



*"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."  
— Edith Sitwell*

# Beta Delta News

The Delta Kappa Gamma Society International

Region VII, Eta State,  
North Carolina,  
Beta Delta Chapter,  
Greensboro, NC

Voices of Influence Empowering North Carolina Educators "Let's Sparkle!"

IN THIS ISSUE

## President's Message

### A Bad Back

I celebrated my 78th birthday yesterday, and in all those 78 years I have never had trouble with my back. I went to Pennsylvania after Christmas to see my son and his family and to celebrate Christmas and my son's birthday. During the visit, I went to see *Coco*, a movie about a Spanish speaking boy Miguel who wants to play the guitar and sing. I thought of many of you who teach Spanish or have Spanish as your native language. It was a charming movie and we had to walk to the top of the theater for our seats. Not only was mine a reclining seat—it was broken! I was very uncomfortable, went to sleep, snored so loudly that my grandchildren were delighted not to be sitting by me. As we left they kept telling me that everyone was looking around to see me. You couldn't make this up if you tried!

That night my back woke me up; I could not even turn over without pain. My departure was coming close. We knew I could not leave the next day and get into the plane or into the seat. My son was able to change my flight reservation for a mere \$215.00. When I got home, I used heat on my back as I had done in Pennsylvania, and my back began to improve. I went to my trainer for a very modified workout. The next week, we added more weight and two machines. Screech! The back went out again. The heat came on, and the next workout was in a chair—not much of a workout.

Since then, I have tried to discern what implications I could find. While I was in Pennsylvania, my granddaughter made me a get-well card with a large cup of coffee on the front and inside you could see the drawing of me lying-

in bed and Maggie bringing me a steaming cup of coffee. She is always sympathetic, but has to learn conversational appropriateness. When Leisa Huddleston and I were t-boned a few years back, my right side was sore, swollen, and purple. Maggie's comment was, "Purple is my favorite color," to which we all had to laugh. So I learned not to take myself too seriously. I also learned with my back and my side to be patient with myself and not to complain. These are characteristics I learn and relearn again and again.

The same was true when I was teaching or serving as Special Populations Coordinator with the students as well teachers. We all learn differently and need to understand what our learning style is. In addition, students have expectations of what needs to be included in the curriculum. My Vietnamese students were sure they were being short changed if grammar was not being taught. If I asked them if they understood, they inevitably would answer, "Yes, I do not understand." For them, this was a very appropriate answer. They were telling the teacher, "Yes," then admitting they had no idea. You would never tell the teacher, "No." I hope never to forget and allow myself to relearn when I do forget. I wish the same for you in all aspects of your life.

Sincerely,  
**Ann Pember**  
President, Beta  
Delta (2016-2018)



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Send us your Beta Delta News!!

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**Next Meeting: February 22, 5:00pm at First Baptist Church, 1000 W Friendly Ave, Greensboro, NC 27401, Lower auditorium**

## Highlights: December Meeting/Holiday Brunch December 2, 2017

Our December Meeting was a holiday brunch at Sedgefield Country Club. The meeting opened with Marcia Payne Wooten on the keyboard and Zoe Dillard's soprano singing "Oh Holy Night." We then enjoyed a breakfast of omelets and waffles while competing (as silently as possible) in the Silent Auction. After



our business meeting, the live auction began. The live auction was very animated as members competed to get the best prices possible for their wares. Of course, all the proceeds from both auctions directly support teachers through scholarships distributed by Delta Kappa Gamma at the local, state, national and international levels. Our profit this year was \$2013.49. Nice work ladies!



*Photos courtesy of Jenn Kunka and Sharon Page*

### Snow Fun 2018

January 2018 saw a surprise snowfall of anywhere from 8-10 inches of snow. The forecasters were predicting 1-3 inches but we woke up to a very different site on Wednesday, January 17. Here some members and their families enjoying the snow!



