day that had been a year in the making, Robert Irvine Foundation Executive Director Dave Reid said he was thrilled with the fact that—not only had the event gone off without a hitch—the three dozen veterans who played had a great time.

"The money we raised is going straight to help train service dogs and fund a dozen other projects that will have a direct and meaningful impact in the lives of our nation's defenders. So obviously, the day has been a huge success on that level," Reid said. "But on a more personal level, it's a beautiful thing to be able to give these veterans a taste of what



Reid, who lost his lower left to an IED while serving in Afghanistan, takes a moment away from organizing duties to join in the fun.

# RIF GOLF TOURNANMENT



they fought for overseas: A day on a pristine golf course. A meal cooked by a world-class chef. A day where they get to feel like the kings they are. Nothing could ever be enough for these guys, but it means something.”

Irvine echoed the sentiment.

“After risking their lives, spilling their blood, losing their limbs—

and their friends—well, you tell me what’s good enough for them,” Irvine said. “There’s nothing we can give that can equate to that sacrifice. So what do you? My answer is: You have as many days like today as you can. You raise as much money as you can and you use it to lift up the veterans in the most dire circumstances.

“But most importantly, you never stop saying thank you. And you never, ever forget.”

*The Robert Irvine Foundation is a 501c3 charitable organization. It is staffed by volunteers and disperses 100% of all donations to the causes that need it most. Learn more or make a donation at [RobertIrvine-Foundation.org](http://RobertIrvine-Foundation.org).*

# RIF GOLF TOURNANMENT



Above left, the National Anthem is performed during the tournament's opening ceremony. Above, Robert's wife Gail Kim-Irvine poses for the cameras. Below left, the silent charity auction featured a huge number of donations from establishments in the San Antonio area, plus rare sports memorabilia like signed jerseys from Pete Rose and Kobe Bryant.

RI MAG INTERVIEW:

# ALEKS PAUNOVIC



The Canadian boxer-turned-actor has enjoyed a long career of playing sci-fi tough guys in everything from *Battlestar Galactica* to *War for the Planet of the Apes*. He took a break from his upcoming film *Crimson Point* to chat about the new season of *Van Helsing*, his passion for storytelling, and being grateful for everything—even life's setbacks.

INTERVIEW BY MATT TUTHILL /// PHOTOS BY BRENDAN MEADOWS

# INTERVIEW: ALEKS PAUNOVIC

**Robert Irvine Magazine:** Your filmography is enormous and has a ton of sci-fi in it. From *Van Helsing* to *Apes*, going all the way back *Battlestar Galactica* and *Stargate*, this is the genre where you've left your mark. Is this by design? Or do you give every kind of project equal footing and just look for good characters?

Aleks Paunovic: That's the bottom line: wanting a good character to play. It's just been really interesting with the opportunities that I've had in sci-fi, like some of my best friends are in sci-fi. Before I really started working in the industry my best friend Tahmoh Penikett was one of the leads on *Battlestar* and so when I got to work on that, it was hugely due to him. Then the opportunity kind of opened up for me and I just kind of fell into it. I've just been really fortunate because I think the sci-fi world is so devoted and dedicated. I had no idea. I'm over the moon that I get to be in that kind of a family.

**RI: You belong to the Internet now. You and Karl Urban.**

AP: Right? Yeah, I feel super fortunate.



Paunovic is partners in Wonderlight Entertainment, a production company based in his hometown of Winnipeg. "I'm just so grateful and honored to be apart of that to be bringing more jobs in the city that I grew up in," he said.

**RI: You were a boxer until 1999 when you were injured. How'd you get hurt?**

AP: I have three generations of boxers in my family. Boxing has always been a huge part of my life.

My dad trained me, I watched it all the time, and I dissected it as a science, not as a fight.

I never looked at boxing as two people that were really mad at each other going at it. It was a

# INTERVIEW: ALEKS PAUNOVIC

psychological warfare and two people testing their skills against each other in the most primitive way. It's always been a parallel for life struggles to me.

Then in '99, my dad was my coach and there's a pre-Pan American trial, so I was fighting against Argentina and it was just a punch that I threw that kind of tore my rotator cuff. Then that was that and while I was recovering from my surgery opportunities started to kind of just drop in.

