

ROBERT IRVINE

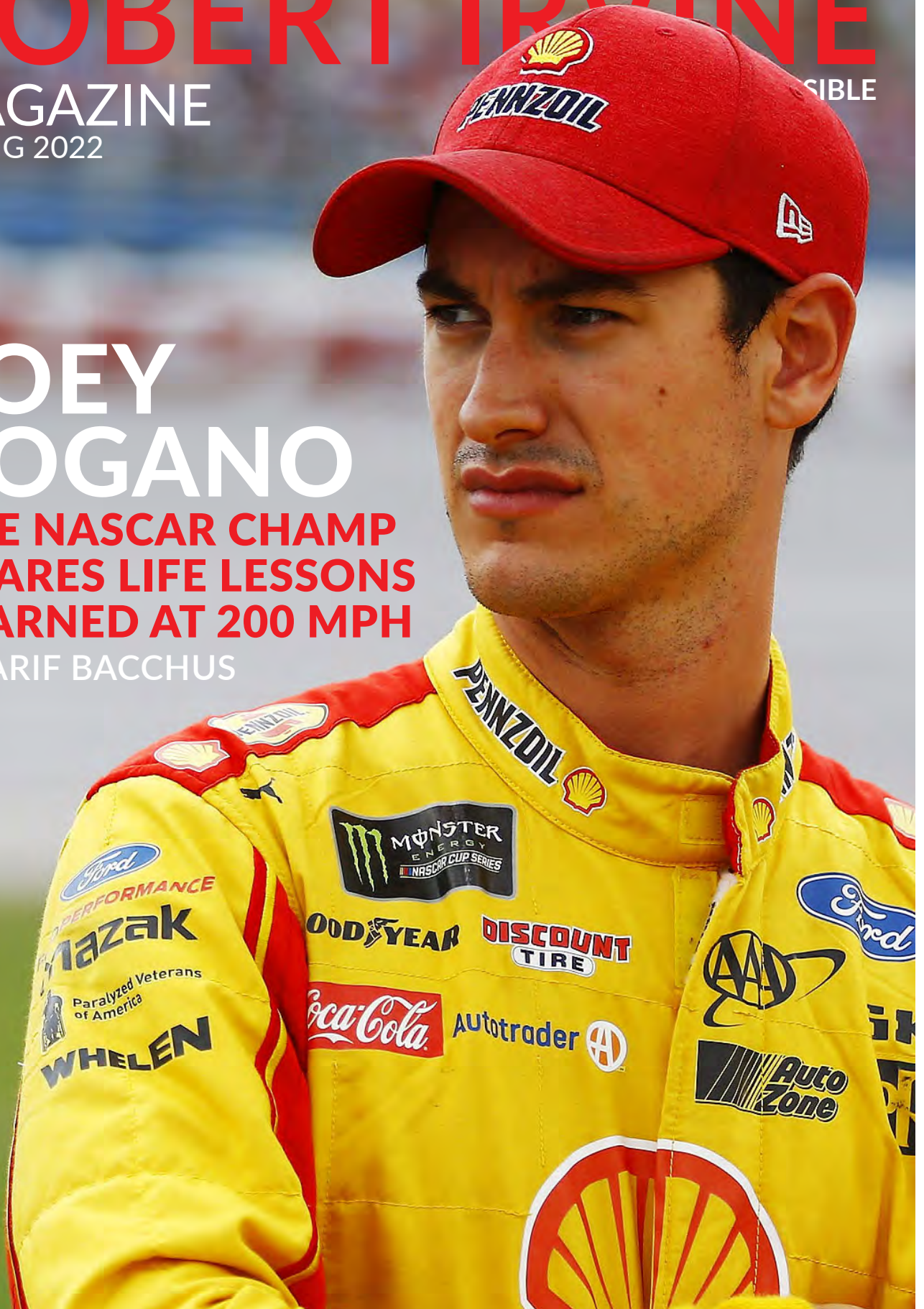
MAGAZINE
SPRING 2022

SIBLE

JOEY LOGANO

THE NASCAR CHAMP
SHARES LIFE LESSONS
LEARNED AT 200 MPH

BY ARIF BACCHUS



ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

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ROBERT'S LETTER

HOPE SPRINGS ETERNAL

Change is in the air...

Can you feel that? It's not just the weather that's getting warmer and brighter. For the first time in two years I believe we are all waking up—collectively feeling a sense of expanding possibilities, with real, positive change seemingly everywhere. Travel is the one constant in my life, and everywhere I go I see it. As difficult as it may be to quantify such a thing, I try, and I see it in the eyes of the people I meet: there's less fear today. There's more hope. There's more courage.

It's not that Covid is gone once and for all. It may never fully disappear, but together we finally found a way to pick up and keep going.

It reminded me that we will never live in a world without problems, but that's not the point. When you take stock of everything that problems can give us, who would want to do away with them? Problems are the all-important obstacles against which we can test ourselves—opportunities to learn and grow and become stronger. When you can reframe every problem as an opportunity to get better, your whole world changes. At least in the parts of the



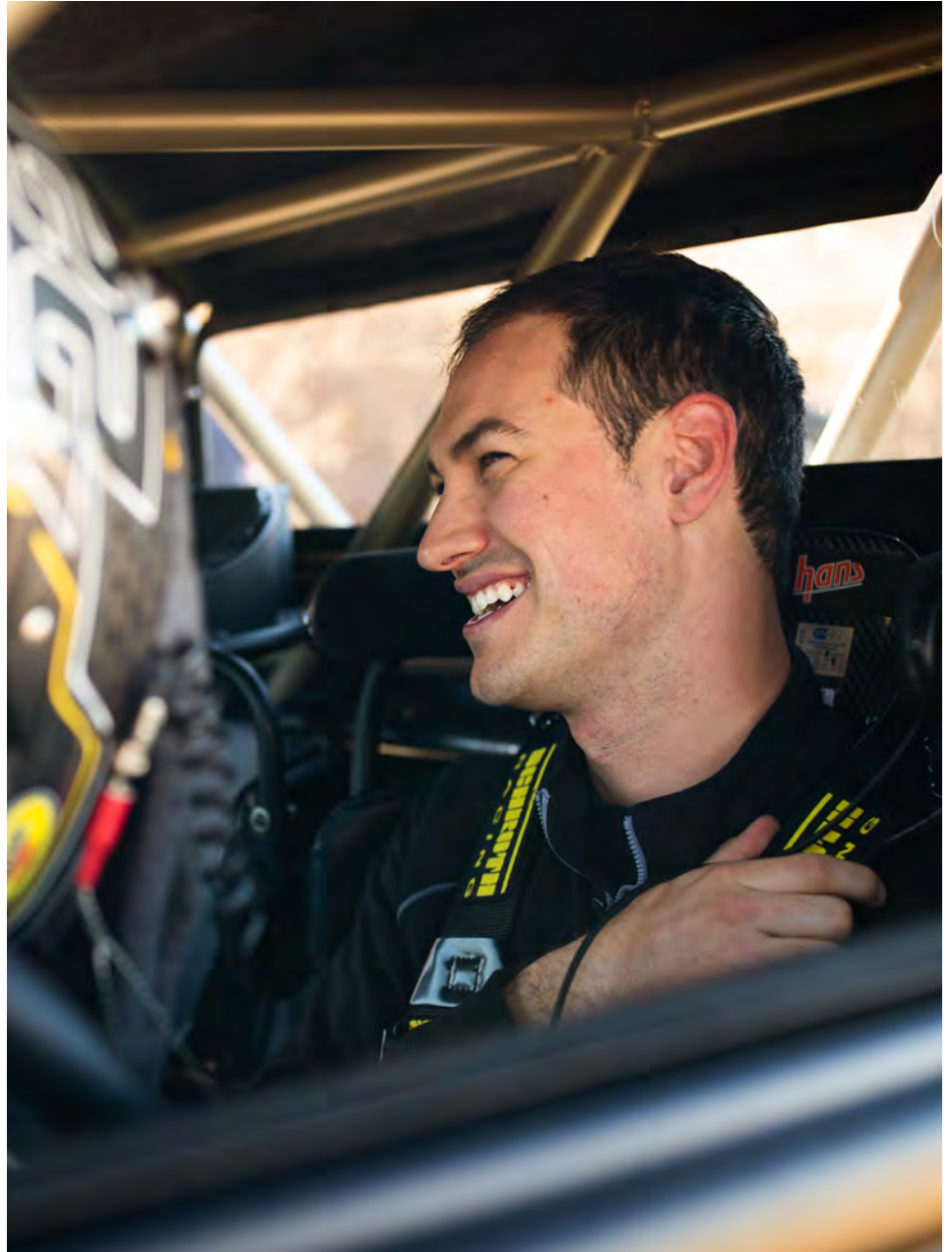
Follow Robert on [Twitter](#), [Instagram](#), and [Facebook](#).

ROBERT'S LETTER

world I've seen recently, I see people who have grabbed that opportunity and are stronger now than they were two years ago. It gives me more hope, courage, and faith in the future, and I think that's wholly fitting as we enter the part of the calendar where the natural world bursts forth with new life.

The new issue you're reading is reflective of that anything-is-possible mentality. We've got a wealth of new training advice, recipes, and interviews with two guys I find incredibly inspiring. The first is our cover subject, NASCAR Series Champ Joey Logano. Joey did not grow up in the heart of NASCAR country; he's from Middletown, CT, and his rise to the very pinnacle of motorsport is equal parts unprecedented and instructive. I got a lot out of Joey's interview and I'm confident you will, too.

Then there's J-L Cauvin. J-L is a lawyer by day and stand-up comedian by night. You may remember him from a viral video two years ago where his uncanny Trump impression was set loose upon the masses. It's so spot-on (in a league all its own as far as I'm concerned) that it eventually wins over everyone, no matter where they are on the political spectrum. J-L fits perfectly with the theme I'm writing about here; he used the past few months to drop 65 pounds without any extreme exercise routine or unsustainable diet plan. I hope you enjoy reading his interview as much as our editor enjoyed conducting it. J-L is a superstar in the



Joey Logano perfectly exemplifies our Nothing-is-Impossible mantra. Turn to his interview on Pg. 16.

