

ROBERT IRVINE

MAGAZINE
FALL 2024

NOTHING IS IMPOSSIBLE

THE ENDLESS LOVE
AND MEMORIES OF

O.A.R.



THEIR LIVES, CAREERS,
AND MISSION TO GIVE BACK

ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

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Marc Roberge performs at Beats N Eats 2021 in Philadelphia. He's been a part of the fundraiser since 2020, with his full band, O.A.R., headlining the event since 2022.

WHY I LOVE O.A.R.

Their music of love and friendship is purely authentic,
just like the men themselves.

This year marks the 10th anniversary of the Robert Irvine Foundation, but I've been in the charity world for much more than a decade. For all that time, it's been a labor of love more fulfilling than anything I could have ever dreamed up. The people I've helped—and the people I get to work with—have enriched my life in countless ways.

For my purposes here, I want to talk about the second part of that contingent—the people I get to work with. Because at this point in my life, I've crossed paths with so many people raising money for various charities that it's easier to make a list of the folks in this world that I haven't worked with. The great thing about these folks is that all of them are trying to help. Their hearts are always in the right place and they've put their money where their mouths are, committing valuable time and energy to improve the lives of others.

Having a charitable heart comes in many forms; people give what they can, and whatever they can



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ROBERT'S LETTER

give is precious, if it's a few dollars or a few hours. We all have too much to do and too little time on our hands. So with the caveat that I think that anyone who gives is a kindred spirit of mine and always welcome at my table, I also want to say I would be remiss if I didn't reserve a special place at the very top of my list for the people who go above and beyond. People who, each year, find a way to dig a little deeper and commit even further. It's simply not possible to go this extra mile unless you are compelled on a spiritual level.

Which brings me to O.A.R. When Marc Roberge performed for the virtual Beats N Eats fundraiser in 2020, I was honored. When he came back for the live show the following year with bandmate Richard On, I was moved. When the full band showed up the next two years, playing longer and longer sets each time and becoming more intimately entwined with the mission of the Robert Irvine Foundation, well, I was speechless, which is a rare position for me to be in. Just this summer, the full band showed up for a RIF Breaking Bread With Heroes event, rolling up their sleeves, donning aprons, and serving hot meals to our veterans and first responders.

If you are a fan of O.A.R., you've encountered this generosity of spirit in their music; it is joyful, soulful,



O.A.R. with Robert and his team, and a large contingent of volunteers at a RIF Breaking Bread With Heroes event in July.

and accessible, always seeming to find something beautiful and universal to say about the human condition. When you get to know the men behind that music, it all makes sense.

My hope with this special issue is that you get to know them a little bit more like I do right now. In our massive cover feature starting on Page 8, you'll get a sense of the band's history, what motivates and moves them as artists and philanthropists, and what the future holds. The band gave us unprecedented access to their creative process and provided a series of candid interviews, committing, yet again, even more of their precious time and energy. I'm incredibly proud of the package we put together here, and I urge you to take it all in. If you love it half as much as I do, you're going to get a hell of a kick out of it.

Lastly, I encourage you to keep an eye on liveoar.com and sign up for touring updates. If they come anywhere near your area, you can't miss the opportunity to see them play live. It is, as so many of their die-hard fans already know, a spiritual experience. They've certainly moved me, and made my life all the richer. To them, I say thank you. It has been an honor and I can't wait to see where this partnership takes us.

To you, I say enjoy the issue and remember the words I live by:

Nothing is Impossible,

Limitless Possibilities



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THE ENDLESS LOVE & MEMORIES OF O.A.R.



From left to right, the core members of O.A.R.: bassist Benj Gershman, saxophonist Jerry DePizzo, lead singer Marc Roberge, drummer Chris Culos, and lead guitarist Richard On. Photo courtesy of O.A.R.

As the rock band O.A.R. approaches 30 years together, they gave unprecedented access to *Robert Irvine Magazine* to talk about their history, their partnership with the Robert Irvine Foundation, and their future, including an exclusive look at their upcoming album, *Three Tinted Windows*.

BY MATT TUTHILL

ON THE COVER: O.A.R.

On a warm, sunny Tuesday morning in early May, Marc Roberge sits in music producer Gregg Wattenberg's 5th avenue studio in Manhattan. Roberge, the lead singer, songwriter, and front man of O.A.R.—Of A Revolution—calls the place a “tree house” full of brilliant, free-spirited musicians. Some you've never heard of but maybe will someday. Others you've certainly heard of, like the Goo Goo Dolls. Just over a year ago, the bands bumped into each other in Wattenberg's studio, quickly realized they share a lot of the same creative DNA, and wound up collaborating on a stirring cover of Tom Petty's [Won't Back Down](#). They subsequently planned 2023's Big Night Out co-headlining tour. From start to finish, the whole thing seemed so effortless and natural.

But for the artist, not every day is such. Like today. In fact, at the moment, Roberge can't even get started. He is struggling with his laptop, shaking his head. “I'm not really sure what's wrong with this thing,” he mutters, as an assistant enters to fiddle with it and ask if it's been updated recently. Roberge says he isn't sure, and spins his chair away from the console. “It all used to be these big boards,” sighs Roberge, now 45. Despite the warm weather, he is layered in a T-shirt and a checkered blue flannel,



Roberge warms up in music producer Gregg Wattenberg's 5th avenue studio in early May. He and the band are solidifying plans for a 30th anniversary celebration, the crown jewel of which would be a 2026 show at Madison Square Garden.

and black jeans, and black boots—dressed a bit like the guy he soon tells me he admired and emulated as a kid: Eddie Vedder. “Now all the recording is done on these laptops, which is great, but they bring their own problems.”

It's not surprising that Roberge is feeling a bit nostalgic. As the band, which formed in 1996, approaches its 30th anniversary together, he's putting the finishing touches on their new album, which will be titled *Three Tinted Windows*, an homage to the band's humble high school beginnings; Roberge's first

car, “a piece of shit Honda Civic” sported an incomplete set of tinted windows and friends would gleefully carve their names on the roof's interior.

In a minute, he says, he's going to let me hear the title track on the new album. But first, we start from the beginning. The very beginning: an elementary school talent show in Rockville, Maryland, where he and childhood friends Richard On, O.A.R.'s lead guitarist, and Chris Culos, the drummer, then eighth graders, performed under the name Exposed Youth.

ON THE COVER: O.A.R.

Roberge still remembers the raw nerves that shook all three of them, waiting out in the hallway to be called onto the stage. Nevertheless, they pushed through and rose to the occasion, performing two covers that sent the gymnasium into a raucous frenzy. In the crowd that day was Benj Gershman, a student one year younger who remembers, “They were these little rock stars and everyone loved it.” Gershman would join the band as the bassist a couple of years later, when they changed their name to O.A.R.

Roberge describes those early years as “Goonies-esque” and *Three Tinted Windows* is an attempt to recapture, in some measure, those care-free days. They rode their bikes, and later drove their crappy cars, to Culos’ house to practice in his basement. As the band showed ability beyond their years, friends would ask to come watch them jam.

“At a certain point, it just seemed like the amount of people who wanted to hang out in that basement were multiplying, and we had to cap it so we could actually practice because it became a distraction,” Gershman says.

Their rough and rugged debut album *The Wanderer* released in 1997. It was recorded when they were all still high schoolers in their late teens, and introduced the world to their own unique style; they are sometimes called an alternative rock band, but they are more often described as a jam band—with their reggae and jazz influences reinforcing this—but the songs are more focused than that. And since that first album, they’ve gone on to release 17

more—10 studio efforts and another eight live albums in total—with each of the studio albums growing sonically clearer and polished, practically perfect in their production.

The high-water marks of this shift are songs that thrust the band into the mainstream in a major way: their breakout single *Love and Memories* in 2005, and subsequent smash hits *Shattered* in 2008, and *Peace* in 2014. For as much as O.A.R.’s sound has continued to evolve, the one true line of demarcation is undoubtedly *Love and Memories*. The song’s opening chords are suffused with angst and yearning, but also seem to scream, in a way that defies any logical explanation, that the song you are about to hear is a bona fide hit. And it really was. It appeared on the band’s fifth album, *Stories of a Stranger*, which debuted at Number 40 on the Billboard 100 and led to the band’s first major radio play—and ultimately, a packed house at Madison Square Garden in early 2006.

When any band with a cult following suddenly goes big time, die-hard fan reaction is typically mixed. For O.A.R.’s fans, this held true: elation that “their guys” had made it, but also trepidation: Did O.A.R. still belong to them? Or were they now property of the masses and the charts?

Similar worries brewed within the band, only to a more severe degree.

