

Spreading the Good News

Volume 1 Issue 4

Women's History Edition

March 2020

HIGHLIGHTING PHENOMENAL WOMEN

Many of us would not be where we are today without the love, support and encouragement from the women who are instrumental in our lives.

These women give of themselves and others while raising children, running households, working jobs and caring for themselves.

The author of Spreading the Good News would like to highlight ten women who continue to support and empower others towards living out their dreams

Think of the many women who have played major roles in your growth and development. Honor them. Your support of them allows them to keep encouraging others.

So without further ado "Spreading the Good News" presents:

TEN PHENOMENAL WOMEN

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LASHALI THOMAS - Education/Advocacy



Lashali attended Alcorn State University in the study of business. After leaving college, Lashali worked for the Chicago Board of Education for 31 years.

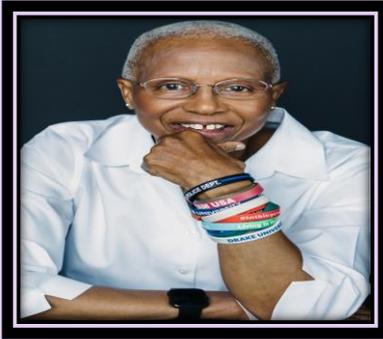
Her contributions to the students and families in the CPS District extends far beyond the schools. She has shared many of her gifts and talents to her family, job and community.

Lashali is a leader. She has a heart of gold and is always willing to help those in need. She has a unique ability to analyze situations in the most logical ways. She is a problem solver. She's a survivor, vivacious, strong spiritually and mentally. Crowns off to you Lashali. ■

INSIDE THIS EDITION

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KITTIE WESTON-KNAUER – KWK Enterprise, Inc.



In June 2007, Ms. Kittie D. Weston-Knauer retired from the Des Moines Public Schools after a 33-year career as a teacher, vice principal, and principal; a nurturer in developing the potential within each of her students and staff; a creator and facilitator of premier educational programming; and a researcher, writer and presenter on numerous topics related to youth and education.

As owner and Executive Director of KWK Enterprise, Inc., an educational consulting firm specializing in the creation of student-centered educational programs. Ms. Weston-Knauer has a strong background in school leadership, working with challenging student populations and bringing together parents and community members to support students and schools. Also, Ms. Weston-Knauer is the Independent Media Associate of WRLD.tv, a videography company. Miss Kittie, as she is affectionately known in the BMX world, was instrumental in the rebirth of the sport of bicycle motocross in Iowa.

Miss Kittie, also known as BMX Mama, has been racing since the age of 40 (Mother's Day 1988). As a pioneering female BMX racer, Kittie was awarded "Volunteer of the Year" in 2009 by the National Bicycle League for her overall promotion of the sport of BMX at the local, state and national levels, as well as her continued advocacy of expanding the women's racing programs and recruiting women to the sport. When she began racing, Kittie was one of two women who raced with men in the cruiser class. There are now more than a thousand women and girls who compete nationwide in cruiser and class.

Ms. Weston-Knauer continues to be a community volunteer and activist. Kittie was named **TheGrios 100 History Makers in the Making** (<http://www.thegrio.com/black-history/thegrios-100/2011-kittie-knauer.php>). **February 7, 2017, the Des Moines Public School Board renamed the middle school wing of the Jesse Franklin Taylor Education Center, Casady Building, and the Kittie Weston-Knauer MAC Wing.**

Meet the oldest female BMX racer in the U.S. (She's 69), <https://nyti.ms/2yXhoLG>
<http://www.wtol.com/story/36601538/female-bmx-racer-69-tears-up-the-track>, Sunday, October 15, 2017,

DEBRA CARR
Owner & Principal Consultant
Carr & Associates



More than 25+ years serving as an administrative leader overseeing broad industry federal, state, and locally funded programs, policies and practices, government agencies, corporations, public schools, colleges, universities, nonprofit organizations and small business owners.

Principal Consultant, Carr & Associates – Iowa & North Texas (Contracts & Administrative Services) Consulting Firm Serving Individuals, Business & Organizations
Specializing in organizational leadership/development, fiscal management, data collection/evaluation, employee relations, conflict resolution, recruiting, staff development, program design, business planning, organizational culture and climate audits, diversity and inclusion audits, performance management, compliance and regulatory interpretation and strategic planning, Helping organizations recruit, train and retain diverse talent. Building and expanding community relationships.