Jenn Kunka's children enjoying some snow play



Prophetic snow sign in Elaine McRae's front yard



Liliana Jordanov and her daughter



Rose Griffin Mosquera, her husband Carlos and pets enjoying a walk



Mary Sharpe's grandson, Duncan making a snow angel

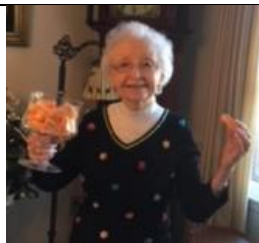
## Member News



Recently the University of North Carolina at Greensboro hosted a delegation of pre-service English teachers from Shanghai Normal University. This immersion experience gives the Chinese

students the opportunity to experience the American culture and education system first-hand. In the photo below, Beta Delta member Janis Antonek is seen with four of the students who visited her classroom in January. Antonek, who teaches Spanish at the Middle College at UNCG, says she loves hosting visitors in her classroom: "The students enjoy displaying their knowledge and I like having a chance to share some of the teaching techniques I've honed over the last few decades." Antonek said it was especially rewarding when her principal mentioned she overheard the Chinese students commenting that the students had learned to speak Spanish in just ten days. Antonek smiled, knowing that, indeed, the language immersion model works!

Elaine McRae's mother, Gladys Boroughs recently celebrated her 95<sup>th</sup> birthday. She was born in 1922. Gladys graduated from Gardner-Webb College w/ an English major. Before marriage, she worked in Washington, DC at the FBI as an editor (during the J. Edgar Hoover days!).



Dr. Mary Lynn Redmond, Professor of Education at Wake Forest University, received the Wilga Rivers Award for Leadership in Foreign Language Education, Post-secondary Level, at the annual convention of the American Council on the Teaching of Foreign Languages held in Nashville, Tennessee November 17-19. Mary Lynn is director of K-12 Foreign Language Education at Wake Forest University. The Wilga Rivers Award is given in memory of the internationally renowned scholar and author who was one of the first women appointed to a full professorship at Harvard University.

The Society for Classical Studies has selected Mary Pendergraft, professor of classical languages, as a recipient of one of its 2017 awards for Excellence in Teaching at the Collegiate Level. Pendergraft, chair of the classical languages department, "has tirelessly and masterfully taught, advised and mentored countless students," according to the award citation.

See the full article here:

<http://inside.wfu.edu/2017/11/pendergraft-receives-2017-excellence-teaching-award-society-classical-studies/>



Alice Hill was appointed to the Vestry at St. Andrew's Episcopal to finish out a 2 year remaining term for a Vestry person who had stepped down. It became official at the Annual Parish meeting in January. This will be the third time she has served on the Vestry at St. Andrew's... one term for each decade!

## Birthdays

### February

Cathy Wallen – February 2  
Evie Derrickson – February 7  
Dr. Ann P. Pember – February 10  
Dr. Mary Pendergraft – February 14  
Anne Houseman – February 19  
Dawn Potts – February 25

### March

Dr. Jane T. Mitchell – March 5  
Jennifer Kunka – March 8  
Leisa Huddleston – March 11  
Dr. Mary Lynn Redmond – March 15  
Marcia Payne Wooten – March 15

### April

Ashley Velazquez – April 10  
Barbara K. Moore – April 11  
Sarah J. Beale – April 12  
Lisa Frissen – April 16  
Dr. Lois Edinger – April 17  
Jill Moore – April 18  
Yvonne Woodward – April 19  
Dr. Isabelle R. Powell – April 20

Did we forget you? Email the editor at [lfrissen72@gmail.com](mailto:lfrissen72@gmail.com)

## In our thoughts...

Dawn Potts has been struggling with medical issues but has recently returned to work.

Jennifer Kunka's father has been struggling with the results of a stroke and she has been called away to help with his care in Raleigh.

## Our Condolences

Alice Hill's mother passed away in Winston Salem in January. You can reach Alice at 1808 Villa Drive, Greensboro, NC 27403, phone 336-691-0726, email [aphspa@aol.com](mailto:aphspa@aol.com).

Sadly, there was another death in Judy Mancino-Palmer's family in November. Rick's older brother, Ronny, passed away and the services were held in Thomasville.

Lisa Frissen lost her aunt Carol in the past week and the memorial service will be held in Ruffin, NC.

## Member Spotlight

### Member: Alice Hill

Alice hails from Winston-Salem, NC and she enjoys Silver Sneakers classes at ACT by Deese, reading (especially love novels by Isabel Allende), Open Space Theater events and UNCG Theater.

Alice has four grandsons and one granddaughter. She is very proud of her three children. One is a Spanish teacher in Connecticut. One is a UNCG graduate in Communications and works for I Heart Media in Jacksonville. One is career army and a lieutenant colonel.

