

Do It! KO4G

What happens when you get together a bunch of beautiful, intelligent ladies, united by their love of boxing? If your name is **KnockOuts For Girls**, you get an amazing non-profit organization dedicated to the idea that if everybody gives back just a little, the world will end up being a better place.

KnockOuts For Girls is made up of young women from all walks of life that share a common interest in boxing. The ladies found that they wanted to share the boost in self-esteem and empowerment they got from the discipline and structure inherent in the sport.

The ladies use female boxing matches and other events to raise money to empower underprivileged girls and women.

They run a mentoring program that pairs KnockOuts with Little KnockOuts, giving them somebody to look up to and touch base with over time. Hopefully, this instills a sense of independence that leads them to continue the cycle of giving back to their own communities.

Check out the KnockOuts website at www.ko4g.com for information regarding their programs. They include the 'Make A Little Girl Smile' program, 'KnockOut in Need', their mentorship program, their scholarship program, an advice column and health and fitness tips.

They'll inspire you to get out your punching bags and get to work in your own community! - Shey Lyn Zanotti



Make A Little Girl Smile

Run by KnockOut Erika Flores who is also LG's "Spirit" columnist, this KO4G program grants wishes to underprivileged girls (ages 5-17) anywhere in the world.

KnockOuts For Girls accepts letters directly from girls or their parents, teachers, relatives, friends, etc. soliciting help to put a smile on a girl's face. KO4G will seek assistance and reach out to the community to find the help that is requested and help as many girls as possible.

We are looking for deserving girls that would otherwise go without what is being requested due to lack of finances.

Examples of recent requests are an eye exam and a pair of glasses, special needs tutoring, a day at the zoo, a prom dress, etc...



LG's KnockOut, Erika Flores

Letters, both requesting help and offering help, can be emailed to: ErikaFlores@KnockOutsForGirls.org