

Interview with Stephanie Starr for
Max Magazine
January 2004

Where were you born and raised? Where do you live now?

I was born in Jackson, Michigan. Now I live by the 10 freeway in downtown Los Angeles, aka: Kevlar Country.

What is your date of birth?

6/24/nice try

What is your height and weight?

6'2 and around 200lbs if my ankles aren't swollen

When did you first move to California?

August 13, 1996

What was your first official acting job?

I was Pinky, a giant pink foam rubber ball. Pinky is the mascot for Pink Dot – The Supermarket that Delivers. I got to wear these giant clown shoes and 3 fingered gloves. My job description was to ride around in a tiny Datsun convertible and get the attention of the already distracted motorists who are juggling a cell phone and a bacon double cheeseburger.

What is your education?

BA in Music Composition from Michigan State University

What made you start working out?

I made a bicep pose during "heads down quiet time" in Mrs. Zick's second grade classroom. Sue Brown yelled across the room, "Hey, look at Chris's muscle!" I think we had to stay after school for interrupting quiet time, but I got so jazzed for being noticed that I decided to start pumping up at age 7.

Tell me whom you admired as a kid and why?

My Grandpa was (and still is) my hero because he knew who he was and what was important to him. He didn't get caught up in ego or judgment with himself or those around him. He was fun, funny, hard working, compassionate, and lived every moment with purpose and passion up to the day he died.

In what sports were you active during high school?

Rock Band

College?

Varsity Rock Band

Tell me about your family? wife? Kids? Girlfriend?

No Wife, No Kids, No Girlfriend. **SWM** looking for a fun loving **F** who enjoys long walks on the beach, Motorcycle repair, sunsets, free association Haiku, and laughs at all my stupid jokes...

What would you have done with your life had acting not worked out?

Same thing I'm doing now – keep trying.

How did you train to prepare for your role in George Of the Jungle 2?

I studied the monkeys at the LA Zoo for their mannerisms and socialization. I also worked out 2-4 hours every day and only ate twigs and pond scum.

What kind of diet did you stick to?

At least a gallon of water and 6-8 small meals daily. I stuck to clean proteins like fish and chicken at every meal with fibrous carbs like spinach and broccoli. I also ate a lot of brussel sprouts, but they can gang up on you during a long day on the set, if you know what I mean.

Tell me more about your 'general' philosophy about training?

All work and no play makes me a dull boy. I have to know why I'm working out. If I am training for a project, I hit the gym very hard and focused. If not, I try to get out of there in an hour or so. Lately I have been lifting lighter with higher reps for a leaner sleeker look.

What aspirations do you have to "make your mark" in the industry?

I figure with Schwarzenegger as governor, there will be an opening in the action film genre.

What are your hobbies. What do you do to relax?

Those are two different things. I'm an adrenaline junkie, for instance, I like to get on the LA freeways and see if I can make my exit from 6 lanes over. I go to sleep to relax.

What is your most embarrassing moment?

In fourth grade the butt of my green corduroys ripped out and I was wearing my red Superman Underoos underneath. I had my big red booty hanging out for the rest of the day. I decided that after that day I wouldn't be embarrassed about anything. It has almost worked too.

Tell me a funny, sad, horrid or disgusting story about some encounter or incident in Hollywood.... Make it detailed

One time this reporter asked me to name 10 things that almost no one knows about me. Can you imagine??

Tell me 10 things (be imaginative) that almost no one knows about you?

You've gotta be kidding. OK. Well for starters, I cried at the end of Little Mermaid.

What is next for you?

A taco salad. But after that, I will continue to lobby to play Superman in the next feature incarnation of the man of steel. I am currently in Neil Simon's "The Star Spangled Girl" at the Secret Rose Theater in North Hollywood.

How can fans get in touch with you?

Check to see if my website is up yet at www.christophershowerman.com - otherwise, just go to www.asdf.com and tell Disney that you want to see me in another one of their films.

Anything that you'd like to add that I may not know to ask?

Yeah. A life lesson from acting school; the next time someone really gets under your skin, think of how you would act that person in a movie. Once you really start to see what makes people tick, you realize that we are all really very similar.