

2026 Midterms Voting Guide: Connecticut

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Political Awareness Super PAC
342 Rockwell Ave Pontiac MI 48234
Treasurer: Thomas McDonough

FEC ID: C0089364

Questions? contact@politicalawareness.org

Content was created with AI assistance and reviewed by Political Awareness Super PAC staff.

HOUSE OF REPRESENTATIVES — Connecticut, District 1 General Election: November 3, 2026 | Primary: August 11, 2026

Full Name	John Larson	Luke Bronin	Jillian Gilchrest	Ruth Fortune	Amy Chai
Party Affiliation	Democratic Party	Democratic Party	Democratic Party	Democratic Party	Republican Party
Incumbent	Yes	No	No	No	No
Age	77	47	44	38	59
Residence	Hartford, Connecticut	Hartford, Connecticut	West Hartford, Connecticut	Hartford, Connecticut	Unknown
Education	- A Bachelor's degree in history from the University of Connecticut.	- A Masters degree, Balliol College, Oxford as a Rhodes Scholar - A Bachelor's degree, Yale University - A J.D. from Yale Law School	- A Bachelor of Arts from the University of Connecticut - A Masters of social work with a focus in policy practice from the University of Connecticut School of Social Work	- A Bachelor of Business Administration in Finance and Investments and a double minor in Political Science and Philosophy from Baruch college - A J.D. from the University of Connecticut School of Law in Hartford.	- A Bachelor's degree, Johns Hopkins - An M.D. from the Indiana University School of Medicine - Graduated from University of Michigan Medical School
Professional Background	Worked as a high school teacher and later became a business owner of	Currently a visiting lecturer and senior research scholar at Yale Law School	Social worker, who was the Director of Health Professional Outreach for the Connecticut Coalition Against	Worked as a financial advisor and later as a trust and estate attorney, focusing on	Physician and mental health advocate. Has been in practice for more than 20 years. She has

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	Larson & Lysik insurance agency. While serving in the senate and Congress, Larson advocated for greater medical access and support for seniors, and passed the nation's first Family and Medical Leave Act, and The Affordable Care Act Has been involved in gun violence prevention progress and peaceful negotiation measures	Is a US Navy Veteran and was deployed to Afghanistan as part of the U.S. military's anti-corruption task force (Sept 2010-11)	Domestic Violence. Executive Director of NARAL Pro-Choice Connecticut Director of Policy & Communications for the Connecticut Alliance to End Sexual Violence Possesses experience in advocating for women's health and safety through public policy and political advocacy	building intergenerational financial stability Her legal work has been closely tied to public service, addressing issues like equitable education funding and economic opportunity	expertise in treating hypertension & high blood pressure, diabetes, arthritis, among other conditions An expert in Internal Medicine and Addiction Author of A Cypress Will Grow: Meditations for Chronic Illness
Prior Public Service	- Served on the East Hartford Board of Education and the East	- Served as the mayor of Hartford, 2016-2024	- Elected to the West Hartford Board of Education in 2013 - Served as the state	- Appointed to the Hartford Public Schools Board of Education by Mayor Arunan	

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	Hartford Town Council - Elected to Connecticut State Senate for district 3 in 1982, and was re-elected each term up till 1992 - Served as the Connecticut Senate, Pro Tempore (1987-1995) - Elected to Congress in 1998 to serve district 1 and has been re-elected since that year	- Served as a Navy intelligence officer (Dates Unknown) - Served as a senior official in President Obama's Treasury Department (Dates unknown) - Served as Deputy Assistant Secretary for Terrorist Financing and Financial Crimes (Dates unknown)	representative for West Hartford's 18th district since 2018 and has been re-elected to serve each term since that year - Currently chairs the Human Services Committee and sits on the Appropriations, Public Health, and Judiciary Committees	Arulampalam in 2025. She has been active in shaping school policy, advocating for equitable education resources, and addressing systemic inequities in public education	
Campaign Website	Campaign Website	Campaign Website	Campaign Website	Campaign Website	Campaign Website

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HOUSE OF REPRESENTATIVES — Connecticut, District 2 General Election: November 3, 2026 | Primary: August 11, 2026

Full Name	Joe Courtney	George Austin
Party Affiliation	Democratic Party	Republican Party
Incumbent?	Yes	No
Age	73	37
Residence	Vernon, Connecticut	Suffield, Connecticut
Education	- A Bachelor's Degree, Tufts University - A J.D., University of Connecticut	- A Bachelor's Degree, Central Connecticut State University
Professional Background	Extensive career in the political arena serving residents of Vernon, Connecticut, and Connecticut residents of District 2 in congress	Is a small business owner with an extensive background in construction management and construction processes
Prior Public Service	- Elected in 2006 to represent the Second Congressional District of Connecticut in the House of Representatives and has been re-elected to serve since - Serves on the House Armed Services Committee and the House Committee on Education and the Workforce (Dates	Unknown

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	unknown) - Represented the citizens of Vernon in the Connecticut General Assembly from 1987 to 1994	
Campaign Website	Campaign Website	Campaign Website

HOUSE OF REPRESENTATIVES — Connecticut, District 3 General Election: November 3, 2026 | Primary: August 11, 2026

Full Name	Rosa DeLauro	Christopher Lancia
Party Affiliation	Democratic Party	Republican Party
Incumbent?	Yes	No
Age	83	56
Residence	New Haven, Connecticut	Milford, Connecticut
Education	- A Bachelor's degree from Marymount College - A Master's degree from Columbia University	- A Bachelor's degree in Emergency Management from Post University - A graduate of both the Federal Law Enforcement Training Center - A graduate of the Maritime Law Enforcement Training Program.
Professional Background	Professional background includes working as staff and campaign manager for mayor	Professional background is focused around law enforcement and public