Alice has a BA in Spanish and Education from Meredith College and an M ED in Spanish and Education from UNCG. She taught at Daniels Jr. High School from 1971 to 1976. She was a TA at UNCG from 1983-1985. Alice was a lecturer part time UNCG from 1985-1991 and a full time lecturer UNCG from 1992 to 2016 when she retired.

Alice's grandmother, Christine Temple Daniel, was a member of Delta Kappa Gamma in Craven County. She loved Delta Kappa Gamma and when Alice was a little girl she enjoyed reading her magazines. She knew she wanted to be a teacher by the time she was 4 years old. Alice wanted to join Delta Kappa Gamma because of the sense of sisterhood and because of its recognition of key women educators. When it comes to Delta Kappa Gamma, she likes best our traditions, our members, our December Fundraiser, and hearing Marcia Wooten make music.

Alice enjoys retirement. For the next 2 years, she is serving on the Vestry of St. Andrew's Episcopal Church. This is the 3rd time she has been on the vestry, once each decade since 1990.

### Member: Melissa Harrelson

"What does testing for NAEP (National Assessment of Educational Progress) look like? It's a lot of work to get all the details worked out with each school, but rewarding, too. I like being with students again. I don't like all the equipment I bring to the school each day. Each of the cases in the picture weigh over 50 pounds and the green tote bag with extension cords, chargers, mice, and gaffer tap weigh about 23 pounds. I use my personal suitcase to carry all the other items needed so it's in only one bag with WHEELS! (Items like wipes, earbuds, pencils, routers, debriefing forms, portable mifi [personal wifi – very secure], testing signs, etc.)

Because this testing cycle is the 'off' year, NAEP is field testing in certain areas. I'm testing only 8th graders in Technology and Engineering (TEL). It's really cool to see what types of things 8th graders are expected to know in technology and engineering in the 21st century. This is not a subject taught in schools, but represents the assimilation of their math, reading and science knowledge and skills. The questions involve a lot of critical thinking.

My training took place in Rockville, MD the week after Thanksgiving. Then I'm on the phone talking to the school coordinator (SC) about how to gather the needed information on the sample of selected students in December. January is filled with telephone calls for specific information—such as, IEP needs, ELL needs, accommodations needed, testing rooms, student grouping, etc. The snow has played havoc with my calls because so many schools were closed.

Then beginning January 30th through March 9th, I'll be in schools doing the assessments with the help of AAs (Administrative Assistants). One of my AAs lives in Pleasant Garden and the other two live in Durham. Most of my schools are in Durham and Chapel Hill with one in Siler City, Eden and Roxboro. I also have one week in Fairfax County, VA with schools there. Pray for no more snow these 6 weeks! Did I mention how I hate to get up early? That's the one downside! I have to be at the schools 90 minutes before the first test sessions (to set up the laptops and get ready—it's a very specific, standardized process). Hope to see my DKG sisters in the spring."



## Important Dates

### Next Beta Delta Meeting

February 22, 2018  
First Baptist Church  
Lower auditorium  
5:00pm

### Beta Delta Initiation Practice

March 15, 2018

### Beta Delta Initiation

April 12, 2008

### Convention Dates

April 27 - 29, 2018  
Eta State NC Convention,  
Hilton Charlotte University Place,  
Charlotte, NC  
(Region VI)

The Hilton Charlotte University Place is taking reservations for the 2018 Eta State NC Convention. The rate of \$115 plus taxes is available until April 12 or until the block is filled.

Registration may be made online at <http://bit.ly/2zwvvLv> or by calling 704-547-7444. Ask for the DKG room block.

### Registration due by April 1, 2018!

July 16 - 20, 2018  
DKG International Convention,  
JW Marriott, Austin, TX



## News from Eta State

### Eta State NC Convention 2018 April 27-29 Charlotte, NC

#### DKG Society Representative



Eta State NC is delighted to announce that Dr. Lyn Babb Schmid, DKG Immediate Past President, will be the Society Representative for the 2018 Convention in Charlotte. In addition to serving as 2014-2016 International President, Dr. Schmid is also the 2017 recipient of the International

Achievement Award. She is a member of the Administrative Board, current chair of the DKG Supporting Corporation, and a trustee of the DKG Educational Foundation. During her term as international president, Dr. Schmid initiated the Recruitment Membership Plan and launched DKGNext, a group of young members focused on the future of DKG.