During that time I was still playing in a band—I played bass guitar in a metal band called [Specula Black](#)—but then I started getting opportunities to be an actor and I just kind of figured like that's the way I want to go. I'll keep on

training, I'll still spar but I think this is the avenue I want to go to.

**RI: If you look back now, are you grateful for that injury? Because you probably would have still been pursuing competitive boxing instead of taking a look at all these other things that were open to you.**

AP: Oh, you have no idea how grateful I am. Boxing is a tough sport no matter how much I love it. I understand sacrifice. I understand the idea of: You can't just walk into a ring and try to fight. You have to train and you have to have people in your corner. For me, I understand it and I feel like if the injury wasn't there... You're always that millisecond away from

ending your career, going from an up-and-comer to a has-been. It takes one punch. I did love it so much that I wanted to put everything on the line with it and that's not any disrespect to any boxer out there. Because I idolize anybody that steps in the ring. Those were just the cards that I was dealt to where I was like, "You know what? I see a longer future over here. If I start now and if I lay some groundwork that I could have a really long career in this industry and I think it should start now." I just fell in love with the art of telling stories. To have both in my life still, I'm very grateful.

**RI: So you still train as a boxer? You've stayed in phenomenal shape.**

AP: Yeah, I definitely try to get some shadowboxing in, or hit the heavy bag or even put on some mitts. Tahmoh Penikett and I always go to the gym and hit hand pads and push each other. We always go like I would never have gotten that workout if I was by myself. We help each other in that aspect of it.

I feel like I need to keep it in my life as a parallel with work and auditions. The nerves before a take or the nerves before



A third-generation boxer, Paunovic was training for the Pan Am games when he injured his shoulder, ending his career. To this day, however, he still utilizes many training techniques from his fighting days.

# INTERVIEW: ALEKS PAUNOVIC

your first day on set is exactly the nerves before a fight. To me, I was lucky to experience those nerves at a different level. Just no one's punching me in the face this time.

**RI: Most people don't realize if you're not in that industry that making films is pretty physical. There's very long days and even if it's not a physical scene, it's all about projecting energy. Would you agree that filmmaking is pretty grueling?**

AP: It absolutely is grueling. I mean I just finished at three o'clock in the morning last night, and I'm up working on my lines for later. I was there 14 hours and you're always troubleshooting. Which I really love cause you get a great team together and things may not be exactly the way you read it on the script. Then you just see how you could amalgamate it into something that still tells the story with the environment that you have. That takes takes a lot out of you.

I do a lot of action stuff and I love doing this action stuff. Fight scenes for six different takes... it can get to be a lot, but when you love what you do, I'll do it for hours, man. I just so enjoy it and so enjoy the collaborative effort that everyone puts forward in this team aspect. I'm in love with it, so I don't mind the long hours.

**RI: That's a recurring theme with anyone at a high level of success that we speak to. They love a challenge. They love to problem-solve and be around**

**other creative people who can do the same. That value of rolling up your sleeves and digging in no matter what's going on... I'm guessing a lot of that came from your father since he was a fighter.**

AP: Yeah, I got a lot of that from him, but also my family's been really important to me and the idea of a team has always been super attractive to me.

A team without synergy isn't going to win and it's not all about winning, but it's so beautiful to watch when people just know what the next step is. Then, if it doesn't happen to see them working it out and then it does happen. The idea of getting a bunch of energies together in this kind of water-like flow has got to be the coolest thing that I could ever experience.

With boxing, it's still just the trainer and the boxer to have a flow to understand each other. There's the communication in boxing, needs to be on point and everybody on the same level. If they're not there, then you're not picking up with what the other person's dropping off.

You may be finding a bunch of holes in your work. I just find that really, I conceived that part of me from boxing that I have in the film industry. I just loved the idea of compassionate and loving way of communicating and getting things done and getting to the end.

**RI: Van Helsing comes back on September 27th (9pm on SyFy) What can viewers expect in the new season?**

AP: This season is just extremely fun. I feel like we just keep on upping our game. We're introducing some amazing characters, some new characters that fit beautifully with it. And you know, one of the coolest things that I felt about the show was Trisha Helfer as Dracula.

