

# Your Voice Counts: Be Democratic!

The information below will help you **have a voice within your government.**

- ✓ The first section has the **names and contact information of those who represent you on the federal level** in Washington D.C.
- ✓ The next section offers information on **how to contact your state representatives in Augusta.**
- ✓ **Remember, legislators are working for YOU.** They want to hear from you so don't be shy. It may seem hard the first time but you will be surprised at how easy it is. Sharing your opinions and thoughts makes you a part of the solution so go for it. You have a lot to say.

## US Senators:

- *Susan Collins* (Class 1):  
Online at: [www.collins.senate.gov](http://www.collins.senate.gov) or <http://collins.senate.gov/public/>  
By phone: locally at (207) 780-3575, or (202) 224-2523  
Mailing address: 461 Dirksen Senate Office Building, Washington, D. C.20510
- *Olympia Snowe* (Class 2):  
On line at: [olympia@snowe.senate.gov](mailto:olympia@snowe.senate.gov) or <http://snowe.senate.gov/public/>  
By phone: for free at 1-800-432-1599, or (202) 224-5344  
Mailing address: 154 Russell Senate Office Building, Washington, D. 20510-1903

## US House of Representatives:

- *Tom Allen* (District 1):  
Online at: <http://tomallen.house.gov/> or [rep.tomallen@mail.house.gov](mailto:rep.tomallen@mail.house.gov)  
By phone locally at: 774-5019 (Portland office) or 283-8054 (Saco office)  
Mailing address: 1st district, 1717 Longworth House Office Building, Washington, D.C 20515
- *Michael Michaud* (District 2):  
Online at <http://michaud.house.gov/>  
By phone at: 942-6935 (Bangor office), 782-3704 (Lewiston office), 873-5713 (Waterville office), 764-1036 (Presque Isle office)  
Mailing address: 1724 Longworth House Office Building, Washington, D.C. 20515-1902

## Maine State Legislators:

<http://www.maine.gov/portal/government/edemocracy>

If you do not know who your local state representatives are in the Maine House and Senate you are not alone.

- The website listed above is a good place to start. Once you get to this page click "**Find Your Elected Officials**" and then put in the town you live in and information on your local and national legislators will be right there at your fingertips. Check it out. The first step to making a difference is knowing how.