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FOR IMMEDIATE RELEASE

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Kate Zabriskie Announces Campaign for Congress in Virginia's Fifth District

Lynchburg, VA | September 21, 2025 — Kate Zabriskie, based in Lynchburg and founder of a 25-year-old business training firm, announced today that she is running for Congress in Virginia's Fifth District. She is widely quoted for her work in customer service strategy and has worked across industries to help organizations strengthen service, leadership, and communication.

"I'm running because people are worn out — worn out by division, worn out by noise, and worn out by being ignored," Zabriskie said. "When I sit down with neighbors and ask the right questions, I hear the same things again and again. People want good schools, access to healthcare, opportunities for their kids, and communities where they can feel secure. We have more in common than what we're being told."

Zabriskie's approach is grounded in a decision-making framework she calls **Values-Based Government**. Every choice is measured against five standards: **Personal Responsibility, Stewardship, Fairness, Opportunity, and Accountability**. "When decisions match your values," she said, "they're easier to make, easier to explain, and easier to trust."

Her policy agenda, organized around the district itself, is called **Doing the Work for the F.I.F.T.H.**

F: Fix Broadband and Infrastructure

Track federal funds, publish regular updates, surface delays early, and work with local leaders to remove bottlenecks. Expand broadband and support growing passenger rail and local transportation where it opens access to jobs, schools, and markets.



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I: Improve Local Healthcare Access

Back rural providers, reduce paperwork, strengthen telehealth and mobile clinics, and expand early preventive care so families can get the help they need close to home.

F: Fortify Small Businesses and Farming

Streamline rules for processing and direct sales. Push agencies to give timely answers. Protect practical insurance and disaster relief, and keep more value here in the Fifth.

T: Train for Tomorrow's Jobs

Connect high schools and community colleges with real employers. Build strong pipelines in healthcare, the trades, advanced manufacturing, forestry, and energy.

H: Help the Fifth Lead in Energy and Industry

Protect existing jobs in nuclear and advanced manufacturing. Make sure incentives deliver long-term value. Support counties in securing fair, transparent agreements that respect land and livelihoods.

"A lot of people talk about what they want to do. I encourage everyone to ask candidates how," Zabriskie said. "Without the how, you don't have a plan. You have a dream, a vision, or a goal. The how is everything."

To support that promise, Zabriskie has laid out five clear, measurable service standards her congressional office will meet:

Responsive casework. Every inquiry acknowledged within 48 hours, tracked securely, with updates until closed.

Local access and engagement. Monthly in-person town halls, well-advertised mobile office hours in every county, and issue-based advisory councils.

Transparent communication. Weekly reports, plain-language explanations for votes, and multiple contact options.

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Federal grant support. A full-time grant coordinator to help schools, fire departments, and other local organizations compete for funding.

Emergency readiness. Clear crisis protocols, fast coordination with FEMA and USDA, and after-action reviews to improve response.

“Good government is public service and steady work,” Zabriskie said. “Spend money wisely, fix what’s broken, and let people get on with their lives.”

More details about her **Values-Based Government** framework, her five priorities, and her **Customer Service Promise** are available at www.k84VA5.com.

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