“You want to talk about mixed emotions among fans? I had mixed emotions as a band member!” Culos says. “It was unlike anything we had ever written and I didn’t think

it was in our best interest, direction-wise.”

“I was definitely a bit nervous about what our fans would think,” Richard On adds.

If Roberge was surer of the song, the after effects hit him the hardest.

“I remember standing on 34th Street and 8th Avenue and looking at the sign for Madison Square Garden and it said ‘O.A.R.: SOLD OUT,’” he says, speaking these last three words slowly and deliberately. “But I read it as,” and here he speaks very quickly, ‘OARsoldout.’ And it fucked me up. I was like, ‘Oh how bad is that?’ The idea that I could be working for 10 years, and it’s all I want to do, and it comes down to this one statement that we sold out and I can’t shake it.”

Here Roberge takes a deep breath and steadies himself.

“But then you play the show and you look out into the crowd and it’s like *The Simpsons* and you see your eighth grade teacher and all these people you know and you’re like, ‘No, this is good. This makes sense.’ And look: time heals these things where people who don’t get why you did what you did can see the growth and appreciate that. And if not, I get that, too. It’s fine.”

“Boy was I wrong,” Culos adds. “I didn’t see it at first, but I will admit that once it grew on me, I realized how special it was. It’s one of the songs I most look forward to playing live every night.”

Popularity and packed arenas, of course, never arrive without baggage. Exposure means scrutiny, and a *New York Times* review of that Garden show, while mostly

ON THE COVER: O.A.R.

positive—saying Atlantic Records should have no problem turning them into one of the biggest acts in music—is also laced with backhanded compliments and some outright invective, with the author calling the songs that bear reggae influences “dreadful”.

I bring this up and suggest that had the article been written today, this one critique would likely be the sole focus of a piece condemning their cultural appropriation. Roberge laughs heartily, and says, “Ya think?!” His follow-up, however, is very thoughtful.

“You have to understand where we were coming from. A lot of it was the Israel thing,” he says, referring to when he and Culos both took a semester of their junior year to study at Alexander Muss High School in Israel. (Both men, and Gershman, who would later attend a semester at the same high school during his senior year, are Jewish.) “That is where we adopted these sort of biblical references because we felt like we were right there dialed in with it completely. Now, this is a 17-year-old mind, but I’m standing on historical land, I’m learning about it, I’m writing about it, and it feels an awful lot like a wandering person, biblically, these same stories you heard for ages and ages.

“At the same time in the Washington, D.C. area where we grew up,

late night radio is amazingly diverse; you’ve got go-go, reggae, jazz, all this stuff on 88.3, and 90.1. They were so great, and so many of the great reggae artists lived there and there’s a great culture there.

“We loved that sound. I couldn’t relate to the message, but I could relate to the rhythm, the heartbeat of it. Combined with the time in Israel, that’s how I wanted to tell this story.

“We were living every cliché you could think of, but we were able to wake up and get knocked back into the center.”

- Marc Roberge

But we also feel like... we have to respect it. I’m not going to speak in a patois.

“So we absolutely felt like we had to educate ourselves. Junior Marvin, who played with Bob Marley and the Wailers, I said to him, ‘Will you please come teach us? We want to play Stir It Up. Teach us why the drumbeat is the way it is. Teach us why the guitar is the way it is.’ So again, that’s all before the Garden, so *New York Times*, go fuck your-

selves.”

While we linger a moment on the topic of Israel, I take the opportunity to ask him if he’d have any hesitation about heading down the street to Columbia University and playing for the “anti-Zionist” protesters there. Perhaps a deeper cut from O.A.R. catalog, such as, *To Zion Goes I?*

Roberge smiles wide. “I would do that any day.”

He stops here, considering the moment, and the fact that, yet again, history is repeating itself and the Jewish people are being blamed for all manner of ills. “The thing is, the definitions are so screwed up right now,” he says. “The word ‘Zionist’ to me does not have a negative connotation. It’s people from all around the world in a diaspora, hopefully getting together and doing some positive things... I’m sitting back keeping tabs on

all the crazy shit people are saying and doing. They feel like they can post on the internet and that makes them a good person.

“You think how cleverly you can construct a statement on the internet and backhand anyone who gets in your way, you think that makes you a good person and that it matters? It doesn’t matter. What are you doing in your life to make a positive contribution to society? If you’re doing that and not posting a damn

ON THE COVER: O.A.R.

thing, I'd much rather be around you even if you don't think the same way as I do.

"My opinion shouldn't matter to anyone. I live my life as my example and that's it."

I ask Roberge if there's a conscious effort, now three decades into the band's run, of returning to an earthier sound. Yes, he says, but there are caveats; O.A.R. could chase a particular sound all they like, but nothing could ever recreate the chaotic circumstances that led to the release of *The Wanderer*.

For instance, *Crazy Game of Poker*—the first hit from that album, a

song that sent college bars ballistic for the next decade—was conceived while Roberge got his first taste of freedom in Israel. The internal battle between indulging the temptations around him and escaping to a safer place set the table for him to tell a new story—one about a card game with the devil—and a storm of creative action followed, with Roberge returning to his dorm one day, grabbing his lyric book, and scribbling furiously. "Who's up for game one? Who's up for game two? I don't even remember... I was just writing, writing, writing."

But Roberge only had the foundations of it. And while the song was coming together musically in practice sessions once he and Culos

returned to the States, it was incomplete. He would soon learn the truth of the adage "art from adversity" when the band booked their first recording session in March 1997.

"The guy is like, 'You have 20 minutes left, play something' and I said, 'Let's go,' and we start playing this *Crazy Game of Poker* song," Roberge recalls. After the first two verses, they entered uncharted territory.

"Chris breaks into halftime and I just start making up lyrics," Roberge says, noting that everything from 'So I said Johnny whatcha doin tonight?' to his jazz scatting doesn't just seem off the cuff, but is legitimately improvisational.

"It's lightning in a bottle," he says. "Like, a band performing an entire



To see music videos, live performances, and more, follow the band's official [YouTube channel](#).

ON THE COVER: O.A.R.

album in an afternoon and it's a hit? It's really hard to do, especially when you're trying to have songs that have many lives... but, do we want to go back to that simplicity? Well, I think we have."

He spins back to his laptop, which is now ready to go. He sorts through some files and clicks on one. It's the title track, simple as advertised, and also heartfelt, with Roberge's acoustic guitar leading the way over a chorus of, "and when the rain's coming, I'll keep the car running... let the wind blow, faded signals, and three tinted windows..."

When it's done, he curls his lip, dissatisfied.

"But that guitar is off-time, too slow," he says, "I need to fix it, and that's what I'm doing today." He stands up and pulls a guitar from a nearby rack full of them and sits back down. He strums a couple of chords, nods, ready, donning a pair of headphones and squaring up to the microphone. He plays his part for no more than 30 seconds before shaking his head again.

"That's not the one for this," he says, standing again, and swapping out the guitar.

He sits and plays again, this time through the entire song. He rolls his chair over to the laptop and listens back to what he just recorded. Satisfied, he replaces the old guitar file with the new one.

"So we played this all in a big room together," he explains, "but every member of the band has a setup like this so we can make changes remotely."

The newer recording technology is a boon for all artists, but especially for an older band comprised

of family men scattered throughout the country; Roberge lives in Manhattan, Gershman in San Diego, Richard On in Virginia, Culos in Nashville, saxophonist Jerry DePizzo in Columbus, Ohio, with touring members Mikel Paris (keyboard) in Queens, and Jon Lampley (trumpet) in Brooklyn.

For the next two years, Roberge and company are laser-focused on the band. Their summer tour, which celebrates O.A.R.'s extensive catalog, is ongoing, and includes an August 18th show at Red Rocks in Colorado. The VIP experience that day includes a pre-show Breaking Bread With Heroes dinner with Robert Irvine and his namesake foundation, which will honor veterans and first responders. Leading up to the show, the band and the foundation held a fundraiser through Alltroo (a celebrity fundraising site akin to Omaze) with donations earning fans a chance to win air travel, two VIP tickets, dinner with Robert, access to soundcheck, and more.

"All of the money from Alltroo goes to the Robert Irvine Foundation," Roberge says. The band has been supporting the Foundation for the last two years at its marquee fundraiser, Beats N Eats, each November in Philadelphia. Roberge linked up with Robert first in 2020, performing as a solo artist when the fundraiser was held virtually. When Beats N Eats returned live in 2021, Roberge was there to perform with Richard On, and O.A.R. proper has been headlining the event since 2022.

