**Grandpa Thom and Boot Camp**

**It was a difficult thing after graduating from high school for Grandpa Thom and I to go different directions for 4-5 months of military training. They call this basic training, “Boot Camp.” I was going all the way to the East Coast, training at Fort Bragg, and, Thom was going to the West Coast, training at Fort Ord. It was hard because we had never been apart from each other before. Now we were going to be 3,000 miles apart for several months!**

**Boot camp can be very challenging because the drill sergeants that help train you can be very rough and mean. Their job is to toughen you up and get you prepared for one main objective, fighting war or what is called combat. That means you have to be physically fit and also mentally and emotionally fit.**

**One example of how hard it can be is an experience your Grandpa Thom had. On one day everyone in his group were learning how to low crawl. This is where you crawl on your belly with your rifle so low that it would be hard for your enemy to shoot you. You do not crawl on your hands and knees, you crawl on your belly, using your feet to push you along. During the exercise one of the drill sergeants did not feel Grandpa Thom had his head and body low enough. It was a hot and sticky day and Grandpa Thom had a headache. As he was moving along through the sand, his drill sergeant ran up to him and slammed his foot right down on Grandpa Thom’s head. Fortunately, he was wearing a helmet. He was pinned down to the ground and could not move. The drill sergeant said, “Get your head down maggot. Your head is high enough the enemy would blow it right off.”**

 **Grandpa Thom was breathing hard and super angry. He could taste the sand in his mouth and sand sticking all over his sweaty body. But Grandpa Thom was smart to get control of his temper and he remained cool under pressure. He did not let the drill sergeant get under his skin. He demonstrated control when the situation got tough.**

**There were many other times when Grandpa Thom had to face trials and challenges. He told me that he never had problems with the physical challenges because he was in good shape and he obeyed the Word of Wisdom. He never smoked, drank alcohol or used drugs. He had a very healthy body. That was not the case for many of the other soldiers.**

**Twin Power is obeying the Word of Wisdom and controlling your anger. You do not have to be a twin do these important things and it will help you all your life.**