RI Magazine offices and if you're not yet a fan, we're confident that you're about to become one.

With that, I bid you adieu. I'd wish you good luck, too, but in my experience, you've gotta make your own. As you make the attempt, remember the words I live by...

Nothing is Impossible,

Limitless Possibilities



For over 100 years, Easterseals has been the indispensable resource for children, adults, families and veterans living and thriving with disabilities and special needs in the region. Help strengthen our community and make a positive difference in people's lives with Limitless Possibilities. Donate today:



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SMALL CHANGES, BIG RESULTS

You don't have to change every habit overnight to make radical change. Here's how to take a more manageable approach to changing your life.

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

Starting a fitness journey can be very overwhelming. You might feel like every aspect of your life needs an overhaul. From carving out time for your new exercise routine to planning and preparing your meals, trying to establish a healthy sleep routine, drinking more water, eating enough protein, managing stress, etc. the list goes on.

It's no wonder that so many people have a hard time staying the course and will revert to old habits and quit on their fitness goals. Studies have shown 80% of people give up on their New Year's Resolution by the beginning of February each year. This is because most people bite off more than they can chew, making too many changes at once. Introducing multiple drastic changes at the same time overwhelms most people; there seems



to be this collective “all-or-none” mentality when it comes to fitness where and exercise and nutrition are often turned into extreme pursuits. For the average person looking to make progress in the gym and live a healthier life there is a much better way.

The best training program for you is not the one that works best

for the fittest people in your gym or the bodybuilding and bikini competitors on stage. The best diet for you is not the diet that works for the supermodels in the catalogues or the trainers in your gym. The best diet and training program for you is the one that you enjoy enough to actually follow. It's the routine that you have time for in

TRAINING: PRO TIPS

HEALTHY HABIT CHECKLIST

1. Switch to black coffee
2. Strength train twice per week
3. Get to bed a half hour earlier
4. Drink more water
5. Eat more protein
6. Go for a walk once a day
7. Prepare my food in advance
8. If you smoke, quit

STEVE SAYS START SMALL: “For example, someone with the list above might be ready to commit to getting to the gym twice a week and cutting cream and sugar from their coffee. They might not be willing to quit smoking or go to bed earlier. That’s OK. Meet yourself where you’re at and commit to making those small changes first. When you see the results from those small changes it can build confidence and lead to bigger changes in the future.”

your schedule. It’s the routine that challenges you but doesn’t leave you sore for seven days.

The most well-written program in the world is not going to be effective if you can only follow it half the time. Most people will get much better results with a program simple enough—and enjoyable enough—that it can be followed all the time. The first step in deciding what your new training and eating plan to choose should be to have an honest conversation with yourself; start by identifying the little things you do on a daily basis that are counterproductive to leading a healthier lifestyle and make a list. Maybe you drink your calories: be it soda or coffee loaded with cream and sugar.

Maybe you’re sleep deprived because you stay up

an extra hour or two each night to binge watch a TV series. Maybe you work a desk job and don’t make time to get up and take a walk. Then ask: How much water are you drinking each day? Do you eat protein with every meal? You don’t have to commit to a body-building diet of chicken and broccoli at every meal, nor do you have to hit the gym five days a week to see dramatic success. Success is in your small habits that you do day in and day out and it can easily be influenced by taking some proactive steps.

Whenever I sit down with a new client this is always the place we start. I begin by having them keep a seven-day food journal so they can start to be mindful of their actual routine. When they bring this to me most of them hang their head in shame but are relieved when I tell them the simple steps I want them to take to move in a better direction. Many times I will help them set simple rules such as adding in a serving or two of protein each day, or drinking more water. I may have them add something like a salad at some point during the day, or switch their coffee from cream and sugar to oat milk and Splenda. If they drink soda I may switch them to diet soda and try to get them to replace one soda a day with a bottle of water. Instead of changing everything they do, the goal is to just put a healthier spin on their current habits.

My clients are successful because we are always looking to do the least amount possible to achieve the most results. I’ve often found that 2 to 3 properly executed strength training workouts per week is the optimal training frequency for most beginner and intermediate gymgoers.

When it comes to making change, remember to have some compassion for yourself and start small. Tackle the easy little things first and aim for goals that are realistic and attainable. As you gain momentum you will see yourself tackling bigger and bigger obstacles and reaching higher levels of success. Remember, the plan that you can stick to year round is always more effective than the one you do for two months out of the year.

Steve Wrona is a Tampa, FL-based personal trainer whose newest client is our very own Robert Irvine. Follow him on [Twitter](#) and [Instagram](#).

TRAINING AT HOME

IN THE SWING OF IT

Kettlebell training is simple, effective, and saves time.
So why are so many beginners afraid of doing it?



Kettlebell training has made significant inroads in American gyms in the past 25 years, and you'd be hard-pressed to find a commercial gym that doesn't have at least a small collection of kettlebells—cannonball-shaped chunks of iron with a handle on top—somewhere on the premises. But perception is a powerful thing, and in the minds of most beginners, kettlebells simply seem too “hardcore” and they tend to opt for the much more familiar dumbbells and fixed barbells.

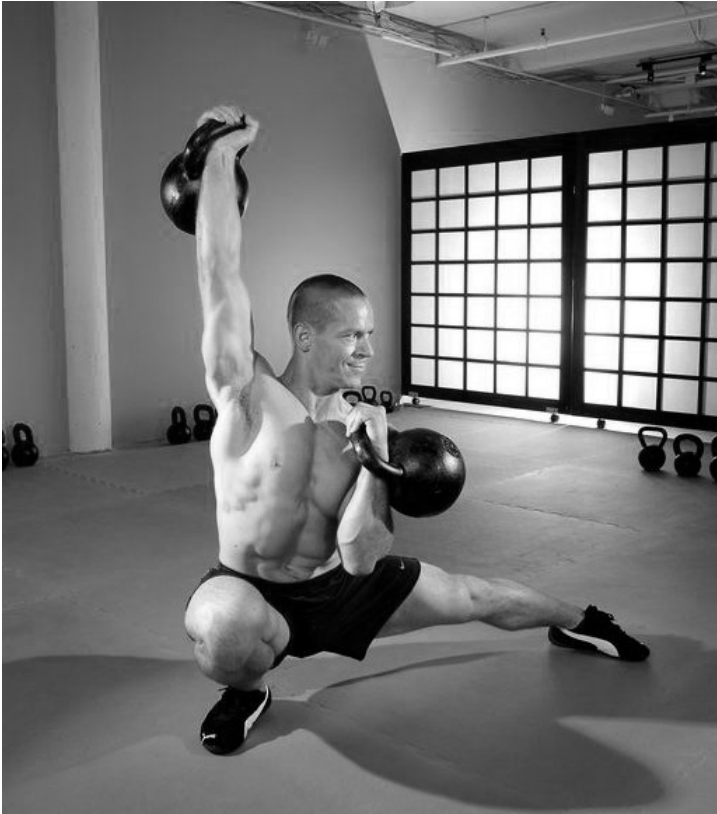
This is a mistake for a few reasons as kettlebells—and the unique exercises you can do with them—are

some of the best training implements you can use to simultaneously build muscle and improve conditioning. For one thing, the unbalanced load—all of the weight resides beneath the handle, as opposed to a dumbbell which distributes the weight equally on both sides of the handle—forces your body to recruit stabilizing muscle fibers to control the weight; and these fibers aren't typically recruited when using dumbbells. For another, kettlebells lend themselves to explosive moves like two- and one-handed swings, which recruit muscle from all over the body and greatly improve the efficiency of

your workouts. People who cite lack of time as a reason for not developing a regular training routine, take note.

On the following page you'll find a beginner kettlebell workout you can do at home with only one kettlebell and can be completed in 10 minutes or less. It was designed by Steve Cotter, widely regarded as the most experienced kettlebell trainer in the world. We've included links to video demonstrations of each of the exercises, so once you're familiar, you can get going in no time. Once you do, you'll be kicking yourself for avoiding the humble kettlebell for so long.

TRAINING AT HOME



Previous page: A two-handed swing. Above: Program designer Steve Cotter demonstrates an advanced lateral lunge. Learn more about Cotter's kettlebell training techniques at [IFKK.net](https://www.ifkk.net)

THE WORKOUT

2 Hand Swings x 30s (Rest 30s)
Goblet Squat x 10 reps
Around the Body Pass x 30 seconds in each direction
2 hand Swings x 30 seconds (Rest 30 seconds)
Goblet Press x 10 reps
Between the Legs Pass x 30 seconds
2 hand Swings x 30 seconds (Rest 30 seconds)
1 Leg Deadlift x 30 seconds each leg
Goblet Thruster x 10 reps (Rest 30 seconds)
2 hand Swings x 30 seconds

Do this 3x per week. Record the total time from start to finish and try to decrease the total time it takes you without cheating form or decreasing reps. Steve Cotter World's most experienced Kettlebell instructor Follow him on Instagram: [@stevecotter_ikff](https://www.instagram.com/stevecotter_ikff) and YouTube: [IKFFChannel](https://www.youtube.com/channel/UCkFFChannel)

EXERCISE DESCRIPTIONS

2 HAND SWING: See photo on previous page. Hold the kettlebell by the handle with both hands and let it hang at your waist. Do not think of this as a front raise; rather, with a slight bend at the knees and hips, use hip thrust to drive the kettlebell up to eye level. Do not attempt to slowly lower the kettlebell back to the start position; let the kettlebell "fall" back between your legs to load the next swing and then explode back up.

GOBLET SQUAT: Hold a kettlebell by the rounded portion at/near your chest. Flex your hips backward and sit down into a squat until your thighs are about parallel to the ground. Drive through your heels to return to a standing position.

AROUND THE BODY PASS: Stand straight up and hold the kettlebell in front of you with both hands. Keeping your core rigid, pass the kettlebell around your body, one hand to the other, behind your back and in front of your stomach for the time indicated.

