

**Monday, July 10, 2006**

Starting July 10, I will be writing a blog on my congressional activities in Washington and Long Island. I believe this is a new and important way of expanding my communications with the people I represent.

My blog will be your seat in Congress, giving you a real-time view of critical issues on Capitol Hill. You will sit in on House Floor votes and Armed Services and Financial Services Committee hearings ... share opinions on critical issues ... and join me as I work on initiatives such as energy security, Iraq and Iran, college affordability and health care.

When I am home, my blog will bring you with me from constituent meetings to congressional town halls...from local school visits to homeland security forums.

And, it will have unique "Inside Congress" portions: blurbs about the dynamics of the House, interactions with colleagues, Floor procedure, and more.

I hope the blog gives us a new and innovative forum to learn more from each other. That is why I hope you will visit it by checking my website or by registering [here](#) to receive my blog updates by email.