

ROBERT IRVINE

MAGAZINE

NOVEMBER 2017

Nothing is Impossible

SALUTE TO SERVICE

A WORLD WAR II HERO TELLS ALL
A VETERAN MOTHER AND HER SON REUNITE
HOW YOU CAN GIVE BACK



ROBERT IRVINE

MAGAZINE

Nothing is Impossible

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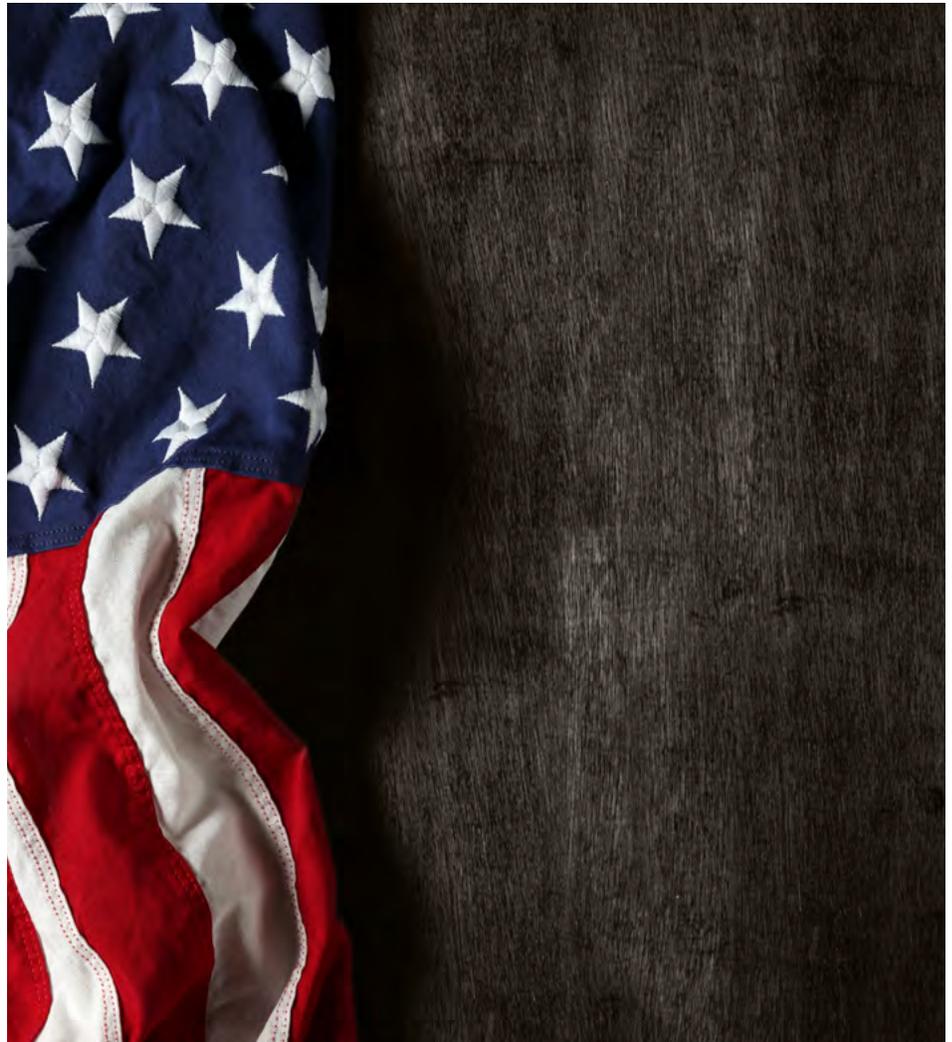
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GIVING THANKS TO OUR VETERANS

We owe our way of life to the best and bravest amongst us.

It is November, and that means we celebrate both Thanksgiving and Veterans Day this month. It's an appropriate coincidence, since both days ought to engender deep feelings of gratitude in everyone. On November 25, we will give thanks for all the blessings of our lives, blessings that, in this country, wouldn't be possible without the selfless sacrifice of so many brave men and women. That's why we set aside a separate day to thank all veterans on November 10.

This month, I thought it appropriate to dedicate the lion's share of the space in this magazine to our servicemen and women. We do so in two special feature stories. The first, beginning on Pg. 26, is the story of Katherine Berrios-Borges, a U.S. Army veteran and native of Puerto Rico. Like most of the island, the area where Katherine lives was ravaged by Hurricane Maria and is without running water. Moreover, the cost of plane tickets to leave Puerto Rico rose astronomically in the wake of the storm, and Katherine wouldn't have been able to afford the plane fare to see her son graduate from Army Basic Training in South Carolina. Through a



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ROBERT'S LETTER



friend, the Robert Irvine Foundation heard Katherine's story and stepped in to make sure she could attend. It's a heartwarming story and I'm proud that my foundation, which was created to assist a wide variety of veteran causes, could help give Katherine and her family a happy moment in a time of trouble.

The second feature, beginning on Pg. 17, is the story of Hershel "Woody" Williams, the last surviving Medal of Honor recipient from the Battle of Iwo Jima. I've been lucky enough to get to know

Woody recently, and I stand in awe of not just his bravery on that fateful day, but of the persistence, drive, and incredibly sharp wit he possesses today, at the age of 94. Woody brings all of that passion to bear as the chairman of the Hershel Woody Williams Medal of Honor Foundation, which has been building Gold Star Family memorials throughout the United States, to honor families who had a loved one make the ultimate sacrifice for their country.

Woody shared with us every detail he can remember from the

Battle of Iwo Jima, as well as the aftermath, in which he struggled to cope with the horrible violence of that day before finding God and a new purpose.

It's a special month, so we've worked hard to bring you a special issue. Enjoy and be well!

Yours in health,

HEADED NORTH

Grafton, VT is a piece of American history—with plenty of winter fun options. /// BY GAIL KIM-IRVINE



The Grafton Inn in winter. The inn has hosted literary greats such as Ralph Waldo Emerson and Rudyard Kipling, as well as Presidents Woodrow Wilson and Ulysses S. Grant.

There's nothing quite like undiscovered gems. Few people know about them, yet everyone who's been there has an undying affection for it. Grafton, a tiny town of less than 1,000 people in southeast Vermont, is such a place. Make the trip and you'll connect with nature—and feel like you've gone back in time.

STAY & EAT THE GRAFTON INN

The names above the check-in desk tell you a lot: Ralph Waldo Emerson,

Woodrow Wilson, Ulysses S. Grant, Rudyard Kipling, Theodore Roosevelt, and so on. These are just some of the famous guests who visited the Inn, which dates back to 1801 when the owner of this large, two story home, converted it into a hotel. Since then, it's had some updates—and another story added on top, but the charm of the ancient wood and brick is fully intact. As for the cuisine: in a town this small you'd usually be right to expect to be “stuck” with the few options available. The inn, of course,

doesn't have much competition. But the food at the Grafton Inn defies all expectations and delivers well above and beyond the call of duty. Duck breast l'orange, filet mignon, and locally-raised rack of lamb are all worth writing home about. If you go for pub fare in the nearby Phelps Barn—which is attached by a breezeway and doubles as a wedding hall—you'll be just as happy with the Phelps Burger or the crispy wings.