While O.A.R. has its own charity, the Heard The World Fund which gives money to underprivileged

schools to buy musical instruments and computers, the partnership with the Robert Irvine Foundation allows them to make a bigger impact, with the band's music drawing more attention and money to a charity that annually serves meals to tens of thousands of active duty servicemembers, veterans, and first responders, donates state-of-the-art mobility devices to disabled veterans, and provides a variety of other community services.

"Robert serves our military year-round," Roberge says. "He doesn't just talk the talk, he walks the walk every day and makes a real difference in people's lives. Partnering with him is a no-brainer."

O.A.R.'s desire to give back to the troops dates back to at least 2007 when, at the height of the troop surge, the band embarked on its first major USO tour, playing at FOBs (forward operating bases) in Iraq and Kuwait. Deeply moved by the experience of seeing Army doctors attending to the severely wounded on both sides—and not just enemy combatants, but also civilians injured in sectarian violence—Roberge returned to the States with an active desire to capture what was happening. As all artists know, sometimes the work comes from endless tinkering and craftsmanship, and sometimes, as Roberge explains, "It arrives on a platter, and you have to be ready, or else it doesn't connect."

Roberge and Richard On were ready. Huddled together in an LA apartment while working on the album *All Sides*, Richard played a hauntingly memorable guitar riff that made Roberge blurt out, "Oh

ON THE COVER: O.A.R.



The band's latest single is called *Gonna Be Me* (the friendship song) recorded with DJ Premier and Brady Watt. Listen now and follow the band on [Spotify](#).

my God...” and he wrote around it from there, producing lyrics just as breathtaking for what would become *War Song*. Today, when the band plays the song live, it is introduced as not a song for the war, but for the warrior. “Because no one wants to hear our opinion,” he says. “We’re not in the middle of it. Unless you back it up, no one wants your opinion. Who does back it up? The guys who get blown up and sign up again.”

Describing the members of O.A.R. as merely humble or down-to-earth

doesn't quite cut it, and not only because those terms have been diluted through years of overuse describing any rocker or celebrity who isn't an outright asshole. These men are something beyond humble; the friend from your hometown who worked his way up to assistant manager of the local car dealership is likely several orders of magnitude more full of himself than anyone in O.A.R., a band that has sold more than 2 million albums and at least as many concert tickets.

It's easy to clock where they are in a room, even when they're not talking. In fact, they're usually not talking; a deferential politeness—

ingrained early in their hometown where each of them got a job at 14, and reinforced in the Midwest where the founding members and DePizzo attended Ohio State—governs all their interactions, and they listen earnestly to whatever you have to say, whoever you happen to be, never peeking at their phones or over your shoulder in search of someone more interesting to talk to. This isn't rock star behavior by any stretch, but it's magnetic all the same—and it's remarkable they manage to be such without sucking up all the available oxygen.

Another rockstar cliché they buck: they're not “skinny”. Any musician

ON THE COVER: O.A.R.



Above, Richard On plays during Beats N Eats 2023. Below, most of the band, which is set to reprise its role as headliners of the Robert Irvine Foundation fundraiser on Monday, November 4. Learn more and get tickets at [BeatsNEats.co](https://www.beatsneats.com)



living on a diet of vodka and cigarettes is skinny; these guys are lean and healthy, not to mention gracious and even a bit stylish in their own modest way. The rock band you can take home to meet mom and her Bridge club and be assured of a chorus of *Aren't they just so handsome? And clean-cut!* Roberge may let the occasional F-bomb fly in conversation with a journalist, but he's every bit the kind of guy who shuts it down when in more polite company.

That they have collectively maintained this look and demeanor is as improbable as the fact that they have stayed together for so long. But the change is there in the music: it is impossible to listen to the O.A.R. discography and not mark a significant difference in the band's sound over the years. This is something present not just in the aforementioned mainstream hits, but even more so in the maturity of Roberge's voice, his skills as a lyricist, and the musical complexity and mastery that surrounds him.

Thirty years, of course, changes anyone, but change is a two-way street; it isn't just the artist living under new circumstances, but also the audience, and this has altered the context of certain songs in unexpected ways. Take *About Mr. Brown*, a track from the debut album about a local deviant we all know—a lousy dad and husband who stays out late and does whatever he wants. Like everything else in O.A.R.'s catalog, it has matured and evolved through years of live performance. In this case, it is a better song musically, sure, but it has also transformed into something much more chilling and poignant, perhaps, than ever intended by its teenage author. Originally an indictment of hypocritical adults, the meaning of the song is now flipped; as O.A.R.'s fans confront middle age, the lyric "What do you lie about to your wife?" is no longer a question being asked of a composite character. Rather, it is one Roberge seems to be asking the audience. To hear him belt out this line in a live

ON THE COVER: O.A.R.

show amidst a crescendo of instrumentation, it does indeed, as the kids say, hit different.

And while *Crazy Game of Poker* was the song that endeared them to a generation of kids who turned the song into a mad ritual, jumping around wildly to its opening notes, it too has evolved into a more complex animal, subjected to nearly endless experimentation and improvisation. It was never a short song—the original clocks in at nearly nine minutes—but the band has played versions that last upwards of 20 minutes. Despite that runtime, this isn't bloated, meandering jam band stuff that just won't seem to end; there's brand new instrumentation and lyrics positioned before the "base" song, providing a two- to three-minute ramp up. When the original piece finishes, there's more new music and lyrics, including the refrain, "May God be with me," a single line that seems to reflect the band's humility and gratitude for having come through their early rise in a hard-partying atmosphere, surrounded, naturally, by no one who would tell them no.

In their hometown of Rockville, adults aware of the band's prospects accepted, or at least looked the other way, when these talented young kids were smoking weed. Experimentation with psychedelics followed—"way too early" according to Roberge—and they were surely not ready for life on the road. Certainly not a bus tour with Kid Rock, which happened early on. "If he had strippers onstage, you can use your imagination for what was going on backstage," Roberge says.

One such bus tour took them to El Paso, TX. After the show, someone had the bright idea to walk into Mexico to keep the party going. "And we have no idea how far it is, but it's not possible." (Ciudad Juarez is nine miles off, plus the Rio Grande is in the way.) "So we wind up climbing up a billboard. You look back at that and say 'Oh my God, all the bad things that could have happened...'"

At one point, Roberge called his older brother, then the band's manager, from a pay phone, and remembers crying into the receiver, "I can't do this. I don't even know what day it is."

"We were living every cliché you could think of," Roberge remembers. "But we were able to wake up and get knocked back into the center. Now those bumpers, those guard rails, are so important, and they're wholesome... and awesome."

Putting those wild nights in the rearview changed another song. When *Conquering Fools* appeared on *The Wanderer*, the lyrics only told a story of a young, globe-trotting man in search of treasure. Today, its new lyrics indicate a band that has journeyed into a life of family and cleaner habits: "When no substance controls you... you done conquer that fool... and when that alcohol cannot own you... you done conquer that fool."

Finding a wholesome center began with finding love. The core members are all married now, and most of them have kids. Roberge's wife, Nassim, was his high school best friend, but the two never became involved romantically until

college when he called to wish her happy birthday and they talked long into the night. And the next night. And the night after that. Now married for 20 years, they have three children together, ages 14, 12, and 7. Nassim runs the band's charity and has traveled with them overseas to visit the troops. Their trip to Iraq was of particular interest, offering her a chance to get as close as she ever would be to her homeland as her father, an Iranian dissident, was banned from returning.

Another guardrail Roberge has found: making music with his kids. Usually, the goal is to have no goal and simply enjoy some unstructured free play with no judgments at the end. Music for the sake of music. He says the kids are developing great instincts and talent, even if they don't have a firm grasp on exactly who their father is. "Last night I'm brushing my teeth, I'm half asleep, and there's a knock on the door. My kid is like 'My teacher said she really liked a song of yours,' and I said 'What song?' and he said 'Something... turn the car around?' Roberge laughs hard. "I said, 'Yeah, that song is why we have this house.'"

His kids have also chided him for not "dropping" frequently enough on Spotify. As the conversation turns to the streaming giant, Roberge reflects yet again, happy that the band embraced a "tickets and T-shirts" model of doing business the moment Napster made its debut; their manager being prescient enough to realize it wasn't just a gimmick, but an existential threat to the industry.

ON THE COVER: O.A.R.

Originally, the band had made inroads on college campuses through a sales rep program; send a box of CDs to a student, who's instructed to sell as many as possible and, once they hit a wall, give away the rest. The important thing was to get the e-mail addresses of anyone who bought or received a CD.

