

ROBERT IRVINE

MAGAZINE

FALL 2020

NOTHING IS IMPOSSIBLE

SPECIAL REPORT

THE OUTPOST

THE TRUE STORY OF
AMERICAN VALOR
IS AN INSTANT
CINEMATIC CLASSIC

INTERVIEWS WITH

MEDAL OF
HONOR RECIPIENT

TY CARTER

+ DIRECTOR
ROD LURIE

+ AUTHOR
JAKE TAPPER

PUMPKIN EVERYTHING! WE TRIED IT ALL *OUR VERDICT PG. 18*

ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

FOUNDER AND EDITOR-IN-CHIEF

Robert Irvine

VP, CONTENT & COMMUNICATIONS

Matt Tuthill

CREATIVE CONSULTANT

Sean Otto

SENIOR WRITERS

Gail Kim-Irvine, SJ McShane, Heather Quinlan, Michael Schutz, MD

CULINARY EDITORS

Shane Cash, Brian Goodman, Darryl Moiles

CONTRIBUTORS

Jay Cardiello, Ryan Coyne, Amber Day, Mike Geremia, Cyndi Butz-Houghton, Leah Jantzen, David Jester, Katie Linendoll, Dr. Joseph Miller, Mike Simone, Vanessa Tib

For advertising inquiries, contact Matt Tuthill, matt@chefirvine.com

For general comments, contact him on Twitter, [@MCTuthill](https://twitter.com/MCTuthill)

Download Robert Irvine Magazine exclusively at RobertIrvineMagazine.com and stream it on issuu.com. Read it on mobile devices through Apple News, Flipboard, and the Google Play Newsstand.

Copyright 2020 by Irvine Products, LLC. No part of this magazine may be reproduced in anyanner whatsoever without written permission from the publisher except in the case of brief quotations embodied in critical articles and reviews. Contact the publisher at media@chefirvine.com.

The information herein is not intended to replace the servies of trained health professionals. You are advised to consult with your healthcare professional with regard to matters relating to your health, and in particular regarding matters that may require diagnosis or medical attention.

BUSINESS and MARKETING

CHIEF OPERATING OFFICER

Justin Leonard

VP, FINANCE & MARKETING

Joshua Lingenfelter

**Cover photo courtesy of
Ty Carter:
TyMCartertMOH.com**

Robert's editor's portrait appears courtesy of Ian Spanier. Gear and product photos appear courtesy of their respective manufacturers. Subject photos appear courtesy of the respective subjects unless otherwise noted. All other photos herein appear courtesy of Shutterstock.com.

INSIDE THE ISSUE

ROBERT IRVINE

MAGAZINE

FALL 2020 /// Vol. 5, No. 4

GETTING STARTED

4 ROBERT'S LETTER

Why I'm so proud to use my platform to share my passions with you.

6 PERSPECTIVES

How a new WWII documentary makes a powerful case for colorization.

8 THE DOCTOR IS IN

Columnist Dr. Joseph Miller tells you how to chase your own personal moon shot.

12 GET FIT

A resistance-band workout is just what the moment calls for.

15 IN THE KITCHEN

Fall classics, plus a guest columnist shares a family favorite.

FEATURES

20 THE OUTPOST

Why the new film and Jake Tapper's original book are essential.

23 TY CARTER

The Medal of Honor recipient reflects on the Battle of Kamdesh.

30 ROD LURIE

When *The Outpost's* director was struck by personal tragedy, it had a profound impact on his work.

36 JAKE TAPPER

How the CNN anchor unraveled a much larger story about the war in Afghanistan.



42 AS SEEN ON TV

Our latest installment of recipes straight from *Restaurant: Impossible*.

49 DELINI GELATO

How a Boston eatery that opened in the middle of the pandemic is experiencing a boom.

53 BRITTNEY CASTRO

The CFP dishes financial advice for hard times.

58 PARTING WORDS

SJ McShane responds to a mom who needs to train from home; Cyndi Butz-Houghton on documenting the moment for future generations; and our Words To Live By.

YOU GOTTA CHECK THIS OUT

Everyone enjoys sharing the things they're passionate about. That's why I love having this magazine.

One of the blessings of my reduced travel schedule over the past eight months has been the extra time I've been able to spend with Gail. And one of our favorite things to do when we're together at home is to cuddle up at night and binge-watch a bunch of movies and shows. So, there we were one night in August, browsing new releases, and we stumbled upon a movie that caught my eye—*The Outpost*. We peeked at the trailer and I knew immediately I had to see it.

Now I can confidently say that you do, too.

Never mind my passion for the men and women of our military and that the fact that this movie is right up my alley. As much as I wanted to see it, I never would have known from the trailer that I was about to watch what would instantly become one of my favorite movies ever. That I'd be sitting on the edge of my seat for two hours. That I'd oscillate so wildly between nervous anticipation and grief. That I'd need use the sleeve of my T-shirt to wipe the tears out of my eyes and the sweat off my brow.

The Outpost isn't so much a movie



Follow Robert on [Twitter](#), [Instagram](#), and [Facebook](#).

ROBERT'S LETTER



President Barack Obama presents Ty Carter with the Medal of Honor during a White House ceremony in 2014. Read our interview with Carter beginning on Pg. 23.

as it is an experience. Directed by Rod Lurie and based on the book by Jake Tapper, the film tells the true story of Combat Outpost Keating, the most dangerous U.S. combat outpost in Afghanistan and the site of the Battle of Kamdesh on Oct. 3, 2009. The battle, and the key events that led up to it, are truly fascinating. I hope you'll see the movie—which is now streaming on Netflix—and dig into our special cover feature, which begins on Pg. 20.

This special feature is a package of four stories: It kicks off with a film review, then dives into three interviews; the first with one of the heroes of the Battle of Kamdesh, Medal of Honor recipient and this issue's cover subject, Ty Carter; the second with the film's director Rod Lurie; and the third with CNN's Jake Tapper, whose book of the same name originally brought this incredible story into focus for the general public.

I'm incredibly proud of this issue

and very excited to encourage all my fans to see movie we centered it upon. Of course, I can already predict some of the social comments that will accompany such outsized coverage of a new war film in a magazine published by a celebrity chef. If you're a regular reader, then you already know my answer to those comments, but for the newbies, I'll lay it out again: The best thing about having your own magazine is that you can use it to draw attention to things you're passionate about. You know that feeling you get when see a great movie or read an amazing book and you tell all your friends, "You gotta check this out,"? Well, I'm privileged enough that I can direct the resources of this staff to go cover the thing in question and then use my platform to tell the whole world, "You gotta check this out!"

As a healthy lifestyle publication, we bring you workouts, recipes, and motivation in every issue. Beyond

that, we go where our muse takes us. It's led to some eclectic coverage over the five-year history of Robert Irvine Magazine—covers featuring a diverse crew of interview subjects from Arnold Schwarzenegger to Gary Sinise and Deepak Chopra, and stories on everything from the power of focused daydreaming to the latest movies and video games. What can I say? I owe my whole career to thumbing my nose at the notion that I need to "stay in my lane."

I never stayed in my lane and I hope you won't, either. Trust me: Nothing interesting ever happens there.

Enjoy the issue. And remember...

Nothing is impossible,

A stylized, handwritten signature of Robert Irvine in black ink.

APOCALYPSE '45 AND THE CASE FOR COLORIZATION



WWII wasn't fought in black-and-white. Maybe we should stop seeing it that way.

By Matt Tuthill

For cinephiles, the case against colorizing classic movies was closed a long time ago. It doesn't just muddy historical preservation and potentially subvert the filmmaker's original intent; in most cases it just doesn't look right. One major obstacle: When black-and-white film was all that existed, character wardrobe was often

chosen in a way to create contrast. When that wardrobe is then colorized—a process in which technicians work with software to choose an appropriate color based on the depth of gray—the finished product too often lurches into pastel territory. Hence, after an obsession with the technology in the 80s and 90s, enthusiasm faded.

Even casual viewers got it: Nothing is broken, so let's stop trying to fix it.

Apocalypse '45, on the other hand, demonstrates the immense value to be gained from colorizing historical footage. The new film, from prolific documentarian Erik Nelson—who previously colorized WWII aerial combat in *The Cold*

PERSPECTIVES

Blue—pulls from over 700 reels of 75-year-old film from the National Archives that documented the end of the war in the Pacific. That grim and bloody tale is now remastered in 4K color with WWII veterans, including Medal of Honor recipient Woody Williams (read our feature story on him [HERE](#)), providing the narration. The effect is artful and breathtaking. The color is subtle and appears so natural you'd swear it was filmed that way. All of which has the combined effect of bringing World War II into the present tense and making the struggles of its participants more tangible than ever before.

Colorizing the soldiers' blemishes, faint wisps of mustache, bright

eyes full of hope and fear—forces you to remember that the men of greatest generation were not superheroes. Most of them were just boys.

Transferring them from black-and-white to living color removes a mental barrier between us what we're seeing. This footage is not ancient. The war's veterans and survivors still live amongst us. Likewise, the evil they fought against was not obliterated entirely and lingers still.

In one scene, our narrator—an American soldier who had stormed a Japanese-occupied island in the Pacific—explains how totally committed the Japanese were to their cause. It wasn't just the soldiers who would rather

die than lose, but the citizenry, as well.

"There were a lot of mothers that had babies strapped on their backs... just little babies, and they would go over the cliffs," the soldier says. "We couldn't stop them. There was nothing we could do. They wanted to die rather than have us take them." As he speaks, we see it happen.

Apocalypse '45—which saw a limited theatrical release this summer and will now move to Discovery—is not for the faint of heart. Many scenes like the one described are gruesome to the point of nauseating. But make no mistake: it is not a random exercise in voyeurism, rather a new way of fully appreciating the truly

unspeakable things we ask our soldiers to do and bear witness to when we send them to war.

The colorized shrapnel wounds, the aftermath of a blowtorch on human flesh, the images of nuclear-tanned children and toddlers shambling through the ruins of Hiroshima and Nagasaki—all of it will leave a mark on you, but it's a mark we should all bear, lest we ever forget.



Click [HERE](#) to read more and see how you can watch *Apocalypse '45*.

THE DOCTOR IS IN

YOUR PERSONAL MOON SHOT

Greatness might just be one small breakthrough away.

BY DR. JOSEPH A. MILLER

On July 20, 1969 millions watched as Neil Armstrong became the first human to walk on the moon. Just 10 years prior, President John F. Kennedy had challenged our nation to put a man on the moon before the end of the decade.

People said it couldn't be done. It's impossible. Inconceivable.

Yet on that hot summer day in '69 it unfolded triumphantly in one of the most significant moments in our nation's history. For an entire generation, it crystalized what people are capable of when called to overcome an enormous challenge.

The moon shot was a game changer. Now maybe you could benefit from your own personal moon shot. Perhaps you've hit your middle years, 40, 50, 60 or beyond and you've noticed some undesirable changes. Such as a growing paunch, double chin, and lagging energy that has you struggling to get through the day much less make the most of it. And maybe you've come to the realization you need to renew your commitment to exercising and eating well... But you just can't seem to get going.

So how do you go from where you are at now to becoming healthier, more fit, happier, energetic and living life to the fullest? How do you engineer your personal moonshot? You start by committing to a health challenge that you're not entirely sure you can complete, but one which—if pursued with a full effort—is guaranteed to land you in a better place than you are now.

In my own wellness journey I've engaged in a number of health challenges that may give you a better frame of reference. Several years ago, I took on a 30-day challenge of eating five servings of fruits and vegetables a day. Happily, I was able to successfully



Every moment of great achievement opens a floodgate of brand new possibilities. In ways great and small, you can work this magic in your own life.

complete that challenge and convert it into a habit that I benefit from to this day.

My experience with personal challenges has shown me they can be startlingly valuable. Whether you take on a challenge to kick off a new habit or to simply get out of an unhealthy rut, one simple breakthrough is

THE DOCTOR IS IN

often enough to get you started in a new direction. And several may put you in position to revolutionize your fitness, health, and how you look and feel about yourself. But if you're still not convinced about the power of personal challenges here are some of the benefits they may bring.

A CLEAR HEALTH CHALLENGE CAN:

1) Give you the jump start you need to get underway and the momentum to keep going. One of the common obstacles people run into when they want to make exercise or nutritional changes is they don't have momentum moving them in the right direction. They are stuck in habitual patterns that keep them feeling tired, unfit, unwell, and unhappy. When you successfully complete a personal health challenge, it not only sets you up for success that day it creates an impetus that can lead you to radically change how you look, feel and engage in life.

2) Turn what may appear to be an overwhelming proposition into something manageable. Maybe you've let yourself go for a long time and the thought of exerting massive effort and discipline to improve seems like an unendurable task. (Somewhat like a tiny capsule catapulting a man to the



moon!) But by letting you take a small bite, a time-based one-week challenge can pare an enormous proposition down to a manageable size. From there, you can create a path for overcoming larger obstacles that are standing between you and the healthy life you want to live.

3) Help you rediscover your mental toughness. You're probably stronger, more resilient, and tougher than you think. Maybe when you look at yourself in the mirror or when you run out of breath climbing a flight of stairs, this toughness isn't readily apparent. But it's true. All of us are

more capable than we think. Most of us have simply forgotten that about ourselves. Overcoming even a small obstacle can alter how you view yourself and put you in touch with the grit you need to make significant health changes.

4) Open the door to have positive influence on those around you.

Having a positive impact on other people is a powerful act. Through his magazine, popular TV show, and support he provides to wounded warriors, Robert Irvine does this all the time. Few of us can have the kind of influence, but the difference you make in the lives around you shouldn't be underes-

THE DOCTOR IS IN

timated. Chances are if you're feeling a need to address your exercise, nutrition, and health issues there may be others in your "inner circle" experiencing the same thing. By completing a personal challenge, you may help them see how poor habits can be replaced by positive ones that contribute to health and wellbeing. The bottom line is you can change how you look and feel and have an inspiring influence on others at the same time.

Still unsure whether you want to take on a personal moon shot that may spark a change in your health, looks, fitness and vitality? Fearful you won't be able to pull it off? Remember: even when there are staggering challenges, average people have breakthroughs all the time. Like our nation's space odyssey, every time you overcome a significant challenge, you open the door to an entirely new set of possibilities. By turning that breakthrough into a habit, you may become healthier, look and feel better than you have in a long time.

7 Day "Moon Shot" Challenges

Looking to make a personal breakthrough? Pick one of these and get going!

7 Day Exercise Challenge

Exercise for 20 minutes daily. May be fulfilled by walking, running, biking, swimming, resistance training, floor work, or any other form of exercise.

7 Day Water Challenge

Drink one half your bodyweight

in water daily. i.e. weigh 160 lbs. drink 80 oz. water.

7 Day Protein Challenge

Eat a portion of protein at each meal (i.e. breakfast, lunch dinner) including beef, fish, chicken, eggs, yogurt, etc.

7 Day Gratitude Challenge

List three things each day you are grateful for and spend a few minutes reflecting on them.

7 Day Vitamin/Supplement Challenge

Daily consume a multi-vitamin or supplement (i.e. drink, bar, juice) that is supportive to health, fitness and wellness.