#### Sunday Brunch - Be Ready to Laugh!



She has authored or co-authored 2 award-winning books. The title for this presentation is "Humor for the Health of It" and is based on a book she co-authored, A Mirthful Spirit, Embracing Laughter for Wellness. Be prepared to laugh during this fun-filled talk on the benefits of joy and laughter for our health.

#### Convention Entertainment!

The Independence High School Patriot Singers are making quite a reputation for themselves in the Charlotte area, performing live on TV, welcoming guests to a posh country club Christmas party, singing for residents of a local nursing home, honoring veterans on Veterans Day, and entertaining retired county government workers. Wherever they go, the Patriot Singers perform with all their heart and sing with intention and soul. DKG member Kristine "Kiki" Neale inherited this choral program ten years ago starting with 30 singers and has joyfully watched it grow to 150 singers this year. The Chamber Choir, pictured below, is students who have participated in the Patriot Singers for all four years of high school. The first word these students use when asked about their experience is "family." A teacher couldn't ask for a greater gift!



### Hurricane Matthew Aftermath - 2018 Eta State NC Convention Project

Region VI has chosen the Hurricane Matthew Aftermath as the convention project for 2018. Robeson County suffered the most devastation following by Hurricane Matthew, many families lost everything. We will be working very closely with United Way of Robeson County to resolve the greatest needs of the families who need help the most. With United Way leadership, our project will assist these displaced families with some of the relief they need. United Way of Robeson County Director provides case management for each displaced family. United Way is a non-profit organization committed to improving the lives of people in their communities. The website is [www.unitedwayrobeson.org](http://www.unitedwayrobeson.org). Donations may be given in the form of a gift card, certified check, money order or any other guaranteed monetary gift. We ask that no cash be given. Checks and money orders may be written to the United Way of Robeson County with reference to the Eta State North Carolina Convention Project. The address is 2512-A Fayetteville Road, Post Office Box 2652, Lumberton, North Carolina 28359. Questions and/or concerns? Please contact Doris Littlejohn, Convention Chair, at [dalittlejohn1@bellsouth.net](mailto:dalittlejohn1@bellsouth.net) or call 910-276-8468.

#### Tee Up for Teachers June 11, 2018 - Save the date!



Fundraising and fun are in store as part of the first charity golf tournament to benefit The NC DKG Educational Foundation. Tee Up for Teachers will be held at the Boone Golf Club, one of the top rated public courses in NC. Plan now to be part of this High Country event that offers magnificent scenery and a challenging course. Those interested in playing or putting a team together can contact Sheila Groves, [svgetag7@gmail.com](mailto:svgetag7@gmail.com), or Dr. Barbara Leonard, [drleonardo@gmail.com](mailto:drleonardo@gmail.com). Members who are not golfers will not be left out! There will be other opportunities for members and friends of the Foundation to support the fundraiser as volunteers and sponsors. Look for more information soon!

#### 2019 Southeast Regional Conference in North Carolina

North Carolina will host the Southeast Regional Conference June 27- 29,

2019 at the Crowne Plaza Tennis and Golf Resort in Asheville. The Southeast Region is made up of Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, and Virginia. Save the date now and make plans to join DKG members and friends at this exciting event. Sheila Groves (chair), Elaine McRae, Teresa Cowan, Dedra Davis and Thommi Stammer were appointed to the Planning Committee at the Fall Executive Board Meeting. There will be many opportunities for NC members to assist with the conference. If you are interested in volunteering, please let Sheila know. Plans will soon be underway for North Carolina Night, a time to showcase our wonderful state! Let's SPARKLE and volunteer to make this a memorable event!



## NC DKG Educational Foundation Awards Project Grants

From "Edible Book Reports" and sending books home with kindergarten students to "Living an Inspired Life," comparing old and new technologies, and "Helping Struggling Readers," the 2017-18 educational projects funded by the North Carolina Delta Kappa Gamma Educational Foundation are activating exciting ideas across the state! The purpose of Foundation grants is to support educators in implementing their creativity, community outreach, and chapter involvement. Five grants of \$250 were awarded in the 2017-18 cycle. The Foundation is now receiving grant proposals for the 2018-19 cycle. Information about grants and proposal forms are on the Foundation website ([www.ncdkgef.org](http://www.ncdkgef.org)). Proposals are due September 31, 2018. Awards will be announced by November 15, 2018. The 2018-19 cycle will see four awards up to \$500 each.