"No one has more .edu e-mail addresses than we do," Roberge says. "We had boots on the ground in every major college in America. We knew what the fuck was going on because of this list. People would tell us, 'Yo, everyone knows your words at these bars in Tucson,' so we'd suck it up and go. We encouraged people to tape our shows from way back in the day because we saw Dave Matthews Band doing it and he saw the Dead doing it. So when CDs went away and we were fine with that... We embraced the Napster thing because we could see where the downloads were coming from and we'd just go there."

Spotify and other streamers don't provide artists with data that would allow them to micro target in this fashion anymore, but Shazam does, and Roberge explains that a burst of Shazam activity in one area indicates that a friendly radio station must be nearby.

He tries to impart this knowledge to younger artists, including many who pass through Wattenberg's "treehouse" on 5th Avenue.

"I see these kids come in—incredibly talented kids—with millions of streams and no money. I say, 'You



Roberge performs at Beats N Eats 2023. "Partnering with the Robert Irvine Foundation is a no-brainer," he says.

have to play a show, I don't care what that show is. You have to."

Roberge's solo shows often incorporate these younger artists. He hopes by his example to show them that music as a career can still work if you play your cards right.

They would need to look no further than the ambitious slate O.A.R. has planned for the next two years. All this looking back would seem to have given the band the ability to see with perfect clarity exactly what they want from their future. In addition to the ongoing tour celebrating the existing catalog, they now boast their very own music festival. This year, the Ocean's Calling Festival in Ocean City, Md., will be held in late September, and welcomes acts like Blink-182, Dave Matthews Band, The Killers, The Offspring, and more—as well Irvine, who will be on hand to cook. Tickets are sold out.

The icing on the cake: A return to

the Garden in early 2026. A child of the Nineties and now a full-blooded New Yorker, Roberge had the idea to bring the whole building back to what it was the year the band formed. "You go in and it's like we just won the Stanley Cup. Banners of Messier, Leech, the whole thing... and throwback pricing. I want most people to be able to get in for 30 bucks.

"Ideally, it's a family night."

There couldn't be a more fitting sentiment from the band you can take home to mom.

Visit liveoar.com to sign up for touring updates.

Learn more about the Robert Irvine Foundation at RobertIrvineFoundation.org

Matt Tuthill is the VP of content and communications for Robert Irvine. Learn more at matt-tuthill.com

ON THE COVER: O.A.R.

WHAT COULD BE BAD

As anxiety and depression rates continue to grow, O.A.R. bassist Benj Gershman's new mental health podcast, What Could Be Bad, becomes essential listening.

O.A.R. bassist Benj Gershman's new podcast, WHAT COULD BE BAD, focusing on mental health, debuted in May. Each week, Gershman goes deep with a new guest, talking about their mental health journeys. Gershman struggled in the wake of the pandemic; after contracting Covid-19, he developed an autoimmune disease commonly known as Long Covid. It rendered him depressed and unable to pick up an instrument, or even his baby boy. A combination of therapy, medication, and other wellness interventions got him back on his feet, and in the conversations with his guests, the honesty and intimacy can be both illuminating and instructive. So far,

guests have included big names from the world of music, like Public Enemy's Flavor Flav, as well as Paul Rieckhoff, veteran, author, and founder of the Iraq and Afghanistan Veterans of America. The name What Could Be Bad comes from something Gershman's maternal grandmother, Louise Chesler, said as she neared the end of her life. Despite her obvious suffering, when Gershman visited her bedside and asked how she was, she squeezed his hand and said, "What could be bad?" Her moment of bravery and



relentless positivity now live on through the Benj's show. Subscribe now on [Spotify](#) or wherever you get your podcasts.

IN THEIR OWN WORDS

O.A.R. on why they partnered with the Robert Irvine Foundation.

MARC ROBERGE, lead singer
"Robert is awesome. I've never seen anyone working that hard. He knows where I stand, I know where he stands, the music is just decoration. If you're in my position or in Robert's position, to do something fun and make some money, you'd better give back."

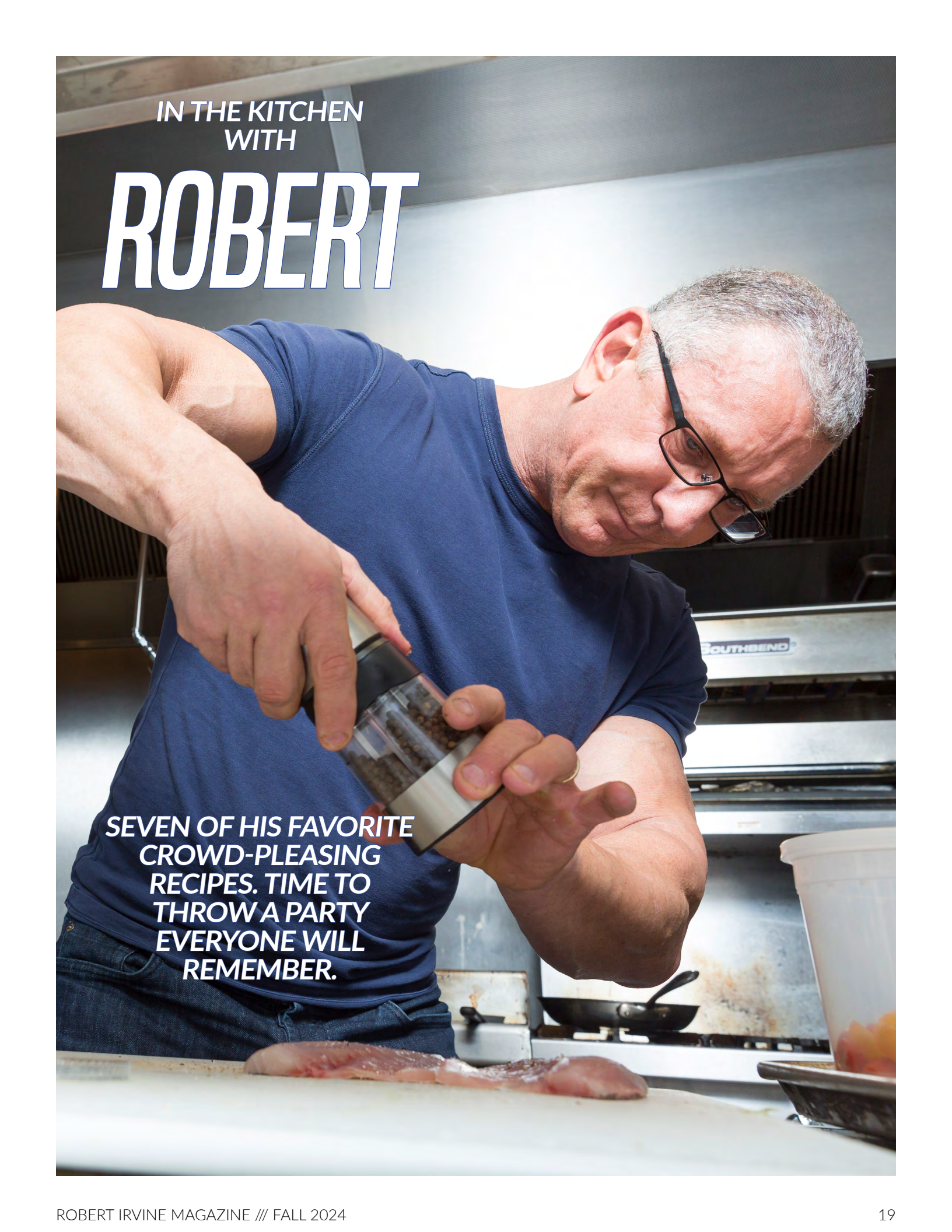
RICHARD ON, lead guitarist
"One of my favorite events of the

year is performing at Beats N Eats. Watching Robert speak shows you just how passionate he is. It's no surprise that everyone is crying half the time. His genuine authenticity is what brought us together."

CHRIS CULOS, drummer
"The thing we love the most about Robert Irvine, and his whole foundation, is that they truly walk the walk. We support that one thou-

sand percent. Who better to partner up with?"

BENJ GERSHMAN, bassist
"We all have a heartfelt desire to continue to positively impact those that hear our music. And I know that's what Robert does, and that's, I think, why we have such a linked psyche to all our movements. I think we're lucky to be associated with him."

A photograph of a man with grey hair and glasses, wearing a blue t-shirt, in a kitchen. He is leaning over a counter, using a manual spice grinder to grind spices. He is looking down at the grinder with a focused expression. In the background, there is a stainless steel kitchen hood with the brand name 'SOUTH BEND' visible. On the counter in front of him, there is a piece of raw fish. The lighting is bright, highlighting his muscular physique.