GraftonInnVermont.com

GAIL'S CORNER



Above: cross country skiing at the Grafton Trails & Outdoor Center. Top right: aged cheddar from the Grafton Village Cheese Company. Bottom right: filet mignon in the restaurant at the Grafton Inn.

PLAY GRAFTON TRAILS & OUTDOOR CENTER

If downhill skiing is your thing, there are resorts within driving range. Grafton, however, offers a different, more rewarding experience at the Grafton Trails & Outdoor Center. Here you can choose to enjoy the deep woods via cross-country skiing, snowshoeing, or fat tire biking. (You can also go tubing!) No matter what you do, the scene is guaranteed to be gorgeous. Leave the smart phones at home. This is how you clear your head.

[Grafton Trails](#)

EAT THE GRAFTON VILLAGE CHEESE COMPANY

If you don't leave Grafton with enough cheese to last you a few weeks, you're doing it wrong. The folks at Grafton Village Cheese Company have won plenty of awards for their work, and rightfully so. The aged cheddar is so good, Robert chose it for his Mason Jar Apple Pie, which is on the menu at Robert Irvine's Public House in Las Vegas. Luckily, you don't have to make the trip for this. Click the link below to shop online.

GraftonVillageCheese.com

VISIT Art Galleries, Museums

Grafton packs plenty of culture into such a tiny space. Visit the

Gallery North Star to see pieces from 30 of New England's finest artists. You'll see that much of the work is inspired by the gorgeous surroundings. You should also check out the Jud Hartmann Gallery to meet a local artist and see his meticulously detailed bronze statues of Native Americans (you can make an appointment) and check out the Grafton Historical Society to learn about the impact of the Civil War—and why the population today is nearly identical to what it was when it was founded in the 1780s.

[Gallery North Star](#)
[Jud Hartmann Gallery](#)
[Grafton Historical Society](#)

THE #1 PROBLEM

Relief for an issue most patients would prefer not to talk about.

There is a popular commercial with a tag line “gotta go, gotta go.” Many of us have a family member who maps out the location of each restroom when they’re out or simply prefers to stay close to home. For those folks, November is Bladder Health Awareness Month, and what you should be aware of is the fact that there are many new treatments available for people with incontinence issues. Many people who thought they had no alternatives are being helped to get back to their normal activities.

Dr Francis Wren, President and CEO of Jersey Urology Group, is a graduate of University of Pennsylvania School of Medicine and completed his urology residency at Milton S Hershey Medical Center and Penn State University. He is an expert on overactive bladder (OAB) and has a multimodal approach to therapy.

“When patients come to see me with OAB, we usually start with a behavioral approach,” Dr. Wren says. “We recommend avoidance of caffeine and alcohol. We can adjust fluid intake and timing of medications to reduce symptoms. Patients are instructed to void by the clock instead of waiting for the intense ‘I gotta go’ feeling. Many times when people get that feeling, they cannot get to the bathroom in time and leak.”

Of course, many patients are aware of the behavioral changes they need to make. For some, even strict adherence to these behavioral changes



doesn't help. In that case, medication is the next step.

“The first line medications are anticholinergics, which relax the bladder,” Dr. Wren says. “These medications work well but can have bothersome side effects including dry mouth and constipation. We avoid these medications in people with certain kinds of glaucoma and gastric motility problems. A new class of medications including mirbegron avoids a lot of the side effects above but can cause hypertension.”

Failing medication, patients still have other options.

“There are procedures that can relieve the overactive bladder feelings when medications and behavioral changes do not work,” Dr. Wren says. “Sacral nerve stimulation works directly on the nerves to allow the bladder to relax and store more urine. It is like a pacemaker for the bladder to improve your symptoms. The technique's effectiveness is measured with a simple office

procedure that mimics the effect of the stimulator before you have a permanent implant. If it works, the stimulator is implanted as an outpatient procedure and starts working immediately. These have been used for about 20 years.

“Injecting the bladder with Botulism toxin (botox) can allow the bladder to relax and store more urine, reducing the feeling of urgency. It is injected during an outpatient procedure. There can be problems with inability to urinate or migration of the toxin to other nerves but the botulism toxin usually is well tolerated.”

Botox injections will likely have to be repeated every six to twelve months.

Whatever course of action the patient wants to take, there is no need to stay close to home or let this issue upend your life. Most people can get significant relief of their symptoms and go out and enjoy their lives without issue.

Dr. Michael Schutz is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.

ATTACK FROM ALL ANGLES

There's much more to ab work than crunches and situps. Here's how to get a rock-solid midsection—and a head start on beach season.



The muscles of the core are responsible for much more than just flexion of the spine. When you do situps or crunches, spinal flexion is the only thing you're training your core muscles to do. But since your core muscles are also responsible for stabilization and rotation of the torso, it stands to reason they should be trained for this as well. Here are five types of exercises you should be doing in every abs workout.

1) Rotation Exercises: These

include Russian Twists (Robert recommends these and demonstrates them in his book, *Fit Fuel*) as well as cable rotations. When doing cable rotations, stand next to a cable station with the weight stack to one side and hold a D handle straight out in front of you. You should stand far enough away from the weight stack so that there is tension in the cable. Keeping your spine straight and your elbows locked out in front of you, turn away from the

cable station to lift the weight, then slowly return to the starting position, keeping tension on your core muscles. Do an equal number of reps on each side.

2) Anti-Rotation Exercises: A simple anti-rotation exercise is to set up in the same way as the aforementioned cable rotation exercise and use the pin to select a heavy weight on the weight stack. Step away from the machine so that you have to use core tension to keep from turning

IN THE GYM: PRO TIPS



toward the weight stack. Hold this position for a period of 30 to 60 seconds (or more). Repeat for equal time on the opposite side. This same exercise can be done with a resistance band; simply loop the band around a stable anchor point and set up in the same way, stepping away from the anchor point until there is significant tension on the band.

3) Planks: The standard plank—both feet and both elbows on the ground—is a staple of exercise routines presented in this magazine, but there is a lot more to the amazing plank than just this one variation. Try these: Reaching one arm out in front of you for 10 seconds, then switching arms every 10 seconds; switching one foot off the ground every 10 seconds; side planks with your top foot raised so that your legs form a V. You can also do planks holding onto a resistance band anchored a few feet away, or with a weight plate on your back.

4) Hyperextension Exercises: Your spinal erectors, or the muscles of your lower back, also constitute the muscles of your core. Make sure you give them equal time. The more you strengthen your lower back now, the fewer problems you are likely to have later in life. Simple hyperextensions include those done on a 45-degree hyperextension bench or on a glute-ham bench. In both variations, you can place your hands behind your head or cross your arms in front of your chest. Keep your head up, your shoulders back, and your upper back flat. Bend at the waist and return to the start by engaging the muscles of your lower back. Squeeze in the top position and slowly return to the start. You can also do the “Superman” exercise: Lie face-down on the floor and raise both arms and both legs off the ground at the same time. You will feel tension in your lower back. Squeeze the muscles in

this position and then slowly return to the start. Repeat for 3-4 sets of 10-15 reps.

