

Katherine Schwarzenegger

Dad Arnold and mum Maria Shriver Kennedy have just separated, but they remain «reference points» for her. Heroine of «normal» young Americans, she fights against the image created by society and the monopoly of size 8: at 21 years old she has already written a book. And she fears men today: «they go out with me to meet the Terminator».

BY LULU BERTON
PHOTOS BY ROBERT GALLAGHER FOR STYLE
FASHION BY KENDRICK OSORIO



«I feel beautiful, even if I'm not a size 8» Katherine Schwarzenegger confirms decisively, sharp green eyes and flowing blonde locks, while she relaxes in the suite overlooking the ocean in the elegant Casa del Mar hotel in Los Angeles. «What's inside counts more than appearance and my qualities go beyond my look or weight», adds the wise 21 year-old daughter of Arnold, the iron Austrian who knows how to reinvent himself time and time again, in an impressive career passing from world body building champion, ex Mr Universe and Mr Olympia, to an iconic Hollywood star, most famously known as the *Terminator*. Then, to the amazement of all and Ronald Reagan-style, he ran for governor of California for the Republicans in 2003, a position he maintained from 2003 until the end of 2010 and which earned him the nickname «Governator».

«I respect women who are original and intelligent, and who know how to do something useful for society» confesses the beautiful Katherine while her favourite hits by Eminem, Bruno Mars and Adele blare from her iPod playlist. Determination from father Arnold mixed with the class inherited from mother Maria Shriver,

one of the Kennedys, considered by some as the American «royal» family. Maria, journalist and writer of six bestsellers, is daughter of Eunice Kennedy and niece of the ex-President of the United States, John Fitzgerald. Following in the footsteps of her mum, Katherine, currently in the last year of studies in Communication Science at USC in Los Angeles, has also decided to become a writer. Her book *Rock What You've Got* hit bookshops in the States last September. The young lady explores the current contradictions of American teens, insecure in themselves and self-conscious of their bodies, «slaves to the fake beauty packaged by the media» as she puts it. Katherine, big sister to Christina, Patrick and Christopher, admits to having been a frustrated teenager and her book reveals the secrets to «finding beauty inside, as well as outside».

Congratulations Katherine, 21 years old and you have already written a book. Where did you find the inspiration? My high school years were tough because I wasted a lot of time trying to look good on the outside. I hated my body, I used to flick through the fashion magazines and think that I would never be able to have the body of those beautiful models. I tried every diet under the sun and if there was a special evening out, fitting into the outfit was a nightmare. I then did a bit of research and discovered that there are eight million American teenagers who suffer from some kind

of food phobia. So I decided to write a book on how to achieve real beauty.

A woman is beautiful when she... Feels good about herself. And when she is loved.

Do you like yourself? I do now, even if there are days when I look at myself in the mirror and only find faults. But I think it's a typical female condition as my mum does the same, despite having reached the 50 year-old mark.

Tell us about your experience with the «real beauty» campaign with the Dove brand. It was a marketing strategy with the aim of pushing young women to believe in themselves and love themselves regardless of their look or size. So in 2006 I decided to ask if I could do an apprenticeship with Edelman Public Relations in New York, the agency representing Dove. There I discovered how the women of today are victims of communication.

What does the media do that's not acceptable? They bombard us with fake beauty and a prototype of an impossible woman. After hours of make-up and touches with Photoshop, a different beauty is created which certainly does not help «normal» girls to see themselves as desirable. Just because you don't look like a model doesn't mean that you are not attractive. You can't have the porcelain skin and be gorgeous every day.

You live in Los Angeles, a city that is obsessed with looks. It's very difficult for us women to grow up in a metropolis where everyone wants to be forever young. Hollywood is the kingdom of cosmetic surgery, from the lip and breast enlargements to extensions. I think the secret is to surround yourself with people who make you feel confident, loving you for who you really are.

Who are your female role models? Number one is my mother. I admire everything about her, her strength in facing life and her ability to manage her career as TV journalist and writer. I also respect Jessica Simpson, proud of not being a size 10, and Jennifer Hudson whose non-perfection has become a strength. And then there is Michelle Obama, a woman with

a powerful and curvy body, who is extremely beautiful.

What are the values with which your mother, Maria Shriver, brought you up? She always told me that a pretty face is not enough to make it in the world. I still have a video of my sister and I when we were little, which my father made, singing «I'm beautiful, intelligent, strong and good». Mum taught it to us and I think that was the start of building our self-esteem. Intelligence and the heart are what count the most and that's why we grew up doing lots of volunteer work, helping those less fortunate than ourselves. Each year for Thanksgiving we serve food to the homeless in the community, and I have devoted myself to problems linked to maternal mortality in America since 2009.

