

LET ME HEAR FROM YOU

Please contact my Fremont office, send me an email or visit my website for assistance with federal agencies, updates on important legislation, and information on visits to Washington, DC.

Fremont Office:

39300 Civic Center Dr, Suite 220
Fremont, CA 94538
(510) 494-1388

Washington Office*:

239 Cannon House Office Building
Washington, DC 20515
(202) 225-5065

Email:

petemail@mail.house.gov

Website:

www.house.gov/stark

*Due to security measures, mail sent to Washington is often delayed. The district office is typically a better option when sending mail

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Official Business

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USEFUL WEBSITES

You may not realize that government websites provide a wealth of information that can be helpful when working on research for papers or projects. Here is list of several sites you may find useful.

Pete's Congressional Website:
www.house.gov/stark

The Library of Congress:
www.loc.gov

The State of California
www.ca.gov

The White House
www.whitehouse.gov

The Supreme Court:
www.supremecourtus.gov

The State Department:
www.state.gov

First Gov:
www.firstgov.gov

THE GOVERNMENT CAN HELP PAY FOR COLLEGE

With tuition costs on the rise, more and more students are worried about how they'll be able to afford to college. Well, the Federal government might be able to help.

There are three types of federal aid you may be eligi

- **Grants** - Grants are awarded based only on financial need. Unlike loans, grants don't have to be repaid. The two types of federal grants are the Federal Pell Grants and the Federal Supplemental Educational Opportunity Grants (FSEOGs).
- **Work Study** - Federal Work Study provides money to participating schools so you can work part-time while you're in school. The type of work that you can do is different from school to school, so check with the school's financial aid office for details.
- **Loans** - Loans, unlike grants or work study, are borrowed money that *must* be repaid, with interest. The types of federal student loans are Federal Perkins Loans, Stafford Loans and PLUS Loans.

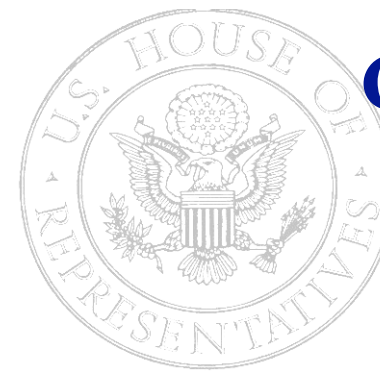
In order to be eligible for federal student aid, you must fill out the Free Application for Federal Student Aid or FAFSA. The FAFSA determines your eligibility for federal financial aid as well as scholarships, grants and other aid opportunities.



Congressman Stark discusses options available to students seeking financial aid for college.

You can fill out your FAFSA forms online at <http://www.fafsaonline.com/> or stop by Congressman Stark's Fremont Office to pick up a paper copy. FAFSA forms are due by June 30 of each year.

For more information on federal student aid check out <http://studentaid.ed.gov>.



CONGRESSMAN PETE STARK STUDENT GUIDE

Dear Student,

Would you like the age at which you can get a driver's license changed to 25? Do you want the San Francisco Bay filled in and turned into a huge parking lot?

These might be extreme examples, but decisions such as these could be made by Members of Congress or other government officials. You owe it to yourself to find out who these people are, what they do, and how you can get involved. This guide will help.

It's your choice. You can ignore the process and suffer the consequences, or make sure the decisions that are made benefit you, your family and your community.

Sincerely,

A blue ink handwritten signature that reads "Pete".



WHAT YOU DON'T KNOW CAN HURT YOU

Every day Congress makes decisions that affect young people. Unfortunately, too often young people don't pay attention (we didn't lose you already did we?!). Here are a few quick and easy ways to keep on top of important current issues:

- Read the newspaper. We all know how tempting it is to just skip straight to the sports section or the crossword puzzle, but newspapers provide a wealth of information about current issues in the East Bay, the United States and the world!
- Attend local meetings. A great way to learn what's happening in your area is start to attend city council and school board meetings. In addition, Congressman Stark holds town meetings once a month to address federal issues that affect people locally. Everyone is encouraged to attend.



- Exercise your right to vote! (when you're old enough) One of the easiest ways to make your voice heard is at the ballot box.

Left: Congressman Stark explains to local high school students the importance of paying attention to issues before Congress that affect young people today.