5) Spinal Flexion Exercises: Situps and crunches you know, so try one of these:

A) Kneeling weighted crunches: Kneel in front of a weight stack with the pulley in the top position and the rope attachment attached. Hold the ends of the rope at either side of your head and bend at the waist, keeping your back flat, to lift the weight.

B) Spread-eagle situps: Lie on the ground and spread your feet as wide as you can, anchoring your feet under a weight bench or a pair of heavy dumbbells. Put your hands behind your head and keeping your back flat, sit up until your body forms a 90-degree angle. This move does a much better job of targeting the lower portion of your abdominals—near your hip flexors—than the standard variation.

IN THE GYM: WORKOUT OF THE MONTH

THE CORE POWER WORKOUT

Whether you want strength or just a good-looking midsection, this workout will help get you there.



Side plank

As discussed in this month's Pro Tips section, one of the main functions of your core muscles is to stabilize the spine. This can be done with some of the exercises mentioned in that section; it can also be done with heavy overhead lifts, loaded carries, and squats. The heavier the weight you use on any of these lifts, the harder your core muscles have to work to stabilize your spine.

This month's Workout of the Month is going to give you two great options: One is a total-body workout

that incorporates several moves that will test your core muscles as a secondary measure. The second option is an all-angles core workout that you can add to the end of any workout. Incorporate both to start building power and developing the musculature of your core. Do these regularly from now until next spring, and, with the right diet, you'll be ready to show off at the beach. You'll also be taking the best preventative action there is against a host of potential lower back problems.

IN THE GYM: WORKOUT OF THE MONTH



Ab roller

DIRECTIONS: Do the Core Power Workout once per week. Do the Ab Workout 3-4 times per week.

CORE POWER WORKOUT

EXERCISE	SETS	REPS
Barbell Squat	5	8-10
Overhead Walking Lunge	4	20
Farmer's Walk	4	50 yards
Cable Rotation*	4	10 per side
Spread-eagle Situp*	4	10
Weighted Plank*	3	60 sec.

AB WORKOUT

EXERCISE	SETS	REPS
Russian Twist	4	50
Hyperextension*	4	10
Side Plank*	2	60 sec. per side
Superman*	4	10
Cable Rotation*	4	15
Ab Roller	2	10
Plank*	2	60 sec.

*Described in this month's Pro Tips section

BARBELL SQUAT: Load a barbell with a weight that will be challenging for 8-10 reps. Keep your spine straight and your head up. Brace your core before unracking the weight and keep it braced throughout

the move, breathing behind the brace. Squat low to the ground and drive through your heels to stand back up.

OVERHEAD WALKING LUNGE: Hold a dumbbell or kettlebell in one hand and press it overhead. Keep your elbow locked out and your core braced as you perform walking lunges. Walk 10 steps, then change hands and walk 10 more steps.

FARMER'S WALK: Grab a pair of the heaviest dumbbells you can manage and hold them at your sides. Walk briskly, keeping your core engaged and your torso upright with good posture.

RUSSIAN TWIST: Holding a medicine ball or small weight plate, sit on the floor with your knees bent and your feet hovering just above the floor. Keeping your back flat, twist the weight from side to side, reaching for your hip as you do so.

AB ROLLER: Set an ab roller on the floor and kneel down, grasping the handle. Keeping your back flat and your core engaged, press the roller along the floor out in front of you; go as far as you can manage, extending your arms. Squeeze your abs tight as you return to the starting position.

IN THE GYM: GEAR

STRONG FOUNDATIONS

Gear picks that will help build a stronger core—from the inside out.

FITNESS REALITY X-CLASS BENCH

For some moves, there's no substituting for real-deal commercial gym equipment. That's certainly the case when it comes to hyperextensions and decline situps. This sturdy (can hold up to 650 pounds) yet affordable bench will let you do those moves and a whole lot more, from leg raises (shown) to pushups and side bends.

\$189, [amazon.com](https://www.amazon.com)



AB CARVER PRO

The ab wheel in the old milk crate full of cable attachments at your gym? That works. This just works a whole lot better. The Ab Carver Pro is extra wide so you're more stable as you roll; yet it's more challenging than the standard piece of gear you know. That's because an internal carbon steel spring provides resistance as you roll, giving your abs—and your arms—a run for their money.

\$39.99, [amazon.com](https://www.amazon.com)



TUMBL TRACK SLIDERS



These plastic-and-foam sliders are glorified furniture sliders, but can completely overhaul your midsection. Put them on your hands or feet for a huge variety of core stabilization exercises that will keep your muscles guessing—and getting stronger. Works well on a variety of surfaces, from wood, to carpet, to rubber gym matting.

\$9.95, [amazon.com](https://www.amazon.com)



IN THE KITCHEN: RECIPE

OAT & FRUIT PANCAKES

A sweet morning treat without the carb coma.

Serves 4

YOU'LL NEED

1 ½ cups rolled oats
2 large Granny Smith apples
2 large ripe bananas
2 large eggs
Cinnamon
1 tbsp vanilla extract
½ cup whole milk
3 tbsp butter
1 cup blueberries

MAKE IT

1. Grind oats into oat flour, using a coffee grinder or food processor. (You can also buy pre-packaged oat flour). Core the apples, leaving the skin on, and cut into large chunks.
2. Combine oat flour, apple chunks, bananas, eggs, 5-10 dashes cinnamon (depending on preference), vanilla, and milk in a blender. Slowly mix until fully blended. Do not overmix. The batter should be thick, not runny.

3. Melt butter over hot griddle. Ladle the mixture onto the griddle in 1/3-cup scoops. Push blueberries into the pancakes; flip once the edges are firm, cooking about 3-4 minutes per side.
4. Serve hot and top with real maple syrup if desired.

THE MACROS

CALORIES: 382
PROTEIN: 9 g
FAT: 14 g
CARBS: 58 g



IN THE KITCHEN: RECIPE



HERB-CRUSTED PRIME RIB

Savory seasoning make this classic absolutely irresistible.

Serves 20

YOU'LL NEED

One 10- to 12-pound prime rib roast, at room temperature
½ cup fresh parsley leaves, chopped
½ cup fresh rosemary leaves, chopped
½ cup fresh tarragon leaves, chopped
¼ cup fresh thyme leaves, chopped
2 tbsp salt
1 ½ tbsp ground pepper
¼ cup vegetable or grapeseed oil

MAKE IT

1) Preheat the oven to 325 degrees F.
2) To prepare rib roast, remove the excess fat from the bottom of the roast, and then trim the layer of fat from the top rounded side. Save the trimmed fat.
3) In a bowl, mix all the herbs well, and then add the salt and pepper and mix again.
4) Next, add the oil, whisk to mix, and then apply to the exterior of the roast evenly on all sides.
4) Top with the reserved trimmed fat. Roast until the internal tem-

perature reaches 120 degrees F for medium-rare, about 2 1/2 hours.
5) Then allow to rest for 10 minutes before carving.
6) Serve with the pan drippings or sauce if preferred.

