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**\*\*\*MEDIA ALERT\*\*\***

**For Immediate Release  
November 29, 2019**

**Dr. Helen L. Horvath, candidate for the 50<sup>th</sup> Congressional District  
Announces our hand-up not handout campaign through 45 days of  
random acts of kindness and giving.**

Alpine, CA - - - Within the 50<sup>th</sup> District, there are individuals who are homeless, food insecure, or marginally homeless. These community members may have just lost their jobs or are not making enough money to make ends meet. This is where, we as a community, are able to provide an assist.

In our hand-up campaign we are asking individuals with the financial means to assist to be the change in the community on multiple levels. During the period December 1, 2019 to January 31, 2020, we are asking constituents to bring non-perishable food to our community coffees and town hall meetings across the 50<sup>th</sup> District. The food will be redistributed within the specific community where the meeting is held in cooperation with the local food pantries and churches. The goal is to improve the quality of life of those who live and work in our communities within the district.

We are also asking constituents to consider random acts of kindness as we pay it forward in our communities by giving a hand up not a hand out. This can be anything from when a person is at a gas station and realizes they don't have enough money to pay for gas to simply get home and asks for a hand up by paying \$5.00 for gas to get home to the act of quietly paying for someone's coffee without them knowing you did the act. The look of joy on a person's face when someone does a kindness is priceless. It is time to remember our past when the actions of the community were not as polarized as we are currently. Maybe by bringing momentary joy to members of our community we can begin the process of coming together again. This is not about one person; it is about how we can become better as a community living, working, and growing together.

It is not enough to say that a person wants to run for office; rather, it is critical that we are able to join together as a community to become inspired to be the change we wish to see in the world.