I think she's the first female Dracula. And when they say that a powerful female actress is going to join the cast, to be playing Dracula, you just kind of shake your head and go, "Oh my god that is awesome!" I'm stoked that she's a part of the show.

**RI: Talk about your diet. Are you an all-things-in-moderation type of guy or do you adhere to a specific diet to stay in shape?**

AP: I believe in all things in moderation. I love eating. I love food. For me it's this big thing of I need to get my workout in so I can enjoy the food. I'm not looking for a super-low bodyfat; I'm just trying to enjoy that aspect of my life. Chicken breast is a staple that I'll have four or five times a week but ... yeah, I like all types of food.

**RI: You've made a career for yourself in an ultra-competitive industry. With regard to general success, what advice do you have for readers? Especially those who might feel stuck.**

AP: The biggest thing that has helped me is to realize everyone's journey is different but we are not an island. Everyone has been in that position—I don't care where you're from—everyone has been

# INTERVIEW: ALEKS PAUNOVIC



Paunovic as Julius in SyFy's *Van Helsing*. "This season is just extremely fun. I feel like we just keep on upping our game." Season 4 premieres on September 27. Watch the trailer [HERE](#). (Image courtesy of SyFy)

in a position of feeling stuck.

When you realize you're not an island and other people are going through the same things, that can give you hope and inspire you. One thing you can never do is say, "Aww, I should have done this ten years ago. I can't believe I'm in this spot. Why can't I be further ahead like that person?" Comparing and looking to the future and looking to the past in a negative way is unhelpful. So sit back and think, "I'm here and I'm just going to be a little bit better each day," and that has always helped me. You need to center yourself.

Sometimes it's just me writing my to-do list. If I haven't written one in a week, that helps me find

my center and keeps me focused. So that's the advice I would give: Live in the present. What can you do right now? And understand that you're not an island and that you don't have to be closed off and struggle alone.

**RI: The stuck person will try to poke holes in any story of success. "Oh, Alex, you're six foot five. You're lucky. Casting directors must love you." Meanwhile, you as a positive person probably never see the glass as half-empty or half-full. You're always thankful that you have a glass.**

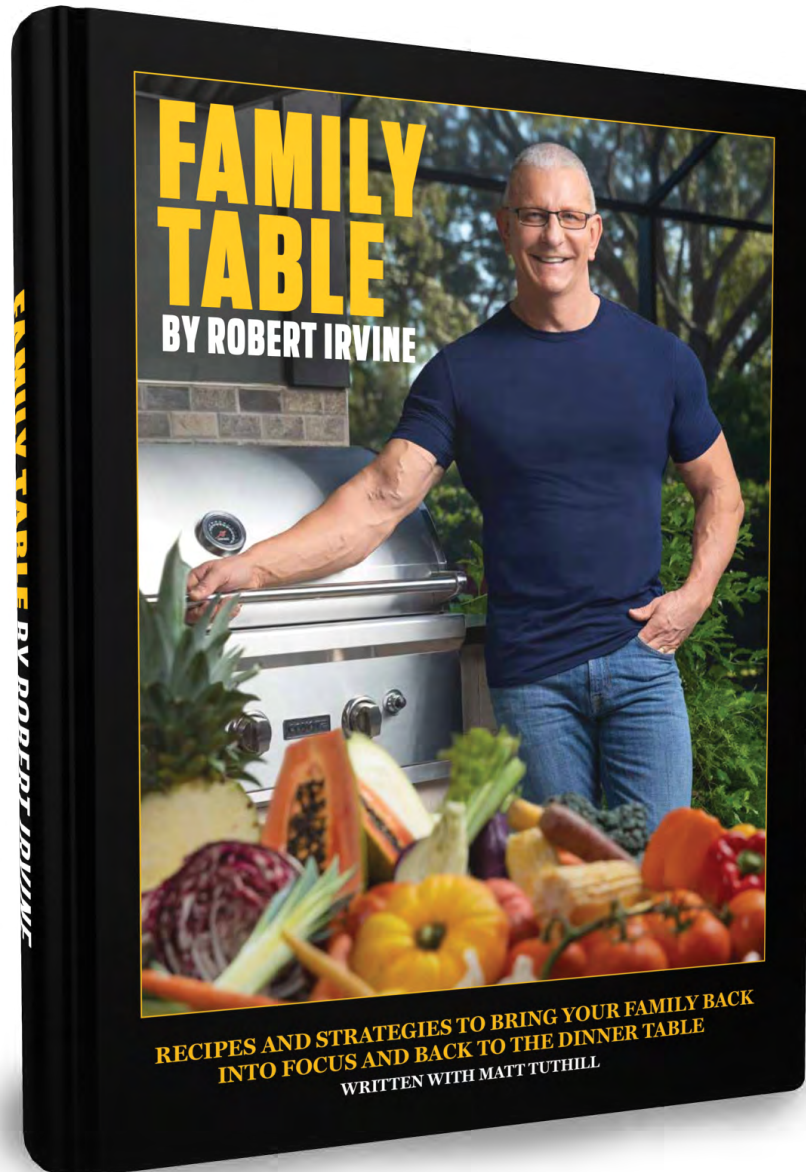
AP: That's right on point. It's so interesting because you can see

