

Waging Peace: What You Can Do

Democratic government derives its power from the consent of the governed, and without dissent, there is no democracy. **Don't be afraid to speak out.**

109th CONGRESS- KEY TELEPHONE NUMBERS

Sen Edw Kennedy (D-MA): (202) 224-4543 CoS: Danica Petroschius; local (617) 565-3170; member Armed Svc Com, Hlth, Educ, Labor+Pensions Com(Chr), and Judiciary Com.
Sen John Kerry (D-MA): (202) 224-2742 CoS: David McKean; local: (617) 565-8519; member Finance Com, Foreign Relat Com+Commerce, Science+Transport Com.
Rep. William Delahunt (D-10th MA): (202) 225-3111 CoS: Steven Schwadron
Local: (508) 771-0666 (Hyannis), (617) 770-3700 (Quincy); member Int'l Relations Com. and Judiciary Com.
Majority Leader Sen Bill Frist (R-TN): (202) 224-3135 CoS: Eric Ueland
Minority Leader Sen Harry Reid (D-NV): (202) 224-5556 CoS: Susan McCue
Dem. Conference Chair: Sen Harry Reid " " "
Minority Whip Sen Richard Durbin (D-IL): (202) 224-2152 CoS: Ed Greelegs
House Speaker J. Dennis Hastert (R-14th IL): (202) 225-0600 CoS: Scott Palmer
Majority Leader Rep Tom Delay (R-TX): (202) 225-4000 CoS: Tim Berry
Minority Leader Rep Nancy Pelosi (D-8th CA): (202) 224-0100 CoS: Geo Crawford
Minority Whip Rep Steny Hoyer (D-5th MD): (202) 225-3130 CoS: Cory Alexander
Dem. Caucus Chair Rep Rob't Menendez (D-13th NJ): (202) 226-3210 Dir: Jas Dahl
Sen Appropri. Com. Chr Sen Thad Cochran (R-MS): (202) 224-5054
" " " RM Sen Rob't Byrd (D-WV): (202) 224-3954
Sen Armed Svcs Com. Chr Sen John Warner (R-VA): (202) 224 2023
" " " " RM Sen Carl Levin (D-MI): (202) 224-6221
Sen Foreign Relat Com. Chr Sen Richard Lugar (R-IN): (202) 224-4814
" " " " RM Sen Jos Biden (D-DE): (202) 224-5042
Sen Judiciary Com. Chr Sen Arlen Specter (R-PA): (202) 224-4254
" " " " RM Sen Patrick Leahy (D-VT): (202) 224-4242
Sen Com. on Intelligence Chr Sen Pat Roberts (R-KS): (202) 224-4774
" " " " RM John Rockefeller (D-WV): (202) 224-6472
Sen Homeland Sec+Gov't Affairs Com. Chr Sen Susan Collins (R-ME): (202) 224-2523
" " " " " RM Sen Jos Lieberman (D-CT): (202) 224-404
House Judiciary Com. Chr Jas Sensenbrenner (R-5th WI): (202) 225-5101
" " " " RM John Conyers (D-14th MI): (202) 225-5126
House Int'l Relations Com. Chr Henry Hyde (R-6th IL): (202) 225-4561
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House Ways and Means Com. Chr Wm Thomas (R-22nd CA): (202) 225-2915
" " " " " RM Chas Rangel (D-15th NY): (202) 225-4365
House Veterans' Affairs Com. Chr Steve Buyer (R-4th IN): (202) 225-5037
" " " " " RM Lane Evans (D-17th IL): (202) 225-5905
House Homeland Security Com. Chr Christopher Cox (R-48th CA): (202) 225-5611
" " " " " RM Bennie Thompson (D-2nd MS): (202) 225-5876

Use the media - Write a letter to the editor:

[Cape Cod Times](mailto:letters@capecodonline.com) - 508 775-1200;
letters@capecodonline.com