7 Day Ditch A Bad Habit Challenge

Refrain from drinking alcohol,

smoking, eating junk food, having a negative/pessimistic view of life. (choose one)

7 Day Fruit/Vegetable Challenge

Consume 5 servings of fruits and vegetables daily. May be any combination of any whole fruits and vegetables.

7 Day Meditation Challenge

Engage in 10 minutes of meditation daily. See free at Headspace or Calm

7 Day Natural Foods Challenge (Plant Based)

Consume 80% of food/drink in a natural, unprocessed state including organic food.

7 Day Sleep Challenge

Sleep 7-8 hours per night and track nightly results.



THE DOCTOR IS IN



7 Day Positive Attitude Challenge

Monitor your daily thoughts and at end of the day reflect upon and rate your ability to be positive on a scale of 1-10.

Tips For A Successful Challenge

*Choose a challenge you can get excited about. A big part of what made the moon shot a success was the excitement it generated. Get excited about what you're undertaking and it will lift you.

*Choose just one challenge to

start. Trying to begin with more than one may spread you too thin and scuttle your chances. Keep it simple and focus on one task to start. Remember: "That's one small step....."

*Pre-plan. Have a process in place before starting. If your challenge is related to food, purchase what you need in advance and have it in position for Day 1. If it's related to exercise, plan out what you're going to do, where, and when.

*Consider partnering up. Aligning with another person who's also taking on a challenge can keep you

(and them) more accountable and increase the likelihood of success.

*Enjoy the process. Celebrate the fact you are able to take on a challenge that may open a path to better health, fitness, vitality, and wellness.

Dr. Joseph Miller would love to hear about your successful challenge and welcomes your feedback and questions. He's also available for private consultations regarding exercise, nutrition, supplementation and health.

E-mail him [HERE](#).

BAND TOGETHER

If you're still wary of going to the gym, we get it. We've also got just the workout so you can keep making progress.



DIRECTIONS:

After a 5-minute warmup, perform the following workout as a circuit, resting 1-2 minutes at the end of each round. Beginners should do 10 reps per exercise, and do 2-3 rounds per workout. Advanced trainees can set an interval timer for 30 seconds and do as many reps as they can for each exercise until the buzzer goes off, then immediately go to the next exercise. Perform the circuit in a continuous loop for 20 straight minutes.

EXERCISE

Squat-to-Press
Band Chest Press
Band Row
Band Curl
Band Triceps Extension
Lateral Raise
Bent-over Lateral Raise
Plank

EXERCISE DESCRIPTIONS

SQUAT-TO-PRESS: Step on the center of the band with one or

both feet and hold handles at your shoulders. Squat low, getting your thighs parallel to the floor, and as you stand up press both handles straight overhead.

BAND CHEST PRESS: (See Next Page) Loop the band around a sturdy anchor point and face away from the anchor point, holding both handles at your chest. Step forward and then press the handles straight out. You can vary the target area by pressing wide or narrow.

GET FIT: WORKOUT

BAND ROW: Loop the band around a sturdy anchor point and face the anchor point, holding both handles at arms' length. Row the handles to your chest, pulling first with your back, initiating the move by retracting your shoulder blades.

BAND CURL: Step on the center of the band with one or both feet and hold the handles at your waist. Curl the handles up to your shoulders, squeezing your biceps at the top of the move.

BAND TRICEPS EXTENSION: (Top Right) Step on the center of the band with one or both feet and hold the handles at your shoulders with your elbows bent, facing forward. Extend your triceps to press your hands up. Lock your elbows out overhead.

LATERAL RAISE: Step on the center of the band with one or both feet and hold the handles at your waist with your palms facing inward. Keeping your elbows locked out, raise the handles out to your sides until your arms are parallel to the floor. Squeeze your shoulders at the top of the move.

BENT-OVER LATERAL RAISE: Step on the center of the band with one or both feet and bend over at the waist, keeping your back flat. Holding the handles straight in front of you, raise the handles out to your sides until your arms are parallel to the floor.

PLANK: Lie face-down on the floor and prop yourself up on your forearms, elbows, and toes. Brace



Light posts, telephone poles, and fences all make fine anchor points. If you're lacking for these, try heavy furniture, or have a training partner hold the band.



your core and keep your body in a straight line from your ankles to your shoulders, holding for time.

PRO TIP

Adjusting the difficulty level of a resistance band is as simple as shortening the length of band that you're working with. For example, on exer-

cises where you step on the band to create tension, step on it with both feet and spread your feet apart to create more tension. On exercises that use an anchor point, wrap the band multiple times around the anchor. Advanced lifters can try wrapping the band around the barbell or dumbbell they're lifting.

MAKE IT SIMPLE

Bring the gym to you — on the cheap.



SKLZ SUPER SANDBAG



Fill the sealable internal bags ▲ with sand and drop them into the ultra-durable outer shell and get to work. Adjustable from 10 pounds up to 40 in seconds. Includes multiple sets of handles for all variety of exercises including overhead presses, curls, swings, loaded carries, and much more.

\$59.99, sklz.com

▲ BLACK MOUNTAIN PRODUCTS RESISTANCE BANDS

This set of 7 resistance bands comes with two sets of handles, door anchors, a carry bag, and a starter's guide. The carabiner system allows you to augment standard barbell and dumbbell lifts, as well. For the price, you won't find a better set that makes it so easy to work out anytime, anywhere. If time makes it an issue to get to the gym, this set is a great ally.

\$54.99, blackmountainproducts.com



◀ #ARMAGEDDON

This new e-book from Super Bowl champion Steve Weatherford presents the very same 12-week arm training program that he used to grow his arms to an astonishing 19 inches. Firsthand testimonials from men show exponential growth while women report increased tone and definition. Includes video demonstrations and a nutrition guide.

\$67, armageddonebook.com

IN THE KITCHEN: CLASSIC RECIPE



BUTTERNUT SQUASH SOUP

The quintessential fall comfort.

SERVES 8

YOU'LL NEED

3 pounds butternut squash, peeled and diced medium
1 stick butter
2 white onions medium diced
1 cinnamon stick
2 tbsp yellow curry
3 tbsp coconut milk
6 cups chicken stock
3 tbsp toasted pumpkin seeds

MAKE IT

1) In a large 4-quart stock pot add butter and allow butter to brown, and onions, allow onions to cook over medium heat until onions are translucent and cook through.
2) Add butternut squash and curry powder, allow to cook for approximately 5 minutes, making sure not to burn.
3) Add chicken stock and coconut milk. Allow to cook for approximately 1 hour; season with salt and

pepper, stirring occasionally.
4) Puree in a blender until soup is smooth.
5) Garnish with pumpkin seeds. Serve with a piece of warm bread if desired.

THE MACROS

CALORIES: 299
PROTEIN: 8 g
FAT: 19 g
CARBS: 30 g

IN THE KITCHEN: CLASSIC RECIPE

PUMPKIN-SPICED BOURBON CIDER



It's hard to improve upon straight bourbon.
And yet, here we are.

SERVES 2

6 oz bourbon
1 cup apple cider
1 oz lemon juice
½ oz maple syrup
1 tsp grated nutmeg
1 luxardo cherries

MAKE IT

- 1) Fill cocktail shaker and a rocks glass with ice, bourbon, apple cider, lemon juice, and maple syrup.
- 2) Cap the shaker with the glass and shake vigorously.
- 3) Strain into the glass and garnish with grated nutmeg and 1 cherry.

THE MACROS

CALORIES: 299
PROTEIN: 0 g
FAT: 0 g
CARBS: 23 g

IN THE KITCHEN: GUEST RECIPE

DEBBE LINENDOLL'S PIZZA ROLLS

My mom's surefire crowd-pleaser is a family secret no more.

By Katie Linendoll

I'll be honest: Our family loves any reason to celebrate! There have been a ton of birthdays over the past few months, and I'm always up for hosting at my place. As a big Italian family, the first question is always "What's on the menu?"

One of the most in-demand dishes is my mom's pizza rolls which have been a family hit for decades. It takes great effort to refrain from eating the entire tray solo. So, in an effort to not keep the deliciousness all to myself, here is the recipe!

*Note we use NON-GMO, all-natural, and organic ingredients where possible.

YOU'LL NEED

1 pkg. pizza dough
Pepperoni, chopped
Portabella mushrooms
Mozzarella and/or Provolone cheese, shredded
1 egg, beaten
Italian Seasoning/ Garlic Powder/ Sesame/Poppy Seeds
Marinara Sauce

MAKE IT

1) Chop mushrooms, sauté, and drain very well.
2) Chop pepperoni into thin slivers.

3) Roll dough into a 10x13 rectangle.
4) Spread pepperoni, mushrooms, and cheese leaving a rim of dough around the edge.
5) Roll tightly into a long cylinder.
6) Using a serrated knife, cut into 1 ½ inch pieces (discs)
7) Lay cut side up on a parchment-lined cookie sheet about 2 inches apart.
8) Brush edges of dough with beaten egg and sprinkle Italian seasoning, garlic powder and sesame/poppy seeds over rolls.
9) Bake at 375 degrees for about 15 minutes or till dough is light

brown; watch them closely as some ovens cook faster and the rolls might burn on the bottom.
10) Heat marinara sauce in a sauce pot and serve immediately with the rolls.

*If you don't want to brush with egg, you can spray the dough lightly with cooking spray.

*[Katie Linendoll](#) is a regular contributor to *The Rachel Ray Show*. Read her new article on Pg. 49 of this issue and read our interview with her [HERE](#).*



IN THE KITCHEN: PRODUCT SPOTLIGHT

PUMPKIN EVERYTHING

The grocery stores are stacked with special displays for “limited” seasonal offerings. But are they any good?

BARE NAKED PUMPKIN GRANOLA

Earthier than you'd expect for something with white chocolate chips in it, not overly sweet, and with a hefty dose of pumpkin seeds—enough for a several in each bite. If you love the taste of artificial pumpkin, look elsewhere. Bare Naked's approach to pumpkin flavor is very close to the real thing.

PUMPKIN SPICE CHEERIOS

You'd be right to expect big things from the cereal king, and you certainly won't be disappointed with these. Perfectly balanced right down the middle, with a distinct pumpkin flavor that's only about as sweet as Honey Nut Cheerios with no lingering aftertaste.

PUMPKIN SPICE SPECIAL K

The standard Special K rice flake gets a mildly sweet coating while the big punch of pumpkin comes from ginger, cinnamon, nutmeg, and allspice flavor “clusters”. Resembling yogurt icing, these clusters melt and disperse their contents into the bowl the longer they sit in milk. But whether you wolf down the bowl or take your time, the whole experience verges on cloyingly sweet. For Starbucks PSL fans only.



LIMITED TIME ORIGINALS PUMPKIN SEED CHIPS

Savory pumpkin is hard to get right, but the folks at Limited Time Originals nailed the perfect formula. For every hint of sweet cinnamon in these tortilla chips, there's a big salty kick – think pumpkin or butternut squash soup – that emphasizes the pumpkin puree in a whole new light. Visible pumpkin seeds in each chip add a satisfying crunch. Speaking of pumpkin or butternut squash soup

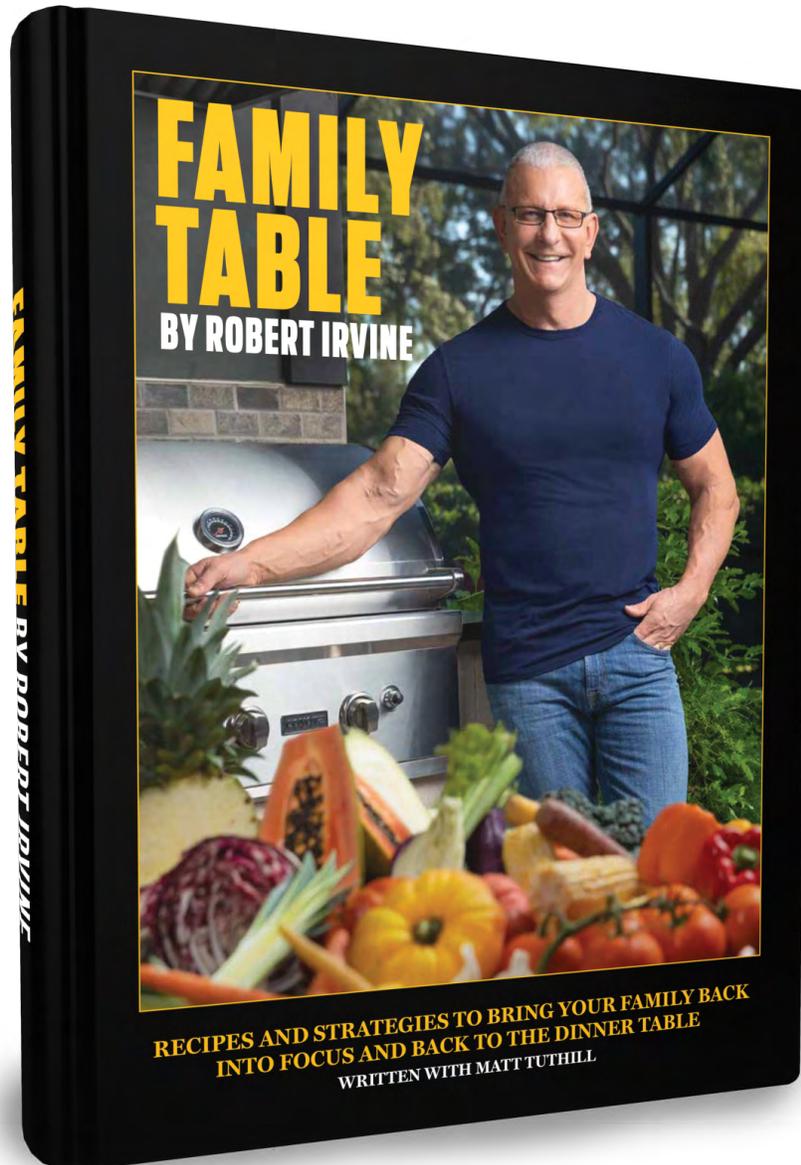
– if you're making some, try crumbling some of these bad boys on top.

BIGELOW PUMPKIN SPICE TEA

It turns out that cinnamon and nutmeg are the perfect complement to black tea. Real pumpkin flakes and a hint of licorice root put this over the top. Makes a delightful cup for any time of day and tastes great with or without a dollop of honey. So good it's downright criminal you can't get this year-round.

FAMILY TABLE

THE NEW COOKBOOK BY ROBERT IRVINE



72 EASY-TO-MAKE FAMILY-STYLE RECIPES
20 ESSAYS OUTLINING ROBERT'S STRATEGIES FOR A HEALTHY FAMILY
HARDCOVER WITH BEAUTIFUL FULL COLOR PHOTOS THROUGHOUT

GET YOUR COPY AT FAMILYTABLEBOOK.COM

ALSO AVAILABLE AT AMAZON.COM

THE OUTPOST

The story behind the film every American needs to see. /// By Matt Tuthill

To be stationed at Combat Outpost Keating in Kamdesh, in the Nuristan province of Afghanistan, was to live every day under the specter of death. Surrounded by the steep mountains of the Hindu Kush on three sides, the soldiers there were regularly fired upon by the Taliban, and when word got out that the United States was finally closing its most dangerous, isolated combat outpost, the big attack finally came. On October 3, 2009, three hundred Taliban fighters, armed with rocket-propelled grenades, recoilless rifles, and anti-aircraft guns, opened fire on Outpost Keating, knocking its mortar pit out of commission and breaching its outer perimeter in the first hour of the battle.

