



NEWS RELEASE

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Editor's note: Caption for photo included with e-mail: Girl Scout Gold Award recipient Colleen Iverson of Dubuque, third from right, stands with participants in her health program with Dubuque Boys and Girls Club.

Colleen Iverson receives Girl Scouts' highest Gold Award

DUBUQUE, Iowa – A Dubuque girl has received Girl Scouts' highest award, the Gold Award.

Colleen Iverson, 17, a junior at Wahlert Catholic High School in Dubuque, is a member of Troop 7205 in Dubuque. She's the daughter of Ron and Patti Iverson of Dubuque.

In order to receive the award, Iverson was required to complete a service project that reaches beyond Girl Scouts and provides lasting benefit to the community. It requires a minimum of 65 hours of work in planning and completing the project.

Iverson's project was entitled "Youth Today Living for a Healthier Tomorrow." The project consisted of hosting a health day for 39 members of the Dubuque Boys and Girls Club in July. The program included presentations and activities by a physician, nutritionist and wellness instructor.

Each participant at the event received a bag consisting of items encouraging daily exercise and healthy living. Parent information pamphlets also were sent home with the youth in the program to help families make healthy choices in their households.

As a measurement of the program, pre-event and post-event surveys were conducted and correctly answered questions jumped from 55 percent before the program to 90 percent after the program.

"This project helped me realize when I am motivated and work hard that I can accomplish something substantial and valuable in my community," Iverson said after the event.

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Girl Scouts' Gold Award is the highest achievement within Girl Scouts of the USA. Only 5.4 percent of eligible Girl Scouts successfully earn the prestigious award. The Gold Award emblem is presented as a pin resembling an eight-pointed gold star.

Iverson was elected in November to serve one year as a girl member of the board of directors of Girl Scouts of Eastern Iowa and Western Illinois.