

# Alexander Proft

Jefferson County

From 4-H Life Skills  
to Life Saving Skills

*Inducted 2012*

Alexander Proft was a 17 year-old student at Green Mountain High School in Lakewood when he saved his father's life with techniques he learned at the Jefferson County 4-H/American Red Cross Babysitter's Training. In 2010, five years after he completed the 4-H babysitting training as a twelve year-old, Alex employed the CPR techniques he learned to save his dad's life when faced with a life threatening medical situation at their home.

"As teachers/leaders in 4-H, you hope your teaching is effective," states the babysitter's training class assistant instructor Connie Williams. "Alex put what he learned to great use that day and a miracle happened."

Alex is a good example of how the majority of young people reached through the 4-H program are not in organized 4-H clubs, but involved in short term or school enrichment programs. Alex was never in an organized 4-H club and he never exhibited an animal at a county fair. But the things he learned through this short-term 4-H training had a profound impact on his life—and a profound impact on his family.

Alex works with his family at their restaurant in Lakewood and he plans to pursue a career in art/sculpture. The Colorado 4-H Program wishes Alex well in his career pursuits and we are glad we were able to have a positive influence on Alex and his family.