GOBLET PRESS: Hold the kettlebell by the rounded portion in front of your chest. Press it straight overhead and slowly return to the start position.

BETWEEN THE LEG PASS: Similar to the around the body pass, but flex your hips and take a wide stance, passing the bell between your legs and around your body in a figure eight.

1 LEG DEADLIFT: Bend your right knee and extend your left leg behind you. Bend at the waist to reach down and grab the kettlebell with your left hand. Stand up, bringing your left leg even with your right. Repeat on the opposite side for equal time.

GOBLET THRUSTER: Grab a kettlebell by the rounded portion and hold it at your chest. Descend into a squat, then explosively return to a standing position. As you stand up, thrust the kettlebell overhead.

PRODUCT SPOTLIGHT

HOTSHOT

A new all-natural cure for sore muscles.



We've all been there. You go a little too hard in the gym and a day or two later, you're practically useless. Those squats make it hard to get out of a chair and those shoulder presses have you adding little sound effects to basic tasks that should be a breeze—like picking up your kid, or even a gallon of milk.

If you're prone to false starts—getting into a gym routine only to fall off and being forced to start all over again—this kind of soreness is actually more persistent than if you could just stick with the habit.

So what are you to do? Well,

whether you're a die-hard-never-miss-a-session type or experience a more... intermittent relationship with the weights, Hotshot might be the answer. Rather than pungent creams that numb sore muscles, Hotshot takes a unique approach to treating muscle soreness, soothing the overactive nerves that send pain signals to your brain rather than blasting the muscle fibers themselves. Just drink one 1.7-oz serving of Hotshot 15 minutes prior to training and you're good to go.

Hotshot was created by a Nobel Prize-winning neuroscientist and

endurance athlete and is formulated to prevent post-workout muscle soreness before it starts—allowing athletes, first-time exercisers, and anyone in between to reduce time and discomfort between workouts and stay on track with their fitness goals in 2022 and beyond. In an IHUT study of nearly 300 athletes who were given HOTSHOT's formula before a workout, 9 out of 10 athletes reported less muscle soreness and muscle pain the next day.

If that sounds good to you, take your shot.

\$25, [Amazon](#)

IN THE KITCHEN: CLASSIC RECIPE



BEEF BRISKET

Slow and steady is the only way to win this race.

SERVES 12

YOU'LL NEED

FOR THE BRISKET

5 lbs whole raw brisket
2 oz ground espresso
6 oz dark brown sugar
3 oz kosher salt
1 dash ground cumin
2 dashes garlic powder
3 dashes ground pepper
1 dash cayenne
2 dashes ground cinnamon

FOR THE HORSE RADISH AOLI

1 oz prepared horseradish, drained and squeezed
3 oz mayo
2 oz sour cream
Salt and pepper to taste

FOR SANDWICHES (OPTIONAL)

For Crispy Pickled Jalapeno:

½ cup canned sliced pickled jalapenos
1 cup corn starch
Fry oil, as needed

FOR SANDWICHES (OPTIONAL)

12 Slices Taleggio Cheese (if not available, substitute Fontina or another semi-soft pungent cheese)
1 tbsp grapeseed oil
2 cups onions, julienned
12 sandwich rolls

MAKE IT

- 1) Mix all ingredients for horseradish aioli and hold in fridge.
- 2) Mix all of the ingredients for the espresso rub.
- 3) Heavily rub the whole brisket and smoke at 225 for 14 to 16 hours until the internal temperature reaches 185 degrees. Hold brisket at 180 degrees until ready to serve.
- 4) Immediately prior to serving

preheat fryer to 350 degrees. Drain jalapenos and pat dry, toss in corn starch, shake of excess corn starch and fry until crispy. Allow jalapenos to drain on a paper towel to absorb excess grease.

FOR SANDWICHES

- 1) Sauté julienned onions in grapeseed oil until soft and golden brown. Set aside.
- 2) Spread 2 tbsp of aioli on each hoagie roll, followed by sliced cheese, followed by warm brisket, then crispy jalapenos, and finally, sautéed onions.

THE MACROS

CALORIES: 499
PROTEIN: 56 g
FAT: 25 g
CARBS: 9 g

IN THE KITCHEN: CLASSIC RECIPE

BRUSSELS SPROUTS with BACON

One of Robert's biggest fan favorites.

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. Saute 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



WE LIVE IN A SOCIETY

... and it's run by Bill Oakley



STEAMED HAMS SOCIETY and Food Discovery Club

Get those credit cards ready. [Bill Oakley](#)—famed TV writer, [fast food critic](#), and friend of *RI Magazine*—has just launched The Steamed Hams Society, a multi-tiered worldwide community for “likeminded food enthusiasts.”

The basic or “Delightful Devil” membership tier gets you exclusive reviews, behind-the-scenes content, a monthly food roundup guide, and access to the Steamed Hams Society’s private Discord channel. Higher levels of membership (Principal, Superintendent, and Aurora Borealis) will variously get you exclusive merchandise, Zoom hangouts with Bill and your fellow members, bonus videos, voting powers on Bill’s upcoming reviews, and quarterly goody boxes filled with Bill’s new favorite snacks and condiments.

In the future, the Steamed Hams Society promises special offers, discounts, and secret menu items at participating restaurants and food trucks nationwide.

In this [video](#) in which he announces the program’s launch, Bill explained the rationale behind the Steamed Hams Society thusly, “Look, if Jenna Bush can have a book club, I can have a food club.”

When reached by *RI Magazine* and asked to elaborate, he said, “High-end food lovers have Michelin and Zagat, and I thought it was long past time for us low-end food lovers to have our own resource for fast, snack, and frozen foods, too.

“Besides, I’ve always wanted to lead a large cult and when the opportunity presented itself, I could not resist.”

Don’t delay – become a charter member today!

[SteamedHamsSociety.com](https://www.steamedhamsociety.com)



A former showrunner of the Simpsons, Bill’s highly-memed “Steamed Hams” Simpsons segment has enjoyed a [second viral life](#) on the Internet.

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://www.RobertIrvineFoundation.org)



14 LAPS WITH JOEY LOGANO



Shutterstock

The NASCAR Cup Series champion shares life lessons learned on the track.

BY ARIF BACCHUS

JOEY LOGANO

The 2018 NASCAR Cup Series Champion Joey Logano isn't your typical NASCAR driver. The 32-year-old Middletown, CT native kicked off the modern "youth" wave in NASCAR's top level and is one of the youngest drivers to win a race and a pole award.

Now a Cup Series veteran with over 50 NASCAR wins, including the Daytona 500, Logano chatted with RI Magazine about his rise through the ranks and life lessons learned on the track.

RI Magazine: What inspired you to be a race car driver?

Joey Logano: I'm very lucky to find a passion at a young age. I love cars. Loved to play with Hot Wheels. Santa Claus brought me a go-kart this one year and that was it. I would drive my go-kart every single day. I wouldn't skip a beat. I'd get home from school, and I jump in my go-kart.

I would bomb around the yard and in the neighbor's yards and hit their mailboxes. I was a neighborhood terror. My parents recognize that I loved it. I tried other sports and I didn't enjoy it as much. I found something that I really liked. I really liked pushing cars to an edge and pushing myself and getting the adrenaline that goes



A decade ago, Logano was recognized as one of NASCAR's hottest rising stars. He has delivered on the hype, and has now won 27 NASCAR Cup Series races including the 2015 Daytona 500. In 2018, he won his first Cup Series Championship.

Follow him on [Twitter](#) and [Instagram](#), and visit [JoeyLogano.com](#)

JOEY LOGANO

along with that.

Like a lot of other stock car drivers, I first got a quarter midget race car (a small car with a high power-to-weight ratio) when I was six and it was my first kind of younger form of racing. I then started running those things for a while and then started moving up through the ranks quickly from there.

It is following my passion, following what I love doing, and nothing's really changed today.

RI: Everyone has a journey. What is it like working your way up the ranks while guys like

Jeff Gordon and Jimmie Johnson, guys you must've grown up watching, were still there?

JL: It is a kind of a surreal feeling and also kind of intimidating. Honestly, I was getting my butt handed to me. They were better than I thought they were, and it forced me to work on my craft.

Up until that point I was relying on talent to get me through the ranks and then when you get to the top level at any sport, everyone has a lot of talent and their intelligence level of the sport is what changes and makes the difference of someone who runs 15th or 20th to end

up winning races.

You just have to start becoming more of a student of the sport and working on your craft and eventually kind of move up through the rank and get there where you can start winning. That's what's special. That's what makes it so hard to do it.

RI: If you weren't a driver, what would you be doing in life?

For me, I put all my eggs in one basket. This was it for me. It was, "I am going to be race car driver or bust." I don't know if that's the best advice, but for me it was the best



Logan celebrates his 2018 win at the Monster Energy 400.

JOEY LOGANO

advice because I made it so that this just had to work. This was it from the beginning for me.

So, if you have 100% focus on something you're going to be pretty damn good at it. That was kind of what it was like for me. Just follow that that path. But if I wasn't a driver, I don't know ... never put much thought into it.

RI: How do you tackle stress? You drive at 200 MPH each week and are door to door with fellow drivers. Sometimes in a race you might even just end up stuck. Your car might not perform, or your crew might make a mistake that costs you. How do you tackle that adversity?

JL: Repetition. This is probably the biggest thing. At this point, I've been through a lot of different situations. I've handled it the wrong way enough times to know how to do it the right way ... which helps. But also, I think understanding the big picture probably is a big piece of it. In a 500-mile race or 400-mile race, you're going to have some adversity at some point. It's going to be a matter of how you handle it. You can let the snowball keep getting bigger as it goes down the hill or you can stop it and turn something around before it gets too big.

RI: Pressure is everything in sports, and in life, too. What was it like being the replacement for NASCAR legend Tony Stewart at Joe Gibbs Racing at such an early point in your career?

JL: I love pressure, I love it. I



apply pressure in situations I don't even need to. You know, it's just something that I think makes you better. It goes back to one of my favorite quotes I've heard. I go to church at Elevation Church and a pastor said, "Pressure is a Privilege." There was a whole sermon about it. It has stuck with me for a long time now.