The Taliban had counted on its overwhelming force—and the fact that the Americans were winding down operations—to be enough to overrun the position. They hadn't counted on the ferocious resistance of the outpost's remaining occupants, who fought for hours to beat back the attack and force the Taliban to retreat. Eight U.S. soldiers died that day, another 27 were wounded, and it is estimated that 150 Taliban fighters



As Medal of Honor recipient Clint Romesha, Scott Eastwood proves to be a gifted leading man.

THE OUTPOST SPECIAL



Click the poster above to watch *The Outpost* on Netflix.

were killed. And while everyone at the outpost fought tooth-and-nail to win the battle, two soldiers in particular—Ty Carter and Clint Romesha—were singled out for their gallantry and risk to their own lives above and beyond the call of duty, and both earned the Medal of Honor for their actions that day.

In Romesha's case, it was for conducting reconnaissance of the battlefield and leading the fight to re-secure it. This included fighting valiantly through shrapnel wounds, surviving an RPG explosion on a generator he was using for cover, and killing a large number of enemy fighters—including three who breached the perimeter.

In Carter's case, he successfully

ran ammo to resupply defense positions, twice making it through a 100-yard gauntlet of intense enemy fire, used an M4 carbine rifle to apply deadly force to the Taliban attackers, applied lifesaving first aid to a comrade, and ran a fellow wounded soldier through enemy fire to safety.

And yet, for all the extraordinary circumstances and heroes of the Battle of Kamdesh, it wasn't even the top story in the United States the next day. When CNN's Jake Tapper began reporting on the battle and interviewing the soldiers involved, he soon realized this wasn't just an incredible story of valor, but a chance to educate an American public—long since

numb to endless foreign entanglements—of what had really gone wrong in Afghanistan. His exhaustively reported book, *The Outpost: An Untold Story of American Valor*, was published in 2013 to wide critical acclaim.

Tapper's book then provided the basis for Rod Lurie's new film, *The Outpost*, starring Scott Eastwood, Caleb Landry Jones, and Orlando Bloom. It saw a limited theatrical release this summer (on account of Covid-19 restrictions) and is now available for rent and purchase and is streaming on Netflix.

Both the book and the film are essential; the former to get a complete history of Combat Outpost Keating and the broken

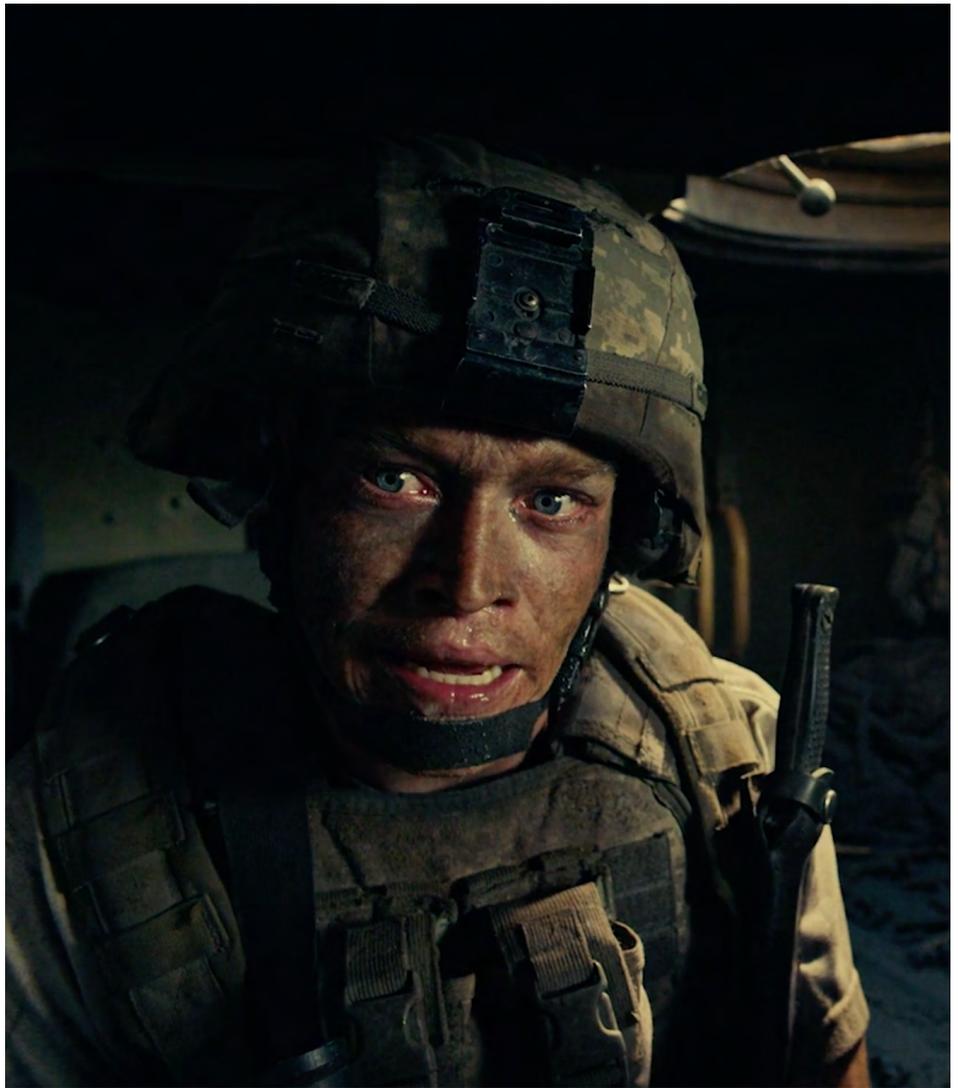
THE OUTPOST SPECIAL

decision-making process that needlessly put so many of our soldiers in harm's way, and the latter because it is, in the opinion of this magazine, the best war film born of the modern era.

We don't make that statement lightly. Hollywood has produced several truly great ones in recent years from *Zero Dark Thirty* and *American Sniper* to *The Hurt Locker* and *Lone Survivor*. With no disrespect meant to any of those fine films, Lurie's vision of modern war is simply the most authentic and raw take yet. A veteran himself and a graduate of West Point, Lurie relied heavily on the first-person accounts of the men who served at the outpost and worked diligently to reassure the families of the fallen that their losses would be treated honestly and with dignity.

What *The Outpost* accomplishes—especially when you consider its tiny budget (a reported \$18 million according to IMDb)—almost defies explanation. Using handheld cameras to capture just about everything, Lurie puts you in the thick of not just the action, but the day-to-day monotony of life on a stripped-down combat outpost. Throughout the two hours, you become intimately familiar with the soldiers' struggles, both big and small. Then, when the frenetic action sequences do begin, they punch twice as hard as they normally would.

The first hour of the film gives you everything you need to understand about what life was like on the outpost and why it needed to be closed. Nearly the entire second



Ty Carter, played by Caleb Landry Jones, formulates a desperate plan to rescue a wounded comrade.

hour of the film is dedicated to the Battle of Kamdesh. In the hands of a conventional action director, words like overwrought, melodramatic, or exhausting would be appropriate to describe such a lengthy sequence. But according to Lurie, “honesty” was the word that guided all his decision-making. To wit, there is a restraint to everything you see, from moments of victory to moments of loss. Dramatic music never arrives to tell you how to feel.

The end result feels anything but

“Hollywood”. It feels real. It grabs you by the throat and stays with you long after the credits roll. It's brilliant and sad, at once thrilling and cathartic. More importantly, it's something every American needs to see.

But don't take my word for it. Turn the page and read what Ty Carter has to say about the film. After that, check out our interviews with Rod Lurie and Jake Tapper to see how *The Outpost* made its journey from true events to an instant cinematic classic.

THE OUTPOST SPECIAL:

TY CARTER



His extraordinary actions during The Battle of Kamdesh earned him the Medal of Honor. Here, Ty Carter reflects on that fateful day, its portrayal in *The Outpost*, and what his future holds.

INTERVIEW: TY CARTER

Robert Irvine Magazine:
When did you first see the movie, and how difficult is it for you to watch it?

Ty Carter: The first time I saw it was at a private screening. It was right next to the 10-year anniversary of the fire, so it was October 7th, I think, of last year. It was difficult. I can tell you there were a lot of emotions creeping up. Luckily, I was on the set most of the time, for the filming, so I knew what to expect, but when the director, Rod Lurie, put everything together, it definitely brought up some emotions. The second time I saw it was in DC, and that was when I got to meet a lot of the Gold Star family members. That was very emotional.

But every time I watched it, there are a few specific parts where you have to choke back the tears. But I've seen it enough now that it's to the point where I don't have a physical, emotional response. It's more slight and internal and I think the more I submit myself through that, the stronger I'll be, or the more numb towards it I



Carter is enjoying retirement in his home outside Austin, TX, building black powder guns and distilling honey liquor.

become. It's one of those personal therapy things, I guess.

TC: I've seen it 15 to 20 times, at least.

RI: How many times have you seen it?

RI: Wow. So you're deriving therapeutic value from it. What

INTERVIEW: TY CARTER

do you want other people to get from it? You must be happy that your fallen comrades have been immortalized.

TC: Yes, that's the perfect wording for it. I'm very proud of the movie. I brag about it all the time. I try not to be a dick about it, to my friends and family. But they're very proud of me because of it and all the other things. It's a big kick to the gut that this whole COVID thing happened and it didn't go to a lot of theaters. I was lucky enough where it showed up in my hometown here in Bastrop, Texas and it was in theaters for a couple of weeks. There were only about 15 people in the theater, but I saw it on the big sign out front. I was like, "Oh, my God, it's there."

So I drove up to the theater, spoke to manager, and said, "Hey, what can I do to help?" After the movie, people stayed and then I answered questions.

RI: You left the military in 2014. What are you doing now?

TC: For a while there, I was an educational motivational speaker. I get paid to talk about the fire-fight, to apply that to leadership and camaraderie and brotherhood, but that's slowed down dramatically because of COVID.

It picked up a little bit after the Netflix documentary series came out, *Medal of Honor*. [My episode is number eight](#). They put me in the last episode because my story is specifically unique. So,

that helped out. As of right now, I'm enjoying retirement. I still do interviews like this, or if the price is right, I'm willing to travel. But mostly during all this stuff, I've just been home doing hobbies. Learning to cook new things. I'm still building black powder guns and stuff like that. I'm teaching myself how to pick weld, and I built my own still to make my own liquor.

RI: What kind of liquor?

TC: Recently, I'm fermenting honey, turning it into mead, and then distilling that into a type of a honeyshine, or honey liquor.

RI: How did you feel about your portrayal in the film? Caleb

Carter during one of several deployments to the Middle East.



INTERVIEW: TY CARTER

Landry Jones is a great actor, and I was very moved by his performance. But we see things that are not necessarily flattering about you. Other soldiers and your commanding officers are chewing you out. And at the end of the film, there's this moment where the female counselor asks you what you're thinking, and you reply "I think you're pretty." It's a charming moment, but you are portrayed with having this kind of childlike innocence. Did you feel it was fair? Is that a good summation of who you are?

TC: That counselor scene, that's not in the book. That was added later and it's mostly factual, because after Combat Outpost Keating burned down... we got helicoptered out. Then that day at FOB Bostick, where we finally arrived, they cleaned us up. They checked us out. They wrote down all of our injuries. Blue Platoon, my platoon, we lost everything because our barracks burned down. All we had was our uniform.

So I lost everything that connected me back home. I had pictures of my daughter being born and as a baby because it wasn't all digital back then. It was actual pictures and cards. I had a journal in my laptop that I had been keeping for eight years. That was gone. So when we got back and we were shown where we'd be sleeping or staying for the rest of the deployment, because after the firefight, we still had six more months there. We got into several firefights after that as well.

But that evening, the field ser-



Caleb Landry Jones gets an earful from a superior officer as Ty Carter. The real Carter says the attitude was a result of overly-competitive Marine-versus-Army machismo.

geant pulled us all aside and said, "Hey, you know what? That was a very hard day. Now that it's quiet and we're safe, is when the emotion is going to start to kick in. There are counselors flown in and available."

I barely heard what was going on. I just wanted to get back to my bunk and bury my face in a pillow and pass out for the next two weeks. So I said, "All right, have a good night," Sergeant Hill puts his hand on my shoulder and he says, "You of all people need to go down there."

Right then, I lost it. I started crying, and then he actually walked me to get into the counselor's office and sat in the counselor's of-

fice with the captain, Katie Kopp, as I was crying and explaining what was going on and what was in my head. While I was doing that, I also complimented Captain Kopp that she was very pretty. So here I am crying, but then saying that she's pretty. So that actually happened.

RI: How about moments earlier in the film where we see that they're screaming at you to move faster. You need to get the ammo around quicker. You need to do your job better. Is that accurate?

TC: Yes, because I had prior service in the Marine Corps. I got out of the Marine Corps,

INTERVIEW: TY CARTER

spent five years as a civilian, went through a divorce and couldn't afford to pay child support, so I joined the Army.

And in the Army, no matter what I did, everything seemed to be wrong. They didn't like me, and no matter what I did, it was usually wrong. So I developed an attitude. They had an attitude. I was the outsider or as one person put it, I was a Marine pretending to be Army.

There's always that "Who's better than who?" thing going on. The Marine Corps gives the Army shit. The Navy gives the Marine Corps shit. The Marine Corps and Army give the Navy shit, and all three branches give the Air Force shit.

It's the same thing as a red, white, and blue platoon. Different platoons don't get along. There's always that challenge to each other. Who's better? So here I am outmanned and outnumbered with a bunch of Army douchebags, and I'm the Marine. So they were dicks to me, and I was a dick to them because I'm not going to take that shit.

RI: Nor should you. It's amazing that all of that is accurate.

TC: I made sure of that. I asked the director, I was like, "Look, you can put whatever you want here, as long as it's honest." So he made sure that Caleb was seen as an outsider or "too serious," is

what most people would call it. Because I was there to do a job, not to do stupid initiation games. I did all that bullshit in the Marine Corps when I was their age. So here I am a low rank, high age. If the rank and age were matching, I should have been a Staff Sergeant or Sergeant First Class by then. But no, here I am as a D4 specialist at 28, 29 years old, dealing with a bunch of 18, 19 year olds who were my same rank. I'm not going to fit in.

"I've been very strong on removing the 'd' from post traumatic stress. It's not a disorder."

RI: How did you feel about Caleb Landry Jones? Did he want to spend time with you to nail down your character traits?

TC: We hung out a couple of times before filming started. The first time I met him, I was surprised, negatively surprised, because he's the total opposite of what I am. When I first saw him at the airport, he had a guitar strung around his back. His jeans were inside his cowboy boots. He had long hair and he spoke like a California surfer stoner. That is totally not me. So he did an

excellent job learning and adapting. I still have issues with how skinny he is because I do a lot of weightlifting. I'm a thick dude in that kind of way. But I think he portrayed the attitude and the emotions really well, and we'll still talk. I call him and he still calls me every once in a while.

RI: So you urged Rod Lurie to be honest. Was there ever a point in filming where you wanted to correct Rod and say,

"Actually, no, he was standing over there. I was over here. It looked more like this." Did you have any moments like that?