Debra Carr Uplifting women and girls to become the best version of themselves was the foundation for Debra's lifelong commitment to service. Her span of work from the individual, organizational, business and international level has connected more than 5,000 people to leverage resources to unlock untapped potential within themselves, their communities and the world in which we live.

Her first notable community service achievement began when she founded and directed the first Miss Black Iowa U.S.A. Pageant in 1987. She went on to become Executive Director for the national organization and held a leadership position on the National Board of Advisors for Miss Black USA. Debra was instrumental in assisting the organization to develop its international educational and economic strategy to create "Journey to the Motherland," helping 150 people travel to Banjul Gambia, West Africa.

During this initiative, she also adopted an African village for one year.

5:16 pm CDT, WARSAW, IN (WANE/CNN); and **BMX racing is rad and totally back from the '80s**, <http://www.cnn.com/2017/10/20/health/bmx-bike-race-fit-nation/index.html> Article by David Allan, CNN, Video by Deborah Brunswick, CNN, Updated 7:40 AM ET, Fri October 20, 2017. Kittie appeared on the Steve Harvey Show January 11, 2018, <https://www.youtube.com/watch?v=Sj9aTTCxBuo>. She recorded a conversation with son Max for NPR **StoryCorps**, (<https://www.npr.org/2018/05/11/609738535/why-don-t-you-try-it-how-the-oldest-u-s-female-bmx-racer-broke-into-the-sport>).

Kittie quotes, "As a community, there is so much more that we can do to assure that children have safe and serviceable bicycles that enable them to roam their neighborhoods as they begin to explore their world." Due to the debilitating pain of osteoarthritis, which interfered with her quality of life, Kittie had both hips and knees replaced between December 2013 and December 2014.

<https://www.inj.com/personal-stories/3-inspiring-stories-of-surgical-recovery>, **Filmed a television commercial** in Des Moines, IA, May 12-15 2018 for DePuy Synthes (www.ATTUNEknee.com); (<https://attuneknee.com/en-US/kitties-story>);

Ms. Weston-Knauer is a graduate of Drake University with a BS in Education (1970) and an MS in Secondary School Administration (1973).



Larger than Life in Warsaw!! and Larger than Life in Raynham!!

Miss Kittie up on the wall in Warsaw, Indiana

She and her husband Max III (deceased) are the parents of two sons, Max IV (Kelli) and Joseph Patrick, and granddaughter Zari and grandson Max V. ■

This effort resulted in building and stocking an area library, expanding medical supplies and equipment for hospitals, in addition to creating mentorships and ambassador programs for young women – connecting Miss Black USA delegates with West African Girls. Her work helped secure more than \$20,000 thousand dollars of scholarship funds and provided 529 savings plans for girls while creating lifelong mentorship opportunities for delegates of Miss Black Iowa programs.

Debra serves as a federal grant reviewer for the U.S. Department of Health and Human Services and a (20) year volunteer and national trainer for the American Red Cross – African American HIV/AIDS Education Program. She was appointed by Elizabeth Dole, National President of American Red Cross to lead the African American Culturally Specific Training to become a national trainer – training more than 500 trainers at historically Black Colleges and Campus throughout the country to heighten awareness of the HIV/AIDS virus and how to protect yourself and others. Debra has received several outstanding community and civic awards for her work impacting change to include: Alice Rodine – Community Service Award, Marshall Productions - City of Des Moines – Hall of Fame Inductee, Community Service & Outreach Award, IIMAWII – Founders Award and Directors Award. Recognitions include: Outstanding Women of America Award, Honorary Doctorate of Letters Degree from Aspen Theological Seminary, member of Phi Alpha Honorary Society and Alpha Iota Honorary Sorority of Business. Debra holds a Master of Social Work (MSW) from the University of Iowa, School of Social Work, University, graduate of the Larned A. Waterman Nonprofit Management Institute and holds an Honorary Doctorate of Letters Degree from Aspen Theological Seminary. Debra is a Licensed Clinical Social Worker, Certified Financial Social Worker and recognized by Board of Education as a School Social Worker and member of the National Association of Social Workers with the Academy of Social Workers distinction.

She is a proud member of Delta Sigma Theta Sorority Incorporated.

