

Testimony of Gavia Ragana  
January 29, 2026

*LD 2106: An Act to Prohibit the Disclosure of Nonpublic Records Without Proper Judicial Review*

Good afternoon Representatives, Senators, and Honorable Members of the Judiciary Committee. My name is Gavia Ragana and I stand before you today to urge you to vote ought to pass on LD 2106. I am a resident of Portland and my city is being terrorized by people who do not value the safety of our citizens. I hope that as you sit before me you *do* value our safety. It is in your hands today.

I want to take a moment to thank the Senators and Representatives who brought forth this legislative document to be considered. I think of the neighbors and friends I have heard from these past weeks who are scared to leave their houses, afraid to go to school and work, and terrified for their lives to the extent that they are unable to ensure that their families have the food they need. This bill advocates for all Mainers, but it especially uplifts the needs of those whose voices are locked inside today, under threat by our own government.

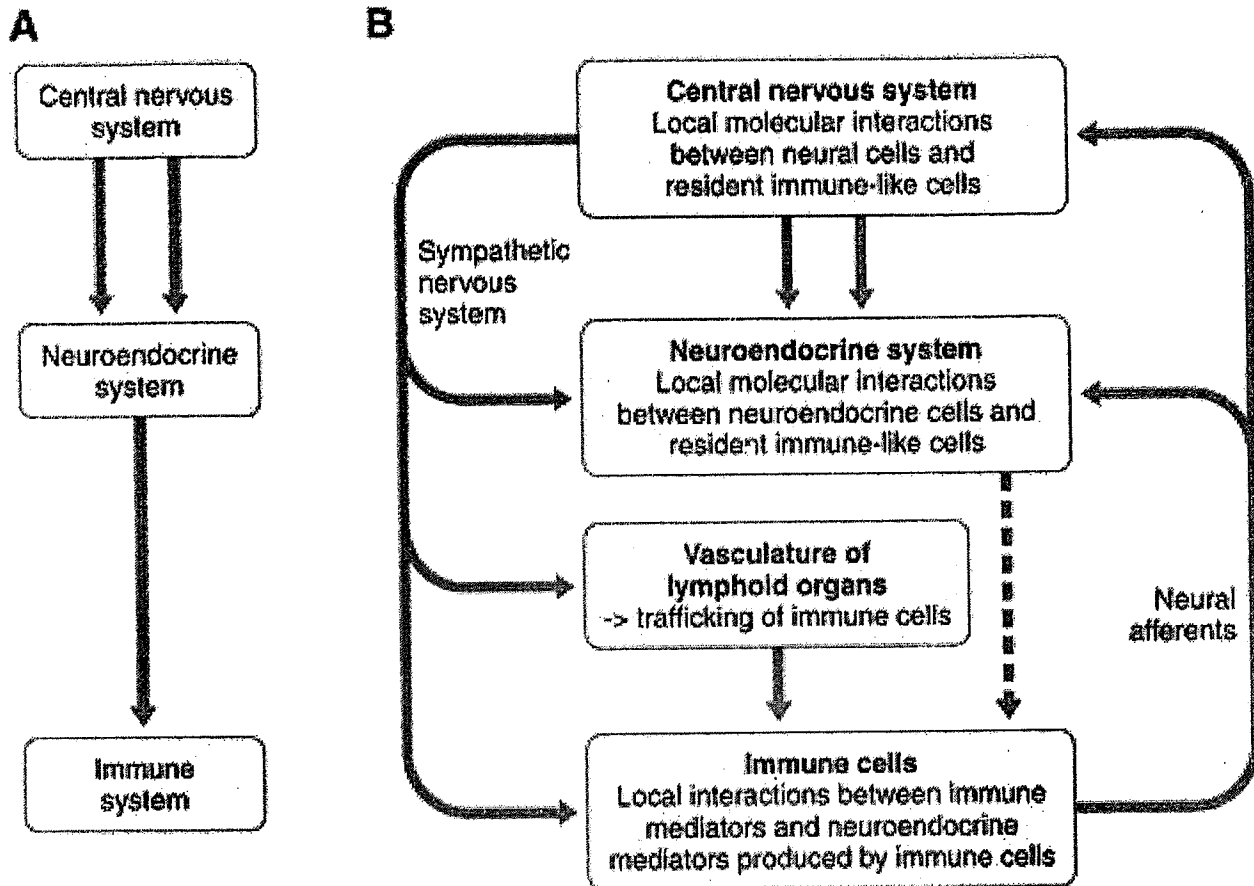
As I.C.E. has infiltrated our state and corrupted the security of our communities they have also inundated our bodily systems, hijacking the nervous systems of folks all across Maine. As I have been out in the community these past days I have overwhelmingly heard that Mainers of every demographic are experiencing deep fear and terror. Across the city we are witnessing our neighbors and peers being abducted and terrorized in front of our eyes, and those who speak out or bring attention to these actions are similarly faced with aggression and threats to their wellbeing. Nobody is safe from this deep-seated fear. And overwhelmingly biophysical and neuropsychological research has proven that such threats to the nervous system result in weakened immune function (1989, 2018, 2020).

We are still reeling from the impacts of COVID-19 on our communities and on our bodies, yet now we are confronted with yet another pandemic-level threat to community health. Since the 1980s, scientists have evidenced that "susceptibility to infectious disease increases when experiencing stress," including diabetes, Crohn's disease, and rheumatoid arthritis, along with other autoimmune diseases and chronic illnesses (Rabin, 1989). Furthermore, collective traumas such as we are seeing today, both in our migrant populations and throughout the general public, have been revealed to cause "physiological changes in stress regulation and brain structure suggesting biological embedding of trauma across generations" (El-Khalil et al., 2025). The events of today will create ripples across time, impacting the generations to come and increasing the burden in our healthcare sectors indefinitely.

Luckily, scientific researchers champion legislative measures and actions to overcome social disparities as primary examples of direct solutions to this health threat (Kerahrodi & Michal, 2020). Your position today will echo throughout history. Vote ought to pass on LD 2106.

# Nervous System Impacts on Immune Function

(Dantzer, 2018)



## References

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- Kerahrodi, J. & Michal, M. (2020). The Fear-Defense System, Emotions, and Oxidative Stress. *Redox Biology*, 37, 2213-2217. DOI: 10.1016/j.redox.2020.101588
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