

News Release for Immediate Use or Next Issue  
Monica Thayer, Extension Agent: 4-H Youth Development  
River Valley Extension District  
1/30/19

#### 4-H Junior Leaders Spend Day in Salina

19 River Valley District 4-H Junior Leaders and four adult chaperones participated in a variety of events on Salina on Saturday, January 26<sup>th</sup>. Junior Leaders are 4-H members who are between 12 to 18 years of age and enrolled in the Leadership project.

Our youth and chaperones spent the morning volunteering through the Salina United Way at a local business warehouse in Salina. At this location, the youth sorted donated books that will be used by the Little Libraries. The Little Libraries are free and available to the public through outdoor dispensers near bus stops. Many pallets of books were sorted and boxed to be placed into the dispensers as needed.

After lunch, the group participated in a Stop the Bleed training at the University of Kansas School of Medicine – Salina Campus. Youth had the opportunity to practice applying tourniquets and packing wounds in the case of a life-threatening bleed. Following the completion of the training, the group toured the School's facilities and interacted with the medical students who provided the training and tours.

To finish up the day in Salina, the group bowled for recreation and interaction amongst the teens. The youth and chaperones had a great time helping others, learning life-saving techniques, and bowling.

4-H provides opportunities for youth to volunteer, learn, and engage with their peers. If you are interested in learning more about 4-H, please contact your local River Valley Extension District Office located in Belleville, Clay Center, Concordia, or Washington.

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19 River Valley District 4-H Junior Leaders participated in a variety of activities in Salina. The 4-H members are pictured here with the volunteers who are responsible for the Little Libraries in Salina.