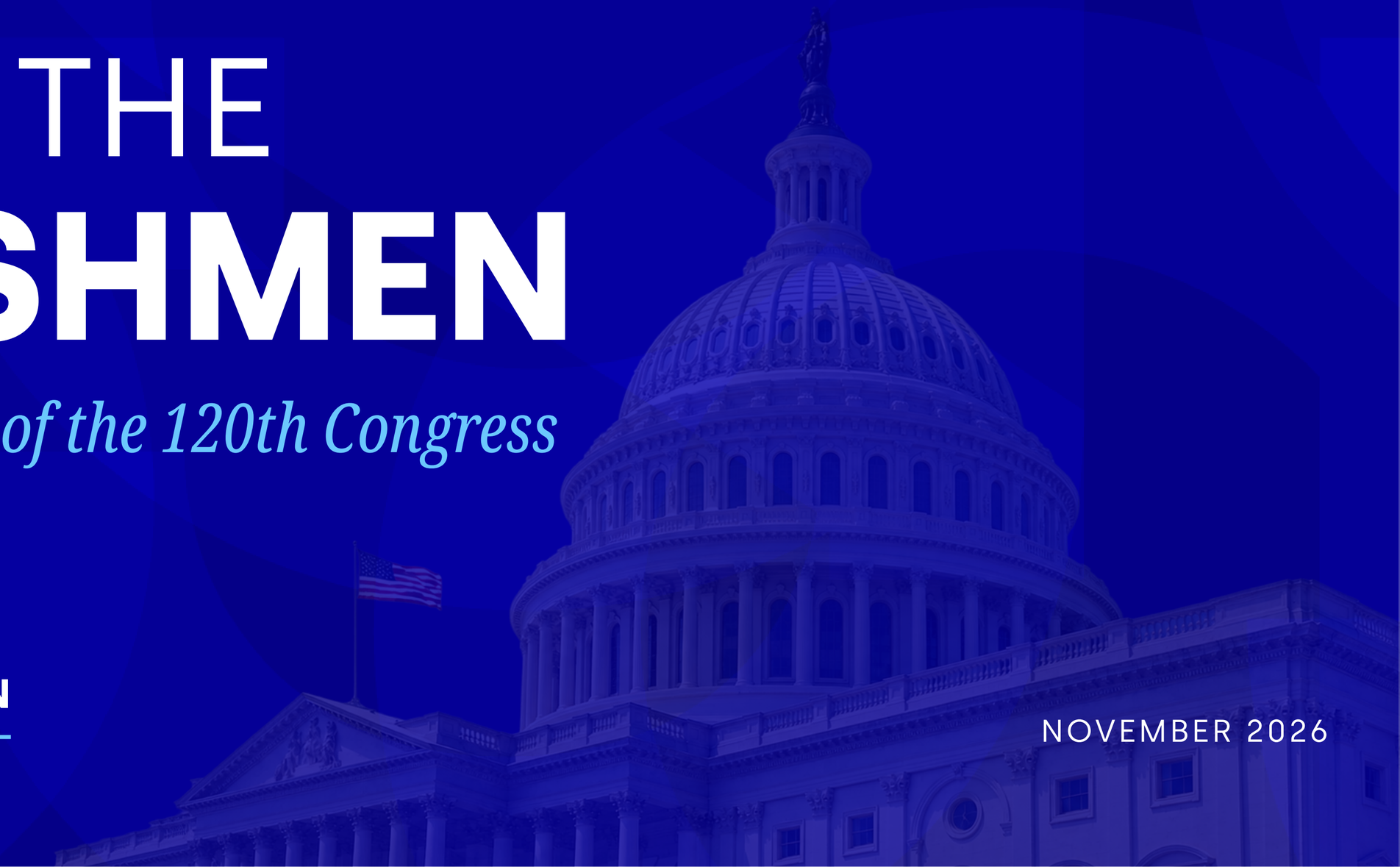
As of 8:00 AM EST, November 4, 2026

dga

MEET THE FRESHMEN

New Members of the 120th Congress

2026 DGA
MIDTERM ELECTION
SERIES



NOVEMBER 2026

MEET THE FRESHMEN

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U.S. HOUSE OF REPRESENTATIVES

