

- ✓ Emailing or calling a representative can be daunting, if you haven't done it before. Know this: It's **super easy, quick, and, best of all, non-confrontational**.
- ✓ **Emailing is best** for Idaho legislators, because it is a public document and recorded. You know your voice was heard!
- ✓ If you choose to call, **you don't have to persuade** the person at the other end of the phone. Their job is to merely collect opinions, and tally them up for the legislator.
- ✓ You don't have to say why, **you don't have to be articulate**. It can be as simple as, "Hi! My name is Citizen McVotestalot. I would like to leave a message for my representative. I support Senate Bill 1121, the Safe Routes to School bill. Please give it a hearing. Thank you."
- ✓ You can add personal touches, like, "Safe Routes for Schools has done a lot to improve walkability and safety in my neighborhood. I want to see this important program supported by our legislature."
- ✓ Include your contact information, to confirm that you are a constituent of the legislator in question. That's it.
- ✓ Don't forget to thank them!
- ✓ If you don't know who your legislator is, you can search [here](#).

These are the members of the **House Transportation & Defense Committee**:

Dist	Representative	Email	Office
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20	Joe Palmer	<a href="mailto:jpalmer@house.idaho.gov">jpalmer@house.idaho.gov</a>	(208) 332-1062
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18	Phylis King	<a href="mailto:pking@house.idaho.gov">pking@house.idaho.gov</a>	(208) 332-1080
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