You think about it, I'd much rather have pressure on me than live a life without pressure. You can't

move forward without pressure a lot of times. Think of it from a playoff scenario. I mean if you miss the playoffs then all the pressure is off but if you're not in the playoffs then, that sucks.

I'd much rather be in the pressure situation, and I think it also brings the best out of you. When you're forced to do something special, a lot of times you'll find a way to do it. If there's no pressure on you to do it, then you're probably not

JOEY LOGANO

going to bring the same intensity level.

It's just a natural thing right? To the whole analogy of "you never know how fast you're going to run until you run from a bear?" It is kind of the same scenario when it comes to the intensity level.

RI: There's a funny irony to being in motorsports: everything happens as fast as possible, but it's also a marathon. Races are long, seasons are long, how do you handle it all?

JL: I am kind of one of those people who just lives with a lot of energy and can't just sit still very long. Any day when I have a little bit of time, I am always doing something. There's not much time when I sit down and turn on a TV. This is not who I am. So, I am constantly going, being charged up. It isn't much of an issue.

RI: How do you manage burnout? If you're feeling totally spent, what do you do to recharge the batteries and regain your motivation?

JL: There are times in athlete's careers, and in my career as well, where you go through a slump right where

you haven't won in a while, where things aren't going the way you expect it or plan them to. Those are challenging times that you have to find ways to work through.

That's when you have to go back and first always look inward before outward and then look into your weaknesses and try to fix them. Even if it's not in my department, I think as a leader sometimes you

got to look at every area to try and improve as a driver. So, you work on your own craft first, but part of my leadership role is looking at every part of our race team.

When you look at it, there's so many different departments in our race team. Right now, there's manufacturing, there's engineering, there's athletic departments, there's marketing departments,



JOEY LOGANO

there's transportation departments, you name it. It is a bunch of little businesses in one and as a driver you need to touch on all of it.

RI: What advice do you have for readers who don't have any racing aspirations but want to make it to the top of their field?

JL: Focus on yourself. It's so easy in my sport to get focused on what other people are doing. And looking over it, someone else's car and say "oh, they're doing this differently."

It is just easy to start looking at others and comparing yourself. And what I found in racing, and I think this applies in life, is that what it takes to make JL be a winner in racing or Team Penske to be a winner in racing is just going to be different than what it takes for Hendrick or Kyle Larson or Chase Elliott, or whoever.

RI: Some people like praise. But praise can also make you get in over your head. NASCAR legend Mark Martin once said you're the real deal. How's that'd make you feel?

JL: It's special. When someone like Mark Martin who is respected in our industry so much says something like that that it was a real special thing. That was when I was 15 years old and when I was coming up to the ranks. When he said that it propelled my career quite a bit. That was a kind of a pivotal moment in my career.

Those things are special but one of my favorite Roger Penske quotes

is this. He'll say it every time we win, "Don't trip on your press clippings."

I feel like that is something that is so true. You can't rely on what you did in the past. You can't rely on what someone said about you in the past. It changes so quickly.

RI: Any advice on ignoring detractors and staying focused?

You have to find what makes you work, what makes you tick what makes you win. You have to find your way. It doesn't mean to not

"My favorite quote... 'Pressure is a privilege.' You can't move forward without pressure."

to look over your shoulder now and again and see how others are doing it and try to apply that in the right way but I think you have to find what makes you the best, right? I always honestly get offended if someone ever says to me: "Hey, you're going to be the next Jeff Gordon," or the next whoever. Like no, I'm going to be the next JL! That's who I'm going to be. I think that attitude and finding confidence in yourself and obviously with some humility attached

to that is important. I think, in all aspects of life.

RI: Making mistakes, crashing – that's part of being a driver. Did you learn from your mistakes?

JL: Absolutely! All the time, on and off the track. To the point of it though, you got to make mistakes. It's okay! You can never be scared to make a mistake. As long as you learn from it, you're better right?

In our sport, it's hard to say, you know, "winning and losing." How do you define losing? Sometimes you might not win the race, but you learn something, so did you really lose? But making mistakes . . . as long as it's the first time I am making a mistake I'm better because of it.

RI: Sometimes you run into enemies and rivalries. You had quite a few of these in your career. There's Harvick and Hamlin and a few others. How do you keep your head clear and deal with rivals?

JL: There's 40 drivers out there and only one wins. That means there's 39 pissed off race car drivers. If you're really close to winning and didn't win, yeah, you're going to get angry. It is just life, and understanding their perspective is the bigger thing.

You've got to put yourself in their shoes. I didn't do a good job with this early in my career, but I feel I am better at this now. This and understanding what you would do in their scenario. I think the biggest thing is trying to understand both

JOEY LOGANO



Logano spends time go-karting and signing memorabilia for kids in times of crisis as part of his work with the Joey Logano Foundation. Learn more [HERE](#).

sides of the story and talk through it and come to some kind of conclusion because you don't want to go out there and start wrecking race cars one after another.

At that point it is hurting. Hurting your whole race team. So, you just got to come to some kind of conclusion where you can move forward and race again.

RI: NASCAR is of is one of those unique sports where faith and prayer plays an important role for a lot of the drivers. Does it for you?

JL: I think everyone's faith is obviously their decision and what they choose to do with your life, but for me it is God and family as the things you put up there first.

I feel like our industry is pretty special when you think of it. What other sporting event does a prayer for the whole stadium, and for all of America to see? On TV? There's no other sport that does that. I feel like that is something special and it stays true to our roots of the things our sport stands for. I think that's something that I always cherish about NASCAR.

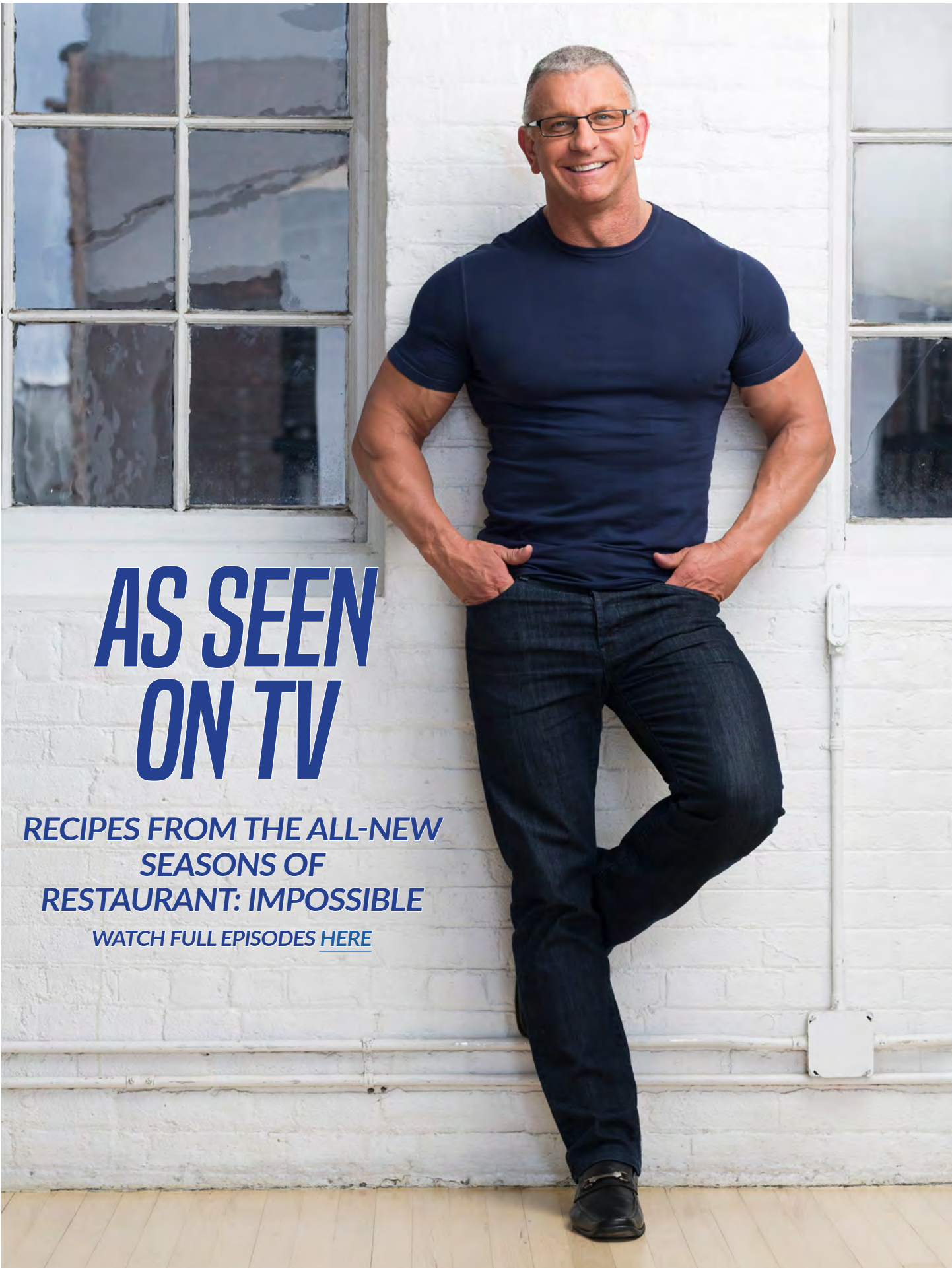
RI: You're still young and you have time left in your career, but is retirement ever on your mind? What would be next for you if you decide to retire?

JL: That's a hard thing to answer. Right now, I'm here, but obviously, I would spend a lot of time with my family, but I don't think I'd ever

stop working. I think I'm going to be working on something until I'm done. I'm a pretty big believer in, "If you don't use it, you lose it."

And so I feel like I need to stay fresh and keep up with the whole pressure thing. I'm used to that. I think I'm going to feel empty without it so I think I'd find ways to push myself still. I can't honestly answer what that is completely yet, but I will still get out of bed early and hammer down all day. I know that because I just want to live life to the fullest.

