



Larkin Henkel Earns Girl Scout's Highest Honor with Unique Gold Award Project

(Spokane, Wash—Feb. 1 2013): Larkin Henkel, a 2012 graduate of Lake City High School in Coeur d'Alene, Idaho recently earned the Girl Scout Gold Award for her project entitled *Aim For Empowerment* (AFE). The Girl Scout Gold Award represents the highest achievement in Girl Scouting. Open only to girls in high school, this prestigious award challenges girls to change the world with a sustainable project.

Larkin's project focused on youth and women gaining confidence and feeling empowered through marksmanship and clay target shooting. She completed her Gold Award project in September 2012 and received her Gold Award in October 2012.

Her Gold Award project included starting a shooting team at Lake City High School, which has seven girls participating, two of which took leadership roles for the new team. She held 10 meetings for those interested and attended a state shoot, where she was the high scoring female. She also started a shooting team at North Idaho College (NIC) in Coeur d'Alene, Idaho. The NIC team will be competing and traveling to tournaments. She is directly involved with both teams as the president and a shooter for the NIC team, and as an assistant coach for the LCHS team.

As part of her Gold Award project, Larkin hosted two AFE project presentations where she discussed different types of shotguns and basic gun safety. She also wrote the first Girl Scouts USA Safety Activity Checkpoint guidelines for clay target shooting (currently under review by GSUSA).

"Earning my Gold Award means so much to me," said Larkin. Not only do I have the sentimental value of knowing I touched the lives of others, it also shows my dedication and commitment to Girl Scouting and the leadership program. I know that being a Gold Award recipient will make a difference for me with college, scholarship and job applications."

Larkin is currently attending NIC, pursuing a degree in Political Science and Criminal Justice with a strong desire to become a political activist or lobbyist for women's rights.

About the Girl Scout Gold Award

The Gold Award represents the highest achievement in Girl Scouting. Open only to girls in high school, this prestigious award challenges girls to change the world. Earning the Gold Award requires a minimum of 80 hours of planning and implementing a challenging, large-scale project that is innovative, engages others and has a lasting impact on its targeted community with an emphasis on sustainability (many girls spend more than 150 hours on their Gold Award). Girl Scout Gold Award recipients do well in life. They rate their general success in life significantly higher and report higher success in reaching their goals within many areas. Recipients of the Gold Award who enlist in the U.S. Armed Forces may receive advanced rank in recognition of

their achievements. Some universities and colleges offer scholarships to Gold Award recipients. Yearly, GSUSA selects ten girls to be Young Women of Distinction based on their Gold Award projects.

About Girl Scouts Eastern Washington and Northern Idaho

Girls are at the center of everything we do. Girl Scouts is the preeminent leadership development organization for girls, the leading authority on girls' healthy development and is working with girls and women to transform the leadership landscape for girls into the next century. Girl Scouts Eastern Washington and Northern Idaho serves more than 8,200 girls and 2,600 adult volunteers. The council region encompasses 67,000 miles that includes 20 counties in central and eastern Washington and 10 counties in northern Idaho. Girl Scouts Eastern Washington and Northern Idaho is committed to discovering, celebrating and fostering the leader in every girl. *Girl Scouts builds girls of courage, confidence and character who make the world a better place.*

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