

HOW TO MONITOR A REPRESENTATIVE:

- See who else has adopted the same politician that you did and coordinate your efforts. see the volunteer list on the [Adopt a Politician page](#) the fredvapats website.
- Study his or her website...everything on it! Sign up for email newsletters from the website. Check the website frequently for new information.
- Call the office or check the website to get the names, assignments and contact information of staffers. Are they assigned specific legislative matters, such as health care or energy policy?
- Consult the Adopt a Politician pages for the House or Senate and your politician.
- Check your Federal politicians at <http://votesmart.org/>, <http://heritageactionscorecard.com> , or <http://www.opencongress.org> .
- Call their offices whenever you have a question. Ask frequently if there are any upcoming open meetings.
- Make an appointment to meet with a staffer or the representative directly and introduce yourself.
- Use Adopt a Politician webpage resources to research campaign contributions, special interest ratings and voting records.
- Types of information needed.
 - ✓ Upcoming public meetings
 - ✓ Votes
 - ✓ Positions on issues
 - ✓ Whose candidacy do they support?
 - ✓ Changing positions on issues
 - ✓ Sponsored or co-sponsored legislation
 - ✓ Articles or news
 - ✓ Press releases
 - ✓ New committee assignments
 - ✓ Special interest group ratings

Note: Desktop shortcuts or “favorites” are helpful for all websites that you visit frequently. See below.

*** REPORT YOUR INFORMATION AND POST IT ON THE WEBSITE ***

NEED HELP? Email: devanallen@fredvapats.org

*** GOOGLE ALERTS FOR ALL TOPICS ***

An easy way to stay informed on your politician, legislation or topics is to use Google Alerts. It isn't the same as searching on Google. Google Alerts are email updates of the latest relevant Google results (web, news, etc.) based on your choice of topic.

Note: Items from conservative and liberal sources will be included, so you'll sometimes find out what the Huffington Post is saying.

To sign up for Google email alerts: <http://www.google.com/alerts>

Enter Search Terms (for example, Rob Wittman, HB-103, or Spotsylvania Board of Directors)

Enter : Type, How Often (once a day), and Volume

Enter your email address

Click "Create Alert"

OR...check the site periodically without signing up for emails, preferably once a day for the Adopt a Politician person, legislation or subject that you monitor. (A desktop shortcut is helpful.)

Enter Search Terms as above.

Click Preview Results, or results will

Try it out. Once you're there, preview a topic; then type in a new topic--get immediate results! Careful--may be addictive!