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VIRGINIA ADVOCACY CONTACT LIST

Delegates and state senators serving ACOE Virginia communities

Coverage: Norfolk, Chesapeake, Virginia Beach, Midlothian/Chesterfield, Henrico, Colonial Heights, and Richmond.

Find the correct legislators for your home address: Virginia Who's My Legislator

District boundaries divide several localities. Midlothian is represented through Chesterfield County districts, so families should confirm their specific delegate and senator before sending a letter.

Virginia House of Delegates

Click a member's name for the official profile. Click an email address to open a new message.

Dist.	Member	District coverage	Contact
57	May Nivar	Goochland (part) and Henrico (part)	(804) 698-1057 DelMNivar@house.virginia.gov
58	Rodney T. Willett	Henrico (part)	(804) 698-1058 DelRWillett@house.virginia.gov
59	Hyland F. Fowler, Jr.	Hanover (part), Henrico (part), and Louisa (part)	(804) 227-3177 DelBFowler@house.virginia.gov
72	R. Lee Ware	Amelia, Chesterfield (part), Nottoway, and Powhatan	(804) 598-6696 DelLWare@house.virginia.gov
73	Leslie Chambers Mehta	Chesterfield (part)	(804) 637-4074 DelLMehta@house.virginia.gov
74	Mike A. Cherry	Chesterfield (part) and Colonial Heights	(804) 946-1221 DelMCherry@house.virginia.gov
75	Lindsey Dougherty	Chesterfield (part), Prince George (part), and Hopewell	(804) 698-1075 DelLDougherty@house.virginia.gov
76	Debra D. Gardner	Chesterfield (part)	(804) 698-1076 DelDGardner@house.virginia.gov
77	Charles H. Schmidt, Jr.	Chesterfield (part) and Richmond (part)	(804) 774-7277 DelCSchmidt@house.virginia.gov
78	Betsy B. Carr	Richmond (part)	(804) 698-1078 DelBCarr@house.virginia.gov
79	Rae C. Cousins	Richmond (part)	(804) 698-1079 DelRCousins@house.virginia.gov
80	Destiny L. LeVere Bolling	Henrico (part)	(804) 698-1180 DelDLeVereBolling@house.virginia.gov
81	Delores L. McQuinn	Charles City, Chesterfield (part), and Henrico (part)	(804) 698-1081 DelDMcQuinn@house.virginia.gov
84	Nadarius E. Clark	Chesapeake (part), Isle of Wight (part), Franklin, and Suffolk (part)	(757) 839-4758 DelNClark@house.virginia.gov
89	Karen Robins Carnegie	Chesapeake (part) and Suffolk (part)	(757) 255-8236 DelKCarnegie@house.virginia.gov

Dist.	Member	District coverage	Contact
90	James A. (Jay) Leftwich, Jr.	Chesapeake (part)	(757) 382-4145 DelJLeftwich@house.virginia.gov
91	C. E. (Cliff) Hayes, Jr.	Chesapeake (part) and Portsmouth (part)	(757) 364-0272 DelCHayes@house.virginia.gov
92	Bonita G. Anthony	Chesapeake (part) and Norfolk (part)	(757) 204-5492 DelBAnthony@house.virginia.gov
93	Jackie Hope Glass	Norfolk (part)	(757) 472-1293 DelJGlass@house.virginia.gov
94	Phil M. Hernandez	Norfolk (part)	(804) 698-1094 DelPHernandez@house.virginia.gov
95	Alex Q. Askew	Norfolk (part) and Virginia Beach (part)	(757) 298-7163 DelAAskew@house.virginia.gov
96	Kelly K. Convirs-Fowler	Virginia Beach (part)	(757) 364-8428 DelKConvirs-Fowler@house.virginia.gov
97	Michael Feggans	Virginia Beach (part)	(757) 204-1524 DelMFeggans@house.virginia.gov
98	Andrew Rice	Virginia Beach (part)	(757) 716-8789 DelARice@house.virginia.gov
99	Anne Ferrell H. Tata	Virginia Beach (part)	(757) 213-5193 DelAFTata@house.virginia.gov
100	Robert S. Bloxom, Jr.	Accomack, Northampton, and Virginia Beach (part)	(757) 824-3456 DelRBloxom@house.virginia.gov

Senate of Virginia

Click a senator's name for the official profile. Click an email address to open a new message.

Dist.	Member	District coverage	Contact
12	**Glen H. Sturtevant, Jr.**	Colonial Heights and Chesterfield (part)	(804) 698-7512 senatorsturtevant@senate.virginia.gov
13	**Lashrecse D. Aird**	Charles City, Prince George, Surry, Sussex, Hopewell, Petersburg, Dinwiddie (part), and Henrico (part)	(804) 698-7513 senatoraird@senate.virginia.gov
14	**Lamont Bagby**	Henrico (part) and Richmond (part)	(804) 698-7514 senatorbagby@senate.virginia.gov
15	**Michael J. Jones**	Chesterfield (part) and Richmond (part)	(804) 698-7515 senatorjones@senate.virginia.gov
16	**Schuyler T. VanValkenburg**	Henrico (part)	(804) 698-7516 senatorvanvalkenburg@senate.virginia.gov
18	**L. Louise Lucas**	Chesapeake (part) and Portsmouth (part)	(804) 698-7518 senatorlucas@senate.virginia.gov
19	**Christie New Craig**	Chesapeake (part) and Virginia Beach (part)	(804) 698-7519 senatorcraig@senate.virginia.gov
20	**Bill DeSteph**	Accomack, Northampton, Norfolk (part), and Virginia Beach (part)	(804) 698-7520 senatordesteph@senate.virginia.gov
21	**Angelia Williams Graves**	Norfolk (part)	(804) 698-7521 senatorwilliamsgraves@senate.virginia.gov
22	**Aaron R. Rouse**	Virginia Beach (part)	(804) 698-7522 senatorrouse@senate.virginia.gov

Verified August 31, 2026. Membership, district coverage, phone numbers, and email addresses were checked against the official Virginia House of Delegates and Senate of Virginia websites.