One of her favorite mottos is: "Next to God we are indebted to women, first for life itself, and then for making it worth living." ■

Bio of Beatrice J. Willis – Counseling



Born in Gary, IN, youngest of four children, mother of two children, lived in the Midtown area, attended West Side and Roosevelt High School. My length of drug abuse history-22 years and currently celebrating 30 years of uninterrupted sobriety. I have had the opportunity to pursue my career as a certified addictions therapist.

- ✚ Sponsor-Malinda Walker
- ✚ Serenity House-
 - Volunteer, part time cook, part-time counselor
 - Full-time counselor
- ✚ Calumet College of St Joseph
 - Communications
 - BA in Media and Fine Arts
- ✚ JWA Boys and Girls Club of NWI
 - Journalism Instructor
 - Project Learn Coordinator
 - Educations Director
- ✚ American Intercontinental University
 - Instructional Design
 - Master's in Education
- ✚ Edgewater for Balanced Living
 - Addictions Counselor
 - Addictions Therapist
- ✚ Capella University
 - Human Services Ph.D Program
 - With a counseling specialization
 - Ph.D in Human Services
- ✚ Taught in various school systems as a teacher, behavior specialist and Social Worker
- ✚ Clinical Director for Operation Hope, Inc.
- ✚ Clinical Director for Our Brothers Place/Our Sisters Place, Inc.
- ✚ Current Clinical Director for Paving the Way Transitional Facility for Women
- ✚ Author of *From the Caterpillar to the Butterfly* ■

Stephanie Jewett – Childcare/Foster care Services



Stephanie is 19 years clean and sober. She was a radio talk show host of Women in Recovery and is an outstanding sponsor and mentor for women battling with addictions and other trauma related issues. She has been a longtime advocate for students with disabilities. Stephanie cooks, serves hosts community dinners to feed the homeless.



Everyone has their niche, Stephanie's niche are the babies. She believes in teaching them good values while they are young, for a great start in life. Stephanie started her foster care initiative at 50 years old. Tiring of watching children she personally knew, get placed with strangers. She took in a friend's baby for two years, they took her back and she ended up in foster care and because Stephanie was not a relative, she could do nothing about it. At this point, she got her foster care license. She has fostered 14 children and have adopted 4. Stephanie quotes, "The babies are our future and I am blessed to be able to get them in my daycare from birth to school age and that is such a blessing." ■

Asha Scott- Mentor/Business Women/Advocate



Graduating from high school, she received awards such as: Top 10 Black honors debate team in Southern California, following the 2004-05 Principle Service Excellence Award and The Majors Above and Beyond Recognition award in 2005. She attended Allen University HBCU in Columbia South Carolina, where she received her AA in Social Science and Communication. Graduating from Pierce College in 2009 with her BA in Geriatric Nursing. A'sha Launched D.I.V.As Build Futures Inc. 2014 in Apple Valley, Ca. DIVA is a Non-Profit organization for youth girls. The acronym for DIVA is "to be **Determined, Intelligent, Virtuous, Ambitious** young girls to young women. Asha started volunteering at North Texas Job corps in Mckinney, Texas in the fall of 2017, mentoring youth girls ages 16-25. Maturing from a single mother of two mentoring youth ladies from my apartment to opening DBF ALL GIRLS YOUTH Center in Plano, Texas April 30, 2019. In 2018, she has the honor of becoming the 2018 trailblazer recipient of the year with the Collin County Black Chamber of Commerce and the 2018 volunteer of the year with North Texas Job Corps.

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SUITE 280

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Email: divasbuildfuturesinc@gmail.com

Instagram: <https://www.instagram.com/divasbuildfuturesinc/>

Facebook: <https://www.facebook.com/divasbuildfuture/>

Other: www.divasbuildfutures.com

Theresa Little- Domestic Violence



Theresa Little is a dedicated, passionate, lifelong advocate for victims of domestic violence. She currently is the Community Counseling Outreach Specialist for The Family Place, a non-profit organization that provides services for victims of domestic violence.

For over 23 years she has provided counseling, advocacy and training in the field of domestic violence. She has been a local, state and national presenter on domestic violence awareness and prevention.

Theresa has trained the staff of the Dallas area Texas Work Source Centers for the state required hours for domestic violence. She has been the keynote speaker for domestic violence and healthy relationships for local churches in the Dallas and Atlanta area and has assisted in developing domestic violence ministries.