IN THE KITCHEN
WITH
ROBERT

SEVEN OF HIS FAVORITE
CROWD-PLEASING
RECIPES. TIME TO
THROW A PARTY
EVERYONE WILL
REMEMBER.

CROWD PLEASERS



Robert's Ribs

SERVES 12

YOU'LL NEED

FOR THE BBQ SAUCE

2 cups ketchup
2 cups apple cider vinegar
1 cup Dijon mustard
1 cup brown sugar
2 tbsp cayenne pepper
2 tbsp kosher salt
1 tbsp black pepper

FOR THE SPICE RUB

½ cup kosher salt
¼ cup ground mustard
¼ cup paprika
¼ cup black pepper
¼ cup cayenne pepper
¼ cup ground white pepper
¼ cup seafood seasoning
2 tbsp ground cumin

RIBS

4 full racks St. Louis ribs

MAKE IT

1) Make the sauce. Mix the ketchup, vinegar, Dijon mustard, brown sugar, cayenne pepper, and salt and black pepper in a bowl. Transfer to a thick-bottomed saucepot over medium-low heat. Allow the sauce to warm and mix over the heat for 10–15 minutes, stirring throughout. Remove and cool.

2) Make the spice rub. In a bowl, mix the salt, ground mustard, paprika, black pepper, cayenne pepper, white pepper, seafood seasoning, and cumin together with a spoon. After mixing, keep dry and covered.

3) Prep the ribs. Remove the silver skin from the bottom side of the ribs. Then evenly rub each rack

with ¼ cup of the spice rub on top and bottom. Wrap each rack in plastic wrap and keep overnight in the refrigerator or cooler.

4) Heat a smoker with pecan or other fruit wood, bringing it to 165 degrees and maintaining temperature. Once the temperature is obtained, remove the plastic and place the ribs in the smoker for 4 hours, keeping for doneness at this point. The ribs should be cooked, but not falling off the bone.

5) Remove the ribs from the smoker and glaze each rack with ½ cup of the BBQ sauce. Then return to the smoker for 30–40 minutes.

Again, remove and glaze with additional ½ cup sauce and finish for a final 20 minutes. After the second glaze and final cooking, remove the ribs from the smoker. Allow to rest for 5 minutes. Cut into single or double bone sections and serve.

CROWD PLEASERS

BBQ Poutine

As Seen on Restaurant: Impossible
From the episode, "Big Trouble in Tennessee"

SERVES 4

YOU'LL NEED

FOR THE BBQ JUS

½ cup white onion, diced
2 cloves garlic, sliced
1 tbsp. grapeseed oil
1 tbsp BBQ seasoning spice, store bought
½ cup stout beer
2 cups BBQ sauce, store bought
¼ cup heavy cream
Kosher salt and ground black pepper, to taste

FOR THE CHEESE SAUCE

2 cups heavy cream

4 oz shredded cheddar cheese
4 oz sliced American cheese
Kosher salt and ground black pepper, to taste
1 tsp ancho chili powder

FOR THE MAIN

Oil, enough for deep frying
1 lb steak fries
1 lb smoked beef brisket burnt ends (or diced smoked beef brisket), store bought
½ cup pickled cherry peppers, sliced
1 bunch scallions, sliced thin

MAKE IT

BBQ JUS

1) In a large sauce pot over medium high heat, add the oil, onions, and garlic. Stir and allow the onions and

garlic to sauté for 2 minutes until translucent in color.
2) Add BBQ spice and stout. Allow stout to reduce by half.
3) Add BBQ sauce and bring to a simmer.
4) Finish with heavy cream and season with salt and pepper to taste.

CHEESE SAUCE

1) In a large sauce pot over medium heat, add the heavy cream.
2) Bring cream to a simmer. Using a whisk, slowly incorporate shredded cheddar cheese and American cheese and turn heat to low.
3) Finish with salt, pepper, and ancho chili powder.

MAIN

1) Preheat a fryer to 350 degrees.
2) Place the fries in fryer and cook for 3 minutes or until golden brown.
3) Place burnt ends in a 350-degree fryer and cook for 2 minutes. Place burnt ends in a mixing bowl and coat with the BBQ jus.
4) Place fries in a large bowl or platter and top with crispy sauced burnt ends, peppers, and more BBQ jus.
5) Top with cheese sauce and scallions and serve.



CROWD PLEASERS



Smoked Pork Belly Mac & Cheese

As Seen on Restaurant: Impossible
From the episode, "Community Hub in Chaos"

SERVES 12

YOU'LL NEED

1 qt heavy cream
1 lb American cheese, large diced
8 oz shredded cheddar cheese
1 tsp mustard powder
2 tbsp Cajun hot sauce
1 tsp kosher salt
½ tsp ground black pepper
2 lbs elbow macaroni
8 oz slab bacon, diced (or you can use sliced bacon, diced)
¼ cup fine chopped chives
Kosher salt and pepper, to taste

MAKE IT

- 1) In a large sauce pot over medium heat, add heavy cream and bring to a simmer.
- 2) Turn down the heat to low and slowly whisk in and incorporate American and cheddar cheeses.
- 3) Continue to stir until the cheeses have melted and sauce is smooth, add the mustard powder, hot sauce, salt, and pepper.
- 4) In a large pot over high heat bring 4 qt of lightly salted water to a boil. Once the water has started to boil, add the pasta, stir and cook for about 8 minutes. Strain the cooked pasta, which should be al-dente (slightly undercooked).
- 5) In a large pot over medium-high heat, add the diced pork belly, stir, and allow to render for 4 to 6 minutes. It should be brown in color and start to look crispy.
- 6) Turn down the heat and add cheese sauce and cooked pasta to the pot of cooked bacon.
- 7) Fold in the chopped chives and season with salt and pepper to taste.

Ricotta Fritters

As Seen on Restaurant: Impossible
From the episode, "Bogged Down in Buffalo"

SERVES 4

YOU'LL NEED

FOR THE LEMON YOGURT SAUCE

1 cup plain yogurt
½ cup sour cream
2 lemons, juiced
Salt and pepper

FOR THE FRITTERS

4 whole large eggs
3 large egg yolks
1 lb ricotta cheese

½ lb sour cream
1 cup shredded Parmesan cheese
1 cup shredded pecorino cheese
½ cup all-purpose flour
Zest of 2 lemons
Vegetable oil, enough for deep frying
½ bunch mint, sliced
1 tbsp hot sauce

MAKE IT

LEMON YOGURT SAUCE

1) In a large mixing bowl add yogurt, sour cream, and lemon juice.
2) Mix well and season with salt and pepper.

FRITTERS

1) In a large bowl add whole eggs and egg yolks using a whisk whip eggs for approximately 2 minutes or until eggs have doubled in size.
2) Add ricotta cheese, sour cream, Parmesan cheese, and pecorino cheese and mix together.
3) Add all-purpose flour, lemon zest, salt, and pepper.
4) Scoop fritter batter into 1 oz. balls and drop in a 350 degree fryer. Allow to cook for 4 minutes until fritters are golden brown and cooked all the way through.
5) Finish by topping with lemon yogurt, hot sauce, and mint.



CROWD PLEASERS



Grilled Mexican Street Corn

Serves 6

YOU'LL NEED

6 ears of corn
3 TBS lime aioli*
3 lime (zested)
6 TBS queso blanco
3 OZ bacon lardons (chopped)
3 TBS cilantro (picked)

MAKE IT

- 1) Peel ears of corn, and soak in cold salted water.
- 2) Place corn on a hot grill, approximately 3 minutes on each side.
- 3) Finish corn with lime aioli, lime zest, bacon lardons, queso blanco, and picked cilantro.

*To make your own lime aioli, combine 2 egg yolks, juice and zest of 1 lime, 2 cloves garlic, 2 tsp Dijon mustard, salt, pepper, and a drizzle of grapeseed oil in a blender until thickened.

CROWD PLEASERS

Crab & Andouille Au Gratin Dip

As Seen on Restaurant: Impossible
From the episode, “Cajun Seafood Crisis”

SERVES 4

YOU’LL NEED

FOR THE DIP

8 oz jumbo lump crab meat
4 oz sliced andouille sausage
12 U16-20 shrimp, peeled and deveined
1 cup toasted bread crumbs
16 slices grilled sliced baguette
1 lemon
4 tbsp sliced scallions

FOR THE BECHAMEL SAUCE

1 cup flour
½ lb butter
3 cups milk

MAKE IT

BECHAMEL SAUCE

1) In a medium sauce pot add butter and flour. Cook for 8 minutes over medium-low heat, whisking throughout.
2) In a separate pot bring milk to a boil.
3) Add the hot milk to the roux and allow to cook for another 8 minutes.