## Wellness Challenge - Wonders of Water EEC Update

When President Savell launched the Wellness Challenge, your EEC presented the Wonders of Water. The sisters of Eta State were encouraged to "Think globally and act locally in their pursuit of wellness for self and others!" Since the launch, sisters and chapters have accepted the challenge in a variety of ways. Read on to learn a few.



- Chapter programs have focused upon "Following the Liter" which highlights the progress toward the mission of providing safe drinking water for an entire school year to the children of Africa.
- Sisters have purchased LifeStraws for personal use, as gifts for loved ones and to donate to agencies that aid persons in their quest for safe drinking water. Every product purchased by an Eta State sister helps a school child of Kenya receive safe water for an entire school year.
- Chapters and individual sisters have made financial donations to The LifeStraw Safe Water Fund. This fund works to expand the mission to countless school children in Kenya.

EEC is excited to see how the Wonders of Water and the Wellness Challenge continues to thrive throughout the sisterhood of Eta State and beyond.

*The Eta State Wellness Initiative and the EEC LifeStraw Project supports the DKG/UN Relationship which is enhanced through CTAUN (Committee on Teaching About the United Nations). Check out <http://www.teachun.org/> for more details.*

## Message from the Eta State President



Eta State has several goals moving us forward this biennium. Two of these goals are: Advocate Excellence in Education and Inspire Passionate Meaningful Programs and Projects. Chapter members are in North Carolina by providing school supplies for children, grants for students, scholarships for teachers, and sharing both time and resources to improve our communities. These acts of kindness show the generosity of our members and the passion for

assisting others. In visiting chapters, I have seen members that are excited about using the new membership recruitment plan. If your chapter hasn't tried the plan, contact your Regional Director for more information. Plans are being made for the 2018 Eta State NC Convention in Charlotte. It will provide workshops and speakers who will inspire, refresh, and renew us as we have opportunities to network and learn. Interacting with other leaders across the state provides us with new ideas to make us stronger, more effective leaders. Come to Charlotte and network with your colleagues from around the State.

Connie Phifer Savell, Eta State NC President 2017-2019

### Let's SPARKLE!

#### Goals:

- Encourage **S**avvy leadership
- Inspire **P**assionately, meaningful programs and projects
- Analyze and **A**rticulate current educational issues
- Further **R**espect for diversity in membership
- Promote **K**nowledge through lifelong learning
- Establish and **L**aunch a member wellness initiative
- Advocate **E**xcellence in education

## Note from the Editor

We always have a lot to celebrate in our Beta Delta Chapter of Delta Kappa Gamma. I'd like to point out both a correction and a celebration all at the same time. In that last newsletter, it was labeled incorrectly as "Volume 34, Issue 2" when in fact it should have been labeled "Volume 35." The volume number of the issue indicates the number of years it has been in publication. What a thing to celebrate! 35 years of great chapter and member news, highlighting the achievements of the society and the key women educators who make Delta Kappa Gamma a great organization to be a part of. So happy 35<sup>th</sup> anniversary newsletter! Keep the good news coming!



Deadline for submissions to the next newsletter is: May 1, 2018! Email the editor at [lfrissen72@gmail.com](mailto:lfrissen72@gmail.com)

## U.S. FORUM CONNECTION #169, JANUARY 2018 (Updated: February 2018)

This publication is intended for your information about issues important to education, women and children. How you choose to use the information included here is up to you. This free newsletter is sponsored by the United States Forum of The Delta Kappa Gamma Society International. The Delta Kappa Gamma Society International is an organization of leading women educators with over 80,000 members. Delta Kappa Gamma members wishing to subscribe to this FREE newsletter should send a request to the editor Angela O. Bedenbaugh at [Bedenbaugh.Angela@gmail.com](mailto:Bedenbaugh.Angela@gmail.com). We urge you to share this newsletter with other interested individuals who are not members of Delta Kappa Gamma or members who do not subscribe to this publication.