Arif Bacchus is a journalist with a focus on Microsoft products and other tech. A native New Yorker, he is a long-time NASCAR fan and long-suffering Mets fan. He can be reached on [Twitter](#) and [LinkedIn](#).



AS SEEN ON TV

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AS SEEN ON TV

Grilled Cheese & Tomato Soup

SERVES 4

YOU'LL NEED FOR THE SOUP

3 tbsp grapeseed oil
2 white onions, diced
3 garlic cloves, minced
3 cups chicken stock
1 qt canned tomatoes
1 qt heavy cream
1 tbsp smoked paprika
½ tsp cayenne pepper
Salt and pepper to taste
2 tbsp chives, chopped fine

FOR THE SANDWICH

12 slices sourdough bread
1 tbsp grapeseed oil
2 tbsp butter
1 cup provolone cheese, shredded
1 cup cheddar cheese, shredded
1 cup pepper jack cheese, shredded

MAKE IT

TOMATO SOUP

1) In a large saucepot over medium heat, add the grapeseed oil and white onions, sweat until onions are translucent in color. This should take approximately 3 to 4 minutes over medium-high heat.
2) Next, add garlic and allow to cook for approximately 2 minutes.
3) Then add chicken stock, canned tomatoes, heavy cream, smoked paprika, and cayenne pepper.



4) Bring mixture to a simmer, reduce the heat to medium-low and allow to cook for approximately 30 minutes, stir the soup often while cooking to prevent tomatoes from sticking to the bottom of the pot.
5) Using a blender, or a hand blender puree mixture until smooth and season with salt and pepper to taste.

SANDWICH

1) In a large skillet over medium-high heat, add grapeseed oil, butter, and sourdough bread.
2) Toast the bottom of all the sliced sourdough bread and top the bread with the shredded provolone, cheddar, and pepper jack cheeses, as they are toasting on the bottom.

3) Next, to build the grilled cheese sandwiches, stack 2 pieces of toasted bread with melted cheese and then top with the third piece of toasted cheese bread, toasted side up, to complete the grilled cheese. Flip the grilled cheese and continue to cook for a minute on both sides until golden brown and all cheese is melted.

PLATING

1) Place tomato soup in a soup bowl, and top with chopped chives.
2) Cut the grilled cheese and arrange it on the plate and serve with the soup.

AS SEEN ON TV

Chicken Al Pastor Hash

SERVES 4

YOU'LL NEED

FOR THE MARINADE

3 cloves garlic, minced
1 cup pineapple, grilled and diced
¼ cup achiote paste
3 tbsp chipotle adobo
½ cup pineapple juice
1 lb boneless skinless chicken thighs, diced

FOR THE BRAISE

3 tbsp grapeseed oil
1 onion, diced

2 cloves garlic, minced
3 cups chicken broth
2 tbsp lime
2 cups fresh orange juice
2 tbsp ground cumin

FOR THE AL PASTOR HASH

1 red onion, diced
1 red bell pepper, diced
1 yellow pepper, diced
2 cups fingerling potatoes, roasted and diced
8 whole eggs
2 tbsp scallions, sliced thin
3 tbsp cotija cheese, crumbled

MAKE IT

MARINADE

- 1) Pre-heat oven to 350 degrees.
- 2) In a blender add garlic, pineapple, achiote paste, chipotle adobo, and pineapple juice.
- 3) In a mixing bowl, add the chicken and Al Pastor marinade and allow to marinate at least one hour prior to cooking.
- 4) Place chicken on a baking sheet and place in 350 degree oven. Cook for approximately 10 to 12 minutes.



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BRAISE

- 1) In a large sauce pot add 2 tbsp grapeseed oil, onions, and garlic. Allow to sweat.
- 2) Add chicken stock, lime juice, orange juice, and cumin. Bring braising liquid to a boil.
- 3) Add roasted chicken to the braise, and cover.
- 4) Place in the oven and cook for about 2 hours or until chicken is tender.

AL PASTOR HASH

- 1) In a large skillet over medium high heat, add red onions, red peppers, and yellow peppers. Cook for approximately 4 minutes.
- 2) Add already roasted fingerling potatoes and cook for another 3 minutes.
- 3) In a separate sauté pan over medium heat add the rest of the grapeseed oil and the eggs. Cook for approximately 3 minutes, or until white of the egg is completely

cooked through and yolk is still runny.

FINISH & PLATE

- 1) Place roasted fingerling potato hash on the bottom of the bowl.
- 2) Top the hash with the cooked braising liquid, sunny side up eggs, scallions, and cotija cheese.

AS SEEN ON TV

Schnitzel



SERVES 4 FAMILY STYLE

YOU'LL NEED

FOR THE RED CABBAGE

2 tbsp butter
1 onion, sliced
2 cloves garlic, thin sliced
4 cups red cabbage, shredded
2 honey crisp apples, peeled, diced
12 oz red wine vinegar
12 oz water
3 tbsp sugar
½ cup honey

FOR THE POTATO SALAD

3 lbs Yukon gold potatoes, diced
4 oz bacon, sliced
1 white onion, sliced
2 tbsp honey
3 tbsp cider vinegar
1 tbsp parsley, chopped
1 tbsp chives, chopped

FOR THE SCHNITZEL

20 oz boneless pork chops,
pounded thin
3 eggs, beaten
2 cups flour

2 cups panko breadcrumbs
3 tbsp shredded Parmesan cheese
3 tbsp clarified butter or ghee
1 lemon, cut into quarters

MAKE IT

BRAISED RED CABBAGE

1) In a large sauce pot add butter and sliced onions. Allow the onions to sweat for about 4 minutes.
2) Add garlic and allow to cook for another 1 to 2 minutes.
3) Add shredded cabbage, apples,

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red wine vinegar, water, sugar, and honey. Bring mixture to a boil. Allow to boil for about 5 minutes.
4) Drop cabbage mixture to a hard simmer. Cover and cook for about 15 to 20 minutes.

POTATO SALAD

- 1) Place the cut potatoes in large pot with seasoned water.
- 2) Allow the potatoes to cook for 25 minutes or until cooked through.
- 3) In a large skillet over medium-high heat add bacon, and cook for about 5 minutes, or until the bacon is light brown in color.
- 4) Using a spoon, remove the bacon from the pan, leaving the bacon fat.
- 5) Add sliced onions and allow to cook for about 4 minutes.
- 6) Add cooked potatoes, bacon, honey, cider vinegar, chopped pars-

ley, and chives.

- 7) Allow all ingredients to continue to cook together for 1 minute. Season with salt and pepper.

SCHNITZEL

- 1) Using a knife, trim the fat off the pork chop.
- 2) Line a cutting board with plastic wrap. Place the trimmed pork chops in a single layer on the cutting board. Cover with plastic wrap.
- 3) Pound the cutlets with a meat mallet or the back of a heavy saucepan until $\frac{1}{4}$ to $\frac{1}{2}$ inch thick.
- 4) Set up three bowls. In the first bowl, combine salt, pepper, and all-purpose flour. In the second, add the beaten eggs. In the third, combine panko bread-crumbs and parmesan cheese.
- 5) Dredge both sides of the cutlet in

the seasoned flour.

- 8) Then dredge it in egg wash.
- 9) Last place it in the panko and Parmesan cheese mixture. Set aside.

FINISH

- 1) In a large skillet over medium heat, add the clarified butter (or ghee) and heat for 30 seconds.
- 2) Add the breaded pork chop and cook for about 4 minutes on each side. The pork chop should be golden brown in color and just cooked through.
- 3) Place cooked pork chop in the center of a plate. Top the pork braised cabbage with bacon potato salad. Serve pork chop with lemon slices on the side.

Pork Shawarma

SERVES 4

YOU'LL NEED

FOR THE PORK ROAST

- 1 half pork shoulder (about 6 lbs)
- 2 tbsp kosher salt
- 1 tsp black pepper
- 1 tbsp brown sugar
- 1 tbsp smoked paprika
- 1 tsp cumin
- 1 tbsp Hungarian Paprika
- 1 cup of chicken stock

FOR THE FIELD PEA HUMMUS

- 3 cups field peas
- 1 lemon juiced
- 5 garlic cloves minced
- 1 cup tahini
- ½ cup extra virgin olive oil
- 2 tbsp cumin

FOR THE ORZO TABBOULEH

- 3 cups orzo, cooked and chilled
- 2 cups flat leaf parsley
- 5 garlic cloves, minced
- 1 cup beefsteak tomato, seeded, diced

- Juice of 1 lemon
- 2 tbsp extra virgin olive oil

MAKE IT

PORK SHOULDER

- 1) Pre-heat an oven to 275 degrees.
- 2) In mixing bowl whisk salt, black pepper, brown sugar, smoked paprika, cumin, and Hungarian paprika.
- 3) Lightly coat the pork should with dry rub.
- 4) Place pork shoulder on a baking sheet.
- 5) Place in the oven and allow to cook for 2 hours, uncovered.
- 6) Then cover with foil and allow to cook for 2 more hours.
- 7) Let the pork shoulder rest, for approximately 20 minutes.
- 8) Once pork shoulder has rested, slice into thin strips.

FIELD PEA HUMMUS

- 1) In a food processor add field

peas, lemon juice, and garlic. Slowly incorporate tahini and extra virgin olive oil.

- 2) Season with salt pepper and cumin.

ORZO TABBOULEH

- 1) Cook orzo according to package and set aside.
- 2) In a mixing bowl add parsley, garlic, tomatoes and lemon juice.
- 3) Add cooked orzo and extra virgin olive oil. Mix together.

PLATING

- 1) Reheat the sliced pork in a sauté pan with chicken stock and bring to a boil.
- 2) Place a large spoonful of field pea hummus in the middle of the plate.
- 3) Put the sliced pork and chicken stock on top of the field pea hummus. Finish with orzo tabbouleh on top.