TC: I actually got a polite verbal reprimand because the actors would come and ask me questions on what would be the right way to do

something in a scene. But they had an official military advisor there. So the actors would come to me, and I would tell them what I would do or what I would say. Then they change the scene and they do that. Then Rod would be like, "What the hell is going on?" So Rod had to talk to me and go, "Look, for your spots or what you did, I'm coming directly to you. If you have any recommendations on any other scenes, you go directly to Jariko (Denman) and Jariko will come to me. So unless I ask you a direct question, please stop talking to my actors."

INTERVIEW: TY CARTER

RI: I could see how that kind of thing might spiral out of control.

TC: And plus, Rod had the vision of what he wanted and how to get there to put it on screen. I know what happened and how people did their thing, but sometimes it would not work on screen. So I politely said, “Okay. I understand.” After that, when an actor came in and talked to me, I would actually ask Jariko to join us and we would discuss it together. Then Jariko could inform Rod Lurie, and then find a happy in-between there. So it was interesting. It was fun, learning the politics of movie making.

RI: The Medal of Honor is not awarded for just doing your job, but for going far above and beyond the call of duty and risking your life for your fellow soldiers. When you chose to expose yourself to enemy fire in the way that you did, was it a conscious decision or was the fog of war so great that you feel like you instinctually reacted? As you’ve looked back on that moment, and now as you’ve seen this movie 15 times, are you



Follow Carter on [Instagram](#) and [Twitter](#) and visit his [website](#).

able to put your finger on a moment where you decided to do the things you did?

TC: Yes, a very, very specific time. I think I was a teenager, before the Marine Corps, and *Saving Private Ryan* came out. There’s a scene where the little nerdy guy, the linguist, he is supposed to run ammo. Well, he was trying to run ammo, but then he let fear stop him. It ends up resulting in the death of a comrade. Right then in my head, I told myself if I’m ever in a situation like that, I will never freeze.

So this whole time I’m training, I’m saying, “Never freeze, you chose this. If you don’t give yourself the

option to quit, then you won’t.” So I never gave myself the option. It was just, “This is my job. If I fail my job, then one of my brothers might be injured or killed.”

When it was time to run ammo—and that was my job any time there’s a firefight—it just became routine. When all these bullets were landing in that quantity or volume—because I’ve never seen it like that before—the more bullet impacts I saw, the faster I ran. I started getting tunnel vision, to where I only saw what was in front of me. The faster you run, the less chance of being hit.

So, it was a build-up of a self-

INTERVIEW: TY CARTER

choice from way in the past, that manifested itself on this particular day. I just did not stop. As soon as you can stop and slow down, the fear kicks in and you start to second guess yourself. You just go, go, go, and then worry about it later, if you survive.

RI: That's unbelievable. Before that day, did you know that you had that courage within you? If it came down to it, did you know you could do something extraordinary?

TC: I don't call it courage. I think it's more of a habit, where you get this kind of numbness. Don't get me wrong. I was scared to death, but some things just need to happen. I did it. So if you want to call that courage or bravery, fine, but it just became a reflex in a way.

RI: A story in *The Atlantic* re-

cently came out in which President Trump was reported to have referred to wounded soldiers or soldiers killed in action as losers and suckers. I was curious if you had thoughts about that.

TC: I don't. I think out of the presidents that I've been alive for, Trump has supported our military, law enforcement, and first responders more than any other president. So whatever that accusation is, I don't believe it's true. I think it's an election year and they're just trying to turn it into a food-throwing contest.

RI: What else do you want the readers to know? The floor is yours.

TC: I'm really happy and proud of the scene at the end with the counselor, to let people know that you can be courageous. You can be

brave. You can do all these wonderful things. But there's still consequences. Whether it's physically injured or it's mentally injured, you need to get treatment for it. Being a Medal of Honor recipient, I've been very strong on removing the D from post traumatic stress. It's not a disorder. It's supposed to happen naturally. And if that's the case, why are we treating it like a disease?

Why are people refusing to seek help when they need it? So by putting that scene at the end, it lets people know that they can be as strong as you want until they can't anymore. It brings all those individuals—military, first responders, police officers—together and lets them know when something happens, you're going to feel it and it's okay to get counseling. That's why I'm glad he put that in there. It's okay to seek help if you're hurting internally.

Click the image below to watch a trailer for *The Outpost*.



THE OUTPOST SPECIAL: ROD LURIE



Director Rod Lurie's visceral, honest, and heartfelt vision of the Battle of Kamdesh makes *The Outpost* the best war film born of the modern era. He spoke with us about the key decisions that set the film apart and make it live in your mind long after the credits roll.

INTERVIEW: ROD LURIE

RI MAGAZINE: You're not just a veteran, you're a graduate of West Point—an institution which prides itself on producing leaders who win by their wits, being better prepared, and not just being technologically superior to the enemy. And yet, it was decided that, to get a foothold in this region, it was okay to set up an outpost that basically left our men like fish in a barrel, at the bottom of these mountains. As you dug into the details of this battle and figured out what they were up against, it must have perplexed you.

ROD LURIE: Well, let me give you a piece of information that I don't think has appeared anywhere. When I was a cadet, my squad leader was a guy named Mick Nicholson. He was a complete hard-ass, but he was also a fantastic cadet, one of the greatest cadets that ever walked that campus. In fact, he became the brigade commander the following year. He was perfect. And it was Colonel Mick Nicholson that set up that outpost, which I found shocking, when I read it.



Scott Eastwood stars as Clint Romesha, who led the heroic defense of Combat Outpost Keating. The badly outnumbered Americans beat back 300 Taliban fighters, killing half of them before sending the rest into retreat.

So I wrote him a letter, although he never responded to it, saying, "I'm going to make a movie about your decision," though I never ended up never

using his name in the movie. I really, really respect him. In fact, he is now a four-star general, and he has been in conflict with Trump a couple of times.

INTERVIEW: ROD LURIE

In any case, Mick Nicholson is not going to just set up things haphazardly for no reason, so there was a reason to build those outposts. If you look at any photo of the combat outpost, you'll see that right next to it is a village—100 yards away, so they built it for counter-insurgency. They wanted to make nice with the villagers so that the villagers would be more loyal to the United States than they were to the Taliban.

The other thing was that this particular outpost was on a road that had been used as a supply route of weapons from Pakistan to the Taliban. So, there were reasons for building this

outpost, and a few other outposts like it, but in my opinion, reasons not good enough, because there was just no way that there was not going to be a time where there would be some sort of overwhelming force, really well-armed, that was going to sneak down from their high ground, onto our low grounds, and attack, which is exactly what happened.

RI: The action is incredibly intense. You can't take your eyes off it. But did you have concerns about making any of the action, quote, too cool, or too entertaining?

LURIE: That was really, really

important, that this didn't come across as a piece of entertainment. Before the film began, we contacted the families of all the men who had lost their lives, and there was only one family member who we spoke with that was openly hostile to us. You know, "You're a bunch of Hollywood guys, you want to get rich off the death of," in this case, her husband. I told her, "I will just bury my head in shame if that is what happens, because it's exactly what we don't want to happen."

Also: almost everybody who is involved in this film, emphasis on the word almost, was working for scale, which is the



Caleb Landry Jones infuses *The Outpost* with heart and humanity as Ty Carter, a former Marine whose every move is now scrutinized in the Army.

INTERVIEW: ROD LURIE

equivalent of minimum wage. We had several veterans in the film, including myself, and this was very important to us, that the film comes across as absolutely authentic, and that we seek the truth everywhere that we can get it.

But there's something else, which you probably already know, which affected me the

most profoundly in this area, and that's the fact that when I was in prep on this film, my son Hunter died. He was 27, and he died right in front of my eyes. I just saw the last breath go out of him, my whole family did. And sometime later, my daughter said to me, "You know, dad ... I know you feel like you can't

make a movie, or any movie, but you have to go back and make this one, and you have to make it great, because if you didn't it would kill Hunter," who was a movie lover. And the last time I saw him, it was with all the actors in this film and some of the actual soldiers.

I took that to heart, and I called up Millennium and I said to them, "Okay, I'm coming back, but everyone needs to get out of my way. I dedicate this to my son, now."

I realized something else, which is that Hunter was the same age as the men who died, and pretty much all the families, including those who were a little bit hesitant on the film, they got behind me in a way that was just beautiful. I was a member of this terrible club now. I guess that's a very long way of getting to the fact that I now had to consider: if my son's death was portrayed on the screen, how would I want to see it?

The answer is with honesty. We see the deaths of these men on the screen, and there are no music swells. You don't linger on the deaths. They die as they did, instantaneous in most cases. In some cases it lingered, but it was all done with honesty.

When we showed the film to the families... They reacted the way that we had hoped, which is with a certain graciousness and gratefulness for the integrity with which we showed it. This became really important,



Rod Lurie is the director of 19 films, including [Resurrecting The Champ](#) and [The Last Castle](#). Follow him on [Twitter](#) and [Instagram](#). His son Hunter, to whom *The Outpost* is dedicated, worked as a film editor.

INTERVIEW: ROD LURIE

we became completely obsessed with this.

RI: My deepest condolences to you. I knew you had dedicated the film to him, but I never would have guessed that he informed such a crucial creative decision.

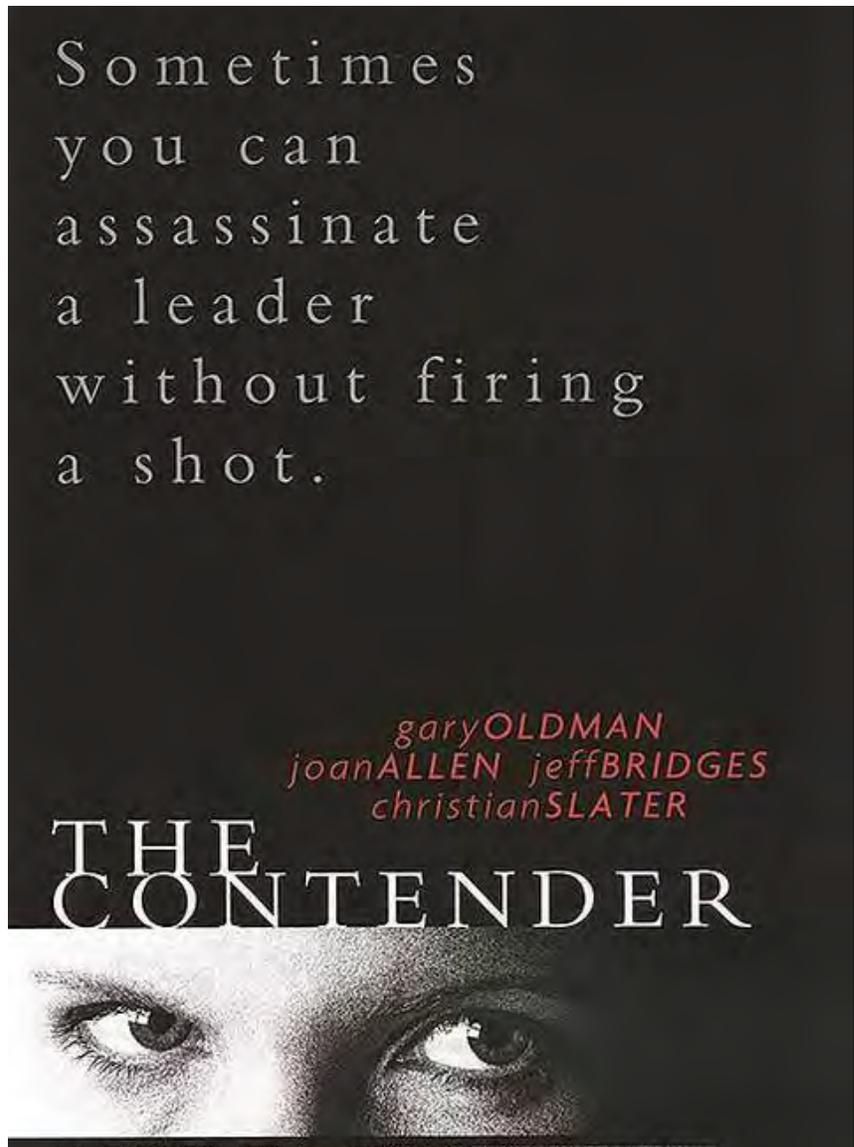
LURIE: Look, I don't know how you or Robert feel about him politically, but there's something rather beautiful about the persona of Joe Biden. My wife, a few months after Hunter's death, gave me his book called [Promise Me, Dad](#), and in that book, he talks about the need for purpose after something like this happens.

What my wife said to me, "Our children are supposed to be our legacy," and in this case, I've become my son's legacy. I want his name spoken forever, and I want the same for the names of the nine fallen—nine including Ed Faulkner, who overdosed after the battle.

If we want their names to be spoken forever, this is one way to do it, and so it became my purpose. My son will be part of the purpose of everything I do for the rest of my life.

RI: Some of the men who actually participated in the battle played themselves in the film or consulted.

LURIE: Jariko Denman and Ray Mendoza were the military consultants on the film. They were brilliant and they guided us



Click above to check out Lurie's *The Contender*, a political thriller that explores the intense mudslinging and double standards faced by a woman nominated for Vice President—a topic now freshly relevant. Stars Joan Allen and Jeff Bridges earned Oscar nominations for their performances.

through everything—from how to eat an MRE, to how to fire the M4, how to fire mortars, how to march and run with your weapons, and they've had basic training, so they did all of that stuff.

But we had several people that were directly connected to the battle, who were there. One is Ty Carter himself, the Medal of Honor recipient, played by Caleb. With just this brilliant

specificity, he was able to show us what happened to him in the battle. I believe that what we see him going through in the battle is pretty much perfect, in terms of its authenticity. He would tell us exactly where he shot that one Taliban guy he shot, and how he went down, and how far away he was, and show us how Brad Larson, the sergeant who was with him, shot two guys. And

INTERVIEW: ROD LURIE

when Ty was running with Mace on a stretcher at the end, when he basically stopped breathing, just to collect himself as he was running, and how he collapsed at the end, and what hand he used to open the door of the Humvee. It was perfect.

We had another, the guy who plays Sgt. Brad Larson, he is named Hank Hughes.

Hank Hughes was a lieutenant at that base in real, but not there for the battle. He helped me with the screenplay, he was a great actor.

Then, there was Daniel Rodriguez, who literally played himself. Rodriguez was somebody we really wanted. He fought in the mortar pit, and we came up with the idea of inviting Rodriguez to play himself, and he really wanted to but he wasn't so sure he could do it. When I sent Daniel a photo of the extra who was going to play him he decided to play himself.

He had to replicate the death of his best friend, Kevin Thomson, who died in front of his eyes, and that was quite a day for us, because Rodriguez was able to show us exactly how his friend died, and he was cool, and calm, and collected, and almost cold about how to treat the scene, and then, when we were

done, he went away and, I think, fell apart. Which is what soldiers do, we fight a battle in the field, with the emotional ramifications later.

RI: We never get close to the Taliban fighters. We always see them at a distance, as the men would have seen them from the

“I now had to consider: If my son’s death was portrayed on the screen, how would I want to see it? The answer is, with honesty.”

outpost. Were you ever tempted to get a closeup of a bad guy’s face, or did you always know from the start that doing it this way would be more effective?

