



Gary was a member of The Power Team, the globally-renowned group that traveled the world doing feats of strength in front of thousands of people. Gary is still well-known for lifting a 300-pound burning log off the ground and pressing it above his head. In this interview, Gary talks about his dad being a hard worker and always being there for him. The two still have a great relationship to this day. When Gary was just a boy, his dad bought him a weight bench and a set of weights. Lifting weights using this weight set was the way Gary and his dad bonded most. One day while he was at school, his family's mobile home caught fire and burned to the ground. Gary remembers getting off the school bus and seeing his house in flames. Next, he noticed something else - sitting in the yard a safe distance from the blaze was his weight bench and weights. Gary's dad only had time to make one trip into the burning home and had chosen to save the weight set. He knew what those weights meant to his son. This is only one of many stories told by a grown man about the love he has for his dad.

The Day Dad Became Hero