AS SEEN ON TV

Jerk-Roasted Salmon

SERVES 4

YOU'LL NEED

FOR LIMA BEAN & SWISS CHARD

2 tbsp butter
1 cup Lima Beans
½ cup roasted red peppers
1 red onion, diced
2 cups fresh Swiss chard, stems removed, 1" ribbon cut
2 cups couscous, cooked
Salt and pepper to taste

FOR THE PINEAPPLE SAUCE

2 cups fresh pineapple, diced
2 tbsp brown sugar
1 tbsp cider vinegar
½ cup chicken stock
2 tbsp butter

FOR THE SALMON

4 fresh salmon portions (6 oz each)
4 tbsp grapeseed oil
2 oz jerk sauce, store bought
3 tbsp fresh cilantro, chopped

MAKE IT

LIMA BEAN & SWISS CHARD

1) In large skillet over medium heat, add the butter, lima beans, roasted red peppers, and Swiss chard. Cook for about 3 minutes.
2) Add cooked couscous and gently toss. Continue to cook for about 1 minute or until mixture is hot.
3) Season with salt and pepper to taste.

PINEAPPLE SAUCE

1) In a saucepot over medium low heat, add the pineapple and brown sugar. Allow brown sugar to melt and completely coat pineapple for 2 to 3 minutes
2) Add cider vinegar and chicken stock. Bring mixture to a simmer and allow the pineapple to start to break down.
3) Using a whisk, stir the butter into the sauce and season with salt and pepper to taste.

SALMON

1) Preheat oven to 400 degrees F.
2) Season salmon on both sides with salt and pepper.
3) Add the grapeseed oil to a large skillet over medium-high heat. Once the oil is hot, add the salmon and sear on both sides, cooking for about 2 to 3 minutes on each side.
4) Dress the top of the seared salmon with the jerk sauce and place in the oven to cook for about 4 minutes or until desired doneness is reached.

PLATING

1) Place vegetable-couscous in the middle of the plate. Top with pineapple sauce.
2) Place seared salmon on top of pineapple sauce and vegetable-couscous. Garnish with the chopped fresh cilantro.





Churro French Toast

SERVES 4

YOU'LL NEED FOR THE TOAST BATTER

6 eggs beaten
1 cup milk
¼ cup heavy cream
2 tbsp ground cinnamon
1 tsp ground nutmeg

FOR THE MEXICAN CHOCOLATE SAUCE

2 cups milk chocolate
¼ cup heavy cream
1 tsp ground cinnamon
1 tsp cayenne pepper
1 tsp kosher salt

FOR THE FRENCH TOAST

12 slices brioche bread
2 tbsp grapeseed oil
1 tbsp butter
2 cups strawberries, quartered
1 cup churros cereal, chopped
4 servings (2 scoops each) dulce de
leche ice cream

MAKE IT

FRENCH TOAST BATTER

1) In a mixing bowl add eggs, milk, heavy cream, cinnamon, and nutmeg. Set aside.

MEXICAN CHOCOLATE SAUCE

1) In a sauce pot over medium heat, add chocolate using a wooden

spoon stir the chocolate until has completely melted.

2) Being careful not to burn the chocolate, next add heavy cream, cinnamon, cayenne pepper, and kosher salt.

FRENCH TOAST

1) Dip sliced brioche bread in the egg mixture.
2) In skillet over medium heat, add grapeseed oil and butter.
3) Fry bread for approximately 2 minutes on each side or until toast is light brown in color.
4) Plate French toast and top with the chocolate sauce, strawberries, churro cereal, and finish with the ice cream on top.

INTERVIEW:

J-L CAUVIN

The standup comedian and viral impressionist on his weight loss journey, sudden success, and why comedians seem to be getting so serious.

INTERVIEW BY
MATT TUTHILL

The world of Trump impressions is divided into two distinct tiers. At the top, you have J-L Cauvin. Beneath that, you have everyone else. There have been some very good ones besides Cauvin's, even great ones and yet, it's not an overstatement to say he's in a class by himself. It might even be an understatement. Because it's not just a voice the impressionist needs to master, but an entire manner and train of thought, and no one can match Cauvin in terms of precision or output. Cauvin's weekly podcast as Trump, *Making Podcasts Great Again* (Patreon subscribers get access to a whole lot more) is a master class in improv, where he launches into 40+ minutes of rambling as our former Commander-in-Chief, that is altogether hilarious, gross, and so spot-on that it can make fans out of a die-hard Trump supporters.

RI Magazine caught up with Cauvin—who is a lawyer by day—about his sudden fame, his recent turn on *Billions*, his weight loss, and much more.



Follow J-L Cauvin on [Twitter](#) and [Instagram](#), and subscribe to [Making Podcasts Great Again](#). Also check out the podcast's [Patreon](#) as well as [JLCauvin.com](#)

RI MAGAZINE: You just lost a ton of weight. How'd you do it and what was the impetus for making a change?

JL CAUVIN: For the last 10 years, I've been on this yo-yo. I was an athlete in college and I was in very good shape until about age 30 when I started doing full-time comedy, and the stress and the odd lifestyle lends itself to poor nutritional habits if you're not super disciplined.

Then COVID hit and I was in sort of normal shape for my late thirties, early forties. Then I had sudden borderline overwhelming success [thanks to this video] compared to my up-and-down career until that point, and also had a pretty stressful day job as well. I basically just became sort of a snacking, stress-eating machine and there was nothing to do.

I hit a point where it was June

INTERVIEW: J-L CAUVIN

of 2021—having gone through a full year of double work, success, stress—and the scale said 324.

RI: But you're very tall, right?

JL: I'm 6'7". But trust me, I went to a gym about eight times that year, so this was not like powerlifting where I was huge with muscle and fat. This was by far the worst shape I'd ever been. It was just sloth and bad food. And I realized I'm 42 now and one of my favorite comedians, Patrice O'Neal, had died at 41. I had worked with him a couple of times briefly before he passed away from a stroke. Forty-two is middle age. We keep thinking of middle age as somewhere beyond where we are, but it's not. So 324 scared me. I checked my ego and didn't worry about what I used to do as a college athlete and in the years after. I literally just started walking a lot and doing stationary bike. All it took was calorie counting, walking, stationary bike, and lifting four times a week. Nothing crazy, but I just really focused myself. In the next seven, eight months I dropped 65 pounds. The truth is I have about 30 more pounds to go, so I'm not done, but I have a jaw line again and I feel better.

RI: You're a lawyer and a comedian and it is not easy to become or be successful at either one of those things. Having done them both, what advice do you have for readers who feel stuck doing something that they don't want to do? Because you were able to do both: the thing that paid your bills and the thing that you really love.

“My accounts and Trump have almost become like Voldemort and Harry Potter; they're linked, whether I want them to be or not.”

JL: I know this goes against what some shirtless gym/life/coach bro on TikTok would say to people, but... you can't always just make it happen, though that is repeated as a mantra by people like that. My lesson has been: be prepared, work as hard as you possibly can at the thing you want, and be ready when opportunities come.

Some people are pushier than me

and are able to maybe make opportunities happen or force the action, so to speak. Unfortunately, that's really not my personality. My personality has always been to be hopeful, work hard, seize an opportunity if it comes and be ready for the opportunity. So maybe for anybody who's out there reading, who feels like they're a little more passive, you may need more patience with that, but it can work, too. The way that will not work is being passive and unprepared.

RI: Do you have any books, podcasts, anything that you turn to for motivation?

JL: I know this is going to sound cheesy. Maybe it won't. Church. I'm Catholic and a weekly mass attendee. Some people say, “I meditate,” or “I do yoga” For me, it's much more old school. I go to mass.

Church is the place where I reset each week. ... When I take stock of what I've done, I'm not satisfied with where I'm at in my career, but I am also proud and aware of how much I have done. So I don't feel like I necessarily need motivation from any external source. It's more like I need calming. Some peace. And to be honest, my girlfriend and my dog have been so important.

INTERVIEW: J-L CAUVIN

Especially during the pandemic I grew much deeper in my appreciation for my girlfriend. If I were on my own and all that was happening, I don't even know what kind of stress I would've been under. I sympathize with people who were isolated and had a really tough time with that.

RI: What struck me about the video that went viral for you and created the sudden overwhelming success was not just how good your Trump voice was, but the broken train of thought that you follow so perfectly. Now you have a podcast, a Patreon, you're on Cameo, and you do this impression constantly. Are there negative side effects to spending so much time in that head space, saying so many awful things all the time?

JL: Yes. So, I've been doing the impression since 2014. It got good in 2016. It got great I think around 2019. But the podcast was running for two years with 500 listens a week before that video hit. And that became a space where I was able to work on the impression, work on that mindset. By the time it blew up, I was able to crank out five videos a week, having been able to practice in anonymity, but always with a sort of confidence that if it gets discovered, I know it's good.

But one time I remember apologizing on the podcast—I think this was before the Easter video—but I had done a bit on Trump complimenting a Broadway actress who was a very attractive, busty actress

who happened to be in a wheelchair and she won a Tony Award. And I was going through Trump complimenting her and saying how sad it was, that it was even sadder because she was hot in a wheelchair. I stand by it, artistically, in character. But even after that episode, I said, "Guys, if that offended you, I agree."

Sometimes I get into the character and I just let it go. You want to let the character run free. But after that, I just didn't feel great about it. I've probably said worse things, but that one made me feel bad afterwards. So I was like, "Hey guys, if that offended you, I'm offended, too, so I apologize. I hope you

laughed, but if you didn't, I get it."

RI: Are you surprised there's still such an appetite for what you do even though Trump is no longer president?

JL: Well, as soon as the first video hit, I made it my business. I immediately was like, "I don't want to be a one hit wonder." I had all these other impressions, all these other videos, this large wealth of standup content. So I kept trying to make efforts to build that up. But Trump remained the headliner. I think social media algorithms—this is the ugly part, I think, of modern comedy—if I post Donald Trump eating



J-L performing standup. The 6'7" comedian played basketball at Williams College and in addition to his comedy career, spends his days working in the litigation department of a major NYC law firm. He hosts a second podcast as himself, title [Righteous P***k](#)

INTERVIEW: J-L CAUVIN

a cookie, that will hit for thousands of views, regardless of whether it's even funny or not, because my accounts and Trump have somehow almost become like Voldemort and Harry Potter, they're linked, whether I want them to be or not.

