



STALKER ACTOR

MARIANA KLAVENO

WHERE BEING HEALTHY IS PART OF THE JOB

INTERVIEW: ROBERT PIPER

“AS AN ACTOR . . . IT’S PART OF OUR RESPONSIBILITY TO TAKE CARE OF OURSELVES, IN A WAY. IN LOS ANGELES, THERE ARE SO MANY WONDERFUL, HEALTHY, ORGANIC FARMERS MARKETS AND RESTAURANTS AND WE JUST HAVE SUCH ACCESS TO WONDERFUL, HEALTHY FOOD THAT JUST MAKES IT EASY.”

Robert Piper: What inspires you in life?

MARIANA KLAVENO: People inspire me. Curiosity inspires me. Mystery inspires me. Part of what makes me love acting so much is, I love the mystery of the universe and the human experience, and storytelling is a great way to perform that, and that is always inspiring to me.

RP: How do you stay healthy?

MK: Living in Los Angeles, it’s actually not so tough. A lot of people’s lives are built around a healthy lifestyle. I take really good care with what I eat, and exercise obviously has become part of your lifestyle, going to the gym, meeting with your trainer, going

to yoga and all those things. As an actor, that’s part of your job; it’s part of our responsibility to take care of ourselves, in a way. In Los Angeles, there are so many wonderful, healthy, organic farmers markets and restaurants and we just have such access to wonderful, healthy food that just makes it easy.

RP: How did you start acting?

MK: I grew up in such a small area that there really weren’t any acting classes. So I had to wait till I got to college, at the University of Washington. I was a theater major there and got my training. Then after college, I packed up my Honda Civic and kind of fulfilled the cliché of driving down to Los Angeles, and literally, brick by brick—you know, the slow and painful way—I built my career.

RP: What new projects do you have coming up?

MK: I’m in the middle of *Stalker* right now. It’s a show on CBS where I play a Los Angeles detective hunting down stalkers, which has been a real blast, by somebody on the other track. Usually, I play the bad guy, so it’s been a pleasant break to play a good guy.

RP: What kind of research goes into preparing for a role?

MK: I love to research; it actually depends on the role. For this particular role, it was actually kind of textbook research—stalkers, the psychology of stalking, the different kinds of stalking, what motivates them. The connection between mental illness and stalking. I could really sort of get into it.

When you play a character that’s a little bit, you know, not so straightforward and their background is not so clinical, it’s a different kind of research. I think it’s more of an internal research, at least for me, where I can find inspiration for the character, [like] where is this going to live in my body. I love that process. I love that beginning process of cultivating the character.

*Mariana Klaveno is an actor who stars in CBS’s *Stalker*. She has also appeared in *Devious Maids*, *True Blood*, and *Dexter*.*