INSIDE

- How you can get involved in the political process
- Where Congressman Stark stands on the issues that affect you
- How the Federal Government can help you pay for college
- Discover all the services Congressman Stark provides

Stark's student guide

WHAT STARK CAN DO FOR YOU

INTERNSHIPS

Interns get to experience the political process firsthand, view Congress behind-the-scenes, help people in their community and earn school credits at the same time! To apply for an internship in his Washington, DC or Fremont office, visit his website at <http://www.house.gov/stark/services/internship.htm> and fill out an application.

CONGRESSIONAL ART COMPETITION

Every year Congress holds a nationwide Congressional High School Art Competition. Artwork is generally submitted in April with a winner chosen in early May. The winning piece is then displayed, with others from throughout the nation, in a ten-month long exhibit in the U.S. Capitol. For more information about the Congressional Art Competition call Stark's Fremont office at (510) 494-1388.

MILITARY ACADEMIES

Each year, Congressman Stark recommends a select group of high school graduates for admission to the U.S. Army, Navy, Air Force, and Merchant Marine service academies. Applicants must be residents of the 13th Congressional District and between the ages of 17 and 22. The deadline for requesting a nomination is October 31 each year. Call Stark's district office (510) 494-1388 for additional information.



Above: Congressman Stark with interns who worked in his Washington, DC office.

GOVERNMENT ASSISTANCE

If you or your parents have an issue pending before a federal agency (Internal Revenue Service (IRS), Immigration, etc.) and you experience unusual delays or you think your issue is being handled inappropriately, Congressman Stark may be able to help. Visit Congressman Stark's website at <http://www.house.gov/stark/services/index.htm> for more information, or call his California office at (510) 494-1388.

THE IRAQ WAR

With the number of American casualties increasing and no end in sight, it's no wonder many people these days are concerned about the war in Iraq.

Rep. Stark has continually worked for the immediate withdrawal of U.S. forces from Iraq. Sadly, instead of bring peace and stability, American soldiers have become prized targets for insurgents.

Congressman Stark has sent several letters to President Bush and cosponsored multiple resolutions calling for the immediate withdrawal of American troops. The war is a critical issue facing our nation. It's important to stay informed; talk to your classmates, read the newspaper and form your own opinions.



Above: Congressman Stark hosts a pizza luncheon for students from Irvington High School to discuss issues affecting young people today.

STARK IS WIRED!



The fastest way to find the federal government information you need is by visiting Congressman Stark's website. With a few click of your mouse you can:

- ✓ **Sign up** to receive Stark's e-mail newsletter.
- ✓ **Get quick responses** to your questions and comments via e-mail.
- ✓ **Cut through the red tape** of government by accessing grant information, navigating the immigration process and more.
- ✓ **Find out** why Congressman Stark supports or opposes specific legislation by looking at his floor statements, official letters and press releases.
- ✓ **Learn more about services** such as setting up tours of the U.S. Capitol and other sites in Washington, D.C., ordering U.S. flags that have flown over the Capitol and filling out an application to be an intern in one of Congressman Stark's offices.

Check it out for yourself at:

www.house.gov/stark

KNOW THE FACTS ABOUT MILITARY RECRUITING

Did you know that a provision in the No Child Left Behind Law allows military recruiters to access your name, address and telephone number?

In fact, high schools are required to turn this information over to military recruiters upon request unless you or your parent has formally informed school officials that you do not want your information shared.

You can protect your privacy by sending your school an annual opt-out notice that prohibits the school from providing your records to military recruiters. Simply fill out the form below, have your parents sign it and send it to your school.

OPT-OUT FORM PROHIBITING SCHOOL OFFICIALS FROM RELEASING YOUR NAME, ADDRESS AND TELEPHONE NUMBER TO MILITARY RECRUITERS

School _____
Date _____
Student Name _____
Date of Birth _____

Dear _____
(Name of School)

I understand that the No Child Left Behind Act of 2001 allows a student or a student's parent the right to prohibit a school from providing the military with a student's personal information.

_____ I request that this student's name, address, and telephone number not be released to Armed Forces, Military Recruiters, or Military Schools.

Signature of parent or guardian _____

-or-

_____ I am 18 years old and request my own name, address, telephone number and school records not be released to the Armed Forces, Military Recruiters, or Military Schools.

Signature of student _____

Federal public law 107-110, section 9528 of the ESEA, "No Child Left Behind Act" requires school districts to release student names, addresses, and phone numbers to military recruiters upon their request. The military uses this information to recruit students. The law also requires the school district to notify you of your right to Opt-Out from this by requesting that the district not release your information to military recruiters. The completion and return of this form serves as your request to withhold your private information.