THE MACROS
CALORIES: 519
PROTEIN: 32 g
FAT: 42 g
CARBS: 0 g

IN THE KITCHEN: GEAR

SETTING THE MOOD

Create an atmosphere of gratitude in your home.

◀ RECLAIMED WINE BARREL STAVE BASKET



Put a beautiful new twist on the cornucopia concept with this basket made of wood reclaimed from wine barrels. Each one is handmade in Texas, and can be a centerpiece in your kitchen year-round. Fill with Indian corn in the fall, holly leaves and white lights at Christmas, flowers in the spring and summer—or wherever your imagination takes you.

\$160, uncommongoods.com

LIGHTED FALL GARLAND

Who says stringing up the lights is reserved for Christmas? This fall garland is a great way to set the mood in your home leading up to Thanksgiving. A single string contains 10 LED lights that project a golden hue against the maple leaf decorations. Best of all, these can hang from anywhere since they don't require an outlet; just snap in a pair of AA batteries



\$10.99, amazon.com ▶

THE HOLIDAY JOURNAL

With 10 years worth of pages dedicated to each of the major holidays throughout the year, this holiday journal is a fun way to involve the whole family in capturing precious moments for posterity. With every family member writing down memories of what made the day special, you'll capture all the moments the camera missed.

\$20, uncommongoods.com ▼





LIVING LEGEND: THE STORY OF HERSHEL “WOODY” WILLIAMS

His heroism in World War II earned him the Medal of Honor, but that was just the beginning of his story. At home, he faced a brand-new battle. Here's how he won both.

BY MATT TUTHILL

WOODY WILLIAMS

In the two decades after Woody Williams came home from the war, he was the man everyone expected him to be. He was productive and respected at work. He was loved by his wife and children. Day after day, he went about his business, betraying no hint of the emotional burdens and mental scarring he endured on the front lines of one of World War II's bloodiest battles.

Williams, now 94 years old and the last surviving Medal of Honor recipient from the Battle of Iwo Jima, and the last surviving Marine to have won the honor in World War II, is at ease speaking candidly about his experiences. But for 17 years after the war ended, Williams didn't share much about his time overseas. Nor could he forgive himself for the many lives he took, and the manner in which he took them—at close range with a flamethrower.

"I had a tremendous amount of difficulty because I couldn't forgive myself for having to take so many lives in such a horrible, horrible way," Williams says today, speaking from his home in West Virginia, where he lives alone. (He lost Ruby, his wife of 63 years, to a heart attack in 2007.) "A person's life taken by flame is so, so horrible. There is an odor that emanates from that, that is like no other odor on earth. And sometimes, in the years after, there would be something, an odor from somewhere, that would bring that back to me."

From 1945 to 1962, Williams pushed the feeling away with gallons of beer at his local VFW. "It is

just what you did," Williams says. "And I kept fighting the demons. I finally went to God to see if I could find some release and some forgiveness for what I had to do. And I found it."

For today's veterans and civilians,

it is instructive to hear Williams speak about his battle experiences and the difficulties he faced afterward. The anxiety, remorse, and flashbacks he dealt with after the war is not unlike the many cases of battle-induced post-traumatic



Woody Williams with his flamethrower. Williams used six different flamethrowers to almost single-handedly clear a path for tanks on Iwo Jima. His actions earned him the Medal of Honor.

WOODY WILLIAMS

stress disorder of today, though Williams was never diagnosed with PTSD because the term didn't exist at the time.

We often associate battlefield trauma with veterans of Vietnam and all subsequent wars. This isn't so when we think of the soldiers and Marines of the Greatest Generation, if only because so few men of that time spoke publicly about the true nature of what they did and what they saw, much less how it made them feel. Gender roles through the 1950s were rigid, and in regard to expressing emotions, very simple.

"I can remember my dad telling me, 'Boys don't cry. Man up and don't do that. Women do that,'" Williams says. "We may have cried, but we didn't do it openly."

Williams was raised in the tiny community of Quiet Dell in Marion County, West Virginia. He was taught in a one-room school and his parents ran a local dairy. He was 17 years old when the Japanese bombed Pearl Harbor in December of 1941, working in the Civilian Conservation Corps, a New Deal work program which was dissolved soon after the U.S. entered the fray of World War II.

He tried to join the Marine Corps right after the attack, but his mother refused to sign the papers to let him in underage. When he was 18,

he attempted to join on his own, but being only 5-foot-6, the recruiters rejected him; he was two inches shy of the minimum height requirement. By May of 1943, however, the strain on the military was significant enough to ease those standards, and Williams became a Marine.

By December of that same year, Williams was sent to Bougainville in the South Pacific, arriving short-

*"If America doesn't
come together, we're
gonna lose it."*

ly after Allied forces took the island back from the Japanese. He then joined the Marine Third Division in Guadalcanal, the site of the first Allied victory, and trained there until June of 1944, when he saw his first combat in Guam. He stayed stationed there after the victory until February of 1945, when he was sent to Iwo Jima.

That infamous battle lasted more than a month, from February 19th to March 26th. It was a long slog for the Allies, owing mostly to firmly entrenched Japanese forces. The

battlefield was littered with reinforced concrete pillboxes, which were designed with tiny slits to allow the enemy to shoot in all directions. But these slits were so small they barely qualified as a weakness. The Japanese position was impassable for Allied tanks, never mind infantry on foot.

"We lost so many Marines attempting to approach those pillboxes," Williams says. "Our commanding officer lost most of his officers. We had lost our platoon leaders. We had lost our squad leaders. We had people doing jobs that they were never trained to do because you lose so many people and somebody takes up the slack."

On the morning of February 23, Williams' commanding officer called a meeting of surviving officers.

"I wasn't supposed to attend that meeting," Williams says. "I was a corporal and corporals do not attend meetings of that nature."

But for some reason, Williams' Buck Sergeant told him to go and he complied. The Marines gathered in the center of a bomb crater—the high walls around them provided good cover—where the C.O. admitted he was out of ideas.

"What are we gonna do?" Williams recalls him saying. "Every time we advance they beat us back. That's when he asked me if I could use a flamethrower to get rid of

WOODY WILLIAMS

some of those pill boxes.”

Williams agreed, and over the course of the next four hours, with a flamethrower tank strapped to his back, he crawled on his belly toward the pillboxes, with four Marines providing cover fire. When Williams got close enough to the enemy position, he discharged his flamethrower to kill the soldiers inside.

It was an effective strategy, but Williams became a big, slow target, one whose position was telegraphed every time he fired his weapon, which billowed telltale black smoke to the entire battlefield.

“When you fire a flamethrower, you give off an awful lot of black smoke because you’re burning diesel fuel and gasoline,” Williams says. “Other Marines trained me to do this, otherwise I wouldn’t have done it; when you fire, you move from that particular position because that’s where they’re going to start dropping the mortars.”