Sometimes I think to myself, "Yeah, I would like to stop doing this." But at the same time I go, "I can make it really funny." If somebody's bored of it, I totally get it. I'm bored of it, too.

But I take it upon myself to make it great, I want mine to be funnier than anybody else can make it.

RI: Your Louis C.K. impression that went viral some years back has these headlines interspersed where the joke is that no matter what this guy says, no matter how mundane it might be, it's met with this reflexive praise from everyone. After his fall from grace—even though he's really the same exact comedian doing the same exact type of material—it is now met with the exact opposite, which is reflexive hate. His Grammy win notwithstanding, there is not a major—especially left-leaning—media outlet operating today that would be caught dead giving him a good review. Is that pretty funny to you? Do you find it ironic?

JL: The truth is it doesn't pay to be ahead of the curve. In other words, I got so much hate for that. The comments were two-thirds, "This is one of the funniest things I've ever seen," and one-third, "You jealous hater. You're a loser." People project their own desire to be internet famous onto someone who might be internet famous. I have no desire for that. I want to sell tickets to comedy shows and maybe do some

side with free speech warriors and declare them amazing, no matter how unfunny what they're saying at that moment is. I think Chappelle is obviously one of the greatest comedians of all time, but I had gotten into a discussion with a friend about some of his stuff that I felt was more like lectures from a comedian.

And my friend said to me, "Well, I think he's earned it." And there's

that mindset, so I go, "Earned what? He's a comedian." There should be no problem making gentle fun of that—this pontificating onstage. But I got a lot of blow back. Some people were saying they thought it was great and then some people saying, "Why are you such a hater?" or "You shouldn't go after Dave." And I go, "Is he a special needs child? What do you mean I shouldn't go after him?"

Now Dave can go after anybody, any marginalized group he wants and I'm not here to say, "No, you can't." I am a pretty broad, free-speech absolutist when it comes to comedy, if you are attempting comedy. But with a lot of people, it becomes a free speech issue if it's targeting the things they don't care about. But if you come after somebody they like, they want to protect them. And that's a weird

"Defending comedy might get applause from your clique, but we are compounding attacks on funny with other things that aren't funny."

acting and have a full-time career in standup.

But in comedy it seems, and this is the problem that's getting worse and worse, but people seem to identify now with a comedian almost like a cause. It's never been worse than it is today, in my opinion, where it's like you either side with the left and you're not funny and you're just woke or you

INTERVIEW: J-L CAUVIN

thing to me in comedy and more than a little hypocritical.

RI: I'm not enough of a student of comedy to know if this is a strain that has always been there and it goes back to Carlin and beyond or if today's premier stand-ups really are more self-serious. I know Whitney Cummings was just dragged for her a self-regarding comment about the solemn duties of comedians as artists. Why do you think people whose job it is to make us laugh keep saying things like this?

JL: There is a problem with comedy, even though I don't think it's a huge problem. But if there is a problem, I think the left is contributing more with an oversensitivity. And my theory on that is comedy used to be: you'd go to the comedy club and you were part of that culture. You understood when you walked in there almost anything goes and you had a social contract with the comedians and you got it. Yes, some people didn't like it, but most of the time, if you were a comedy club goer, I think you understood that this was its own artistic, raw culture. Whereas now, money has expanded because of the internet. The opportunities, the wealth that's out there is exponentially bigger, which has helped many comedians, like myself as a paramount example, make a lot more money and reach a broader range of people who might not be in that comedy club culture. They might just be a bored person at work or somebody who likes YouTube videos or memes. But when

those things collide, when people go, "I like this person. I'm going to the comedy club," I think sometimes you have this real conflict and yes, I think left of center people, more politically correct people, start the problem.

But then the reaction to that is not to be funny or ignore it or say, "Ah, get out of here. This isn't for you." It's to then become the I'm-going-to-offend-to-prove-a-point comedian, to not be funny. Or complain about PC culture, which probably won't be funny. It might get applause from your clique, but once again, we are compounding attacks on funny with other things that aren't funny.

Comedy has always been an ego-driven business. On social media you can just as much of an ego boost, as much serotonin, from getting a bunch of people retweeting you and applauding your virtue

as a free-speech warrior as you can get from retweets because you wrote a good joke. It's like you're almost getting 90% of the same feeling from saying, "Look at me, I just defended comedy."

Okay. Well, why not next time just be a comedian? Maybe say something funny instead of some sort of some self-aggrandizing statement?

RI: You were just on Billions, which, coincidentally, is one of Robert's favorite shows. Will you be back?

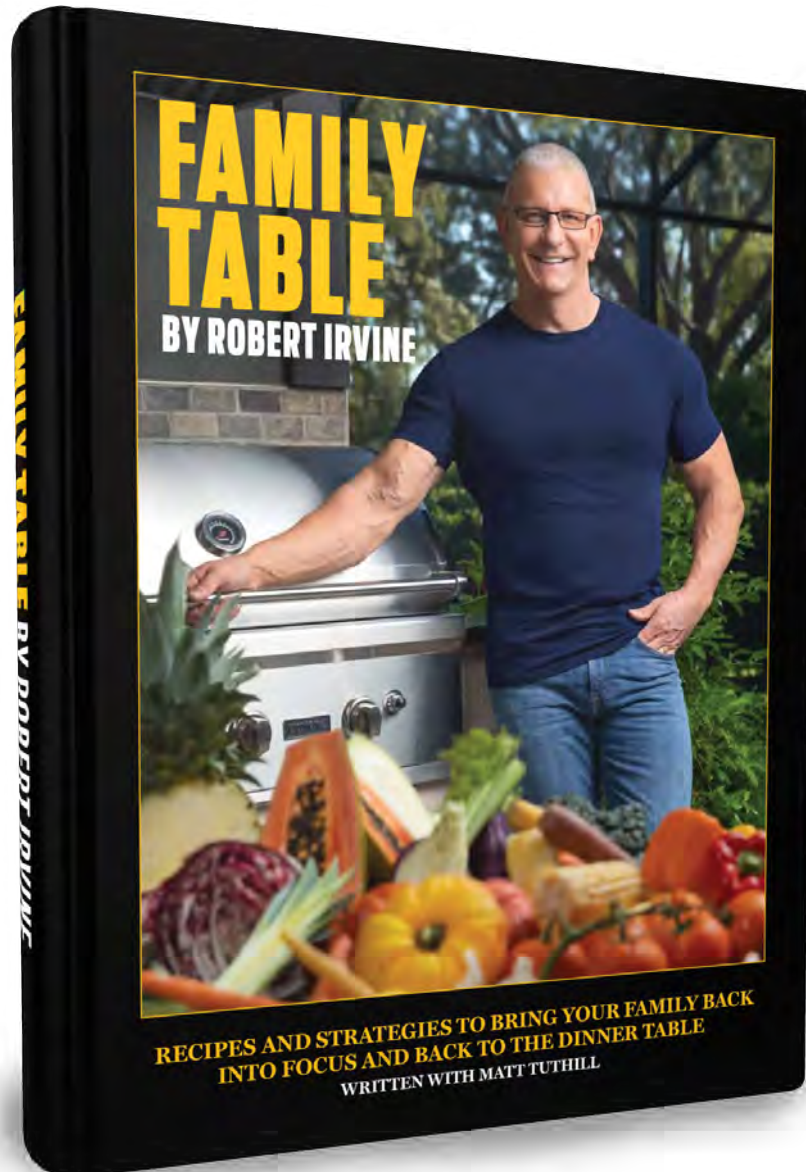
JL: I have no idea because my role on that was fun and could easily be brought back or it could easily be forgotten. In other words, it was its own self-contained segment. I would love to come back. But I genuinely have no idea and I'm prepared for it to just be a one-off career highlight and milestone. So I have no idea.



Be sure to see J-L's full archive at [J-L's YouTube Channel](#).

FAMILY TABLE

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ASK US ANYTHING

CLASS IS BACK IN SESSION

How to reap the benefits of fitness class environments from home.

QUESTION: *I thrive in workout class environments—with people cheering each other on—but I've been working out at home for two years now and for a variety of reasons—work schedule, childcare, etc—it's really difficult to get back to a class right now.*

Any advice on how to “get in the mood” as it were when I'm all by myself at home?

- Jess Cornell via e-mail

ANSWER BY SJ McSHANE:

The last few years have caused massive changes to our daily routines, with exercise hovering at the top of the list. Gyms closed, group classes paused, and many avid exercisers were forced to work out at home. If you're someone who thrives in gym or group class settings, the sudden shift can have an intense impact on the body and mind.

Now that gyms have reopened and group classes are back in action, it's understandable that you (and many other people) who once thrived in those settings aren't gung-ho to jump back in. You simply adjusted to a new way of train-



ing (and good job, by the way!) and readjustment takes time.

There's no shame in wanting to continue to work out at home while needing a little more motivation to produce the drive you once had in group settings. With that said, there are simple changes you can make to your at-home training space that will keep you looking forward to your daily sweat session.

Honor Where You're At

Placing pressure on yourself when

motivation lacks is a normal part of the ups and downs of training long-term. But removing that pressure by honoring where you're at in this season of training is vital for growth and moving forward. Take a minute to pat yourself on the back for continuing to exercise during the pandemic. That alone takes personal motivation and determination. Next, know that what you're feeling is normal, and a part of staying consistent with exercise. Motivation comes and goes, work-

ASK US ANYTHING



out settings change, and life happens. You're doing a fantastic job at taking care of your fitness while finding what works best for you.

Try LIVE Virtual Classes

From spin to strength training, virtual classes are 'it' right now. And for good reason, you can work out in the comfort of your own home while soaking up the cheering and support from others in your class. This might be the perfect way to both boost motivation for training at home or getting back to an in-person setting. Either way, it's a win-win!

If you're not feeling the virtual setting, there are a host of pre-programmed workouts online to get you sweating!