LURIE: The point of the movie, for me, anyway, was telling it completely from the outpost, and from the point of view of these men. We would only see the Taliban as they would see them. Almost everything that you see in the film is how the men would see it, so really, the closest that you ever

get to them is when they’re on the outpost, or through the scopes. In the original screenplay, something like 30% of the movie was told from the point of view of the Taliban, but several things came into play there. One is that our budget was so low, I just decided that it would be much less expensive if I did everything at the outpost.

The studio [Millennium] wanted me to get in thick wherever I could between our guys and then the Taliban. That’s because that studio primarily makes action films, and they’re very, very good at it. I’m a big fan of *The Expendables*, the *Rambo* films, or the ... *Has Fallen* series.

But one of our mantras was, “We’re making a war film, not an action film,” and that’s

a very significant difference.

I came out of watching *Dunkirk*, so blown away, and impressed, and I realized that there is just a new standard for how to make a war film, and that you have to do it in new, creative ways. I decided that, for almost every sequence in the battle we would do it without cut-aways, as oners, or single shots. And 70% or 80% of the movie is one flowing shot. I thought that would just be the best way to immerse you in the battle.

THE OUTPOST SPECIAL:
JAKE TAPPER



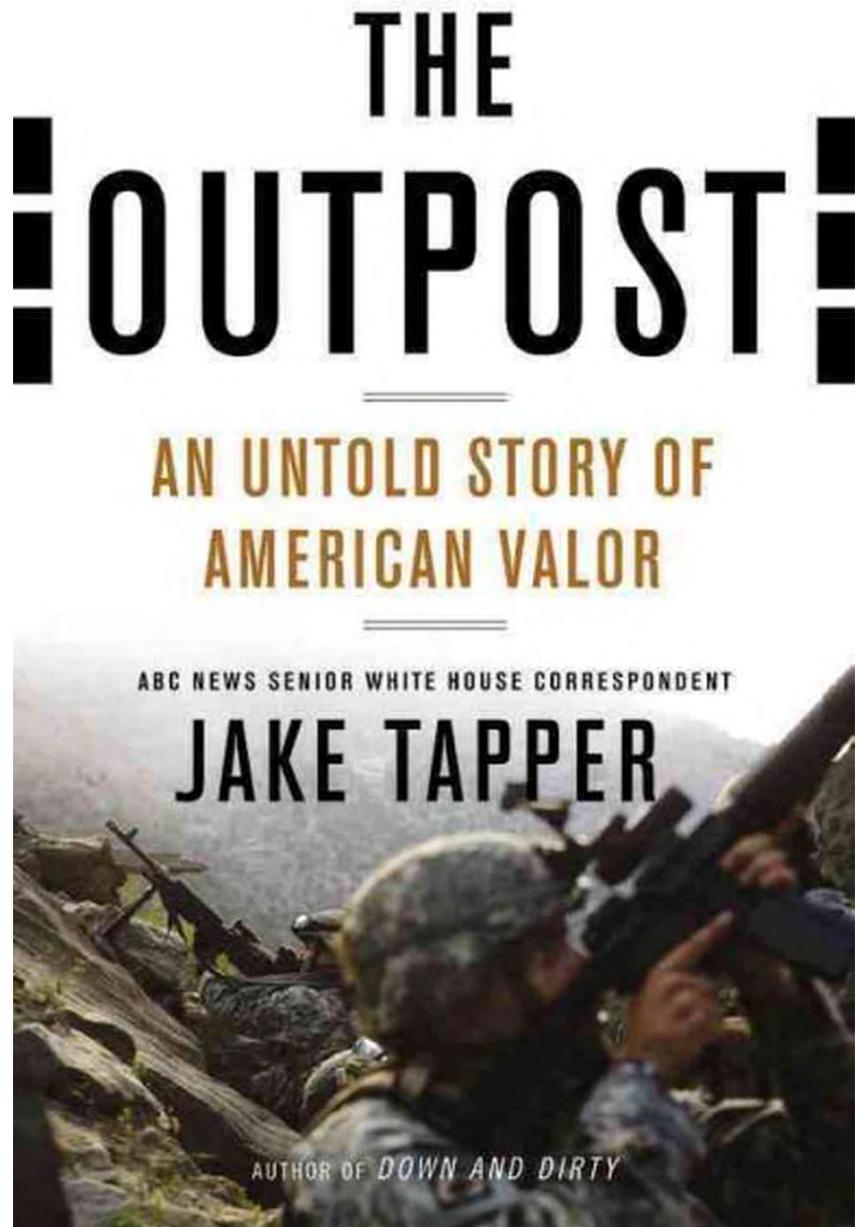
When the host of CNN's *State of the Union* began reporting on the Battle of Kamdesh, what he thought was a singular tale of American valor spiraled into a much larger story about what went wrong in Afghanistan. Now his critically-acclaimed book, *The Outpost*, is a hit feature film.

INTERVIEW: JAKE TAPPER

Robert Irvine Magazine: Rod Lurie is an excellent director, but he hasn't directed anything like *The Outpost* before. At what point did you realize it was in such good hands?

Jake Tapper: I was a fan of *The Last Castle*, and I was happy that such a gifted director was involved. But I guess it really wasn't until I met Rod and we talked about the war and about the relationships I established with all the people who served there and the Gold Star Families, that I realized that he really got it. I met him at my house and talked to him about how we really needed to make sure that the families were as involved as possible, and he was very receptive.

He was constantly talking about how to make the script even better and how to improve it and keeping everybody on top of everything. One of the decisions Rod made, and I agreed with, was to take some of the stories that took place earlier in the history of the *Outpost* and make them part of this movie. The story of Ben Keating that took place in 2006 and the story of Rob Yllescas, which took place in 2008 and put them in the movie as if they



Tapper's account is exhaustively detailed and ultimately serves as a perfect microcosm of the problems with the war in Afghanistan. Order it [HERE](#).

happened in the same deployment. That was a controversial decision within the family and those involved, because obviously we were playing with time, but I agreed with the decision because I

thought it helped honor Ben Keating and Rob Yllescas, and it also helps tell the larger story of the outpost.

Then when I saw the film, obviously I was just blown away.

INTERVIEW: JAKE TAPPER

RI: Rod says you were incredibly nervous when you went to screen it for the Gold Star families. You must've had a similar feeling when the book was coming out.

JT: With the book, it was a little different because I had shared parts of it with soldiers just to make sure that my descriptions were accurate. I felt a little bit more confident. Also, the book is nonfiction, and while the film is nonfiction too, it's a recreation, a dramatization. I was very nervous. These were the reviews I was really worried about, because I can't imagine what it's like to have served. I can't imagine what it's like to have lost a loved one in a war, and then frankly, just

to watch your loved one be portrayed on screen—must less to watch that person's death recreated on screen. All of those things made me really worried, because I knew it was going to be traumatic or could be traumatic for people.

But again, Rod was such a great force for making sure that the families were part of it. They saw the film last October, close to the 10-year anniversary of the big attack. Millennium Pictures flew in people who had lost someone in war or some people who had served there. The Brookings Institution with retired Marine General John Allen—who was commander of troops in Afghanistan at one point—hosted the event. We showed it at the Naval

War Museum. We had three grief counselors there just in case anybody needed to talk to somebody. Ultimately, one soldier left a few minutes in because it was just too triggering. We all understood that, but ultimately, after the film was over, I went around to each one of the families... and to a family, everyone felt positive.

I mean, you don't feel good about a movie like this, but they felt positive about the portrayal. They felt like it was reverential. It was respectful. We didn't pretend that these were a platoon of saints. They're actual, real human beings. So I was scared, but then at the end I was very relieved. After that, I was just like, "Well, whatever the reviews are after this, anything else is gravy, because this is really all I cared about."

RI: We've interviewed a lot of soldiers and Marines for the magazine, and sometimes it's hard to get them to open up—even if they did not experience combat, or experience anything like the Battle of Kamdesh. How did you establish to them that you were someone that could be trusted with their story?

JT: Well, it wasn't easy, and it was



Tapper says that the film's inclusion of stories like Ben Keating (played by Orlando Bloom)—who served before the Battle of Kamdesh—was the right call as it helped tell the larger history of what happened at the outpost.

INTERVIEW: JAKE TAPPER

person by person. Some people trusted me more than others, but ultimately it was just the fact that I was, I think, devoted to telling the story and I cared about it. I think a lot of them felt like this attack happened and barely made news in the United States. And relative to the fact that it was the deadliest day for the US in Afghanistan that year, it really didn't make a huge amount of news.

I think a lot of them resented that, that they were sacrificing and serving and giving so much and nobody was paying attention.

First, it was just going to be a story of what happened in 2009, but then some press got out that I was writing this book and some of the guys from 2006, from 271 camp, reached out and they said, "Well, you're writing about Keating.

I want to tell you why we put it there, and I want to make sure this book also tells the story of people that we lost." Then guys from the next deployment, 191, reached out because they wanted me to tell the story of the guys from their platoons and from their troops that died.

The next thing I know, I have this much bigger book that tells the whole story of this one base, and in that way tries to tell the story to Afghanistan by just looking at one outpost. But the

soldiers made the story bigger, not me. I was there to tell their stories, but they were the ones who ultimately got me to make this a much bigger book.

RI: As an audience member, when you first see the outpost and the sheer mountains on all

"This attack happened and barely made news... I think a lot of them resented that."

sides, you don't need to have any background in military strategy to realize this is terrible. When you began reporting on the story and learned that detail, it must've baffled you.

JT: Yeah, and it wasn't easy to find the person who made the decision, but ultimately, and the movie doesn't go into this, but this is how policy decisions in Washington end up having an effect on people's lives in Afghanistan. The reason why the outpost was at the bottom of three mountain

was because, A, it was part of a decision to set up all these small outputs all over Northeastern Afghanistan, B, in that part of Afghanistan, it's all mountainous, so you're either on top of a mountain or at the bottom of a mountain, and C, most of the helicopters were in Iraq.

Afghanistan was the forgotten war, so in order to have a camp that you could resupply and leave and go to, it needed to be near the roads because you didn't have access to helicopters. Those decisions made by generals or colonels or President Bush, or whomever, ended up having an impact on why they put an outpost there.

RI: So it was logistically sound in terms of resupply, but it left the men as

an afterthought.

JT: Well, I would never call it sound, but that was the reason. If you're going to put an outpost there and you're not going to give helicopter to soldiers so they can go to and from the camp, then there's only one option. In the book gets into the politics or conclusions more than the movie. My conclusion in the book is if you're going to do this, then you have to make sure that you support these guys every way you can, and I did not see evidence of that.

INTERVIEW: JAKE TAPPER



Scott Eastwood's Clint Romesha fights to keep it together.

RI: Back in the earliest days of this war, the Bush administration had been adamant that we weren't going to be nation-building. Now this war is two decades old and it wasn't even mentioned at the RNC or DNC. At what point did you realize the American public was totally numb to this? And did you view your book as an attempt at producing an antidote to that?

JT: Kind of, yeah. By the time of the *Outpost*, Bush had changed his position and now was in favor of nation building, but as long as there's not going to be a

draft—and no one's advocating for a draft—but as long as it's an all volunteer force, then people are going to be disconnected from it, unless they are from a military family or community, or go out of their way to not be disconnected from it.

When you have 1% of the population doing all the sacrifice and service for the other 99%, it's not healthy. The book was an attempt for me to try to bridge the chasm, so I understood who these people were and why they did what they did, and then the desire to have it be a film. Thank God that it was

good as it is, and that's because of Rod, the screenwriters, and *Millennium*. Because I wanted a wider audience to know the story and to appreciate what was going on. I can't say that it solves the problem, but hopefully there are a few more people who are a little bit more aware of what these men and women do for us than there were before.

RI: It's obvious their sacrifice is incredibly meaningful to you. I had planned on this being an apolitical conversation, but I'd now be remiss if we didn't talk

INTERVIEW: JAKE TAPPER

about what's been reported—that the current commander in chief not only has no respect for this sacrifice, but outright disdain. What was your reaction when you read that Jeffrey Goldberg piece in *The Atlantic*?

JT: It was very upsetting, but not particularly surprising, because, look, this is a guy who in 2015 said that he didn't think John McCain was a hero because he was captured. He likes people who weren't captured. I understand John McCain might not be everybody's cup of tea, whether on the left or the right, but he was a prisoner of war for five-and-a-half years, a war he didn't start, a war that John F. Kennedy and Lyndon Johnson started and Richard Nixon continued.

We sent John McCain there, the American people, and he was captured and tortured, and to not have respect and reverence for that is very upsetting. The president is denying that he said what he said, but the things that the president had said about service—and I understand that he has done other things to honor veterans and members of the military—but the things he has said and done on the record about people who have served,

whether it's smearing the Khan family, or any of the other many, many things that he has done have upset veteran friends of mine.

I find it very distressing—and I did not serve—but one of the things that I have appreciation for is I understand that these people who serve are doing something selfless and are doing it for me and my family. Even if I don't always agree with every decision made in the military by a president, by a soldier or service member, I have and will always have gratitude for these individuals and what they're willing to do.

I don't care if that's a conservative Republican like Tom Cotton, or a liberal Democrat like Seth Moulton, whether it's Joni Ernst or Tulsi Gabbard, I have apprecia-

tion for it and I have gratitude for it, and that transcends their views, their actions. I do not understand people, much less a commander-in-chief, who can't do that.