Though Williams says he crawled on his belly most of that afternoon, he did have to stand up a few times. One of those is mentioned in his Medal of Honor citation; Williams saw a small amount of smoke emanating from the top of one of the

pillboxes. Realizing it was a vent, he crawled in close to the box, stood up, and climbed on top.

“I figured there was an opening up there and a good way to kill the people inside was to shoot the flame down through that hole,” Williams says. “And that’s what I did.”

When Williams landed on Iwo Jima, there were six men under his command. “Flamethrower demolition guys,” he explains. “Privates and PFCs under my patrol. I was their man. And my job was not to take their place but to keep them in supplies and make sure that



The Iwo Jima war memorial in Arlington, VA at dusk. The Marines in this iconic image raised the flag atop Mt. Suribachi on the same day that Williams performed the actions that won him the Medal of Honor.

WOODY WILLIAMS

the flamethrowers are ready to go. Make sure that the explosives are ready to go. That they've got everything they need because they were my group. By the 23rd, I didn't have any left. They were all gone. Wounded or killed, I never did know. I never got a report."

With no other Marines trained to use a flamethrower, Williams' mission continued as a solo effort under cover fire; each time his flamethrower ran out—the four-and-a-half gallon fuel tank was good for just 72 seconds of sustained burn—he retreated behind his own line to get a new one and to set demolition charges to clear a path for the tanks. At least that's what his citation says. Williams says he can't remember how he obtained the new flamethrowers, nor how long the process took.

"I have talked to psychologists about why I can't remember going back to get five more flamethrowers," Williams says. "I used six flamethrowers that day, I'm told... And for four hours, they tell me. I could not have imagined how long because there's no time frame, nothing to measure by. Night and day run together. You don't know what day it is and you don't care what day it is."

He's also hazy on how many enemy combatants he killed, because,

he says, "you never knew how many Japanese were in a pillbox. Sometimes it would be a great number. Sometimes it would be a few. One report that I saw, by the witness of another Marine, said there were 17 Japanese in one of them. I couldn't confirm it. And I'm not particularly interested in knowing how many."

Frequently, Williams made his way to the rear of the pillbox to clear it out. On one occasion, an enemy infantryman charged at him with a bayonet and Williams killed

ceremony on October 5, President Harry Truman pinned the Medal of Honor on Williams' chest. By rights, it should have been a crowning achievement, but Williams' inner battle was just beginning.

Shortly after the war ended, he lost his older brother Gerald, who had seen extensive combat in the Battle of the Bulge, and was "shot up bad" according to Williams. "They kept him in a mental hospital until March after the war was over, because they didn't think he was

capable of coming home and taking care of himself. He cracked up. Went all to pieces... He just gave up life. He wanted to die, and he did, not too many years later."

In addition to his brother Gerald, Williams had another older brother, Lloyd, who served but thankfully didn't see combat as part of a rear supply chain in Germany.

Williams stopped suppressing his emotions with alcohol in 1962. That's when he found God through his wife's Methodist church. Until that point, he hadn't been a churchgoing man, but the religious experience changed him forever. He quit smoking, drinking, and even swearing, committing himself to God and his family. Later, he took on a new career, that of veteran counselor, a job he held

"I've said from the beginning that the Medal of Honor doesn't belong to me. It belongs to those Marines who protected me."

him with his flamethrower.

While Williams cleared the way for tanks that day, Marines elsewhere on the island raised the American flag atop Mount Suribachi, a moment immortalized in monuments and photos. He continued to fight through the end of the battle, and was wounded on March 6 and earned the Purple Heart.

The war ended on September 2 of that year. In a White House

WOODY WILLIAMS

down for 33 years.

“It was one of the most rewarding jobs that anybody could possibly have,” Williams says.

The Medal of Honor, he adds, gave him extra incentive to live the fullest life possible and be the best version of himself he could be.

“I no longer just represented me,” he says. “I now represented the Marines who protected me, Marines who sacrificed their lives doing that... If I had written that recommendation for the Medal of

Honor—which I didn’t, my commanding officer did—I would have never used the word ‘alone.’ I sort of resent that word in my citation. It says, ‘He went forward alone.’ That’s not correct. Four Marines were protecting me, and two of them were killed while they did it. So I have said from the very beginning that it does not belong to me. It belongs to them.”

When asked if he could have better dealt with the trauma if men at that time weren’t tacitly forbidden

from talking about their feelings, Williams replies succinctly, “Oh my, yes.”

Basic resources for veterans, he adds, were scarce.

“When I think back to the World War I veterans who came home shell-shocked, they had nowhere to go,” Williams says. “There was no VA (The U.S. Office of Veterans Affairs). The VA wasn’t created until 1932. After World War II, when we came home we had no psychiatrists. We had no social workers.



Vehicles of war knocked out on the black sands of the volcanic island of Iwo Jima. They were smashed by Japanese mortar and shellfire, circa March 1945.

WOODY WILLIAMS

I lived in Fairmont, West Virginia, and the only VA medical hospital in the state was 220 miles away. I couldn't have traveled 220 miles for treatment.

"I've never seen a record, and I'm not sure there is one, of how many suicides we had after World War II. But those individuals had no place to go. No one to talk to and no hope."

Williams says that the seemingly endless military conflicts of today underscore the need to unify in support of the troops. It has been established that 22 veterans commit suicide every day. It is a galling statistic, of particular personal resonance for Williams.

"We take it for granted that it's just another job," Williams says. "It is not another job. I don't go out every day and risk my life in any way. They do it without question, with everyone being a volunteer... We have to believe in what they're doing. There are a great number of people in the country who are not quite sure that we should be involved in some of the combat situations that we're in. I guess that's pretty typical. But as a result of that, we lose our perspective about the sacrifices that are being made."

"In the Marine Corps in World War II, we had a word that we would greet each other with. If somebody would do something outstanding, we'd say, 'Gung ho!' Today I guess it's 'Oohrah!' In my day it really meant 'together,' 'We are together.'"

"If America doesn't come back together, we're gonna lose it."

GOLD STAR MEMORIAL

In 2010, Williams founded The Hershel Woody Williams Congressional Medal of Honor Education Foundation, Inc. It is a charitable 501(c)(3), not-for-profit organization that pursues specific endeavors and goals through the vision of

Medal of Honor Recipient Hershel "Woody" Williams. The Foundation encourages, with the assistance of the American public and community leaders, establishing permanent Gold Star Families Memorial Monuments in communities throughout the country and provides scholarships to eligible Gold



Williams today, mentally sharp and active at the age of 94.

WOODY WILLIAMS

Star Children. (A Gold Star Family is one who has lost a service member in combat.) Its purpose is to honor Gold Star Families, relatives, and Gold Star Children who have sacrificed a loved one in the service of their country.

The Gold Star Families Memorial Monument preserves the memory of the fallen and serves as a stark reminder that Freedom is not free. The stunning black granite monument features two sides. One bears the words: Gold Star Families Memorial Monument, a tribute to Gold Star Mothers, Fathers, and Relatives who have sacrificed a Loved One for our Freedom. The other side tells a story through the four granite panels: Homeland, Family, Patriot, and Sacrifice. The scenes on each panel are a reflection of each community's Gold Star Families and their fallen heroes. At the center of this tribute is the most distinct feature of the monument, the cut out which represents the loved one who paid the ultimate sacrifice in the name of Freedom.