4) Remove mixture from heat and add crab meat.

CRAB DIP

1) In a sauté pan over high heat add andouille sausage and shrimp.
2) Add bechamel mixture and season with salt and pepper.
3) Place in a serving dish and squeeze the juice of one lemon over the mixture. Top with toasted bread crumbs and scallions. Serve with grilled/toasted baguette slices.



CROWD PLEASERS

Chicken Stuffed Potato Skins

SERVES 4

YOU'LL NEED

FOR THE RANCH DRESSING

¼ cup sour cream
¼ cup heavy cream
½ cup mayonnaise
1 tsp red wine vinegar
1 tbsp dill chopped
1 tbsp chives chopped
1 tsp black pepper

FOR THE POTATO SKINS

3 strips bacon, diced and crisped
3 chicken thighs, diced
1 onion, diced
1 tbsp smoked paprika

1 cup shredded cheddar cheese
2 russet potatoes, baked, cut in half,
and hollowed out

MAKE IT

RANCH DRESSING

1) In a large mixing bowl, add sour cream, heavy cream, mayonnaise, and red wine vinegar. Mix well.
2) Add dill, chives, salt, and black pepper and mix again.

POTATO SKINS

1) In a medium sauté pan over medium-high heat, add bacon and cook for 3 minutes until bacon is crispy and light brown in color.

2) Next add chicken thighs and onions and allow to cook for another 5 minutes.

3) Next add smoked paprika and continue to cook for another 4 minutes until chicken thighs are cooked through.

4) Evenly fill each potato skin with chicken and bacon mixture.

5) Top with cheese and place in a 350° oven for about 8 minutes until cheese is melted and potato is hot all the way through.



INTERVIEW:

PETER HEIBLOEM

As the co-founder of Awakening Education along with his wife Roxanne, Peter Heibloem says the greatest coincidences of your life aren't really coincidences, but synchronicity arising from being in a high vibrational state. Today, he teaches people how to get there. To learn how, he first needed to walk through fire in his own life.

INTERVIEW BY
MATT TUTHILL

Robert Irvine Magazine: I was watching a video of yours on Instagram where you were talking about anxiety and depression and how people feel disconnected from their true selves. Talk to me about the epidemic itself and why you think it's so prevalent now.

Peter Heibloem: I think the social media and politics do influence it. But really what I feel like on a more personal level is that I think a lot of people are lost. They're disconnected from themselves and they're



looking for something outside themselves to give them happiness. They're hoping that the bigger car or a bigger house or bigger job title will make them happy. And when a per-

son's constantly chasing something outside themselves, they're often going to come up feeling unfulfilled because the unfulfillment is coming from within.

Peter and Roxanne Heibloem created Awakening Education to teach and inspire people of all backgrounds to not only achieve their goals, but find peace and happiness while they do it. Learn more at Awakening.Education

INTERVIEW: PETER HEIBLOEM

Happiness needs to come from within and being real with the self and recognizing that we don't need to have it all together. It's okay to be a bit broken, a little bit rough around the edges. Most people have got some issues. They've got some stuff they're working on, some difficulties they've gone through in their life and they're doing their best to manage that. And how they manage that influences their happiness, I think.

RI: And what was your awakening to this? You must've lived some of it.

PH: Yeah. It's a two-part answer. There is the socially normal answer of, "Well, I had to go through a painful divorce." By the end of university, I got a girlfriend and started working and I did well. I made a lot of money in my 20s and was pretty successful, at the same time dealing with my stuff. I'd got my girlfriend pregnant and I knew she wasn't the one, but I had all this family pressure to marry this girl. And I was the father, I wasn't denying that or anything of that nature, but I was doing something I knew this wasn't necessarily exactly what I wanted to do.

But there was this pressure from the parents, "What are we going to say at the barbecue? What do we say at the family get-together if you're living in sin?" so I got married early

and I'm still finding myself as a person. I was working harder even after that because now I had my daughter coming along and I was putting even more pressure on myself and I achieved even more towards the end of my 20s. And then another daughter came along, another daughter came along. I couldn't work out why I kept having all these kids. I've never realized what was going on

that. And I'm puzzled thinking, "I really don't think I'm that bad of a person." It's like, "I don't rip people off. I'm not mean. I'm kind of joyful and happy in my day to day and focused on my goals and achievement. Why have I got such a bad hand in life?" That's where it actually started. That's where my self inquiry started because there was a whole lot more underneath that.

"It's important to follow what brings you joy... The high vibrational state puts you in the right place at the right time. It's so crazy how it works."

behind the scenes. I'm having these kids, I've got these three daughters and by 32 we were ready to go our separate ways. And I basically, so to speak, lost everything. I found myself lying there alone in bed looking at the ceiling, feeling lost and disconnected.

But that was what it took for me to start searching within because I felt like the universe, so to speak, had made a mistake. I thought this only happened to people who had it coming, karma or something like

that. I didn't celebrate it. I didn't race out and go to wine, women, and song and all of a sudden turn into a lad. Part of me thought I would, to be honest. But it didn't happen that way. What happened was I started making some real different choices about what I was going to do with work before I was a trainer and I did corporate training and I traveled a lot all over the world and I was away a lot. So in my new life I was not going to do that for the career anymore. In the new life I was going to look

RI: So you get divorced and then when do you meet Roxanne and where is that in your journey of finding yourself?

PH: I meet Roxanne about two years after that. A year and a half to two years after that at the most. It's a tricky thing to un-entwine, right? And there's old friend groups. This is difficult. I feel for anyone who's ever had to go through it because I

INTERVIEW: PETER HEIBLOEM



after my health more. I was making all these choices and through those I ran into Roxanne. And it was basically one or two girlfriends after getting divorced.

RI: You say you were a corporate trainer. What did you do in that role?

PH: It was a lot of work on focusing the mind. Helping people to be able to get in the zone, focus their mind to achieve goals, improve their memory and their concentration for study, for job interviews, for peak performance, for doing a presentation. It was all about how to get out of a scattered random level of the brain, which is called the beta level of the brain, and how to switch into the zone, which is actually called the alpha or theta level of the brain. And how to use that deliberately. Like a sports psychologist helps an athlete go through some mental rehearsal or mindfulness before their event, I

was presenting that sort of information to corporations and in public presentations all over the world, Singapore, Dubai, South Africa. It was an interesting life.

RI: But now you're in business with your wife in a company called Awakening Education. How did that come about?

PH: When I met Roxanne she was an insurance broker and I was running my own little small business working in environmental planning because I didn't want to travel anymore. I changed all my priorities. I had a boat. I loved going spearfishing with my brothers. I wanted to be home more. So I meet Roxanne, she's an insurance broker and there's just this entrepreneurial knack in me that likes to understand a business model. And I understood the insurance business model and I encouraged her to go out on her own and she said, "Well, I'll do it if

you get qualified."

I knew nothing about insurance, but I went and quickly got qualified and we did it together and we built that business and it turned into a very successful business.

Then my brother goes to this retreat in Costa Ric—a plant medicine retreat—and he comes back and he says to us all over this family dinner, makes this announcement that he was leaving behind his great job to be back near his family—all of us.

So by that point I had gotten extremely busy again with the insurance business and I'm like, "Give me the name of this retreat you went to." Roxy and I go to this plant medicine retreat and we do all the meditation, we do all the inner healing and the work. And I realized I didn't know myself at all. I'd seen glimpses of it, but I didn't really know myself.

And on the plane back from Costa Rica, Roxy and I decided to sell our insurance business. And it was a big business. We were like, "We can't find fulfillment in getting truck insurance anymore for a good price." I came in here for something more. So we came home with that inspiration and that idea that we were going to start Awakening Education—which allowed me to teach people like I used to, about mindset and having goals and getting in the zone, but now I was giving it this spiritual aspect.

I was saying, "Don't do it because you're going to get a better car and a bigger house and blah, blah, blah. Because that won't help you find fulfillment. What you've got to do is do the inner work on yourself, be healed, know thyself, love thyself.

INTERVIEW: PETER HEIBLOEM



Chasing what brings you joy—and surrounding yourself with others amplify that joy and share in it, raises you to a higher vibrational frequency, according to the Heibloems. In turn, this can bring even more good into your life. Follow the Heibloems on Instagram: [@awakening_education](https://www.instagram.com/awakening_education).

And let's call it your inner demons, all the things that people hide in their dungeon, meet all of that that'll give you the fulfillment and then you'll be successful at what the heck you do and you're doing it the right way."

