

Begin forwarded message:

From: Ann Medlock <amedlock@giraffe.org>
Subject: Light in the Dark—New Giraffe Heroes
Date: November 16, 2020 at 10:30:00 AM PST
To: Ann Medlock <bapress@whidbeyisland.com>
Reply-To: amedlock@giraffe.org



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Dear Ann,

With new spikes, new lockdowns, and the nights growing longer,
I bet you could use some enCouragement.
I'm grateful to be working with these stories that deeply enCourage *me*.
Here they are, the new Giraffe Commendees of November 2020.

As long as there are Giraffes, there's hope—
Ann Medlock Founder



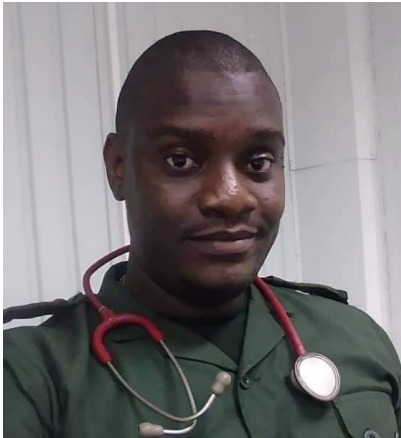


Egyptian college student **Nadeen Ashraf** started an Instagram page, @assaultpolice, where women who have been sexually assaulted share their stories. Despite death threats, Ashraf has gone on, now referring women to assistance. The huge response to her page—almost a quarter of a million followers—has led to passage of a new law guaranteeing anonymity to victims of sexual assault, a protection women in Egypt have never had.



Kimberly Barnes was running a media and marketing consultancy when she decided to help "people who look like me" lower their vulnerability to the corona virus. Sacrificing her salary and virtually all her waking time, she started Food Love, soliciting donations and

coordinating with community organizers to deliver plant-based food to ethnic minorities who can't afford a healthy diet. Food Love is now operating in 48 states.



Reginald Cole, an MD who is a Major in the Sierra Leone Armed Forces, risked his life to treat ebola patients, and is doing it again now, caring around the clock for pandemic victims in a country with severely limited resources and little protection for its medical practitioners.



College students **Aidan Reilly** and **James Kanoff**, unable to attend classes in the pandemic, looked at the hardships others were enduring and decided to get to work on one double-edged problem: farmers were losing income because they couldn't get their produce to markets, and people everywhere needed that food. They founded the FarmLink Project, recruiting over a hundred other college students to help them raise money to buy farm produce, drive trucks to farms, and unload more than five million pounds of food at food banks. So far. Reilly (second from the left in the photo), Kanoff (third from the right), and the volunteers have been commended as Giraffes.



When **Ai Fen**, a doctor at a hospital in Wuhan, China, realized that she was seeing a new, dangerous virus in her patients, she immediately reported it to hospital authorities. She was told not to spread “rumors” to colleagues, family members, or the public. Despite the order, Fen told a reporter about the virus. The resulting article was censored but reappeared in various coded formats throughout the internet. Fen is dealing with continued suppression by the Chinese government for her actions.



When the coronavirus epidemic began, teenagers **Samantha Feinberg** and **Sydney Holubow** wanted to help children from low-income families maintain their education, engage in safe, healthy activities, and get enough food to eat. They've created "Balance Boxes" of books, games, school supplies, and food for kindergarteners through fifth-graders. The girls fundraise for donations, create the boxes, identify low-income schools,

then deliver the boxes to the schools, and to families in need. Yes, they wear masks when they do that.



Sima Samar is an Afghan physician and activist who was forced to flee to Pakistan but returned home to fight for women's rights. She's created health and educational organizations in her country, has represented women in the Afghan government, and fights for policies that conflict with Sharia law. Her life has been repeatedly threatened; body-guards accompany her wherever she goes.

Dawn Wooten, an experienced nurse, reported on neglect and abuse she saw



at Georgia's Irwin County Detention Center, where she worked. Staff were not given protective gear or even informed that some detainees had Covid-19. Detainees were refused tests, and women detainees were subjected to medically unneeded sterilizations.

When Wooten complained to the managers of the privately-owned Center, she was cut from full-time to on-call status, making it impossible to support herself and her family. She has taken her case to Homeland Security's Inspector General.

We hope these Giraffe Heroes gave you some hope in this dire time.

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That storybank is on [our website](#),
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