What kind of relationship do you have with your dad Arnold? We have a very open relationship, we are «best friends», I can speak to him about anything. He is an important reference point for me. I love asking his advice, even if his answers are often different to mum's.

What is your father's best quality? His work ethic. He is a hard worker and if he has a dream he will realise it in some way, whatever it takes. I admire him a lot for this, especially considering that he is an ex-actor who entered politics despite being a foreigner in America and subject to so much criticism.

A paternal perseverance perhaps due to his past as athlete. Ah yes, he is still obsessed with fitness and he exercises every day. But I prefer doing yoga as it relaxes me.

Are you on a particular diet at the moment? No, I eat everything. I'm not obsessed because if I was I'd end up being irritated every time I sat at the table. Food is something to be loved. I think that the important thing is to have a balanced diet.

Has it ever bothered you being the daughter of...? It wasn't easy at high school, as making new friends was often a mission. My school mates used to come up and ask me if I was the daughter of Arnold, but now I understand, not everyone has a dad who was

the Terminator! It was also strange studying American history and reading an entire chapter dedicated to my mother's family.

It must have made you very selective when it comes to friends. Yes, and I've kept the true friends close to me, those from elementary school, people who still love me for who I am. My surname can still pose problems for me....

What annoys you about men? It's always the same story: they often have an ulterior motive. They just want to make contact with my father and ask his advice on doing certain exercises or getting into the world of acting. It's also for this reason that I'm single.

And it mustn't have been easy in the years when your father was governor of California either. It was hard at first. I was 13 years old, I wanted to be free like every teenager at high school and yet I always had to go to parties with a bodyguard. We got used to it over time though. The bodyguards became part of the family, they travelled with us and came to school and parties. I got so attached to them that it was really difficult to say goodbye.

Despite everything you seem like a very down to earth girl. My parents did everything to avoid bringing us up as spoilt Hollywood kids. Despite our «unique» situation, they always kept us away from the spotlight, trying to give us as normal an upbringing as possible.

Did mum and dad influence your choice of career in any way? Fortunately not, actually they always pushed me to fulfil my dreams and ideas. With a pact: to really love what you do.

Your parents have just separated. How did you react? It's a difficult moment. We have always been united. I'll remember the tennis matches together, the long walks and the holidays at our house in Sun Valley, in Idaho.

Have you ever thought about becoming an actress? Yes, even if I've never tried it seriously.

Katherine's future projects? I'd like to write another book, although finishing university is the number one objective.

Lots of young girls in Italy would love to become show girls. What message would you give them? I think that they should evaluate their objectives and think about who they really are. If you really want to work in television that's fine, even though I think that it's a choice which comes from a collective confusion: they are willing to sacrifice their natural privacy to get those 15 minutes of fame.

Ivan Basso

LEGENDS UPHILL

He is the strongest Italian cyclist, twice winner of the Giro d'Italia, aiming at the Tour de France. «A dream I can fulfil, not an obsession». After two years of disqualification for doping, he is back and makes no mistakes: «I publish all my test results online». He only has one drug now «Mango CDs, I buy three at a time».

INTERVIEW BY PAOLO TOMASELLI
PHOTOS BY GRAEME ROBERTSON

He gave up Giro d'Italia for something bigger: the Tour de France and the yellow shirt. Now that Ivan Basso is a more mature athlete and a serene man, the goal of his career is there for the taking. Not to mention that time is running out: Basso is 33 years old and lost out on two of them due to his disqualification for his involvement in an anti-doping operation (which exploded the day after his first victory in the Giro in 2006), which linked his name to the Spanish doctor Eufemiano Fuentes. The butcher's son from Cassano Magnago, near Varese, returned keeping a low profile and aiming at transparency: he publishes all of his test results online. He came fifth in the first Giro after his comeback and won the year after, confirming him as the strongest Italian cyclist, picking up where he left off with fans and success. A comeback described in his new book, *In Salita Controvento*. (Uphill, Against the wind), aptly subtitled «The emotions, the falls and the finishing lines in my life», the autobiography which Ivan has written for Rizzoli and which will be released in Italy on 1st June.

Basso, the Tour starts on 2 July, how does one of the favourites get there?

Racing the legs over and over. I'm going