To date, 26 monuments have been completed and 51 are in progress. To help fund the work of Woody's foundation, click [HERE](#).

FRIENDSHIP WITH ROBERT

Williams accompanied Robert on his helicopter ride as he arrived at the grand opening of Robert Irvine's Public House at the Tropicana in Las Vegas in July of 2017. Williams also gave a speech introducing Robert and thanking him for his dedication the USO and for



A portrait of Williams wearing the Medal of Honor, which President Harry S. Truman pinned on him (see photo on opening page of this story).

the charitable of The Robert Irvine Foundation. The two had previously kindled their friendship at a benefit for the troops where Robert cooked and made a guest appearance.

Williams was welcomed with a rousing speech by Tropicana GM Aaron Rosenthal, who detailed the actions that earned Williams the Medal of Honor. When Williams took the microphone, he said sim-

ply, "Today isn't about me. It's about Robert and the incredible things he's done for veterans."

After the dedication speeches at Public House were over and Williams could get Robert away from the crowd, he presented the chef with a gift—an autographed copy of the famous photo of the flag raising at Iwo Jima, this [book](#) about the Medal of Honor, as well as a medal naming Robert an Honorary Board

WOODY WILLIAMS

Member of Williams' foundation.

Robert was touched by the gifts, and humbled by Williams words.

"I know the restaurant has my name on the front, so obviously people are going to get up and talk about you," Robert says. "Of course you're going to be flattered. Of course people are going to present your best qualities and accomplishments. But when they come from a man like Williams—a true legend, a true hero, who did such incredibly brave things for this country... well, when he started listing my accomplishments as if they were of equal

value, it was too much for me. I know that nothing can ever compare to what he did. But that's how humble he is. That's how gracious he is. They just don't make them like him anymore."

To support the Robert Irvine Foundation, which disperses grants to veterans and veteran causes in need, click [HERE](#).

CITATION

Woody's official citation for the Medal of Honor reads as follows:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as demolition sergeant serving with the 21st Marines, 3d Marine Division, in action against enemy



Williams presents Robert with an autographed photo, medal, and book at the grand opening of Robert Irvine's Public House.

Japanese forces on Iwo Jima, Volcano Islands, 23 February 1945. Quick to volunteer his services when our tanks were maneuvering vainly to open a lane for the infantry through the network of reinforced concrete pillboxes, buried mines, and black volcanic sands, Cpl. Williams daringly went forward alone to attempt the reduction of devastating machinegun fire from the unyielding positions. Covered only by 4 riflemen, he fought desperately for 4 hours under terrific enemy small-arms fire and repeatedly returned to his own lines to prepare demolition charges and obtain serviced flamethrowers, struggling back, frequently to the rear of hostile emplacements, to wipe out 1 position after another. On 1 occasion, he daringly mount-

ed a pillbox to insert the nozzle of his flamethrower through the air vent, killing the occupants and silencing the gun; on another he grimly charged enemy riflemen who attempted to stop him with bayonets and destroyed them with a burst of flame from his weapon. His unyielding determination and extraordinary heroism in the face of ruthless enemy resistance were directly instrumental in neutralizing one of the most fanatically defended Japanese strong points encountered by his regiment and aided vitally in enabling his company to reach its objective. Cpl. Williams' aggressive fighting spirit and valiant devotion to duty throughout this fiercely contested action sustain and enhance the highest traditions of the U.S. Naval Service.

ONE REASON TO SMILE

When Army veteran Katherine Berrios-Borges was left stranded in hurricane-ravaged Puerto Rico, the Robert Irvine Foundation stepped up to make sure she could attend her son's graduation from Basic Training. For her family, it has been the lone bright spot in an otherwise unmitigated humanitarian disaster. /// BY MATT TUTHILL

Puerto Rico still feels the full brunt of devastation from being hit by back-to-back hurricanes this fall. When Hurricane Irma passed through the Caribbean in early September, the island was spared a direct hit, yet the winds were still powerful enough to leave more than one million people—nearly a third of its population—without power. While the U.S. territory was still reeling from Irma, Hurricane Maria slammed into it a little more than two weeks later, leaving more than 50 dead and more than a third of the island without electricity or running water.

The humanitarian crisis continues as of this writing, some seven weeks later, with half of Puerto Rico still without power, and 80 percent with no running water.

Katherine Berrios-Borges, an Army veteran and a resident of San Juan, currently lives with her parents in the city of Carolina. Her father suffered a stroke five years ago and is bedridden, and she's been staying there to help, collecting bottled water for the family to drink and filling buckets in town so they can take baths.

Keeping in touch with friends and family in the mainland U.S. is also



Katherine Berrios-Borges, reunited with her son, Ramon Alberto Nazario.

BATTLE BUDDIES

a major issue; she walks into the street or up to a nearby bridge to get a cell phone signal.

Katherine, who joined the Army in 1980 after graduating from high school, spent seven years in the reserves and three years on active duty. She also has two sons who are both in the Army. Ramon Enrique is a staff Sgt. stationed at Fort Bragg. Ramon Alberto graduated from Basic Training on November 2—and Katherine, against all odds, was there to see it happen. It has proved to be the lone bright spot of the past two months for her family.

In the days leading up to the grad-

uation, Katherine never thought she'd be able to attend. Planes leaving Puerto Rico are few and far between and it's nothing short of a miracle to get your hands on a coach ticket. The price for first class tickets, meanwhile, is astronomically high.

Katherine gave up on the idea of attending. "I was crying all the time," she says.

That's when Jen Weaver, a friend of Katherine's through an Army mom support group, told Katherine's story to the Robert Irvine Foundation, whose stated mission is to help veterans and veteran

causes in need. The Foundation responded immediately, booking tickets for Katherine, who was beyond ecstatic.

"It's unbelievable," Katherine says. "I knew he was worried about me. I wanted to be here just to give him a hug, so that he could see that I was okay."

The bond between Katherine and Jen Weaver started on Facebook. Katherine combed through her son's Army regiment Facebook page and noticed a picture Jen had posted of her son, Dakota Haspert. He was standing next to his "battle buddy" Ramon Alberto, Katherine's



From left to right: Jen Weaver, Dakota Haspert, Ramon Alberto Nazario, and Katherine Berrios-Borges reunited at the Army Basic Training graduation on November 2. Weaver alerted the Robert Irvine Foundation to Katherine's story, then hosted her when she came to the States. "If there are angeles here walking among us, then I believe she is one of them," Katherine said of Weaver.

BATTLE BUDDIES

son. Since then, Katherine and Jen have taken to calling themselves “battle buddy moms” and when Katherine flew to South Carolina for the graduation, she stayed with Jen in her hotel room.

Katherine was humbled.

“I’m a refugee here,” she says. “I’m just so grateful to Jen. She treated me and my son as if we were part of her family. She did more than I could have ever imagined to make sure that I got here for the graduation. If there are angels here walking among us, then she is one of them.”

