

Iran War: How to Follow It and Be Heard

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Be heard

- Find your senators: senate.gov/senators/senators-contact.htm
- Find your representative: house.gov/representatives/find-your-representative
- Ask where they stand on the war powers resolutions before the Senate.

Follow the facts yourself

- Check the Pentagon's casualty count (Defense Casualty Analysis System, dcas.dmdc.osd.mil) and note changes over time.
- Check UK Maritime Trade Operations (ukmto.org) for reported attacks on ships in the Strait of Hormuz.
- Read more than one outlet. Oil-flow and casualty figures differ between sources.

Prepare at home

- Oil near \$105 a barrel reaches gas and diesel prices. Budget for higher fuel costs.
- Track pump prices in the kemeticmind.com Fuel Price Watch.

Sources: Al Jazeera (Sept. 28, 2026), The Intercept (Sept. 28, 2026), Alhurra (Sept. 2026), The Hindu/Reuters (Sept. 29, 2026).