HOW TO TALK ABOUT THE NOVEMBER 3RD ELECTION

A quick guide for conversations with friends, neighbors, and family about the NY-01 Midterm Election between Chris Gallant & Nick LaLota.

START WITH WHAT MATTERS: Lower costs. Reliable leadership. A representative who shows up and puts Long Island first.

WHY CHRIS GALLANT

Service before politics. Chris is an Army National Guard Black Hawk pilot, air traffic controller, volunteer firefighter, and former local President with the National Air Traffic Controllers Association.

Chris understands high-stakes leadership. His career has been built around responsibility, teamwork, and keeping people safe.

Chris is a voice for working-families. Chris comes from a blue collar background and he has served his country overseas, protected our skies, runs into burning buildings to save his neighbors, and has fought for workers' rights as a union President.

Chris has a plan for Long Island. Fight corruption to lower everyday costs, protect health care and Social Security, strengthen storm resilience and infrastructure, safeguard clean water, and support veterans, first responders, and small businesses.

Chris will always be held accountable. He will embrace accessible leadership and strong constituent services. He supports a ban on stock trading in Congress, term limits for members of Congress, and overturning Citizens United and getting dark money out of politics.

LALOTA'S RECORD

LaLota puts politics before people. He has rubberstamped Washington corruption and working families bear the cost. He threatened to take away federal funding from East End towns if they did not support his partisan agenda.

He voted to cut our healthcare. The BBB cut Medicaid from **63,000 Long Islanders** and shifted new costs onto states through SNAP. CBO projects millions more people will be uninsured nationwide.

He voted against ending the war in Iran. On July 23, 2026, LaLota voted no on the War Powers resolution to remove U.S. forces from hostilities with Iran. His support for the war has caused our gas prices to skyrocket.

LaLota has made life more expensive. He supports Trump's tariff policies that have dramatically increased prices at the grocery store because the tariff tax was passed onto us.

LaLota avoids public accountability. LaLota has not held an open, in-person town hall since taking office in January 2023. He ignores concerns from constituents and instead of addressing them, he posts pictures of pizza on Facebook.

KEEP THE CONVERSATION SIMPLE

1. Ask: "What issue matters most to you right now?" Listen first and connect their concern to Chris's record or Mission Plan.

2. Share: "I'm supporting Chris because he has spent his life serving, he understands Long Island, and he will put people ahead of party politics."

3. Contrast: "Nick LaLota has had his chance. His votes have cut health care and food assistance, prolonged an unauthorized war, and he has not been accessible to the people he represents."

4. Make a plan: Ask: "Are you registered to vote, and will you vote early, by mail, or on Election Day?" Then help them take the next step.

REGISTER TO VOTE	VOTE BY EARLY MAIL	WHEN TO VOTE
Deadline: October 24, 2026 Register online, by mail, or in person. You can also check or update your registration. I WILL VOTE **www.iwillvote.com**	**Any registered NY voter may apply.** Online or mailed request must be received by October 24. In-person request deadline: November 2. I WILL VOTE **www.iwillvote.com**	**Early Voting: Oct. 24 to Nov. 1** **Election Day: Tuesday, Nov. 3** Mail ballots must be postmarked or returned in person by Nov. 3. Mail early whenever possible. I WILL VOTE **www.iwillvote.com**

VOTE CHRIS GALLANT FOR CONGRESS BY NOVEMBER 3RD, 2026

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CHRIS GALLANT
FOR CONGRESS

Paid for by Gallant for Congress.