someone with nothing, but they have a huge smile on their face because their heart is full of joy. Everyone's going to be faced with obstacles. Everyone's going to face tragedy. There's no easy way through suffering. You still need to mourn. Even if you lose your job or something like that, you need to mourn it because it meant something to you. But then you can say, "Ok, I've mourned. Now we can move forward."

*Follow Paunovic on [Twitter](#) and [Instagram](#). He appears in the sci-fi thriller *Freaks with Bruce Dern*, which makes its US bow on September 13. Watch the trailer [HERE](#).*

# **FAMILY TABLE**

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# QUICK FIXES

Our experts provide the answers to the health and fitness questions that are keeping you up at night.

**Q:** My doctor says I'm pre-diabetic and that I need to back off of sugar and other simple carbs. What else can I do to reverse the situation?

—Ben R.,  
via Facebook



**A:** Exercise regularly, get your weight down, and lay off the booze, says Dr. Michael Schutz of [Jersey Urology Group](#) in Somers Point, New Jersey.

“Diabetes occurs when you do not make enough insulin, or when your body becomes resistant to insulin, or you make less insulin as you get older,” Dr. Schutz says. “This reduces the movement of glucose into the cells and the glucose stays in the blood stream.

“One of the biggest risk factors for diabetes is obesity. Getting down to a healthy weight allows your body to better manage blood glucose

levels.”

If left unchecked, diabetes can cause a host of health problems that can do irreparable harm to your body.

“Over the long term, the high blood sugar levels damage the blood vessels and nerves and cause permanent damage to the eyes, kidneys, nerves, brain, heart, and extremities and erectile dysfunction,” warns Dr. Schutz. “High blood pressure, smoking and high cholesterol are other risk factors for damaging blood vessels and increase the risk of injury from high blood sugar.”

## Too much muscle?

**Q:** I'm afraid of building too much muscle because a friend of mine told me that if I have to stop for any reason, my muscle will turn into fat. Is this true? — Sam D., via Twitter

**A:** Your muscle will never “turn into fat,” according to [Jay Cardiello](#), a highly sought-after celebrity trainer seen on ABC's *My Diet Is Better Than Yours*. “There's muscle loss and then there's fat gain—and while the two often go hand-in-hand due

# ASK US ANYTHING

to lack of activity, muscle and fat can't transform into one another," Cardiello says.

In short, worrying about gaining "too much" muscle is like worrying about having too much money. It's silly because it's very hard to gain muscle and you'd never become as big as a bodybuilder without years of constant work, eating, and yes some anabolic drugs.

"Remember the magic happens away from the gym," Cardiello continues. "Focus on healthy eating, getting proper sleep, and keeping your stress levels low. Combining these three factors with continuous exercise will make a tremendous impact with sustainable outcomes."

