



## Quick Facts

**Hero:**  
Jadyn Lilienthal

**Grade:**  
4

**Learned Skill:**  
At school, age 8

**Saved:**  
Her friend, Tahlia Hendricks

*“I saw Tahlia turning different colors, and then I got up and gave her the Heimlich.”*

*- Jadyn*

EVERYDAY HERO STORIES:

# A Bet Between Friends

Tahlia Hendricks, a fourth-grader from Trailview Elementary in Mora, MN bet her friend Jadyn Lilienthal that she could “swallow a cherry tomato, whole.”

Jadyn replied, “Okay, but if you choke...” and before she could finish, Tahlia choked.

“I was thinking ‘OMG’, what is happening?” remembers Tahlia.

“And it was kind of painful.” She then stood up and put her hand to her throat, while banging on the table.

At age eight, Jadyn learned the Heimlich Maneuver in school and knew how to save Tahlia.

She jumped into action: “I saw Tahlia turning different colors, and then I got up and gave her the Heimlich.”

Janet Hawkinson, the school nurse at Trailview Elementary, took advantage of the “teachable moment” and brought the Heimlich Heroes program to the school to train 131 fourth-graders.

Jadyn was presented a Heimlich Heroes t-shirt and a certificate of heroism, signed by Dr. Henry Heimlich.

When asked what their classmates thought of the Heimlich Heroes training both Tahlia and Jadyn agreed, “they thought it was pretty cool.”



*Jadyn Lilienthal and Tahlia Hendricks*