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SEVENTH DISTRICT

ABIGAIL DAVIS SPANBERGER, Democrat, of Glen Allen, VA; born in Red Bank, Monmouth County, NJ, August 7, 1979; education: graduated from J.R. Tucker High School, Henrico, VA; United States Capitol Page School, 1996; B.A., University of Virginia, Charlottesville, VA, 2001; M.B.A., Purdue University, West Lafayette, IN, 2002; professional: teacher; postal inspector, United States Postal Service; case officer, Central Intelligence Agency, 2006–14; consultant; married: Adam; children: three; caucuses: Blue Dog Coalition; Freshman Working Group on Addiction; Gun Violence Prevention Task Force; LGBT Equality Caucus; New Democrat Coalition; Rural Broadband Caucus; Servicewomen and Women Veterans Congressional Caucus; Women's Caucus; committees: Agriculture; Foreign Affairs; elected to the 116th Congress on November 6, 2018; reelected to the 117th Congress on November 3, 2020.

Office Listings

<https://spanberger.house.gov> <https://facebook.com/RepSpanberger> <https://twitter.com/RepSpanberger>
<https://instagram.com/repspanberger>

1431 Longworth House Office Building, Washington, DC 20515 (202) 225–2815
 Chief of Staff.—Bonnie Krenz.
 Legislative Director.—Sam Wojcicki.
 Communications Director.—Connor Joseph.
 Scheduler.—Andrea Valverde.
 4201 Dominion Boulevard, Suite 110, Glen Allen, VA 23060 (804) 401–4110
 District Director.—Karen Mask.
 9104 Courthouse Road, Room 249, Spotsylvania, VA 22553 (540) 321–6130

Counties: AMELIA, CHESTERFIELD (part), CULPEPER, GOOCHLAND, HENRICO (part), LOUISA, NOTTOWAY, ORANGE, POWHATAN, AND SPOTSYLVANIA (part). Population (2010), 727,366.

ZIP Codes: 20106, 20186, 22407–08, 22433, 22508, 22534, 22542, 22551, 22553, 22565, 22567, 22580, 22701, 22713–14, 22718, 22724, 22726, 22729, 22733–37, 22740–41, 22923, 22942, 22947, 22957, 22960, 22972, 22974, 23002, 23015, 23024, 23038–39, 23058–60, 23063, 23065, 23067, 23083–84, 23093, 23102–03, 23112–14, 23117, 23120, 23129, 23139, 23146, 23153, 23160, 23222, 23224–30, 23233–38, 23294, 23297, 23824, 23832–33, 23838, 23850, 23922, 23930, 23955, 23966

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EIGHTH DISTRICT

DONALD S. BEYER, JR., Democrat, of Alexandria, VA; born in the Free Territory of Trieste, June 20, 1950; education: B.A., Williams College, Williamstown, MA, 1972; professional: Ambassador to Switzerland and Liechtenstein, 2009–13; 36th Lieutenant Governor of Virginia, 1990–98; co-founder of the Northern Virginia Technology Council; former chair of Jobs for Virginia Graduates; served on Board of the DC Campaign to Prevent Teen Pregnancy; former chair of the Virginia Economic Recovery Commission; spouse: Megan; children: Don, Stephanie, Clara, and Grace; caucuses: Congressional Progressive Caucus; New Democrat Coalition; committees: chair, Joint Economic Committee; Science, Space, and Technology; Ways and Means; elected to the 114th Congress on November 4, 2014; reelected to each succeeding Congress.

Office Listings

<https://beyer.house.gov> <https://facebook.com/repdonbeyer> <https://twitter.com/repdonbeyer>

1119 Longworth House Office Building, Washington, DC 20515 (202) 225–4376
 Chief of Staff.—Zach Cafritz.
 Legislative Director.—Kate Schisler.
 Communications Director.—Aaron Fritschner.
 Scheduler.—Barbara Hamlett.
 1901 North Moore Street, Suite 1108, Arlington, VA 22209 (703) 658–5403
 District Director.—Noah Simon.

Counties: ARLINGTON AND FAIRFAX (part). CITIES: Alexandria and Falls Church. Population (2010), 767,596.

ZIP Codes: 22003 (part), 22041–44 (part), 22046, 22060, 22079 (part), 22101–02 (part), 22150–51 (part), 22153 (part), 22201–07, 22209, 22211, 22213–14, 22301–12, 22314–15