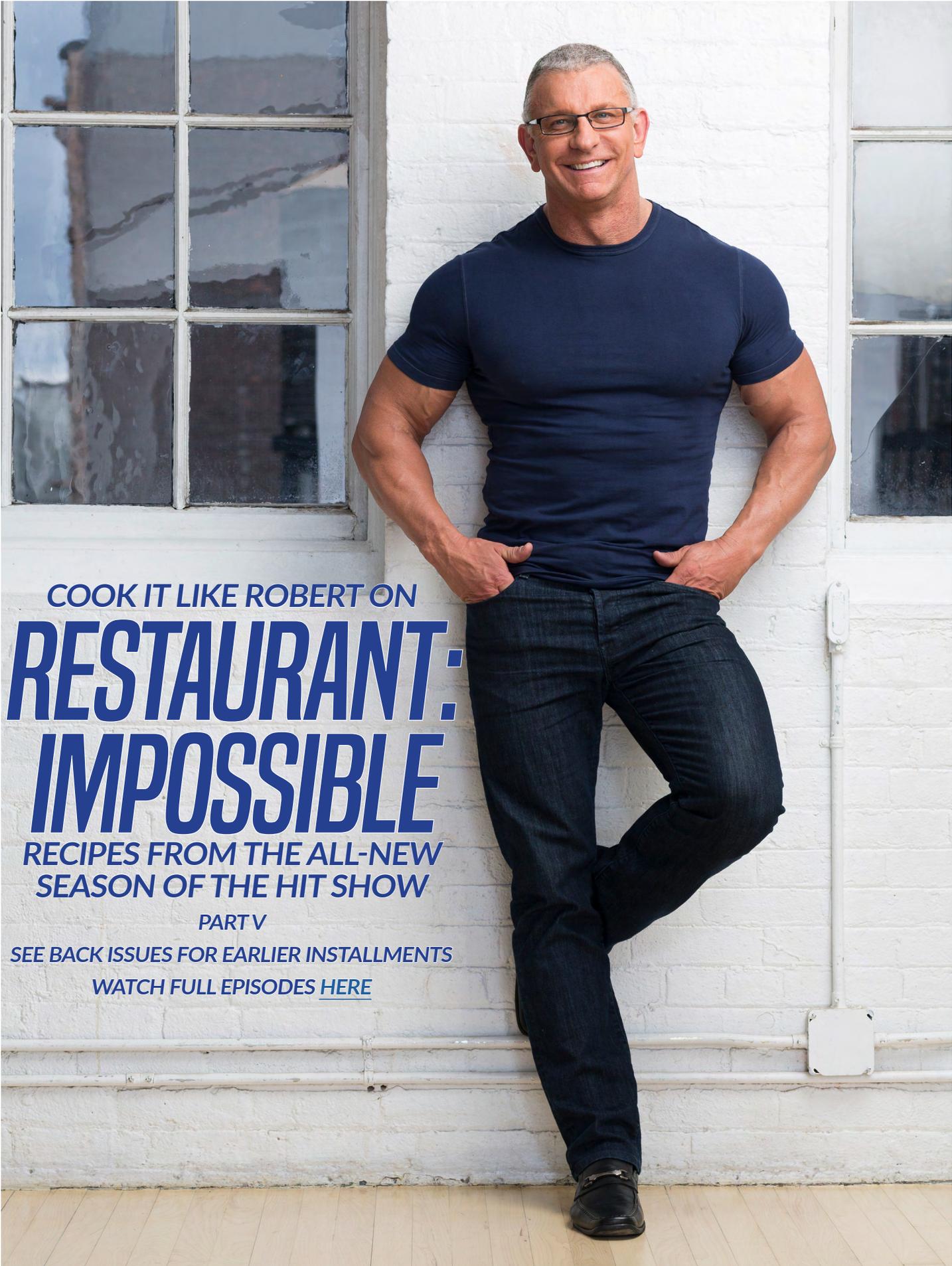
RI: What do you want people to take away from this film?

JT: I guess the most important thing is to stick around through the credits at the end [which features interviews with the actual soldiers], because these are real people. It's not just a movie. These were real people with real pain and real families, and it's always important for us to remember that.

Jake Tapper hosts State of the Union and The Lead with Jake Tapper on CNN. He is the author of The Outpost and The Hellfire Club. Follow him on [Twitter](#), [Facebook](#), and [Instagram](#).



Members of Troop B, 3-61 Cavalry Regiment, including Medal of Honor recipient Staff Sgt. Clinton Romesha, several AH-64 Apache Helicopter pilots, and two Latvian soldiers pose for a group photo after the Battle at Combat Outpost Keating Oct. 3, 2009. Photo by Stoney Portis, US Army



COOK IT LIKE ROBERT ON
**RESTAURANT:
IMPOSSIBLE**

RECIPES FROM THE ALL-NEW
SEASON OF THE HIT SHOW

PART V

SEE BACK ISSUES FOR EARLIER INSTALLMENTS

WATCH FULL EPISODES [HERE](#)



Shrimp Quesadilla

From the episode, “Back in Business: Back Nine”

YOU’LL NEED

FOR THE AVOCADO WHIP

1 avocado, diced and mashed
1 jalapeno, diced
1 clove garlic, minced
2 tbsp sour cream
1 tbsp lemon juice
Salt and pepper to taste

FOR THE QUESADILLA

16 oz 21-30 shrimp
3 cups diced pineapple
3 cups shredded cabbage
1 red bell pepper, diced
1 yellow onion, small diced
2 cloves garlic, minced

4 eight-inch flour tortillas
4 tbsp shredded pepper jack cheese
4 tbsp sliced scallions

MAKE IT

AVOCADO WHIP

1) Combine avocado in a mixing bowl with jalapeno, minced garlic, and sour cream.
2) Next add lime juice and mix using a whisk. Season with salt and pepper.

QUESADILLA

1) In a large sauté pan over medium-high heat add shrimp. Cook for about 2 minutes.
2) Add pineapple, cabbage, red peppers, and onion. Allow to cook for

another 3 minutes.

3) Add garlic and cook for about 45 seconds, making sure not to let it burn.

4) In a separate sauté pan over medium-low heat, place flour tortilla shell.

5) Add shrimp and cabbage mixture directly to the center of the tortilla. Finish with 1 tbsp pepper jack cheese and fold it edge to edge.

6) Continue to cook for another 3 minutes on each side or until tortilla is a light brown and cheese is melted.

7) Cut into 4 pieces and top with avocado whip and sliced scallions.

Hot Link & Burnt Ends

From the episode, "Back in Business: Branching Out in Missouri"

NOTE: This recipe requires brisket burnt ends. See Robert's recipe for smoked brisket [HERE](#).

SERVES 4
YOU'LL NEED

FOR THE BURNT ENDS SAUCE

1 tbsp grape seed oil
1 onion, diced
1 clove garlic, minced
3 ribs celery, diced
1 cup button mushrooms, sliced
16 oz burnt ends
1 cup sweet style BBQ sauce

2 tbsp Dijon mustard
1 tbsp whole grain mustard

FOR THE HOT LINKS

1 tbsp grapeseed oil
4 hot link sausages
4 brioche buns
1 tsp butter
4 oz pickled beets
2 oz crumbled feta cheese

MAKE IT

BURNT ENDS SAUCE

1) In a large sauce pot over medium heat, add grapeseed oil. Then add onion, garlic, celery, and mushrooms.

2) Allow to cook for 8 minutes. Onions, mushrooms, and celery should be light brown in color.
3) Next add burnt ends, bbq sauce, Dijon mustard, and whole grain mustard.
4) Finish with salt and pepper.

HOT LINKS

1) In a large sauté pan over medium-high heat, add grapeseed oil. Sear sausage on all sides.
2) Lightly toast the bun, open face down in melted butter. Slice the sausage in half, lengthwise, and place on bun. Top with burnt end sauce, pickled beets, and feta cheese.



AS SEEN ON TV



Piadina Sandwich

From the episode, “Reuniting Family in Missouri”

SERVES 2

YOU’LL NEED

FOR THE PIADINA

6 oz pizza dough
4 slices hard salami
4 slices spiced ham
4 slices mortadella
3 slices provolone cheese
2 eggs yolks
½ cup banana peppers
1 scallion, sliced

FOR THE CHILI AIOLI

½ cup mayonnaise
1 tbsp gochujang
1 tbsp sriracha sauce
2 cloves garlic, minced

MAKE IT

PIADINA

1) Roll pizza dough into a thin circle. Place cheese, salami, spiced ham, and mortadella in the middle.
2) Fold one side of the pizza dough onto the other, creating a pocket.
3) Fold edges of piadina, close by pinching using your index finger and your thumb

4) Coat entire piadina with egg wash and top with salt.
5) Place in a 450° oven for 9 minutes.

CHILI AIOLI

1) In a large mixing bowl, add mayonnaise, sriracha, gochujang, and minced garlic. Mix well and season with salt and pepper.

PLATING

1) Cut piadina in half and plate. Serve with chili aioli and sliced scallions.

Short Ribs with Red Cabbage

From the episode, "Back in Business: Leadership Lessons in Florida"

Serves 4

YOU'LL NEED

FOR THE SHORT RIB

4 bone-in short ribs
2 tbsp salt
5 tbsp brown sugar
1 tsp smoked Paprika
1 tsp Cajun spice
2 carrots diced
1 onion diced
2 qts beef stock
1 qt pineapple juice
2 cups sweet BBQ sauce
1 head red cabbage
2 cups pineapple, diced
1 mango, peeled and diced
1 cup red wine vinegar

1 tbsp honey
1 tbsp sugar

FOR THE CAJUN POTATO SALAD

12 Red Bliss potatoes, cooked through, chilled, and quartered
2 cups mayonnaise
1 tbsp Cajun seasoning
1 cup crystal hot sauce
1 tbsp cumin
2 tbsp white wine vinegar
1 tbsp sugar
1 tbsp chives chopped

MAKE IT

SHORT RIB

1) In a large mixing bowl, add salt, brown sugar, smoked paprika, and Cajun spice. Mix together.

2) Evenly coat each short rib with 1.5 tbsp of rub 24 hours prior to cooking.
3) In a large roasting pan or pot over high heat, sear short rib on all sides. Remove short ribs from pan and sear carrots, onion, and half the pineapple over medium heat.
4) Add beef stock, pineapple juice, BBQ sauce and bring to a boil.
5) Place short ribs in the stock, cover and place in a 325° oven and cook for 3.5 hours or until ribs are tender.
6) In a separate pot, add cabbage, mango, pineapple, red wine vinegar, honey, and sugar. Bring to a boil and allow to cook for 5 minutes before dropping to a light simmer for 45 minutes.
7) Finish cabbage with 2 tbsp butter. Season with salt and pepper.

CAJUN POTATO SALAD

1) In a mixing bowl add mayonnaise, Cajun seasoning, cumin, Crystal hot sauce, white wine vinegar, cumin, and sugar. Season with salt and pepper.
2) Next add chilled potatoes to the mayonnaise mixture. Finish with chopped chives.

PLATING

1) Place sweet and sour cabbage on the center of a plate.
2) Place short ribs on top of cabbage. Strain braising liquid. Top short rib with sauce.
3) Serve Cajun potato salad on the side.



AS SEEN ON TV

Cajun Lasagna

*From the episode, Back in Business:
Losing Hope in Mississippi*

Serves 12

YOU'LL NEED

1 lb ground turkey
1 lb andouille sausage
1 onion, diced
1 bell pepper, diced
2 celery stalks, diced
4 cloves garlic, minced
1 cup white wine
2 cups chicken stock
1 cup tomato paste
1 tbsp Cajun seasoning
1 tbsp ground cumin
2 cups ricotta cheese
1 cup Parmesan cheese
1 1/4 cup Monterey Jack cheese
shredded (reserve 1/4 cup)
2 boxes dried lasagna sheets

MAKE IT

- 1) Fill a large stock pot with salted water. Bring to a boil.
- 2) In a large sauce pot over medium-high heat, add ground turkey and andouille sausage. Allow to cook for 8 minutes. The sausage should turn a light brown color.
- 3) Add onion, peppers, celery, cumin, and Cajun seasoning. Cook for 5 minutes, stirring frequently.
- 4) Add garlic and cook 4 minutes.
- 5) Deglaze with white wine and allow to reduce for 3 minutes.
- 6) Add tomato paste, and chicken stock and allow to cook for 20 to 30 minutes.
- 7) Place pasta sheets in boiling water and cook until al dente, about 6 to 8 minutes. Strain and allow to cool. Lightly coat with olive oil.
- 8) In a large mixing bowl, add ricotta cheese, Parmesan cheese, and

- 1 cup Monterey Jack cheese.
- 9) In a large greased 13×9 casserole dish, place about 1/2 cup of ground turkey, and andouille mixture.
- 10) Top with cooked lasagna sheets, making sure to slightly overlap the noodles.
- 11) Top with more turkey sauce, about 5 tbsp, then top with ricotta cheese mixture.
- 12) Top with more lasagna sheets again making sure they overlap.
- 13) Repeat with 2 more layers. Top the last layer with the remaining 1/4 cup of the Monterey jack cheese.
- 14) Wrap in foil and bake in a 375-degree oven. Cook for 30 minutes.
- 15) Remove foil and cook for another 20 minutes.
- 16) Remove from oven and allow to cool prior to serving.



AS SEEN ON TV

Crispy Fried Pork Ribs

From the episode, "Branching Out in Missouri"

Serves 2

YOU'LL NEED FOR THE RIBS

1 rack of ribs, already smoked and chilled and cut into individual bones
4 eggs, beaten
2 cups flour
1 tsp salt
2 tsp black pepper
1 cup sweet BBQ sauce
3 tbsp whole grain mustard
3 tbsp Dijon mustard
1 bunch cilantro (for garnish during plating)

FOR THE COUNTRY GRAVY

½ lb butter
½ cup all-purpose flour
2 qts milk
1 tsp nutmeg
2 tbsp ground black pepper
Salt (to taste)
4 oz greens beans
1 cup shitake mushrooms, sliced

FOR THE SMASHED POTATOES

3 Russet potatoes, cooked through and peeled
1 tbsp sour cream



1 cup heavy cream
1 tsp butter
1 bunch chives, sliced

MAKE IT RIBS

1) In a large mixing bowl, add eggs and whisk together. In a separate bowl add flour, salt, and pepper and mix.
2) Place the ribs into egg and then into flour. Place the ribs back into egg, and then back into the flour.
3) Place ribs into fryer at 375° degrees and cook for 5 minutes, until crispy.
4) In a large mixing bowl, add BBQ sauce, Dijon mustard, and whole grain mustard. Incorporate.
5) Remove ribs from fryer, drain, and coat with mustard BBQ sauce.

COUNTRY GRAVY

1) In a sauce pot over medium heat add butter. Allow butter to melt. Using a whisk add flour. Allow to cook for 5 minutes.

2) Next add milk and allow to cook for another 5 minutes.
3) Finish with salt and pepper.
4) In a separate pan over medium heat add grapeseed oil or butter and melt. Then add onions, mushrooms, and green beans. Cook for 4 minutes. Season with salt and pepper.
5) Add country gravy to the green beans.

SOUR CREAM

SMASHED POTATOES

1) In a small sauce pot add cooked potatoes, sour cream, butter, and heavy cream.
2) Smash potatoes with a masher.
3) Add chives and finish with salt and pepper.

PLATING

1) Place whipped potatoes on the plate. Add crispy ribs. Top with green beans, mushrooms, country gray, and finish with cilantro.



How The Best Gelato in Boston Opened During The Pandemic

While the food industry faces unprecedented hardship, Delini Gelato proves there's still room for newcomers who are committed to excellence.

BY KATIE LINENDOLL

DELINI GELATO

Delini Gelato in West Roxbury, MA is known for its artisanal gelato made from farm fresh ingredients. With unique flavors like Honey Lavender, Homemade Baklava, and Vegan Figs and Peaches, customers can't get enough.

But the small shop's success story is as unique as its flavor combinations; Delini isn't some neighborhood mainstay that's been around for decades. It opened in June as the entire restaurant industry began to face a wave of heartbreaking pandemic-induced closures.

The shop's owner, Viki Petkova, certainly didn't plan it that way. She was just ready to share her passion with the world.

"Everyone told me I was crazy to open during this time," Petkova says, "But for me this was my dream!"

In many ways, Petkova is the embodiment of the American dream. She hails from a small mountain town in Bulgaria where she became accustomed to hard work and developed an appreciation for the land and locally sourced, wholesome ingredients. Her family even raised their own goats, pigs, chickens, and sheep.

After she met her husband, Nik, in Cape Cod in 2008 at a student work program, Petkova decided to move to America where she eventually earned her citizenship in 2015. She has traveled all over the world, refining her expertise and training with her mentor and friend, Savina Nikolova, of Savini Gelato in Bulgaria.

Before the launch, Petkova struggled for years with regulations and obtaining permits. She attempted to open two other locations in various towns around Boston before finally settling in West Roxbury. After painstakingly getting every detail into place, Covid-19 hit and the shutdowns began. Rather than scuttle her plans, she forged ahead with opening and has been rewarded handsomely.