## Burn fat without running

**Q:** A trainer told me that to burn fat I need to do sprints. But I have bad knees. What can I do?

— Sunil R., via the web

**A:** "As long as you're still breathing you are burning fat while reading this," says Mike Geremia, a master trainer at New York Sports Club in Rego Park, Queens. "I think the trainer at your gym has made the common mistake of confusing HIIT (High Intensity Interval Training) with sprints. HIIT is short bouts of hard work followed by periods of rest. HIIT is one of the most efficient ways to burn fat,

but it does NOT have to incorporate sprinting (which is, of course, a wonderful variant of HIIT) or any type of running for that matter. The beautiful thing about HIIT is that you can make it your own, choosing exercises (preferably compound movements) that are comfortable for you to do with your "bad knees" done at higher intensities. Your HIIT could start off as simple as light jogging for 60 seconds followed by 60 seconds of rest for 6 cycles, a total of 12 minutes. Sled work and battle ropes are also some of the great HIIT alternatives to sprinting that will provide you with the metabolic disturbance you are looking for."



ANY WAY YOU CAN: High Intensity Interval Training (HIIT) doesn't have to include running. Pushing weighted sleds and using battle ropes (left) can all be great forms of HIIT.

# ASK US ANYTHING

## Women, supplements, and building muscle

**Q:** My husband takes a pre-workout powder before he goes to the gym and says I should take it too because it'll give me energy. But his supplement has creatine in it. Won't that make me bloated? Plus, I'm not trying to lift heavy weights like he is. I do pilates, cardio, and occasionally, some light weights. Is there any reason I should take what he's taking?

— *Rosanna P., via Facebook*

**A:** First, concern yourself with the ingredients in the supplement that can give you energy and help build muscle. Amino acids like carnitine, tyrosine, and leucine work synergistically to give you a boost of strength, energy, and initiate protein synthesis. A little bit of caffeine for added kick doesn't hurt, either, provided you're not overly sensitive to it.

Now to address the concern of creatine: Just because it has creatine in it doesn't mean it's automatically off the list, says [Amber Day](#), a fitness coach and former Ms. Bikini Universe. "Creatine is essential for muscle growth and recovery," Day says. "It can help a women improve strength in the gym, which can increase muscle and, in turn, help burn fat."

Creatine does cause some water retention, but Day says

those concerns are overstated. If your diet is otherwise clean, you won't look bloated if you start taking creatine.

"Women avoid creatine supplementation because they fear it causing heavy bloat. However, I have seen that women who supplement with creatine tend to be leaner because they carry more muscle... Even if you only do Pilates and light weights this will enhance not only your workouts but also your results."

Lastly, the worst mistake any woman serious about getting in shape can make is to think that lifting heavy will make you big. You can't get big unless you're concentrating on getting big and eating a lot of extra calories to make it happen.

Pilates and cardio are wonderful tools to help you get in shape and stay that way. But weights are also key, especially as you get older; nothing is better at keeping bone density high.



**TRUE POWER:** The benefits of weight lifting are not gender-specific. In both sexes, weight training is a powerful weapon to stay lean and keep bones dense with age.

## ON THE GO

A brand new FitCrunch flavor, plus an important calendar reminder.



Order the new FitCrunch Mint Chocolate Chip protein bars on Amazon by clicking [HERE](#). Product ships on Sept. 16.

### NEW FITCRUNCH FLAVOR

This month at the Olympia Expo in Las Vegas, Robert will launch a brand new FitCrunch protein bar flavor: Mint Chocolate Chip.

“Reaching for a protein bar is all about making a better choice—forgoing sugary snacks in favor of something that can help you reach your fitness and wellness goals,” Robert said. “Well, I believe you ought to be rewarded for making that choice and that’s where my new Mint Chocolate Chip FitCrunch snack bar comes

