



Quick Facts

Hero:
Titus Allard

Grade:
11

Learned Skill:
Health Class

Saved:
Friend

“Just slow down and think about what you need to do”
-Titus

EVERYDAY HERO STORIES:

A Friend to the Rescue

It was a normal day at West Noble High School when Titus Allard and his friend Carl Galloway were sitting down for lunch in the school cafeteria. Carl was eating a barbecue sandwich when he began to choke. He fumbled for his chocolate milk, and put his hands around his throat as his face began to change color.



Carl Galloway (left) and Titus Allard (right)

Titus recognized this as Carl choking and jumped up to help. He quickly and calmly administered the Heimlich Maneuver until Carl's airway was clear. Titus was indeed humble about the situation, and it wasn't until Carl told the principal that Titus had saved his life that anyone knew what happened.

When the principal saw Titus and asked about why he didn't mention the incident, Titus replied "Well, I didn't think I needed to. I just did what I had to do and just went back eating lunch."