Call Congress and tell them to reject the extreme cuts in H.R. 1 and to reach a compromise that rejects HR 1 before Friday to keep the government running.

Calls are particularly needed in Virginia to:

Senator Mark Warner: 202-224-2023 **Senator Jim Webb:** 202-224-4024

Representative Frank Wolf: 202-202-225-5136

VIRGINIA

Representative James Moran: 202-225-4376 **Representative Gerry Connolly:** 202-225-1492

MARYLAND

Senator Barbara Mikulski: 202-224-4654 Senator Benjamin Cardin: 202-224-4524

Representative Donna Edwards: 202-225-8699 Representative Steny Hoyer: 202-225-4131 Representative Elijah Cummings: 202-225-4741 Representative Chris Van Hollen: 202-225 5341

WASHINGTON, DC

Eleanor Holmes Norton: 202-225-8050

If your representative is not listed above, call the Capitol Switchboard: 202 224-3121

SPECIAL INSTRUCTIONS FOR GOVERNMENT EMPLOYEES

Make the call on your own time on your own phone off of government property. You can go outside during a break and call using your cell phone. Also, please do not forward this message from a government computer or email address to a government email address.