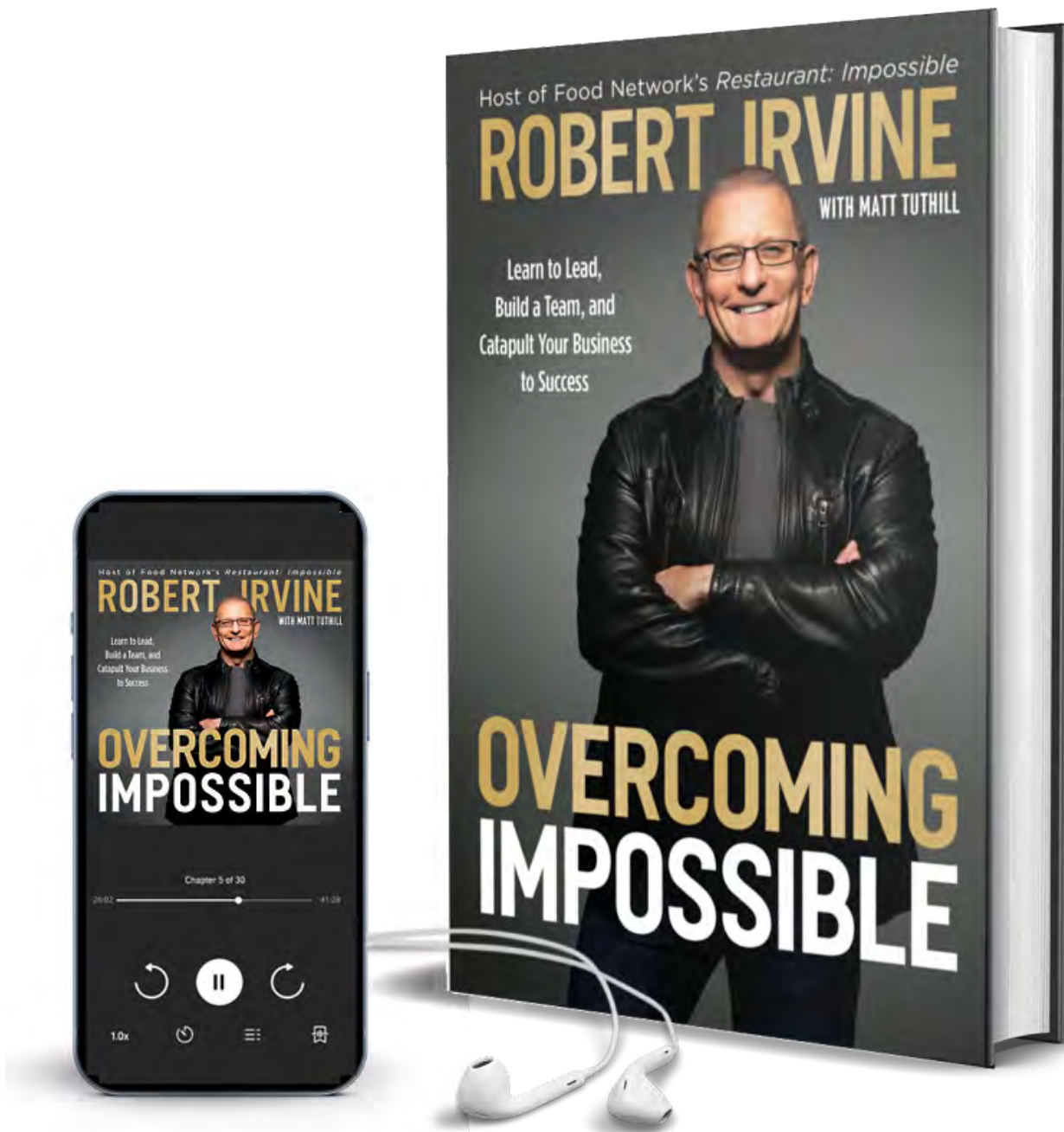
It's important to follow what brings you joy, even if you're only able to do it infrequently. You need to follow your highest vibrational things as much as you can. You've got to know what they are and spend time consciously doing that. There's this beautiful thing that happens when

we're in a high vibrational state: When we're in a high vibrational state, you start to access some of these subtle laws of the universe. You would've heard of the book, *The Secret*, heard of the Law of Attraction. You've experienced synchronicity. You've heard we can create our own luck. We produce synchronicity and opportunities from being in a high vibrational state.

So the more you follow your highest excitement in your now moment, the more you are in a positive, enthusiastic, expansive

mindset throughout your day. And you can do your best to hold that and you focus on that without expectation. You're not doing it because then you might get creative ideas to solve these issues, but what will happen is in my case, I might talk to a guy at the boat brand who knows someone who knows exactly how to solve one of the problems on my issue list that's causing me great angst, right?

The high vibrational state puts you in the right place at the right time. It's so crazy how it works.



Wipe impossible from your vocabulary

Make achieving your goals and finding success possible with this one-of-a-kind guide by Robert Irvine, popular host of Food Network's *Restaurant: Impossible*.

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PERFECT BALANCE

When you push as much as you pull, improved posture is one of the benefits.

BY STEVE WRONA, C.S.C.S., CPT



This month, we're breaking down training to its most basic principles. Rather than think of individual muscles and how to isolate each one to create the ideal size and shape, I want you to think of movements—the kinds that each of us do every day—and all the synergist muscles, that is the muscles that work together to do that movement. Check out the workout below, then click the thumbnail above to watch me explain it in more detail in the video.

THE PUSH-PULL WORKOUT

STRETCHES

Band Chest and Lats, 30-60 seconds each side
Spine Extension/Rotation 30-60 seconds each

STRENGTH WORKOUT

Do exercises in pairs and rest 60 seconds between sets
A) Cable Row 3-4 x 10-15
A) DB Bench Press 3-4 x 10-15
B) Lat Pulldown 3-4 x 10-15

B) DB Shoulder Press 3-4 x 10-15

C) Rope Tricep Extension Drop Set 2-3 x 10+

D) Preacher Curl 21's 2-3 x 7 reps in each of 3 positions

This is an excerpt from the Life Ingredients newsletter presented each month by the Robert Irvine Foundation. Check out all past newsletters [HERE](#).

TEAM IRVINE SPOTLIGHT

ALL ABOUT STEVE

Getting to know Robert's personal trainer, Steve Wrona.

Steve Wrona has been passionate about fitness since his high school wrestling days. He channeled this enthusiasm into a career in fitness, earning a bachelor's degree in movement science from Westfield State University. After graduating, he obtained his Certified Strength and Conditioning Specialist (CSCS) certification and began his career as a trainer in 2016.

Steve has specialized training in functional strength training and conditioning, holding multiple certifications including PPSC, FMS, TRX, and Kettlebell. Over the past eight years, he has worked with hundreds of clients, developing expertise in assisting individuals with various health conditions and physical disabilities. Steve has played a pivotal role in bridging the gap between physical therapy and full-function gym training, helping clients achieve lasting results in health and fitness through individualized, science-backed programs.

For the past three years, Steve has had the privilege of training Robert Irvine. This collaboration led to an expansion of his services to work with the Robert Irvine Foundation, supporting the wellness of military veterans and the subscribers of Robert's monthly newsletter Life Ingre-



dients. Steve also travels to Scotland with Robert to support the Allied Forces Foundation at the CATERAN YOMP.

When Steve isn't in the gym or on the road with Chef Irvine, he spends his downtime with his wife, Chloe, and daughter, Braedyn, in sunny Tampa. Together, they enjoy spending time outdoors, socializing with friends, and savoring the local cuisine.

Steve's mission is to provide a

comprehensive service that addresses all aspects of his clients' health and wellness. By collaborating with the Robert Irvine Foundation, he aims to improve the physical and mental health of military veterans and connect them to essential resources in their local communities.

For more fitness and wellness tips, follows Steve on Instagram: [@strengthcoachsteve](https://www.instagram.com/strengthcoachsteve)

BEATING THE HEAT

An “Indian Summer” can sneak up and, if you’re not ready, be even tougher on the body than regular summer. Here’s how to stay on guard—and in peak health.

Depending on when you read this, there are either a few weeks of summer still left, or we’re facing the increasingly typical “unseasonable heat” of September or October. The latter can actually be a greater threat to your well-being because you’re probably not ready for it. It makes perfect sense in June, July, and August to take the heat seriously, forgetting that failure to stay properly hydrated with enough electrolytes can have a debilitating effect any time of the year. No matter; celebrity trainer and wellness expert Marnie Alton is here with 8 nutrition tips to help you beat the heat and stay on top of your game.

