

Introduction

Thank You for Trying [Congress](#).

Congress is used to gain information about your Congressmen so we may all be more active in our Government. Please use this information contained in Congress to contact your Government body and express your views. Voting is not the only way to participate in today's government.

Every two years the elected body of Congress changes. This means the citizens of the United States participate in their Federal Government every two years. By contacting the law making body of our Government, our participation in that Government increases; therefore, our elected officials are better informed of our views.

Reference

[Finding your Congressmen](#)

Finding Your State Congressmen

- Move your mouse to the menu bar and click on "State".
- Select "Choose" with the mouse.
- A Dialog box will appear with the names of the 50 States.
- Select the State you wish to change to.
(the Radio Button will darken next to your Choice)
- Select OK with the mouse, if you select Cancel the program defaults to Alabama.
- The State you selected will appear in the main application window.



- To Move to other records in the selected State use the Tool Bar to move :



Move to First Record in the selected State.



Move to Previous Record.



Move to Next Record.



Move to Last Record in the selected State.

Congress

Refers to the Senate and House of Representatives

Red Arrows

Tool on the Tool Bar to goto the Next Record