On graduation day, Katherine replaced her tears of despair with tears of joy. She, her son, Jen, and Dakota all got together to take a picture and bond over their shared experiences.

Nevertheless, she faces the same problems when she returns home to Puerto Rico. Since she works as a representative for Rainbow vacuum cleaners, she expects business will continue to stagnate. “There’s no electricity so I don’t think anyone will be buying a vacuum or getting one repaired,” she says. “I keep thinking, ‘When will we be back to normal? But it never will be. The devastation is everywhere.’”

The U.S. government has demonstrated a clear lack of urgency and dedicated few resources to the relief effort, in stark contrast to the way it has responded to similar disasters in the past. (You can read about that [HERE](#).) This is a sore spot to Puerto Rican natives, who, many Americans don’t realize, are in fact U.S. citizens.

“I want people to understand

that I am grateful,” Katherine says. “I am blessed. We still have a roof over our heads. We didn’t lose our home. I don’t want to sound like a victim or a drama queen and I don’t want to get into politics, but now we know we are really third-class citizens.”

But knowing that people like Jen Weaver and Robert Irvine—people she had never met before—were willing to lend a helping hand, let her know she wasn’t alone.

“I want Robert to know that I am grateful for the rest of my life,” Katherine says. “He is just a won-

derful person. I could never be able to repay him, but I will find a way to pay it forward to other people.”

As for her difficulties back home, Katherine says she will face them with new resolve.

“It’s something I have to do,” she says. “There are a lot of people leaving the island, but I still have to fight for my mother, my father, my home, my business. I have to go back. I have to fight for whatever I have left.”

To learn more about the Robert Irvine Foundation and to donate, click [HERE](#).



“I wanted to be here just to give him a hug, so that he could see that I was okay,” Katherine says.



LEFTOVER MAGIC

HOW TO TURN
THANKSGIVING
SCRAPS INTO A
LEGENDARY
MEAL ALL ITS
OWN

Enjoy the
holiday - we
left the mac-
ros behind
for this one!

THANKSGIVING LEFTOVERS

Curry Squash Soup



YOU'LL NEED

- 1 tbsp extra virgin olive oil
- 1 medium white Spanish onion
- 1 medium butternut squash, peeled and medium diced (or use left over butternut squash from Thanksgiving dinner)
- 3 cloves garlic cloves minced
- 3 cups chicken stock
- 3 cups coconut milk
- 2 tbsp yellow curry powder
- 1 cup heavy cream
- 1 tbsp cilantro, chopped

MAKE IT

- 1) Heat olive oil in a pot over medium heat.
- 2) Add onion and cook for 5 minutes.
- 3) Add garlic and cook for 2 minutes.
- 4) Add squash and cook over low for 10 minutes.
- 5) Add chicken stock, coconut milk, and bring to boil.
- 6) Cook for 45 minutes; add cream, salt, and pepper.
- 7) Puree in a blender and finish with cilantro.

YOU'LL NEED

- 1 slice crusty white bread toasted
- 1 ½ cups milk
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 2 cups gruyere cheese
- 3 cups shredded turkey
- 3 tbsp hot sauce
- 2 tbsp diced bacon

MAKE IT

- 1) In a medium sauté pan over medium heat add bacon and cook for 5 to 8 minutes.
- 2) In a sauce pot add milk and bring to a boil.
- 3) In another pot add butter and allow to melt; add flour and allow to cook over medium heat for approximately 4 to 6 minutes.
- 4) Whisk milk and allow to cook for approximately 10 minutes. Fold in shredded gruyere.
- 5) In a separate sauté pan add shredded turkey meat and place in a 300-degree oven.
- 6) Place heated turkey on top of toasted white bread top with mornay sauce, crispy bacon, hot sauce, and chopped parsley and tarragon.

Open-faced Turkey Sandwich



THANKSGIVING LEFTOVERS

Turkey Pot Pie

YOU'LL NEED

- 2 tbsp butter
- 1 white Spanish onion chopped
- 2 celery ribs, medium diced
- 3 carrots, small diced
- 4 tbsp all-purpose flour
- 4 cups turkey stock (or leftover gravy)
- 2 potatoes, peeled, medium diced
- 3 cups shredded turkey (dark meat preferred)
- 2 tbsp chopped tarragon and parsley
- 1 prepared puff pastry square
- 1 egg, beaten

MAKE IT

- 1) In a medium sauce pot, melt butter, add diced onion and allow to sweat for 4 minutes.
- 2) Add carrots, celery, and allow to cook for another 4 to 5 minutes.
- 3) Add flour and allow to cook for 4 minutes.
- 4) Add turkey stock (or gravy) and bring to a simmer. Add potatoes and simmer until fork tender.
- 5) Brush the pie crust with egg.
- 6) Bake pie for 20 to 30 minutes at 375 degrees or until crust is golden brown.



THANKSGIVING LEFTOVERS



White Wine Cranberry Sangria

YOU'LL NEED

1 granny smith apple
1 cup fresh cranberries
1 sprig rosemary
1 bottle pinot grigio
1 cup white grape juice
¼ cup white granulated sugar
1 can club soda

MAKE IT

1) Place all ingredients in a large pitcher and mix, making sure all sugar dissolves.
2) Serve chilled.

AVOID WEIGHT GAIN THIS HOLIDAY SEASON

Easy tips so you can expand your memories—not your waistline.

BY SARA-JANE McSHANE

The holiday season is here, which means more time with loved ones, crisp air, sitting by the warm fire in comfy sweaters, and lots of delicious food. But all the comfortable settings—and comfort food that comes with it—can lead to a shocking amount of weight gain. Let's face it, this time of year we tend to spend more time indoors, eating more delicious foods, and working out a lot less, resulting in an unwanted shift on the scale. With that said, for some, this can bring on a form of seasonal anxiety, and to be honest, that's just not what the Holidays should be about.

The majority of your time should be spent enjoying loved ones, creating memories, experiencing good times—including good food—and not worrying about the scale. Sound impossible? It's not! With a few minor lifestyle adjustments, this holiday season can be spent enjoying the important things in life, while not worrying about packing on the pounds. Here's your four-point plan to avoid weight gain:

Portion Control: It's not a holidays party without some pie, so have some! The key to enjoying some favorite dishes without guilt is to simply indulge while keeping the portion size under control. Start by



having a small slice of your favorite pie (or comfort food). Then stop there, wait about 30 minutes, and see how you feel. The same goes for the main dish. Start small. During the holidays we tend to grab the biggest plate and fill it to maximum capacity. Not this year, you don't. Cutting portion sizes down allows you to still experience all of your favorite holiday foods while not consuming an unhealthy amount of calories. The main goal is to create a healthy way of eating, not an extreme ritual that will have you yo-yo-ing in the other direction.

Drink More Water: How many times have you heard that? I know, it seems to be the answer for so

many things, but it's true. Consuming more water throughout the day will help your body in the cleansing process and fill you up so you will be less apt to over-indulge. Try having one small glass of water before you eat. This will help get your metabolism moving and assist your liver in its natural detoxing process.