The pandemic, though, brought new, unexpected challenges with shortages in supplies. For example, an organic cane sugar order can take weeks to fulfill. Pet-



ALL IN THE FAMILY. Viki Petkova, right, with her mother and daughter. "Everyone told me I was crazy to open during this time," Petkova says. But customers have shown up in droves for Delini's amazing gelato.

kova, however, developed creative solutions and used this as an opportunity to create unique flavors with what she had.

Delini Gelato keeps it all in the family. The shop is named after Petkova's daughter, Delina, which is a unique combination of Darina and Elena—her two grandmothers. Her husband works full time but helps out every day and on weekends; he also created their website, assists with social media, and manages the back end of their online ordering platform.

DELINI GELATO

Word of mouth and Instagram have proven to be one of the shop's greatest assets. And the family's passion is displayed through their hard work and the tireless hours they put into the shop. If you pass the store at 1:00 a.m., the lights may very well still be on as they create the next day's gelato goodness. As of this writing, Viki's mother is in town from Bulgaria making Baklava for one of their most in-demand flavors.

Petkova diligently follows all health department guidelines; she is tested for Covid frequently and the shop is regularly checked and tested for compliance. Currently, the shop cannot accommodate dine-in, so guests must stand outside the shop or sit near the roadside. And while social distancing creates lines out the door, customers have proved willing to wait for a high-quality product.

The lesson other small business might glean from Petkova's success is that an uncompromising approach to everything from ingredient quality to safety protocols creates loyal customers. Her Gelato Pozzetti was imported from Italy, and her Coldelite Compactor Vario Elite machine is state of the art. (Not to mention everything from spoons to bowls to the pint takeout boxes are compostable.) She also travels to local farms and markets to ensure she is getting the best organic produce.

Then begins the labor-intensive process of creating the perfect gelato. Her signature Pistachio flavor takes six hours from start to finish. She starts by selecting the very best organic nuts, inspecting each one



Viki Petkova hard at work perfecting her craft. She often works into the wee hours of the morning to make fresh product for the next day.

and removing the skin by hand, then using a Melanger to crush the nuts to particles of 15 microns. One of her ingredients is a special rose oil used in the Baklava from the oldest rose farm in Bulgaria—an ingredient carries a price tag of \$600 per ounce.

When it comes to the power of social media, Petkova is pretty savvy in that area, too. It's hard not to get lured into the shop after seeing an Instagram post about a new flavor and the process of how it was created. Petkova notes that customers have previously stormed out when they see a new flavor posted only to discover that it has already sold out by the time they arrived.

In addition to adding new flavors weekly, the menu is regularly updated with new selections like

organic chocolate chip cookie gelato sandwiches and gelato on a stick for kids.

Personally, I have a huge sweet tooth, and having traveled all over the globe, I can honestly say I have never tasted better gelato.

"Generations of Italians from the neighboring Italian restaurants were ordering pints in the dozens," Petkova says of her ultimate validation, "and they were asking how I made the gelato because it tastes like it's from Italy!"

So, what does the future hold for Delini? For a business that opened during a global pandemic, they have stayed the course and already made a name for themselves in West Roxbury. Moving forward, Petkova hopes to open another location in downtown Boston or

DELINI GELATO

begin operating a food truck. Those same neighborhood Italian restaurants so impressed with her technique are now talking to her about using Delini Gelato to add to their dessert menus.

While Petkova never thought she would be pursuing her dream during a pandemic, the early success has her dreaming of even more. Her options for the future are wide open. For now, Delini is drawing crowds... six feet apart, that is.

TECH FOR SMALL BUSINESS OVER - App for Android and IOS

Over is a great app for creating professional social posts. Over provides a vault of graphics and fonts to select from. In addition to creating professional posts for Instagram and Twitter you can also use this app to build website graphics and banners.

SQUARE PAYMENTS

If it's not your expertise, implementing an online ordering platform for your website can be daunting and risky. Square (squareup.com) can be a great resource for your business both in store and online. The downside is its 2.5% fee +10 cents, but you save yourself the headache of building and integrating an online ordering platform from scratch.

TARGETED SOCIAL PROMOTION

A simple yet effective way for small business to reach more customers is to do promoted posts on Instagram and other social platforms. You can choose your audience based on their age, location, and interests targeting more community visibility.

Katie Linendoll is an Emmy-winning tech reporter and a regular contributor to the Today Show. Follow her on [Twitter](#) and [Instagram](#).



BEFORE & AFTER
Top: The raw ingredients of the fig-and-pistachio gelato includes a bit of rose oil which costs \$600/oz. Bottom: The finished product is a mega-hit with customers. Follow Delini Gelato on [Instagram](#).

INTERVIEW:

BRITTNEY CASTRO

Mastering your personal finances doesn't have to be a boring chore, and Brittney Castro is on a mission to prove it to the world.

INTERVIEW BY SJ
McSHANE

Brittney Castro is a Los Angeles-based financial entrepreneur whose mission is to pave the way for ordinary people to become financially independent while still being able to enjoy life and not experience the common stress that comes with making important financial adjustments to one's life.

Castro makes all things concerning money approachable, and fun while taking the “stuffiness” out of an otherwise not-so-fun conversation. That's why she founded Financially Wise in 2013—to change the way people see money, and to make it a much easier subject to deal with.

Elected as one of the “40 under 40” in 2020, as well as one of the 22 “Women to Watch” by Investment News, Castro also ranked 6th on INVESTOPEDIA's Top Influential Financial Advisors list in 2017.

Working alongside top brands like Chase, Mint, Turbo, Investopedia, Altruist, and NextGen to



promote financial literacy, As a woman of color (she is half Mexican) Castro wants to inspire oth-

ers to not allow society to define what they can or can't do based on gender and race.

INTERVIEW: BRITTNEY CASTRO

Robert Irvine Magazine: Your business, Financially Wise, Inc., has helped a lot of people to master their finances no matter how much or how little they had to begin with. What prompted you to start this company and where do you see it going in the future?

Brittney Castro: I graduated from UCSB with a degree in Business Economics with a minor in Sports Management. I always knew I wanted to own my own business so when the job offer to become a financial advisor came as I was graduating college, I accepted, having no clue what a financial advisor was. But I learned what it took to succeed as a financial advisor and realized that I was really good at it, but also learned I needed to do it in my own way. That started my entrepreneurial journey of leaving that firm to go to an independent one, then eventually starting my own firm in 2013.

I think through the experience I learned I could offer people a new approach. One that was way more holistic and modern from the traditional ways of most financial advisors. My company has now become more of a financial education company providing private financial planning services, online courses, and brand partnerships to act as a spokeswoman/Influencer/



A lover of fashion, Castro says that indulging for yourself all comes down to responsible budgeting.

financial expert to help brands spread the message of financial literacy. I see this side of the company being my future as now, more than ever, more and more corporations, brands, and organizations are putting marketing dollars and efforts behind financial literacy

campaigns for their customers and need someone like me to help them with the financial advice and talk about financial literacy in a fun and relatable way.

RI: You have mentioned one of your missions has been to empow-

INTERVIEW: BRITTNEY CASTRO

er women through their finances. Can you unpack that a bit more for us and elaborate on the importance of women having control over their finances?

BC: Everybody needs help with their finances and women just need a different type of help. Women in particular haven't always had the opportunity to manage the money and this goes back throughout history and the evolution of money management in society. Now, more women are the primary breadwinners of households, opening up businesses at twice the rate as men, and are responsible for 83% of the day-to-day spending. When it comes to explaining personal finance to women, a good financial planner knows that it is important to listen to the woman's concerns, educate and empower her from a holistic point of view and create a space and environment where she feels comfortable asking as many questions as she needs.

This helps women overcome the specific challenges they face such as earning less than men, being out of the workforce for about 11 years on average—usually to care for children or aging parents—and the fact that women live longer than men. All of these challenges are why women need to find someone to help them manage their money wisely and become empowered doing so.

RI: Since the pandemic has caused a lot of people who didn't previously worry about savings to suddenly look to the future, what advice can you give for someone starting out? Especially someone who lives paycheck to paycheck with little to no savings?

BC: It's tricky when you're living paycheck to paycheck but the best approach is to do your best to figure out your budget and how you can earn more income whether it's a side hustle, asking for a raise, or

“Most of us don't get a financial education growing up. Instead of complaining about it, decide to educate yourself now.”

to cut back on current expenses to free up money that you can reallocate for savings. It takes time and discipline to do this. You need to get honest with yourself but when you do, you feel more in control and it expands your options. You can start by asking yourself, “How can I make this better for myself?” “Can I earn more money? Can I ask for a raise? Are there expenses I could cut out so that I

can save even if it's \$20 a month?” All these things are simple steps, but do add up over time to create financial success.

RI: Saving and investing are two things you encourage for those looking to be financially wise, what advice can you give on how to begin saving, or even investing during this current time?

BC: Start by educating yourself on the basics of personal finance and the different financial planning principles such as budgeting, saving, and investing wisely. I think online courses such as my Money Class or financial books are important for everybody to read. Everyone has to constantly improve or enhance their own financial education. It is way better to take the time to educate yourself and then set up saving or investing once you have that foundation of an education around what is needed for your specific financial situation.

RI: During the pandemic, do you encourage people to save their money or spend, and why?

BC: Well it really depends on the person as there is no one way that is right for everybody. So, if someone is in a situation where they can save money or just keep saving money based on their financial plan and budget then of course. If someone is in a situation where they have a lot of excess cash flow and have

INTERVIEW: BRITTNEY CASTRO

been working strategically on saving for their goals, now they may be able to bump up a goal such as buying a home to take advantage of low mortgage rates because they have the ability to do so. There are many opportunities right now so someone who has been working hard on their finances and has a solid financial foundation (good income, no debt, adequate cash cushion, saving for retirement) might have fun during this time taking advantage of new ways to create wealth. The truth is you have to access your own unique situation and create a budget and financial plan that is right for you based on where you are at.

RI: For those who have suffered financially due to the pandemic, what is your advice on how to climb out of it and get ahead?

BC: Everybody needs to take this time to update their budget and financial plan and determine where they stand in relation to their goals. If someone was using their cash emergency fund to get them through a challenging time of no or lower income, then they might have to refocus on building that cash cushion back up. Or if somebody accrued credit card debt to pay for things to get them through a no or low-income time, then they might need to focus on paying off that debt. Everybody is in a different situation, so the important thing to know is you're not alone. But update the plan accordingly, so you have a clear idea of what you need to do every month to either improve your situation or reestablish your financial foundation.

RI: For those who have a lot of credit card debt, should all debt be paid off before they begin saving?

BC: There's no one right way but you can start by figuring out how much credit card debt you have, the interest of the debt, and where you stand in relation to your other savings goals such as having an adequate cash cushion, saving for a home down payment, and investing for retirement. Usually in financial planning one would do a combination of a few different goals at any given time. This is the art of money. Figuring out how you can best use your income and assets to pay for your current life and tackle all your financial goals. This takes time and usually the help of a certified financial planner, so you have clarity and you understand how to maximize your budget and cash flow every month to reach the goals that you have.

RI: As you know, we don't teach personal finance in school. Shouldn't we? How would you teach it to kids? And how young can you start?

BC: This question really annoys me as it is true that most of us don't get a financial education growing up so instead of wasting our energy on complaining about it, it is better to decide to get what you need now that you are an adult. There are SO many free resources online to teach good money management. Also, books, workshops, webinars, free guides, you name it, it is out there. On my website for example (www.financiallywiseinc.com) there are a TON of free resources and edu-

cation to help people learn good money management skills.

It takes the individual wanting to know this information. One is never too young to start learning about personal finance and you could teach your kids based on their age different things like budgeting, saving, and investing. More importantly, as a parent you should understand that your kids will pick up on the energy and behaviors YOU have with money. So, if you are constantly stressed and worried about money, then no matter what you teach your kid they're going to feel that energy and they might carry that type of stress and worry about money into their own adult years, as well.

It is more important for you as a parent to get the tools and resources you need to create a healthy relationship with your money, understand budgeting, how to save and invest for your future, and communicate that often in your household. That type of experiential learning is the most valuable for our children and future generations.

RI: You've talked about your love for fashion and the importance of treating yourself. How can one find balance in saving and indulging?

BC: Budgeting. It is the tool that helps you determine how much money you have coming in and where it goes every month. It puts you in the driver seat. If you realize that you need more money to pay for your fixed bills, save for your goals and be able to save money on variable items, then calculate how much that is and figure out

INTERVIEW: BRITTNEY CASTRO



Thoroughly talking through finances with your spouse helps ensure fewer surprises and makes it easier to plan for the future.

how to create the income needed for yourself. This could mean you need to improve your skill set or knowledge for the workforce to get a higher paying job. Or maybe you need to ask for the raise or increase your rates. Or look at the other side of the equation: are you spending money on things that are NOT important to you? Maybe there are subscriptions and fees you can eliminate so you do have money to spend on self-care like massages, wellness retreats, therapy and anything that helps you feel mentally and emotionally strong in life. The reality is you are in control of what your financial situation is, you are

not a victim to your money and it's up to you to find a way to manage it in a way that will serve the life you want to live.

RI: What is the most important financial advice you can give our readers today?

BC: The most important advice is to never stop learning about money management and always keep your eye on the money. What that means is no matter how many professionals you hire to help you whether it is a CFP, CPA etc. or how established you get in your financial life (assets, 401(k), multiple properties, business etc.) you still need to have

your eye on the money. It is your money and your responsibility, and no one will care more about it than you. It doesn't mean it has to be stressful. You can have fun managing it all with your team but never take your eye off the money and stay in the driver seat.

Brittney Castro is a Certified Financial Planner and the founder of [Financially Wise, Inc.](#) Follow her on [Twitter](#) and [Instagram](#).

SJ McShane is a Senior Writer for Robert Irvine Magazine. Follow her on [Twitter](#) and [Instagram](#) and visit her website: sara-jane.com

RESULTS AT HOME

A mom who's wary of returning to the gym wrote in.
Our senior writer designed a workout just for her.

QUESTION: Hi RI Mag, I'm a mom of three and before the pandemic, I had been hitting the gym with regularity for the first time in my life. I fell in love with weight lifting! But with three small children at home—one of whom is considered high-risk if he were to get COVID—I'm not comfortable heading back to the gym just yet. So, I'm doing what I can at home. I have a few dumbbells but it's obviously not comparable to what they have in a full gym. I really want to keep the muscle tone I've built up. What's your advice? Do you have a good bodyweight workout I could do? Thanks, and love the mag!

— Courtney P., via e-mail

ANSWER BY [SJ McSHANE](#):

Hi Courtney,

Thank you for sending in this question; It's something many people can relate to right now.

And congrats on your success in the gym! It's certainly empowering to put in the hard work and see the results, so good for you!

Although this time is difficult



for many gym-goers to navigate, the good news is there are many at-home workouts you can do to preserve your muscle tone and see continued results.

Try this workout that you can do

in the comfort of your own home, or in the great outdoors—whatever you prefer. And best of all, you don't need any equipment at all. Your bodyweight provides the resistance.

