How to email your member of Congress:

Most Congressional offices have a "contact" form on their website that you can fill out. Enter your name and information in the form and cut and paste the following email into the "comments" section. Use the template below, but fill in the appropriate information based on who you are writing to.

Sample Email to Congress

Pate	
he Honorable	
Office Address	
Jnited States House of Representatives/United State Sena	ite
City, State, Zip	
Dear Representative/Senator:	

As a researcher and a constituent, I am deeply concerned about the potential cuts core government functions, such as science and research programs, will face under sequestration or any debt negation deal. If lawmakers can't put politics aside, these cuts will compromise our nation's security, global competitiveness and economic growth. We cannot let this occur.

Further budget cuts will be particularly devastating to science and technology research, resulting in fewer grants, lab closures, layoffs and ultimately, the loss of our nation's innovation capacity. Now is the time to be investing in scientific research to maintain our competitiveness and meet the technological challenges of tomorrow, not fending off cuts. Further budget cuts could disrupt the economic payoffs of scientific research for decades to come.

Agriculture and natural resources research has led to countless new discoveries that address many of the food, agriculture and energy challenges currently confronting America and the world. For example:

- [Give a brief description of your research and the potential outcomes and or benefits]
- Scientists are studying human noroviruses in an effort to design effective control measures and reduce the number of food-borne illnesses caused by viruses.
- New equipment is being developed to more efficiently harvest grass seed, an important crop in the biofuels industry.
- Research has also shown that for every 1% of organic matter content, soil can hold 16,500 gallons of water per acre, representing a new strategy in combating crop loss due to drought.
- The genes that regulate temperature tolerance in wheat have been identified in order to develop a hardier winter wheat variety. This discovery is critical in light of growing pressure to increase global food production.

The decisions made in coming days will have major implications for the future of America's economy and global competitiveness. I urge you to work with your colleagues in Congress to find a balanced approach to deficit reduction that **does not include further cuts to science and research funding**. These and other nondefense discretionary programs have already contributed to deficit reduction through the bipartisan Budget Control Act (BCA) and prior spending cuts. Thank you for your consideration.

Sincerely,

Your Name Your Title Your Address Your City, State Zip Your Phone Number