dga



Amish Shah AZ-1
Physician and former state representative



JoAnna Mendoza AZ-6
USMC veteran



Mark Lamb AZ-5
Former sheriff



Mike McGuire CA-1
State senator



Eric Jones CA-4
Venture capitalist



Richard Pan CA-6
Pediatrician and professor



Scott Wiener CA-11
California State Senator



Randy Villegas CA-22
College professor



Jacqui Irwin CA-26
California State Assemblymember



Angela Gonzales-Torres CA-34
Community worker



Marni von Wilpert CA-48
Attorney



Melat Kiros CO-1
Corporate attorney



Eileen Laubacher CO-4
US Navy rear admiral



Jessica Killin CO-5
US Army veteran



Manny Rutinel CO-8
Attorney



Luke Bronin CT-1
Former Hartford mayor



Austin Rogers FL-2
Attorney



Ryan Elijah FL-7
Former news anchor



Joe Strada FL-11
Business owner



Sydney Gruters FL-16
Academic official



Jim Schwartzel Fl-19
Business owner



Oliver Gilbert FL-24
Miami-Dade County Commisioner



Jim Kingston GA-1
Businessman



Houston Gaines GA-10
Georgia State Representative



John Cowan GA-11
Neurosurgeon



Jasmine Clark GA-13
State representative and scientist



Donna Miller IL-2
Cook County Commissioner



Patty Garcia IL-4
Former Congressional Chief of Staff



La Shawn K. Ford IL-7
Illinois State Representative



Daniel Biss IL-9
Mayor of Evanston



J.D. Ford IN-5
State senator



Christina Bohannan IA-1
Law professor



Lindsay James IA-2
Minister



Sarah Trone Garriott IA-3
background



Chris McGowan IA-4
Veteran and attorney



Ed Gallrein KY-4
Retired Navy SEAL and farmer

MEET THE FRESHMEN

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U.S. HOUSE OF REPRESENTATIVES

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Zach Dembo KY-6
Federal prosecutor



Adrian Boafo MD-5
Maryland State Delegate



Matthew Dunlap ME-2
State auditor



Dan Koh MA-6
Former White House official



Christina Bertrand Hines MI-10
Prosecutor



Jeremy Moss MI-11
Michigan State Senator



Donavan McKinney MI-13
Michigan State Representative



Matt Little MN-2
Attorney and former State Senator



Fred Wellman MO-2
Veteran and political commentator



Chris Stigall MO-6
Conservative radio host



Sam Forstag MT-1
Labor union worker



Denise Powell NE-2
Small business owner



Teresa Benitez-Thompson NV-2
Social worker



Stefany Shaheen NH-1
Healthcare advocate



Zack Mullock NJ-2
Mayor of Cape May, NJ



Rebecca Bennett NJ-7
US Navy test pilot



Adam Hamawy NJ-12
Plastic and former combat surgeon



Claire Valdez NY-7
New York State Assemblymember



Brad Lander NY-10
Former NYC Comptroller



Micah Lasher NY-12
New York State Assemblymember



Darializa Avila Chevalier NY-13
Community organizer



Anthony Constantino NY-21
Entrepreneur



Chuck Hubbard NC-5
Journalist



Cyril Jefferson NC-6
Educator and city council member



Richard N. Ojeda II NC-9
US Army major



Jamie Ager NC-11
Farmer



Paul Barringer NC-13
Attorney



Lakesha Womack NC-14
Business consultant



Brian Poindexter OH-7
Union ironworker



Don Leonard OH-15
University professor



Mark Tedford OK-1
Insurance agent and State Representative



Bob Harvie PA-1
High school teacher



Chris Rabb PA-3
Pennsylvania State Representative



Bob Brooks PA-7
Retired firefighter



Paige Cognetti PA-8
Fundraiser



Janelle Stelson PA-10
News anchor

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U.S. HOUSE OF REPRESENTATIVES

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Wes Climer SC-5
State senator



Marty Jackley SD-AL
State Attorney General



Charlie Hatcher TN-5
Former Agriculture Commissioner



Johnny Garrett TN-6
Tennessee State Representative



Brent Taylor TN-9
Tennessee State Senator



Steve Toth TX-2
Texas State Representative



Jessica Hart Steinmann TX-8
Former DOJ official



Alex Mealer TX-9
Veteran and former oil executive



Chris Gober TX-10
Election attorney



Bobby Pulido TX-15
Musician



Tom Sell TX-19
Attorney and business owner



Mark Teixeira TX-21
Former MLB player



Trever Nehls TX-22
Veteran and former County Constable



Katy Padilla Stout TX-23
background



Frederick D. Haynes III TX-30
Pastor



Jace Yarbrough TX-32
Veteran and attorney



Johnny C. Garcia TX-35
Former hostage negotiator



Jon Bonck TX-38
Corporate attorney



Mitchell Berman WI-1
Registered nurse



Rebecca Cooke WI-3
Political consultant



Michael Alfonso WI-7
Attorney



Amanda McKinney WA-4
Business owner



Chuck Gray WY-AL
Wyoming Secretary of State

MEET THE FRESHMEN

U.S. SENATE

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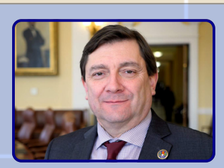
Barry Moore
U.S. Representative (AL-1)





Adam Hamilton
Pastor





Troy Jackson
State senator and logger





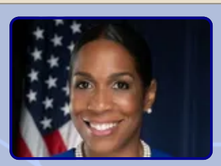
Kurt Alme
Former district attorney





Roy Cooper
Former Governor





Juliana Stratton
Illinois Lieutenant Governor





Andy Barr
U.S. Representative (KY-6)





Abdul El-Sayed
Public health official





Chris Pappas
U.S. Representative (NH-1)





Sherrod Brown
Former U.S. Representative (OH-13)





Harriet Hageman
Attorney





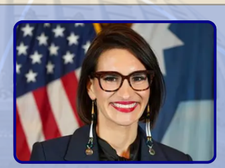
Josh Turek
Paralympic athlete





Julia Letlow
U.S. Representative (LA-5)





Peggy Flanagan
Minnesota Lieutenant Governor





Kevin Hern
U.S. Representative (OK-1)





James Talarico
State representative and seminarian