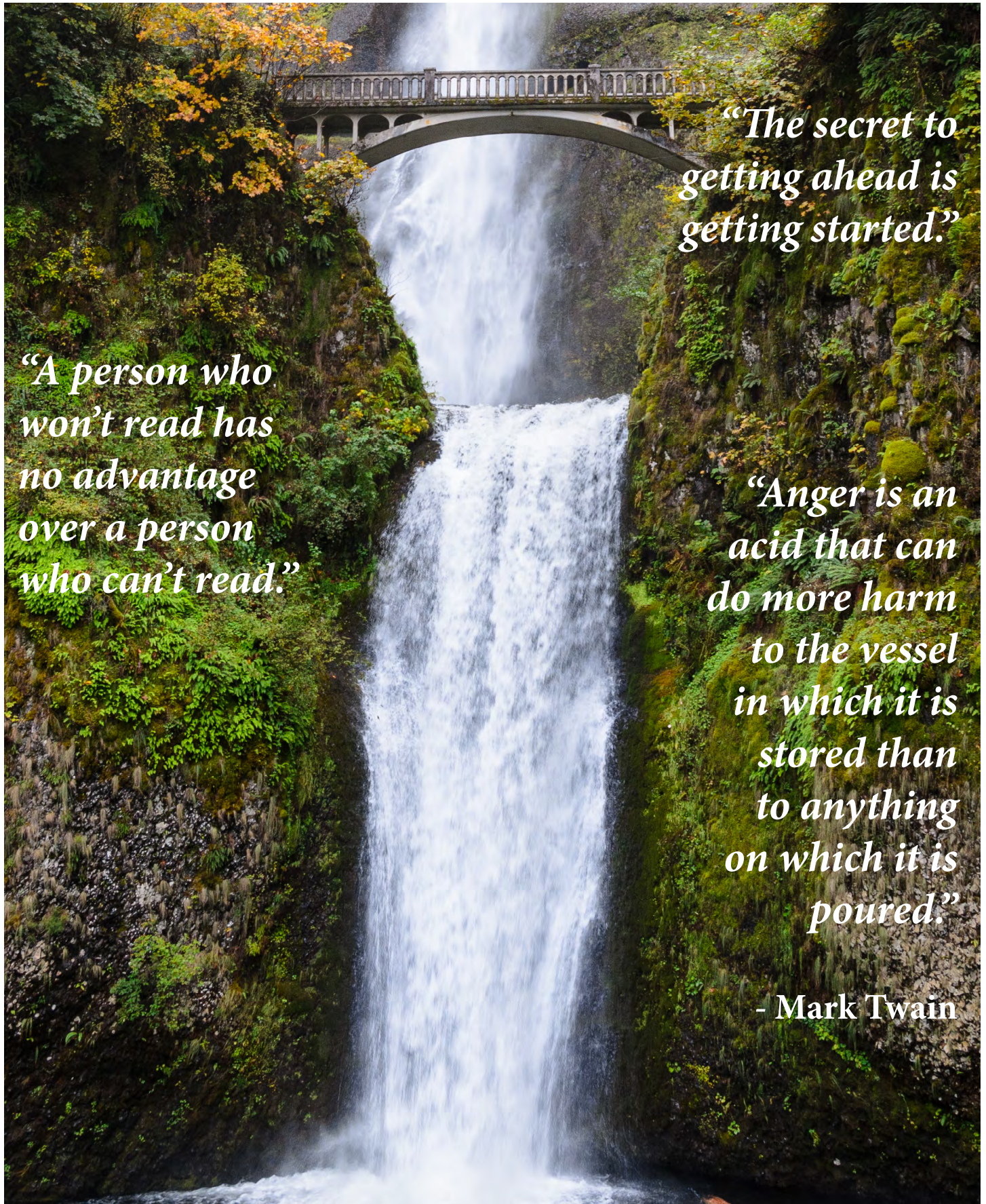
in. We worked incredibly hard on the flavor for these bars and what we came up with was so authentic, you’ll swear we wrapped up a scoop of mint chocolate chip from the ice cream parlor and dipped it in chocolate. But this bar is not a decadent treat—it packs 16 grams of high-quality whey protein—it only tastes like one. Eating great shouldn’t feel like work. It should be fun. I’m proud to take that mission one step further with these Mint Chocolate Chip FitCrunch bars.”

### NEW YORK FOOD & WINE

Headed to the New York Food & Wine Festival in October (10-13)? Be sure to get tickets to Robert’s special event, “Rocktails” on Saturday, October 12. Food cooked by top local chefs will be served alongside beer, wine, and unique cocktails—the likes of which you’ve never tasted before. All the while, you’ll get to mingle with Robert while listening to classic rock tunes. Goes from 8-10 PM at the Highline Stages.

Get tickets [HERE](#).

# WORDS TO LIVE BY



*“The secret to getting ahead is getting started.”*

*“A person who won’t read has no advantage over a person who can’t read.”*

*“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.”*

*- Mark Twain*