



One of the most important duties of a Member of Congress is to help their constituents. My staff and I are dedicated to providing the help you need when you need it. If you need help with your Social Security benefits, would like to request a tour of the Capitol, or would like a flag flown over the Capitol for a special occasion, or assistance with some other Congressional matter my office can help.

I hope you will use this website as a resource, but please do not hesitate to call my office if you need assistance.

[**Assistance with Federal Agencies**](#)

[**U.S. Flag Requests**](#)

[**Visiting D.C.**](#)

[**Federal Grants**](#)

[**Service Academy Nominations**](#)

[**Internships**](#)

[**Congressional Art Contest**](#)