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## Ink master judges dave navarro

Between the two takes on season 11, we had the chance to sit down with judges Dave Navarro and Oliver Peck to discuss addiction, mental health, music and of course Ink Master.In 1986, Dave Navarro joined the alternative rock band Jane's Addiction, and the band quickly became one of the most successful acts of the early 1990s. Navarro went on to release four studio albums under Jane's Addiction, after a stint as a guitarist for the Red Hot Chili Peppers from 1993 to 1998. In addition to being considered one of the greatest guitarists of all time, his impressive actor chops on the small screen have not gone unnoticed; nail roles in TV hits such as Sons of Anarchy and Odd Mom Out. Unfortunately, his path to fame did not come without tragedy. Three years before joining Jane's Addiction, Navarro's mother was murdered by her ex-boyfriend. At 19, he removed the trauma of losing his mother by pushing himself into a world of sex, drugs and rock'n'roll. Soon, Jane was not the only addiction in Navarro's life, as he spent years struggling with addiction and mental illness. Fortunately, Navarro was able to turn his life around and has since become an advocate of addiction recovery with MusiCares. Navarro may have some recurring roles on television, but these days, his creative vitality shines as the current host of Paramount Network's Ink Master. We caught up with Navarro and tattoo artist Oliver Peck between takes to learn what it took for the guitarist to go from darkness to light - and how he leads others on the same path. Oliver PECK: Let's start with the recurring question that people ask me about Dave, and that is, Why is the fucking Dave Navarro a judge on a tattoo show? I understand that, too. The answer is, I have a history of getting a lot of tattoos. Some are really good, others are really terrible. I know the difference. I have been a big part of the community and just a fan of art for many years. However, I don't think the show underlines the point enough that I'm supposed to be the guy who goes into the shop and gets tattooed. I'm the client. I'm the client. So there must be a judgmental voice from someone who doesn't come to it from an artistic point of view, not from a technical application point of view, but just a set. If I were a canvas and walked into the shop, would I be fed by this tattoo? Another thing I tell people is that Dave has been tattooed longer than some of the people who are on this show have been alive. You have tattoos of revolutionary artists. Yes. My first tattoo was at Spotlight with Bob Roberts when I was 17. I have Mark Mahoney's job, Panky, many of the second generation old timers. Ironically, of the three of us, I probably know best what it's like to be judged by people, not by my profession, you know what I mean? So every review I've ever had has been written by a non-musician. Every criticism we've ever had has been a Every fan who talks about crap online is usually a non-musician. So, in a sense, I identify with artists because they put it out there - put their work and what they like on the line for everyone to see and judge and criticize. I can relate to what it's like to be in their shoes, and I can also relate to being a canvas and being a customer and a customer. So I kind of come to it from both ends. Hey, you're this Ink Master guy, and they have no idea I'm playing music. It's just the weirdest thing that there's a whole new generation of people who only know me from the show. This thing is really, really becoming something that I don't think any of us expected. I love doing the show. It's nothing more than an inspiration to me. Whether it's someone coming home first, whether it's someone [who] wins, whether it's someone in between -- just look at people with a passion who believe in their work and want to enter the arena like that. I think victory comes back to them no matter what happens because there are a lot of people sitting on the couch and saying, I could do it, but they don't. It's another thing that people don't realize, how long the judgment process is. You are right. People do not know that the criticism process is about five or six hours. They only see little bits and hear sound bites like, It's great, it sucks, it's fucked up, but we're here all day, and these artists have to stay there for the whole time, yes, sometimes there were a few times when after the votes, we thought, "Dude, it could have gone another way. He really could have gone anyway. Sometimes it's so close. It's a small thing, that's for sure, and then you look back the following week and say, If I focused on a different element, it could have gone in a different way. That brings me to another burning question and it is the hateful. I remember when American Idol came on stage and people who had never played a live concert before were instantly famous. So a lot of old-school musicians fought against that premise and said, Hey, that's. I paid my dues, driving in a van from town to town for crappy money. But now, American Idol and these other shows, that's the norm. That's the way it is, people. And so the same thing happened when Ink Master started. People dread me: Well, I've been tattooing for 20 years, and I've had to travel the country and travel around the world and build my name, and now there's only a kid who's been tattooing for a few years and now he's on Ink Master and showing the world. Let's enter your Music. You have been part of so many great bands, including Jane's Addiction and Red Hot Chili Peppers, and you are heavily involved in the music industry and the music community, but now focus a lot of your energy to raise awareness and help with the struggles other musicians are dealing with. You're referring to MusiCares MusiCares There are a number of things about MusiCares. It has been around for a long time and was founded years ago, and is now part of the Grammy Association. MusiCares has always been there for musicians and addicts in trouble in the music industry, whether it's the lead singer, or the monitor guy, or the lighting guy, a guitar technician, or anyone. Anyone who is dealing with addiction, addiction, what you know I certainly have. I'm an ex-junkie. I mean, one of the worst of my friends said they had ever seen. When I was clean years ago, I wrote a book with Neil Strauss [Don't Try This at Home: A Year in the Life of Dave Navarro, HarperCollins] all about my back-and-forth with addiction. Before the book was released, I began to feel that it wasn't fair to [make] money on stories revolving around the darkest moments of my life - and the misery of others. So the only solution I had was all the proceeds from this book went to a greater good, and that was MusiCares. It was around 2001, and that's when I got involved with them, and since then I've had the opportunity to join musicians who are struggling, or drug addicts who are, you know, close to death or who need treatment and who can't pay for it. MusiCares intervenes and provides this care, puts people directly into treatment, [and] puts them on the road to recovery. But, they've also really rowed into the world of mental health awareness, which is really something that I'm passionate about because, you know, I'm also a survivor of violent crime. What we want to do is remove the coverage from all the stigma surrounding mental health and say it is ok because a lot of people suffer from that, and there is help available and you are not alone. They worked with a lot of friends of mine - some who did very well, and others who, in the end, did not do well. But, over the past year, I have lost some very dear friends who have succeeded and had everything and they finally decided to leave. They chose the path and left everyone with a huge hole in our hearts and their fan base. We lost a lot of tattoo artists because of addiction as well. We even saw it with one of our own winners. I mean, he was one of the most talented guys we've ever had. I think whether people are famous or not, whether people succeed or not, the only thing that a lot of people who take their own lives have in common is that most people think these people are doing well. Now people agree to discuss their drug problem, but when someone has a mental health problem, people are less reluctant to say so. They will say that they are fair that they don't feel well, and that it leads them down a path of secrecy, and then by the time they left, people were like, surprised. I think there is a huge amount of shame attached to asking for help. While my messages tell people that it is a great strength to share your vulnerability. You know, it's a great super to reach out and say, Hey, I'm in pain. I don't know what faire,je'm going to tell you the man - and you know it better than anyone - that I personally went through this, and I've been very, very close. I know how this emptiness, loneliness and despair feels. If I didn't have the people around me, and I didn't reach out, and I hadn't let people know what I was going through, I might not be there. I think the real strength is knowing that asking for help -- whether it's therapy, whether it's a best friend, whether it's a woman, whether it's some kind of program, whether it's a treatment, whether it's psychiatry -- who cares as long as you breathe. My point is that over the last 30 years, it has become normal for people to ask for help with addictions. So for people who want to get rid of drugs, they're going to go see their friends, they're going to say, Hey, I need ... I'm on it. I take heroin or oxycodone, and I need help. It has become normal to ask for help. Yes. What we have to tell people is that no matter what your problem is, whether it's alcohol, drugs, depression, or just drinking, straight gone crazy. Yep. It is normal to ask for help. Help.

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