- Hydration is number one! Start your day with a mason jar (32oz) of water before anything else.

- Balance your electrolytes. Focus on eating plenty of foods rich in potassium and magnesium like bananas, oranges, nuts and leafy greens.

- Take advantage of citrus. Add the juice of a fresh lemon or lime to your morning water to boost skin and gut health.

- Stock up on fresh fruit and veggies while they’re abundant

and usually less expensive. Freeze for future smoothies (most will keep 6-12 months).

- Focus on eating antioxidant rich whole foods like berries, artichokes, red cabbage and iced green tea to help protect your skin from the inside out.

- Order your next latte with extra ice. Not only will it keep your caffeine fix cooler in the heat, it will also reduce the amount of milk (aka fat and calories) without feeling like a sacrifice.

- Try a hair mask while you’re at the pool or beach. Just comb through damp hair and tie back in a chic bun. The summer heat



Marnie Alton is a celebrity trainer and wellness expert whose clients include Drew Barrymore. Learn more [HERE](#) and follow her on [Instagram](#).

will open up your hair cuticles and nourish more deeply.

- Sunshine before screens. Spend at least 15min in the morning light before picking up any devices.

PRODUCT SPOTLIGHT

REFUEL SMARTER

Life is a full contact sport that often leaves us feeling drained. Peak Replenish proves it doesn't have to be that way.

Working and raising a family is demanding enough; layer in workouts and any semblance of a social life, and, well, once we hit 30, we call that burning the candle at both ends.

So how to keep up? Well, most people drink coffee. Lots of coffee. Unhealthy amounts of coffee. Which maybe helps us get through the moment, but only leaves us jittery and dehydrated.

A much healthier, better, and tastier way to keep up: Peak Replenish, an electrolyte drink from Power Life, the wellness company founded by P90X creator Tony Horton.

Just mix a few scoops of Peak Replenish in with some water, shake it up, and you're good to go for whatever life throws at you.

Peak Replenish is a performance blend of key electrolytes and cutting-edge ingredients designed to help you perform at your peak throughout the day. Together, these ingredients can help you stay fully hydrated, increase physical performance, feel energized, and deliver nutrients more efficiently to your muscles — so you can maximize your workouts and supercharge your results.* Peak Replenish includes:

BetaPower® — Derived from beets, this natural compound supports cellular hydration and can help improve strength, power, endurance, and overall physical performance.

CocOrganic®Plus — Prepared from organic, freeze-dried coconut water, it contains essential electrolytes potassium, sodium, and chloride, along with energy-boosting phytonutrients.

GivoMag — Supplies your body with magnesium to help boost energy, soothe soreness, help muscle development, and even support a better mood.

Aquamin — This algae-based compound provides cal-



cium and 72 other trace minerals to help regulate muscle contraction and support healthy bones and teeth.

Essential Electrolytes — These ingredients deliver the electrolytes your body needs to keep cells hydrated and functioning the way they should, including sodium, potassium, chloride, calcium, magnesium, and phosphorus.

*All individual results are unique; as such, your results may vary.

Learn more and order at: [MyPowerLife.com](https://www.MyPowerLife.com)

PRODUCT SPOTLIGHT

AGE FEARLESSLY

Getting old doesn't have to suck. A new supplement showing promise in relieving joint and muscle stress could add years to your life—and life to your years.

The wisdom that comes with age is a beautiful thing. The aches and pains, not so much. Thankfully, this is an issue that's gotten a lot of attention from the scientific community, and one supplement—astaxanthin—shows incredible promise in clinical trials.

A study conducted by the Interventions Testing Program (ITP), an independent research program funded by the National Institutes of Health (NIH) found that AX3—a specific formulation of astaxanthin—extended median lifespan by 12% and could translate to a potential human lifespan increase of nine healthy years. Obviously, that is a huge deal. But more than just quantity, the quality of those years could also potentially be improved by astaxanthin, by improving joint and muscle health, heart health (by reducing cholesterol, triglycerides, and blood pressure), and even brain, skin, and eye health.

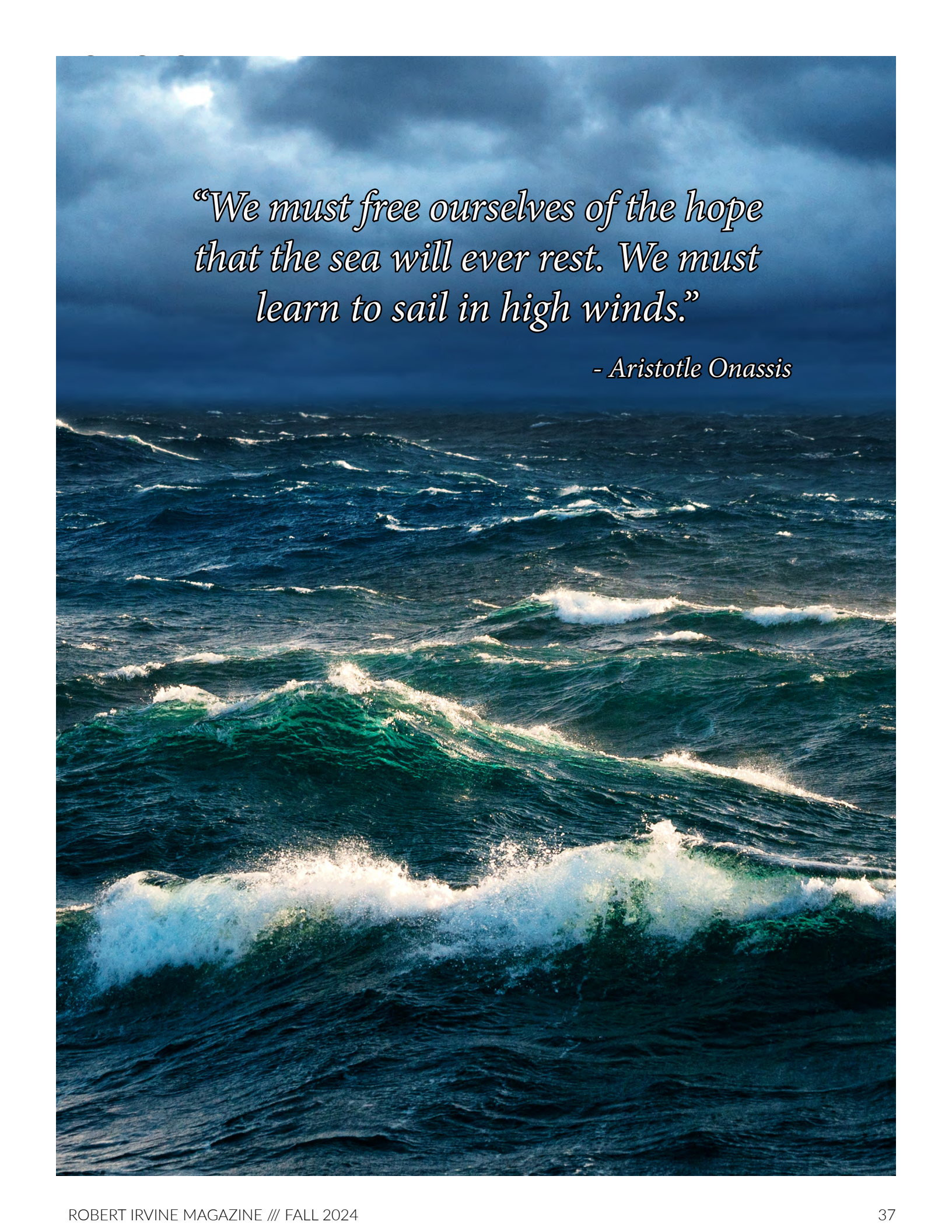
A natural compound that's prevalent in marine environments, astaxanthin is the compound responsible for giving salmon, shrimp, lobster, and crab their distinctive red coloration. Astaxanthin has been consumed by humans and animals for millenia and has been on the market as a dietary supplement for more than 20 years. Its exceptional safety profile has been confirmed in rigorous safety testing and over 50 human clinical studies. The science behind astaxanthin has grown significantly



in recent years. There are now over 3,000 peer-reviewed papers, with more than half published in the last five to 10 years.

AX3 is specially formulated for increased bioavailability, meaning your body can more readily absorb it and reap its benefits. In a head-to-head human clinical study, AX3's astaxanthin delivered three times the amount of astaxanthin to the bloodstream compared with any other astaxanthin supplement at the same dose.

Learn more and order at: [AX3.com](https://www.ax3.com)



*“We must free ourselves of the hope
that the sea will ever rest. We must
learn to sail in high winds.”*

- Aristotle Onassis