

# Contacting your Federal Delegates

## Who to Call and What to Say

### Sample Script:

"Dear [CONGRESSMAN/CONGRESSWOMAN/SENATOR], I am calling today to respectfully urge you to work with your colleagues in the [HOUSE OF REPRESENTATIVES/SENATE] and vote for the Afghan Adjustment Act, which would help Afghan arrivals secure their permanent legal status in the United States and start new lives in Oklahoma. These people risked their lives to help the U.S. in Afghanistan, and our current immigration attorneys and legal system are severely overburdened. Oklahoma stepped up to show the Oklahoma standard in welcoming 1800 Afghan arrivals - more per capita than any other state - and now we need to ensure that these families can secure their status and become part of the fabric of the Oklahoma community. Thank you."

## Your federal delegates' contact information:

### U.S. House of Representatives:

**District 1: Kevin Hern**  
202-225-2211 D.C. Office  
918-935-3222 Tulsa Office

**District 2: Markwayne Mullin**  
202-225-2701 D.C. Office  
918-687-2533 Muskogee Office

**District 3: Frank Lucas**  
202-225-5565 D.C. Office

**District 4: Tom Cole**  
202-225-6165 D.C. Office  
405-329-6500 Norman Office

**District 5: Stephanie Bice**  
202-225-2132 D.C. Office  
405-300-6890 Oklahoma City Office

### U.S. Senate:

**James Lankford**  
405-231-4941 Oklahoma City Office  
202-224-5754 D.C. Office

**Jim Inhofe**  
405-208-8841 Oklahoma City Office  
202-224-4721 D.C. Office



## Not sure of your district?

We can help you locate your district and decide who is the best federal delegate to call. Email [info@ok.cair.com](mailto:info@ok.cair.com) for help.

<https://www.koco.com/article/gov-stitts-office-afghans-fleeing-taliban-regime-welcome-to-come-to-oklahoma/37341304>  
<https://www.unrefugees.org/news/afghanistan-refugee-crisis-explained/>  
[https://www.ipsos.com/en-us/news\\_and\\_polls/over-two-thirds-americans-support-resettling-afghan-allies-united-states-09092021](https://www.ipsos.com/en-us/news_and_polls/over-two-thirds-americans-support-resettling-afghan-allies-united-states-09092021)

<https://www.reuters.com/world/who-are-afghan-refugees-coming-us-what-happens-when-they-arrive-2021-08-26/>

<https://www.uscis.gov/green-card/green-card-eligibility/green-card-for-a-cuban-native-or-citizen>

[https://www.ipsos.com/en-us/news\\_and\\_polls/over-two-thirds-americans-support-resettling-afghan-allies-united-states-09092021](https://www.ipsos.com/en-us/news_and_polls/over-two-thirds-americans-support-resettling-afghan-allies-united-states-09092021)

<https://www.unrefugees.org/emergencies/afghanistan/>

[https://en.wikipedia.org/wiki/Withdrawal\\_of\\_United\\_States\\_troops\\_from\\_Afghanistan\\_\(2020%E2%80%932021\)](https://en.wikipedia.org/wiki/Withdrawal_of_United_States_troops_from_Afghanistan_(2020%E2%80%932021))

<https://www.cfr.org/global-conflict-tracker/conflict/war-afghanistan>