

Democracy Made Easy

You can make a difference!

YOUR LOCAL PUBLIC SERVANTS NEED TO HEAR YOUR OPINIONS CITY COUNCIL

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YOUR REPRESENTATIVES NEED TO HEAR FROM YOU

Call them and tell them your opinions. Issues like protecting the environment, who should be able to marry, and the war in Iraq are important—you have opinions. Please share them. The following is all you need to become active and involved in the big picture.

RESIDENTS OF THE 90068 ZIP CODE ARE REPRESENTED IN CONGRESS BY TWO SENATORS AND ONE REPRESENTATIVE

Senator Dianne Feinstein (D- CA)
DC office: (202) 224-3841
Fax: (202) 228-3954
Web address:
www.feinstein.senate.gov/email.html
Feinstein's Local Phone: (310) 914-7300

Senator Barbara Boxer (D- CA)
DC office: (202) 224-3553
Fax: (415) 956-6701
Web address:
www.boxer.senate.gov/contact/webform.cfm
Boxer's Local Phone: (415) 403-0100

Representative Howard L. Berman (D- 28)
DC office: (202) 225-4695
Fax: (202) 225-3196
Web address:
www.house.gov/berman/contact/
Berman's Local Phone: (818) 994-1050



RESIDENTS OF THE 90028 ZIP CODE ARE REPRESENTED IN CONGRESS BY TWO SENATORS AND ONE REPRESENTATIVE

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www.boxer.senate.gov/contact/webform.cfm
Boxer's Local Phone: (415) 403-0100

Representative Diane E. Watson (D- 33)
DC office: (202) 225-7084
Fax: (202) 225-2422
Web address: www.house.gov/writerp/
Watson's Local Phone: (323) 965-1422

Visit the Online Directory for the 108th Congress at:
<http://www.visi.com/juan/congress/index.html>

THE ONE-HOUR ACTIVIST

by Christopher Kush

A Book Review by Fran Reichenbach

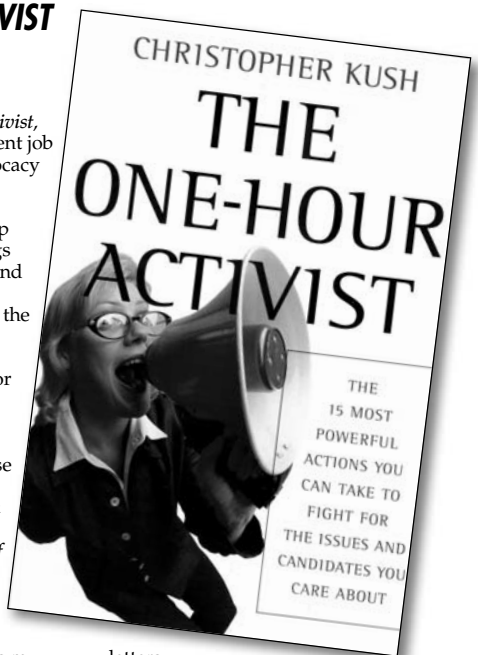
In his book, *The One-Hour Activist*, Christopher Kush does an excellent job of outlining why grassroots advocacy is needed in this representative democracy of ours.

Written by the founder of Soap Box Consulting, this book belongs under the arm, in the handbag, and on the kitchen counter of every neighbor who has ever cursed at the television while watching the 6 o'clock news. What if you could make a difference in one hour—or less?

One of the great messages the writer wants us all to get is that advocacy at the click of the mouse is not especially effective. Kush says that his book, "...presents an approach to grassroots advocacy that brings you into the corridors of power in a meaningful way—to be a player, not a glorified copying machine."

What—millions of identical petitions are not going to impress my elected representative? Not to hear Kush talk about it. He claims that millions of cookie cutter e-mails or letters and lengthy petitions will *not* give that representative the notion that the sender is actually a constituent or that he/she has a keen grasp of the issue on the table. All those identically worded e-mails and letters tell the elected official is that the sender knows how to respond to an e-mail bulletin and press a button to "pass this on."

Kush suggests personally written



letters and e-mails and gives concrete suggestions on style and tone with special emphasis on identifying yourself as a constituent and "telling your story." Your story lets the recipient understand why you are so passionate about the issue and gives a reason why the action you request needs to be taken.

So go forward citizens, because (as Kush puts it) "...The challenge now belongs to you. Will you take action on the issues you care about?"

City Ride for Seniors

Whether or not you drive, regardless of your disability or condition, you can arrange for a ride from your home to your destination for very little money. Write for a brochure outlining this service:

**Cityride
P.O. Box 866003
L.A. 90086**

Or call 808-7433 within the 213, 310, 818, or 323 area codes. Ask them to explain the service and to send you a brochure.

This program offers four discount transportation programs for seniors 65 and older, and those of any age with disabilities.

"I see Congress is in session... a lot of villages are missing their idiots."—Will Rogers

"I always wanted to get into politics, but I was never light enough to make the team."—Art Buchwald