[Barnstable Patriot](mailto:editor@barnstablepatriot.com) - 508 771-1427;
editor@barnstablepatriot.com

[Cape Cod Voice](http://www.capecodvoice.com) - 508 247-8900;
www.capecodvoice.com

[Cape Cod Today](http://capecodtoday.com) -
<http://capecodtoday.com>

[Provincetown Banner](mailto:editor@provincetownbanner.com) - 508 487-7400;
editor@provincetownbanner.com

[Cape Cod Chronicle](mailto:letters@capecodchronicle.com) -
letters@capecodchronicle.com

Key to abbreviations

CoS= Chief of Staff

Chr=Chair

Com=Committee

RM= Ranking Member

(Minority in this Republican Congress)

R=Republican

D=Democrat

Derived from Congressional websites and a pamphlet the National Committee for an Effective Congress, available from NCEC; call 1-800-547-5911; www.ncec.org

The White House: President: (202) 456-1414 VP: (202) 456-9000

Democratic National Com.: (202) 863-8000

Democratic Congressional Campaign Com.: (202) 863-1500

Democratic Senatorial Campaign Com.: (202) 224-2447

Democratic Governors Association: (202) 772-5600

Republican National Com.: (202) 863-8500

National Republican Congressional Com.: (202) 479-7000

National Republican Senatorial Com.: (202) 675-6000

Republican Governors Association: (202) 662-4140

And see: www.freewayblogger.com

Be Informed:

The major media has passed on all of the Bush administration's lies in large headlines; avoid wasting your time and money on news media and corporations that feed you lies and leave you angry and exhausted.

Iraq War Facts & Figures

National Priorities Project 17 New South St., Suite 302 Northampton, MA 01060
Tel: 413-584-9556 Email:info@nationalpriorities.org Web: www.nationalpriorities.org/,

Stop the War machine - Don't Enlist

War Resisters League: 339 Lafayette Street New York, NY 10012
(212) 228-0450 wrl@warresisters.org / www.warresisters.org/

Central Committee for Conscientious Objectors: 405 14th Street #205 Oakland, CA 94612 (510) 465-1617 and
1515 Cherry St Philadelphia, PA 19102 215-563-8787 www.objector.org

American Friends Service Committee, National Office, 1501 Cherry Street Philadelphia, PA 19102 Phone: (215) 241-7000
www.afsc.org

DOMESTIC WEBSITES

All of the following provide liberal articles and commentary from all over the US, some foreign sources; many have links to papers, magazines, news services, etc.

www.alternet.org News and commentary

www.antiwar.com War news and commentary

www.bigeye.com News and commentary; extensive links

www.buzzflash.com Commentary

www.blackcommentator.com African-Amer issues

www.commondreams.org Commentary, extensive links

www.cursor.org

www.inthesetimes.com Articles re: corporate power

www.mediamatters.org Truth in media

www.nybooks.com The website of the NY Review of Books; wonderful political, ethical and often intensive articles, some investigatory.

www.truthout.com News and commentary

www.zmag.org Home of Z-Net and Z-Mag, many global links

INTERNATIONAL WEBSITES

www.aljazeera.com (may have to google to get in English); Arabic news site

www.al-ahram.org (may have to google); weekly liberal Egyptian news magazine

www.wnsitemap.com Numerous links to world media, weather, political, business, etc.

www.worldheadlines.com Headlines all over the world

www.iht.com International Herald Tribune site

BLOGS (informed opinion)

www.afterdowningstreet.org Downing St memo fallout

www.dailykos.com Hip political blog

www.huffingtonpost.com Arianna's blog

www.wonkette.com Goings on in Washington

Television

DEMOCRACY NOW (AMY GOODMAN): CH 17 (LOCAL PUBLIC CHANNEL) 8AM DAILY

NOW (DAVID BROCCACCIO): CH 2 (PBS) 8-8:30PM FRIDAYS

THE DAILY SHOW (JOHN STEWART) CH 61 (COMEDY CENTRAL) 8PM MON-FRI

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