She has conducted presentations and in-service training for local hospitals, and other community agencies. She developed a series of workshops, "Bringing Down the Walls Domestic Violence", which is biblical based. She is certified Therapon Therapist from the Therapon Institute, Inc., a faith-based organization.

She is a certified trainer/mentor for L.I.F.E. Matters; Exploring Relationships & Marriage Training. Theresa has served on several organizations Board of Directors that empowers women and children.

Phyllis Jenkins- Powerful Journey



Phyllis Jenkins | Powerful Journey

Powerful Journey Documentary

Video: <https://vimeo.com/339740739>

<http://voyagedallas.com/interview/meet-powerful-journey-plano-texas>

<https://bit.ly/2kpnE9Z>

Phyllis Jenkins, CPC

Powerful Journey

214.621.2802

PJ Documentary

Video: <https://vimeo.com/339740739>

<http://voyagedallas.com/interview/meet-powerful-journey-plano-texas>

<https://bit.ly/2kpnE9Z>

Lori Vallot - Baskin - Powerful Journey



Engaging, empowering, and educating, Lori Vallot-Baskin, as resourceful as she is entertaining, boasts a mantra of “You can’t set the world ablaze if you don’t ignite the flame.” By day, she is a multidisciplinary, Experience Manager with strong ties to training and development. Exuding strong business acumen and excogitating learning modules for the novice and the erudite. By trade, she has moved hundreds of women both young and mature to action, in venues large and small. She is a graduate of The Powerful Journey enHERpreneur™ Masterclass, has been featured in multiple appearances on the Powerful Journey stages in Plano, TX, Shreveport, LA, and Bossier City, LA. Lori has delivered her message advocating against domestic violence at Job Corps of McKinney, TX, on the popular internet radio station, KEBN, and The On Fire to Inspire radio show.

She is a coach, and brand strategist, which has afforded her the opportunity to facilitate personal branding and etiquette workshops for young ladies and gentlemen. As an alumna of the University of Louisiana at Lafayette she has a perspicacious outlook on her future as Author of “Woman. Warrior. Witness. Wife.”, and “Fortyish: New You. Renewed Mindset.” Lori is an entrepreneur and Motivational Speaker who answers the call to serve, unselfishly. She believes that “A man’s gift makes room for him and brings him before the great.” Proverbs 18:15-16

Lori Vallot-Baskin

On Fire to Inspire

Motivate. Educate. Empower

Mobile: 337-412-1986

Facebook: On Fire to Inspire

Blog: www.onfire2inspire.wordpress.com

AUZZENE' DEWBERRY - ADVOCATE/MENTOR/VOLUNTEER



Auzzene` Dewberry had a dynamic career with Deloitte which spans 45 years of service. Joining the firm in 1972, she was a pioneer in supporting many of the Firm's "First" - including co-piloting the firm's first eMail system (Mailway) and the firm's first Tax Billing Program. She served in many roles in major departments including the Executive Assistant to a former CEO of Deloitte Consulting.

One of her passions is around Diversity and Inclusion. In 1994, she co-founded Deloitte's first Affinity Group - the Association of Black and Latino Employees ("ABLE"). Through this community, she served and as a mentor and supported events and activities that strengthened Deloitte's commitment to an inclusive environment. Currently, Auzzene' is a member of the North Texas Diversity and Inclusion Council.

As a Domestic Violence Survivor, Auzzene`s greatest passion is helping others who are impacted by this devastating disease. She has been a guest speaker and facilitator at the Family Place, a shelter for Abused Women and Children and she currently facilitates the Domestic Violence Group at the North Texas Job Corps Center.

Auzzene` is the mother of 2 sons, 8 grandchildren and 3 great-grandchildren.

WHERE YOU CAN GET HELP

The National Domestic Violence Hotline

24/7/265

PHONE: 1-800-799-7233

TTY: 1-800-787-3224

ONLINE CHAT AVAILABLE – CHAT NOW BUTTON
HELP FOR FAMILY AND FRIENDS

Prayers for the abused/Oppressed

Luke 11:46, 17:2, 18:1-8, John 8: 1-11,

Luke 8:43, John 4:1-42

–Taken from
restoredrelationships.org

You can reach Sterling Sessions at:

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<https://www.sterlingsessions.com>

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