Hire A Virtual Personal Trainer

You don't have to be in-person (so

to speak), to utilize the benefits of a personal trainer. Working one-on-one, virtually, with a trainer will add accountability, fresh training methods, and mental and emotional support to your at-home sweat sessions. Even just a few sessions can create a new outlook on your current training routine and provide inspiration to keep the pace.

Revamp Your Workout Space And/or Attire

From fresh workout clothes to incorporating a new piece of equipment such as kettlebells or a jump rope, can make a huge difference in amping up your desire to sweat it out. New training gear can provide a boost of self-confidence while incorporating exercise equipment (you're not used to), can help beat the boredom and produce feelings of accomplishment.

There are ways to change your workout 'space' without spending money such as switching up your training location. If you exercise indoors, try an outdoor workout, especially now that the warm weather is rolling in. A change in scenery, although a small change, can make a positive impact on the mind.

Just Show Up

No one ever regrets working out; especially when the desire to exercise is non-existent or motivation is low. But consistency always wins and builds the character of the exerciser. I'm sure

you've experienced this in your training journey at some point. You just don't feel like working out, but you do and then that post-workout feeling of greatness (ie – endorphins/runner's high) surfaces!

With that in mind, since you did thrive in an in-person class setting, you may want to apply the 'just show up' method to an old workout class you enjoyed. Sometimes we just need to show up, and the domino effect of positive vibes flows. You may see some familiar faces, revisit past workout routines you enjoyed and rekindle your passion for group classes.

SJ McShane is a trainer, nutritionist, and Senior Writer for Robert Irvine Magazine. Follow her on [Twitter](#) and visit her [website](#).

FORE!

Tickets are available now for the third-annual RI Foundation Charity Golf Tournament.

The third Annual Robert Irvine Military Heroes Charity Golf Tournament benefiting the Robert Irvine Foundation will take place on Friday, June 17 at the Hyatt Regency Hill Country Resort in San Antonio, TX, with proceeds benefiting our service members, veterans, first responders and their families.

The event is designed to provide our sponsors and our wounded heroes with a unique experience honoring those who wear the cloth of our nation. Programming includes a foursome scramble golf tournament, on-course activities and stations, and a chef-driven barbecue luncheon and meet-and-greet with Robert.

“It’s always been important to me to not just raise money for our wounded veterans, but to find creative ways to bring more light and love into their lives,” Robert said. “This tournament is the perfect way to do that, as we don’t just raise a lot of money to buy mobility devices and fund other crucial veteran services, we can also bring in wounded veterans from all over and give them a day of incredible fun on the course, and great food and drink afterward. I’m so grateful to our sponsors and patrons for making this happen again.”

Mission and Impact

The Robert Irvine Foundation’s primary focus is giving back and



RI Foundation VP and wounded veteran Dave Reid tees off during the Foundation’s golf tournament. Buy tickets [HERE](#).

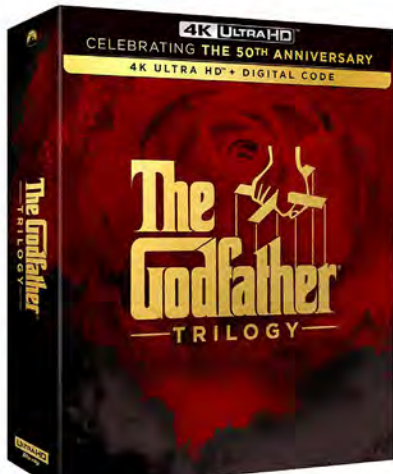
supporting our service members, veterans, first responders, their families, and those in need through resiliency, health, and wellness programs, in addition to the financial support of top-rated military and first responder organizations.

Our goal is to bridge the gap of our

nation and the community we serve by creating awareness of the sacrifices made by our military personnel, first responders, and their families; and, in turn, inspire others to appreciate and support the men and women defending our freedom at home and abroad.

FOR MOVIE LOVERS

What's new on disc... because digital ownership isn't real.



GODFATHER TRILOGY 4K

There have been so many versions of the Godfather trilogy released over the years that obligatory descriptions of the latest iteration being an offer you can't refuse aren't so obligatory any more. Except... yeah, this kinda is the one you can't refuse. To celebrate the 50th anniversary release of the beloved original,

Paramount has at long last given the 4K treatment to the whole trilogy—and included the far superior “Coda” version of the third film. Simply put: If you're a Godfather fan, you, uh, can't refuse, em, you need this.

\$70, [Amazon](#)

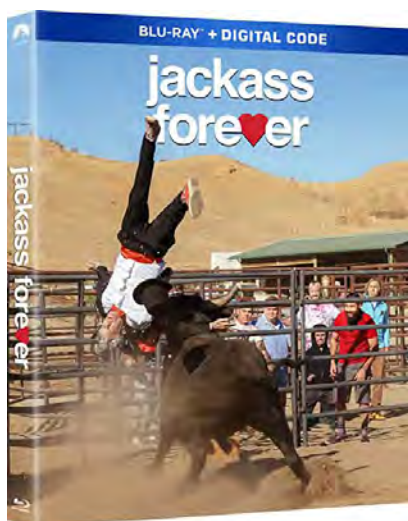


SCREAM (2022) 4K

Kicking the tires on beloved franchises—especially ones known for their bracing originality—is a high-wire act that rarely pays dividends. Dropping a new Scream movie in 2022, and simply calling it Scream rather than Scream 5, signifying a soft reboot or restart,

was a task fraught with peril, but the original cast—working on a script from James Vanderbilt and Guy Busick—proved more than up to the task in this thrilling new installment, proving there is plenty of life left in the subversive world of Scream.

\$27, [Amazon](#)



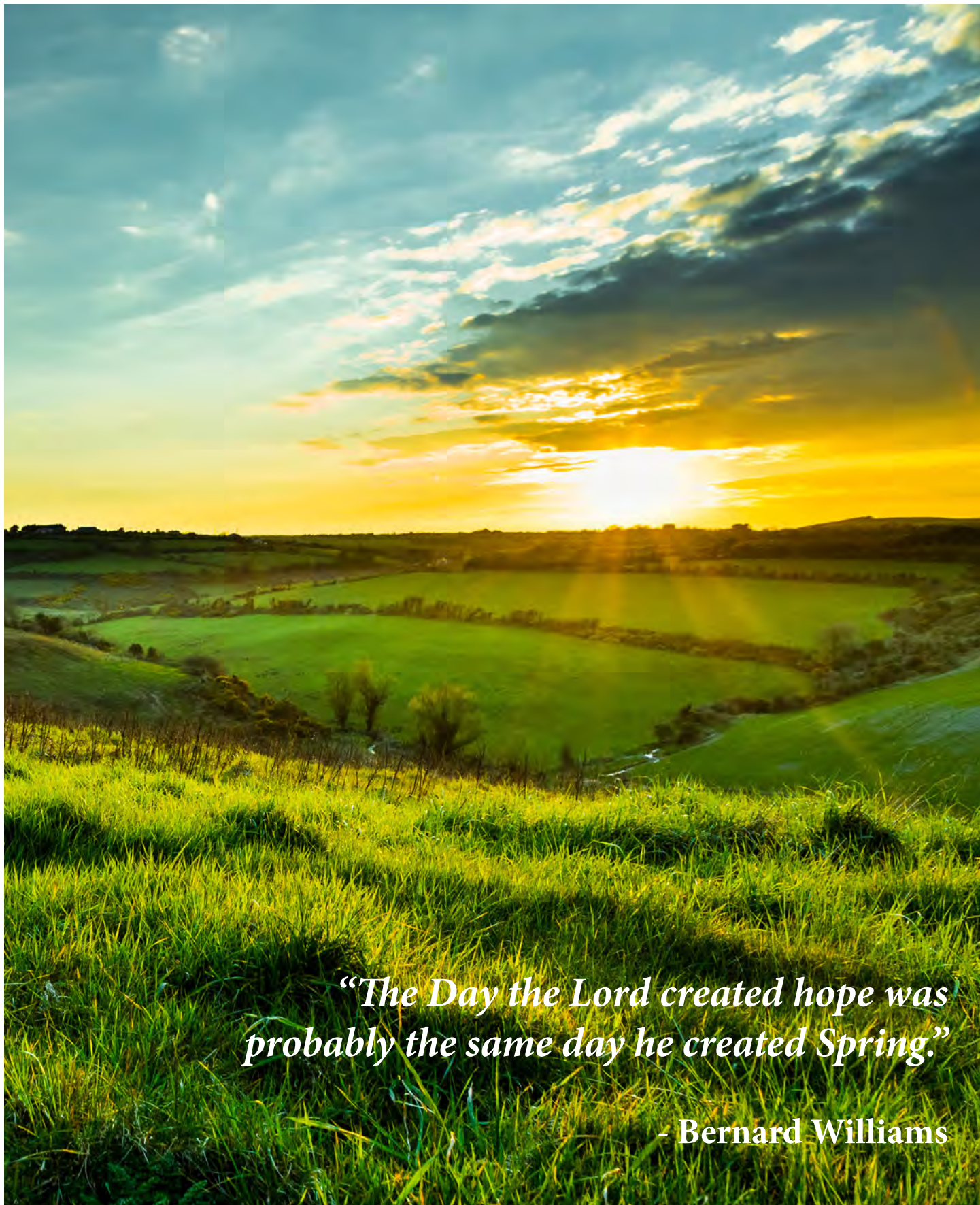
JACKASS FOREVER BLU-RAY

Hide the wives and children because Johnny Knoxville and the boys are once again back on their bullshit. And what delightful bullshit it is. No one would have guessed back in the early 2000s when Knoxville and the Jackass crew were airing low-budget backyard stunts on MTV that over two decades later they'd still be able—let alone willing—to still risk

their lives for audiences, but here we are. The creativity the Jackass crew puts into their stunts makes Jackass Forever thoroughly enjoyable and very rewatchable. The joy these guys still bring to each other—and Knoxville's laugh in particular—make it surprisingly endearing.

\$20, [Amazon](#)

WORDS TO LIVE BY



“The Day the Lord created hope was probably the same day he created Spring.”

- Bernard Williams