Get Moving! I know this time of year can be super busy and our gym routines take a back seat, but that doesn't mean you can't work out. And get out of the mindset of "I only have 20 minutes"; to be honest, that's all you need to get a good sweat "sesh" on. Movement is key! Whether its walking around the block in the morning with your

EXPERT ADVICE



pup or doing an at-home workout using just your body-weight (we've published plenty of these, just check the back issues at RobertIrvineMagazine.com), the possibilities are endless! Here are some fun ways to keep moving this Holiday season: ride your bike, challenge yourself to a push-up contest, rake leaves with family, play outdoor games, trail run, do a Tabata workout and jump rope.

Get Right Back on Track

Tomorrow: It sounds so cliché, but the “I’ll just eat clean tomorrow” phrase is what allows one to live in balance. It makes it so you can have your cake and eat it too, literally! Meaning, you can maintain a healthy weight while experiencing rich foods from time-to-time. Weight gain rears its ugly face when we overindulge several days in a row. But what about the leftovers? Say yes to the protein and veggies. Say no to the mashed potatoes, crescent rolls, and stuffing.

BYOF: If you're contributing to a

holiday party and bringing a homemade dish, make it a “clean” option that will show your loved ones that they can really enjoy healthy food at this time of year. Some ideas: “Cauliflower mashed potatoes”, “Cauliflower rice”, Pesto veggie dish, a tray of strawberries dipped in organic dark chocolate and my clean chocolate chip cookie recipe (see below) Get creative in the kitchen and whip up some healthier options this season.

Clean Holiday Chocolate Chip Cookie Recipe:

Ingredients:

- 3 bananas
- 1 cup oats
- 2 tbsp. flax seed
- 1/2 cup coconut flakes
- 1/2 cup dark chocolate chips

Directions:

In a medium-sized bowl, mash 3 bananas then add the rest of the ingredients listed above. Mix well. Cover an 8x8 baking pan with tin foil. Spray with coconut non-stick

spray. Place dough on the baking pan, then flatten out the dough with a spatula to ensure a level dough. Preheat oven to 350. Bake for 15 minutes. You may need to cook for 17 minutes depending on the oven but check at the 15-minute mark.

You can make into cookie shapes and cook for the same amount of time and add in a protein powder (Fit Crunch) to up the protein content.

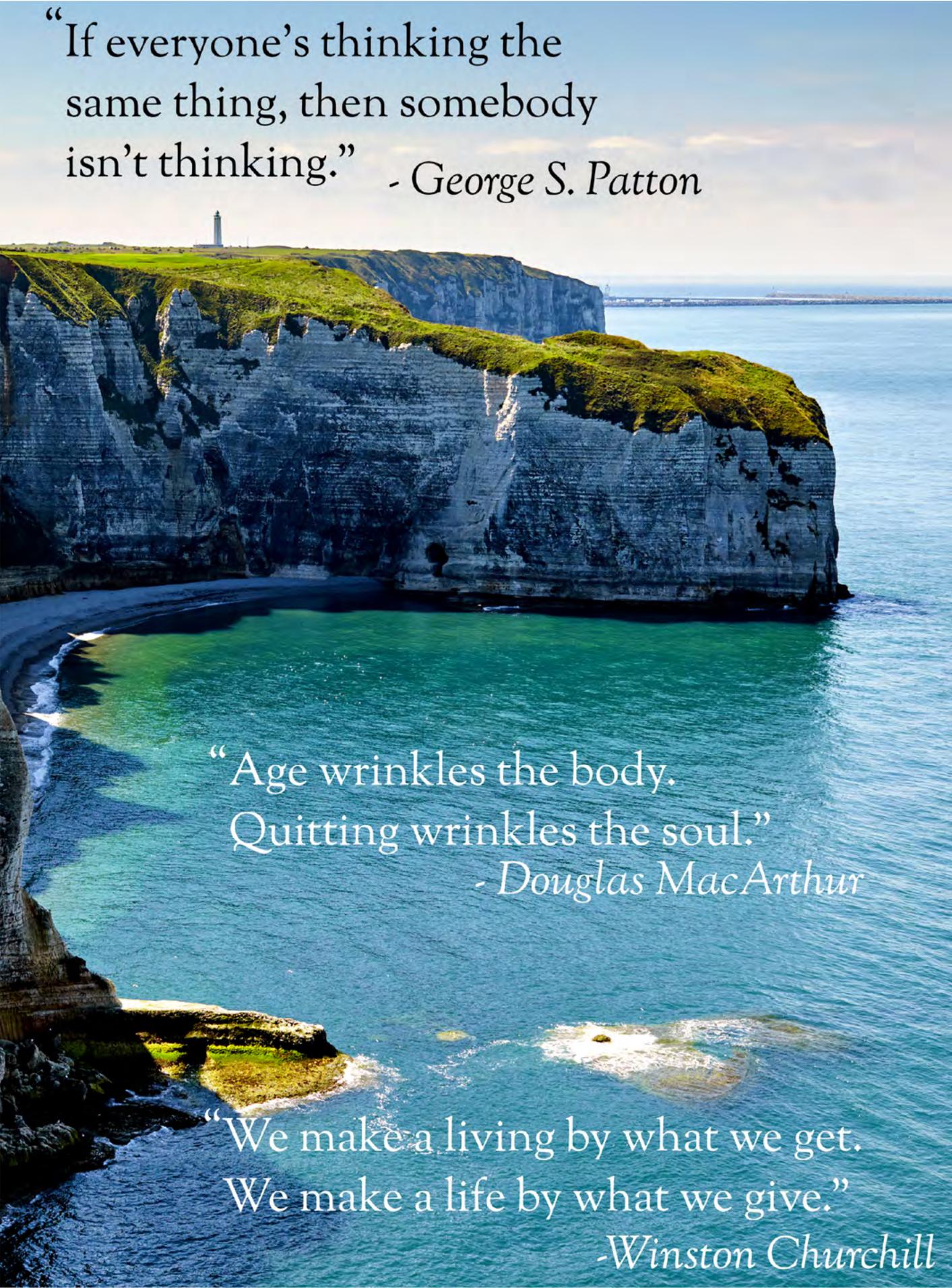
Makes 12 servings

Nutrition Facts (per serving):
101 calories, 3.4g fat, 2.3 fiber, 7.8 sugars, 2g

Holiday Plate Quick Tips:

- Fill your plate with more lean protein and veggies
- Use a smaller plate (this doesn't mean stacking your food higher)
- Save the “unhealthy” stuff for your plate at the end (after you've eaten the healthier stuff)

Follow fitness author SJ McShane on [Twitter](https://twitter.com/SJMcShane), [Instagram](https://www.instagram.com/SJMcShane), and [Facebook](https://www.facebook.com/SJMcShane).



“If everyone’s thinking the same thing, then somebody isn’t thinking.” - *George S. Patton*

“Age wrinkles the body.
Quitting wrinkles the soul.”
- *Douglas MacArthur*

“We make a living by what we get.
We make a life by what we give.”
- *Winston Churchill*