ASK US ANYTHING



Throughout the plank, brace your core and work to keep your ankles, knees, hips, and shoulders in a straight line. Learn to breathe “behind” the brace.

HOW TO DO IT: Perform the three exercises back-to-back without resting, then rest one minute before moving onto the following set of exercises. Do 15 reps of each exercise and three rounds until moving on to the next circuit.

CIRCUIT 1

- MOVE #1: Lateral Side Lunge**
- 1) Stand tall with your feet hip-width apart.
 - 2) Step out to the side with your right leg, bend your right knee, and push your hips back, squatting low as you do.
 - 3) Return to the starting position and repeat the movement with the left leg.

- 4) Keep alternating legs until the set is complete.

MOVE #2: Plyometric Jump

- 1) Stand with your feet slightly wider than your hips.
- 2) Lower your body down into a squat position.
- 3) Press up through your feet, engage your abdominals, and jump up explosively. Lift your arms overhead as you jump.
- 4) Upon landing, lower yourself back down to the squatting position, immediately beginning the next rep.

MOVE #3: Push-up

- 1) Start in a high plank position

with your hands on the floor.

- 2) Bend your elbows to lower your chest towards the floor. Keep your whole body in a straight line.
- 3) Once lowered, push your body back up into the high plank position and repeat the movement.

CIRCUIT 2

MOVE #4: Scissors

- 1) Lie on your back with your legs extended in front of you and your arms by your side- palms down.
- 2) With knees slightly bent, raise your legs off the ground about half a foot for your starting position.
- 3) Keeping your legs straight with your knees slightly bent, lift one leg upward until it is at a 45-degree

ASK US ANYTHING

angle and your toe is pointing up.

4) Lower the leg that is raised while raising the other leg that is lowered, keeping your heels a few inches off the ground at all times.

5) Breathing regularly, continue to alternate legs in this scissor fashion for a complete set.

MOVE #5: Bodyweight Squat

1) Stand with your feet shoulder-width apart, your toes pointing straight forward.

2) Keeping your back flat, slowly lower your body, bending at the knees and hips. Stop when your legs form a 90-degree angle. Tighten your abs to support your back and core.

3) Push through your heels to return to the standing position.

MOVE #6: High Knees

1) Sprint in place, driving your knees as high in the air as possible.

2) Throughout the entire movement, keep your torso straight up and down and land softly on the balls of your feet with a slight bend at the knees.

CIRCUIT 3

MOVE # 7: Lunge

1) Stand with your feet together and your hands by your sides, on your hips, or in prayer position in front of your chest.

2) Take one long stride forward and bend your knees, lowering your body so that your back knee almost touches the ground.

3) Hold for one to two seconds, then return to the standing position, pushing through the heel of your forward foot. Switch legs on each rep.



SJ McShane demonstrates perfect lunge form (top) and leg scissor form (bottom).



MOVE #8: Up and Down Plank (10 reps per arm)

1) Start in a plank position with your wrists under your shoulders and your feet hip-width apart.

2) Bend your right arm, place your right elbow on the ground, and then bend your left arm, and place your left elbow on the ground.

3) Place your right hand on the ground, straighten your right arm, and place your left hand on the mat and straighten your left arm.

4) Switch sides and repeat.

MOVE #9: Lying Hip thrusters

1) Lie on your back with your knees bent, feet flat on the floor.

2) Push through your heels to lift your glutes off the ground.

3) Thrust upwards just enough until your upper body and lower body are aligned. Lower yourself back down with control.

SJ McShane is a Senior Writer for Robert Irvine Magazine. Follow her on [Twitter](#) and [Instagram](#) and visit her website: sara-jane.com

TURN THE CAMERA ON

These aren't just strange times. We're passing through an unprecedented moment in history. Document it for future generations.

BY CYNDI BUTZ-HOUGHTON

Turn on that camera. Open that journal. Now, more than ever, it is time to record and save the things you'll want to remember. With everything happening in the world around us, 2020 will stand out in the history books. How will your own history book stand out?

To say that 2020 could have been a little better for all of us is an understatement. It has been painful to watch the injustices in society against people of color. It has been scary watching hate groups pop up all over the country, causing disruption and harm.

The Covid scare has forced us all to watch over our every move, coordinating who leaves the house and when, worrying about essentials running out, having to juggle work and parenting, all at home full-time. And living in the Pacific Northwest, we have had the added fear of wildfires and unhealthy, smoke-filled air. So now, even though we can leave our houses with Covid restrictions loosening, we had to stay indoors because of poor air quality.

In one month, we lost RBG and The Black Panther, Chadwick Boseman—two truly amazing human beings that gave us all so much hope.

As a woman and a lesbian, I fear for the future of my rights and my family's rights. To say there is a lot riding on this upcoming election is another understatement. Saying goodbye to 2020 will be a re-birth for so many Americans. We will have made it through a year that has brought so much chaos, hurt, and fear, and we will be stronger because we found a way to survive.

We shouldn't have to fight so hard to be treated with decency and respect in our country, yet here we are.

And oh yeah, it's leap year.

So it may seem weird to stop for a moment and take a random photo. Or shoot a video. Or even buy a newspaper, or two, or 15. But this is exactly the time to do this. Who's to say when we will have another year



The author's daughter, Brontë, on an adventure at a local park in the Pacific Northwest.

as newsworthy or as surprising as 2020 has been, and continues to be?

It's one thing to understand the importance of the times we are in; it is quite another to know that documenting your life is a good way to dive into self-care. Finding one healthy way to better understand what is

PERSPECTIVES

going on around us can be a really good thing.

The exercise of capturing and documenting these times can be therapeutic—and that therapy can come in many forms. To some it can be writing or taking photos. To others it can be painting or grabbing snapshots of a moment in time. And to others, having physical reminders such as newspapers, can be a comfort as you think of a moment, far in the future where you'll be showing these things to your grandkids.

Thinking of those far-away moments helps make living through all of this more bearable. It gives a glimpse of hope—that we will get to the other side of this year of... everything. In a way, it can be the start of the healing process that we will need to go through.

This is also an opportunity for you to lay out your struggles and your victories from the year in front of you. See where you thrived and where you did not. Plot out your course of action for the future. Maybe this whole year happened for a reason that's meaningful to you. What was your reason? Did these unforeseen events awaken a dream you never knew you had? Did you find passion that has com-



Above, columnist Cyndi Butz-Houghton adjusts to the new normal with her daughter, Brontë. Below, Brontë at a local Black Lives Matter protest with her own homemade sign.



PERSPECTIVES

pletely changed your life?

History is yet to be written, and we are the eyes and ears of that history. We are the witnesses to change, to powers being tested, to the strength of a civilization as we know it. We should pass along our insights, struggles, and victories.

These are tumultuous times. It's okay to say you were scared. It's okay to say you thoroughly enjoyed working from home with your cat on your lap for five months. It's also okay to admit that maybe, just maybe, you weren't holding up your fair share of the weight as a citizen—and to resolve to change that.

We cannot let this year go without holding on to our stories. We can't ignore that the world is completely different than it was a year ago. And we should not take for granted what we owe the generations to come. We owe them a story.

This is a story of collected memories and events that have inevitably shaped us all. A story of the unfathomable happenings—no live events, concerts, or baseball games. The retail and restaurant industries transforming by the day. Weddings, birthdays, and even funerals have gone virtual. It's weird. And it's okay to say it's weird. Just turn on the camera when you do.

Now that it's Fall, is it too late? It's easier than you think.

1) Choose your tool: Camera, canvas, pen and paper, or newspaper.

2) Pick your what and your why: What is the purpose of

your documenting and why does it matter to you.

3) Make it simple: Take a photo that shows what is happening in your city, on your street, in your house, or all three. Write a sentence a day or a chapter a week. What happened in your family? Milestones? Celebrations? Turn your camera on yourself and give a raw statement. Show your feelings, be vulnerable. Trust me, you will look back at these videos and be thankful.

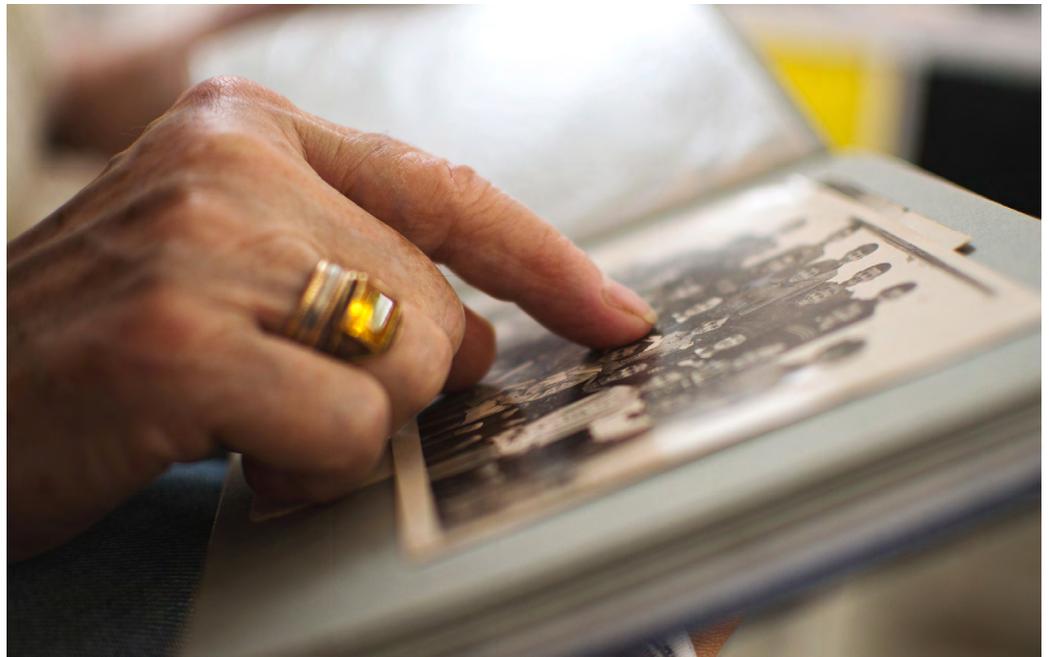
For me, I'm doing it for my child. We have a four-year-old and she is old enough to know this is not the norm, yet young enough to not realize the importance of what she is living through. I want the details of our story to be colorful and accurate. So when she is ready to talk about this experience, we have the tools to help her remember and relive this moment in time.

My tool is a camera. I take pictures of the city, the playgrounds with caution tape wrapped around the structures. I take videos of the peaceful marches we have been a part of.

I even have videos of my daughter talking about Kamala Harris, the importance of being kind, how much she misses being able to hug her friends, and about being able to have a birthday party again one day.

These have been strange times, we may never see their like again, and it will take time to fully assess what they have done to our stories. Be sure you're capturing enough snapshots of the small moments that will tell the complete story for years to come.

Cyndi Butz-Houghton is a former producer of Restaurant: Impossible. Robert and FitCrunch sponsor the women's tackle football team she runs, [The Seattle Majestics](#).

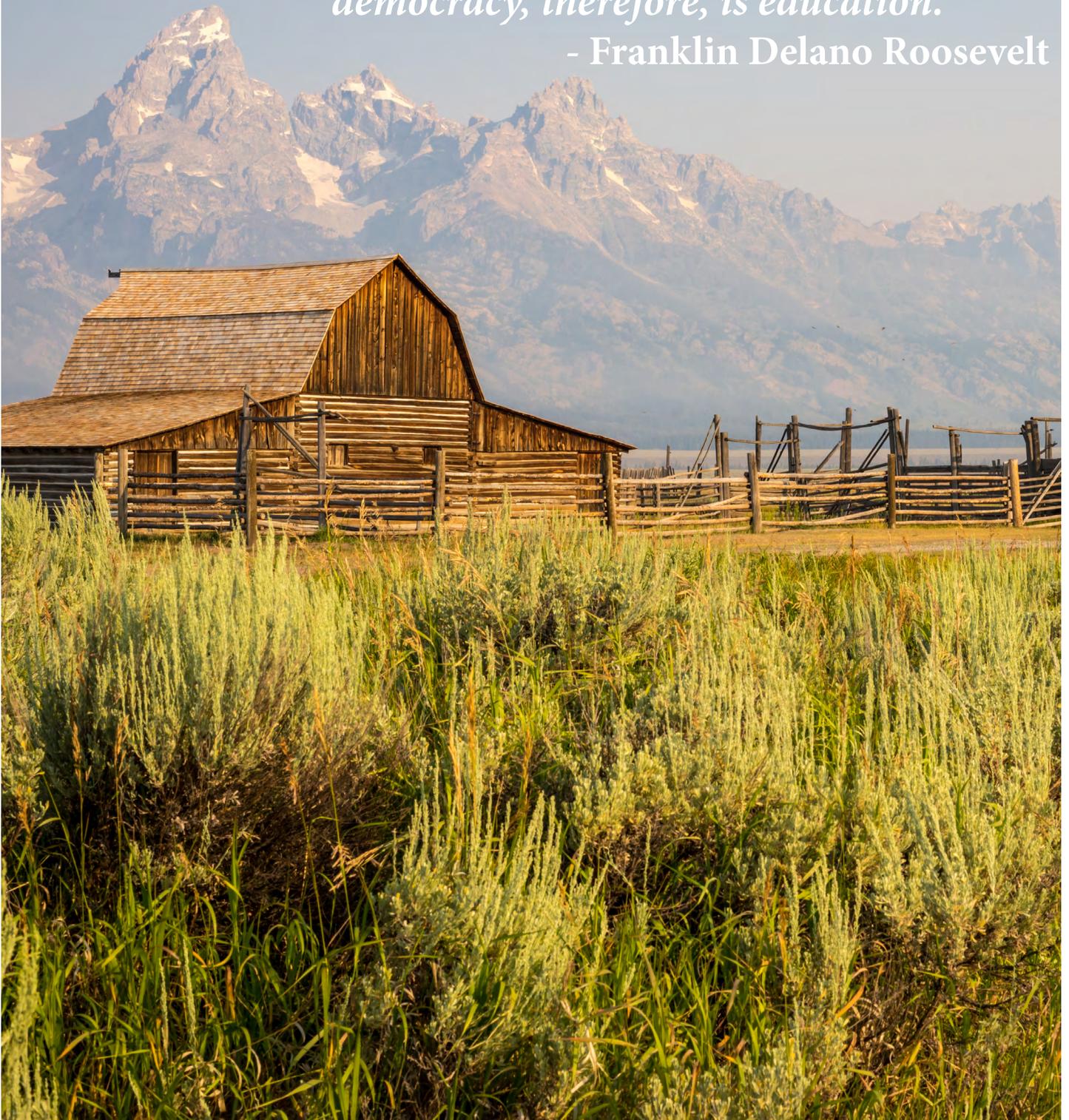


If done with care, our photo albums of this time will be our family's history books, giving future generations a more complete look into this period.

WORDS TO LIVE BY

“Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education.”

- Franklin Delano Roosevelt



LET'S HELP OUR HEROES

Text GIVE to 813-536-5006



The Robert Irvine Foundation is a not-for-profit organization dedicated to enriching the lives of our military personnel, first responders, and their families. 100% of all funds raised go directly to those who need it most. To learn more about Robert's commitment to our military and first responders, please visit [RobertIrvineFoundation.org](https://www.RobertIrvineFoundation.org)