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	Frank Logue and U.S. Senator Christopher J. Dodd and serving as executive director of Countdown '87 and EMILY's List , an organization committed to advancing the number of women on ballots	safety. He also possesses experience in the private sector as an OSP Manager at TNI, a top provider of fiber networks to major cable and communications companies.
Prior Public Service	- Current co-chair of the Baby Caucus, the Long Island Sound Caucus, and the Food Safety Caucus (Dates Unknown) - Former Chief of Staff to the U.S. Senator Christopher Dodd, 1981-87	- Veteran of the US Coast Guard (Dates Unknown) - Worked as a federal Law Enforcement officer after leaving the military (Dates Unknown)
Campaign Website	Campaign Website	Campaign Website

HOUSE OF REPRESENTATIVES — Connecticut, District 4 General Election: November 3, 2026 | Primary: August 11, 2026

Full Name	Jim Himes	Damon Cerretta	Michael Goldstein	Daniel Miressi
Party Affiliation	Democratic Party	Independent	Republican Party	Republican Party
Incumbent?	Yes	No	No	No
Age	60	33	63	36
Residence	Greenwich, Connecticut	Unknown	Greenwich, Connecticut	Norwalk, Connecticut

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Education	- A Bachelor's degree in social studies from Harvard University - A Master's in philosophy from Oxford University	Unknown	- A Bachelor's degree from Harpur College of Arts and Sciences - An M.D. from SUNY Downstate Medical School - A J.D. from the Elizabeth Haub School of Law at Pace University	- A Bachelor's degree from Framingham State University
Professional Background	Began career working at Goldman Sachs and became a vice president after 12 years of work Ran the New York City branch of the Enterprise Foundation, a nonprofit dedicated to addressing the challenges of urban poverty and financing the construction of thousands of affordable housing units in the greater New York metropolitan area.	Possesses working experience as an entrepreneur and business-minded individual	Board-certified ophthalmic surgeon who has practiced medicine for more than four decades in Connecticut and New York. Runs a medical practice President of New York County Medical Society twice (Dates Unknown) Is a licensed attorney and has	Former pro athlete in the East Coast Hockey League (ECHL), Southern Professional Hockey League (SPHL), and Federal Prospects Hockey League (FPHL) Assistant Coach for the Trumbull High School Varsity Ice Hockey team, Head Coach with the Greater Bridgeport

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	Currently serves in congress as the representative for Connecticut's 4th district		legal experience understanding taxation on medical practices and hospitals	Junior Hockey Association, and a resident skills and development coach at The Rinks at Shelton Has held leadership and management roles in the hospitality industry
Prior Public Service	- Elected to Congress in 2008, and again won elections in 2010, 2012, 2014, 2016, 2018, 2020, and 2022. - Commissioner and Board Chairman of the Greenwich Housing Authority, an elected member of the Greenwich Board of Finance, and Board Member both past and present of the Bridgeport-based Aspira of Connecticut (Dates Unknown).	Unknown	- Serving his second term of the Greenwich RTM where he serves on the Health and Human Services Committee (Dates Unknown)	- Worked for USPS (Dates Unknown)

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	- Lead Democrat on the House Intelligence Committee, he works with our intelligence agencies to combat malicious interference from both foreign and domestic actors - Currently serving as Ranking Member of the House Permanent Select Committee on Intelligence, he is a senior member of the House Committee on Financial Services, and previously chaired the Select Committee on Economic Disparity and Fairness in Growth			
Campaign Website	Campaign Website	Balletopedia Survey Answers	Campaign Website	Campaign Website

HOUSE OF REPRESENTATIVES — Connecticut, District 5 General Election: November 3, 2026 | Primary: August 11, 2026

Full Name	Jonathan De Barros	Chris Shea	Jahana Hayes
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Party Affiliation	Republican Party	Republican Party	Democratic Party
Incumbent?	No	No	Yes
Age	47	55	53
Residence	Plymouth, Connecticut	Cheshire, Connecticut	Unknown
Education	- Earned an Electrical Technician certification from IMTI in Waterbury. - Self-educated while serving 19 years of time in prison for a wrongful incarceration. Heavily influenced by The Bible, and the Stoicism philosophy.	- A Bachelor of Science, Charter Oak State College. - Commissioned and attended the LDO/CWO Academy in Newport, RI. - Completed Basic Underwater Demolition/SEAL and Special Forces Medic (18-D) training.	- An Associate's Degree from Naugatuck Valley Community College. - A Bachelor's degree in Secondary Education and Teaching from Southern Connecticut State University. - A Master's degree in Curriculum and Instruction from the University of Saint Joseph. - An advanced degree in Educational Administration and Supervision from the University of Bridgeport.
Professional Background	Founder of Phoenix Youth Foundation, a 501c 3 nonprofit focused on mentoring youth, promoting vocational training,	Warrant Officer Shea started his Navy career in 1991 as a hospital corpsman	Educator for 15 years at John F. Kennedy High School in Waterbury Connecticut who also was an

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	and teaching on conflict resolution est. 2018. Worked on Highway lighting and traffic control for various Connecticut Municipalities	Completed various military operations training Major deployments included Sarajevo in 1997, Afghanistan in 2006, and 2011, and Mexico	instructor for gifted and talented kids. Has spent a number of years in the political arena supporting public education and teacher unions
Prior Public Service	- Served the State and local municipalities maintaining highway lighting and traffic systems (Dates Unknown)	- Currently lieutenant at the North Haven Fire Dept. since 2009 - Retired Naval Officer (est. 1997)	- Represents Connecticut's 5th District in the United States House of Representatives currently since election in January 3, 2018, when she was re-elected in 2020, in 2022, and again in 2024
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