The State of Iowa has 2 senators in the United States Senate and four representatives in the United States House of Representatives.

Senators:

Republican Charles "Chuck" Grassley

Republican Joni Ernst

House of Representatives:

Democrat Abby Finkenauer: District 1, north east Iowa

Democrat David Loebsack: District 2, south east Iowa

Democrat Cynthia Axne: District 3, south west Iowa

Republican Steven King: District 4. north west Iowa

There are 100 Representatives in the Iowa House:

The majority leader is Republican Chris Hagenow.

The Speaker of the House is Republican Linda Upmeyer.

There are four representatives from Johnson County:

Democrat Dave Jacoby in District 74 (includes Coralvill and north toward Lake McBride

Democrat Vicki Lensing in District 85 (includes northern Iowa City)

Democrat Mary Masher in District 86 (includes southern Iowa City)

Democrat Amy Nielson in district 77 (includes the area west and south of Iowa City and Lake McBride

In Cedar County Republican Bobby Kaufman is the representative from district 73

In Keokuk and Washington Counties, Republican Jarad Klein is the representative from district 78

The Iowa Senate has 50 members.

There are three Senators from Johnson County

Democrat Joe Bolkcom from Iowa City and Hills (district 43)

Democrat Kevin Kinney from Washington and Keokuk counties (district 39)

Democrat Zach Wahls from Cedar County and the north east part of Johnson County.

The best way to reach legislators is by email or phone. Written letters to Federal legislators in Washington DC can be delayed weeks by security checks. Letters reach local offices quicker.