### NLS DEADLINE APPROACHES

The deadline for submitting a regular registration form to attend the National Legislative Seminar without a late fee is February 10, 2018. The registration form can be found at [http://www.usforumdkg.org/uploads/4/4/6/6/44667559/nls\\_registration\\_2018\\_updated2.pdf](http://www.usforumdkg.org/uploads/4/4/6/6/44667559/nls_registration_2018_updated2.pdf). The main issues which will be addressed at the seminar are advocacy, violence against women, women's health care, youth suicide awareness and prevention as well as human trafficking.

### CAREGIVERS ACTS

The RAISE Family Caregivers Act (H.R.3759, S.1028) which was introduced in both houses last year was signed by the President on January 22, 2018 after which it became Public Law No. 115-119. This bill directs the Department of Health and Human Services (HHS) to develop and make publicly available a National Family Caregiving Strategy that identifies recommended actions for recognizing and supporting family caregivers in a manner that reflects their diverse needs. Also HHS is to convene a Family Caregiving Advisory Council to advise the department on recognizing and supporting family caregivers. The council terminates after three years. There are several other bills dealing with caregiving for categories such as those with military injuries and Alzheimers patients. The Social Security Caregiver Credit Act of 2017 (S.1255) would give tax credit to caregivers to offset remuneration lost from job changes and other expenses incurred as result of caregiving in order to provide care to individuals handicapped either by illness such as Alzheimers or severe injury. This bill has been referred to committee in the Senate. The Public Law 115-119 is a step in the right direction, but it does not provide any financial relief for caregivers.

### CHIP FUNDING

Recently Congress seems to be close to an agreement which would extend the CHIP program for five or six years. The Children's Health Insurance Program (CHIP) is designed to fill the gap between low income groups that qualify for Medicaid and more affluent families who can afford health insurance. It is estimated that about 9 million children get health coverage under this program. Funding for this program is now being discussed in Congress which should soon reach agreement on a bill to be sent to the President for his signature. The current funding is due to expire March 31, but many states will run out of funds prior to that date or have already run out of money.

### TITLE IX

The recent revelations about the sexual harassment involving the women's gymnastics team at Michigan State University as well as the National Gymnastics team which represented the USA at the Olympics should be a wake-up call for all of us. Although the women and girls had complained for several years to parents and school administrators about what was happening to them, no action was taken. The legislation which should have protected these females is Title IX. As of January 31, 265 females have lodged complaints against Larry Nassar. Complaints have officially been lodged against Nassar and dismissed since 2004. This case illustrates why complaints by girls and young women should be taken seriously and investigated. It has been estimated that only about 20% of sexual assaults are reported. In the past colleges and universities have been loath to tackle sexual assault on their campuses; because they feared the bad publicity would affect their enrollment. What has happened at Michigan State University will almost certainly lead to the uncovering of similar situations at other institutions of higher learning. Recently the Texas Attorney General has opened an investigation into what has been going on at the International Gymnastics Camp in Texas. Representative Susan Brooks and Senator Dianne Feinstein are currently working on legislation to address these abuses.

### NEW PUBLICATION "SHE PERSISTED"

There is a new publication from Newsweek which is listed on Amazon as a book. It deals with women groundbreakers from Deborah Sampson (1782), Sacagawea (1804), Elizabeth Bennett (1813) and Harriet Tubman (1849) to Senator Larissa Waters, Yoshiko Shinohara and Senator Elizabeth Warren (2017) and includes Saudi Arabia allowing women to drive (2017). She Persisted also looks at movements such as the Women's March, "Me Too" and "The Resistance."

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### FORUM FACEBOOK PAGE LINK

For those of you desiring discussion of legislative topics there is a U. S. Forum Facebook page online at <http://www.facebook.com/DKG.US.Forum>

FORUM WEB SITE: <http://www.usforumdkg.org/>

### CONTACTING YOUR LEGISLATOR

If you wish to contact your senator to express your opinion, you can call the Congressional Switchboard at 1-866-327-8670 [this is a toll free number]. Another way of contacting your senator is via email or a telephone number which is not toll free both of which are available at [https://www.senate.gov/general/contact\\_information/senators\\_cfm.cfm](https://www.senate.gov/general/contact_information/senators_cfm.cfm)

### Email access and addresses:

<http://www.house.gov/> for members of the House of Representatives <http://www.senate.gov/> for members of the U.S. Senate

White House 1-202-456-1111

FIVE CONSTITUENT CONTACTS WILL CAUSE A LEGISLATOR TO PAY SERIOUS ATTENTION TO A GIVEN ISSUE.