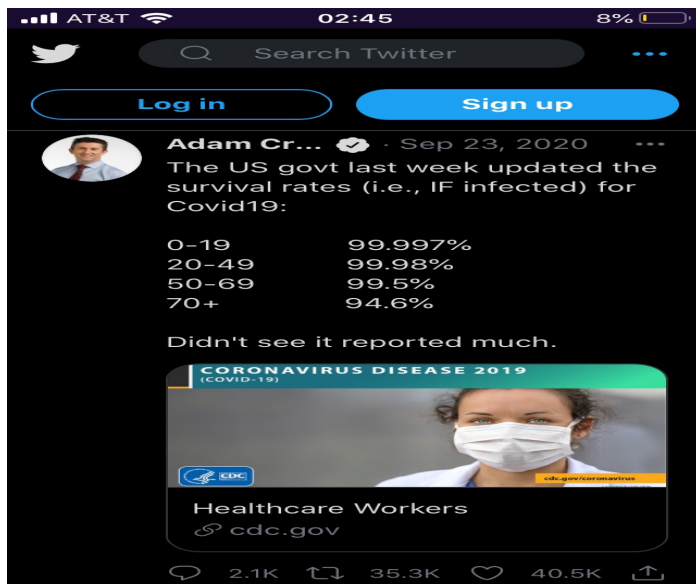


Dear Senator Baldacci, Rep. Matlack,  
and Members of the Maine Legislature:

**I and Mainers with disabilities are for LD 1220 - An Act To Require a Two-thirds Vote of the Legislature Every 2 Weeks To Maintain a State of Emergency Declared by the Governor**

My name is Tristan Contas of South Portland, and I look forward to speaking with you today; I also appreciate your understanding if I deviate from my written testimony for sake of time. I and especially Mainers with disabilities also respectfully demand the immediate passage of *H.P. 464 House of Representatives, An Act To Protect Businesses and Civic and Religious Organizations from Actions Taken Pursuant to an Emergency Proclamation* and the swift removal of the mask mandate which is making us second class citizens in this state. I come before you today as a person with deep roots to Maine who has moved back east last March from California after living there several years. My family lives here; my ancestor, Joshua Chamberlain was the Governor of Maine. I am an *independent* who has voted for candidates of every political party in this country and am not beholden to anyone save, Jesus. I entreat you today under my right to redress the grievances of myself and fellow Mainers, **especially those with disabilities whose rights are unlawfully disenfranchised under Governor Mills' executive orders**; the legislature is allowing the persistent breaking of Federal Law, the **Americans with Disabilities Act of 1993** which guarantees all the rights of access to the disabled.

People who medically cannot wear a mask are being **illegally refused service** in grocery stores and restaurants due to threats of \$1000 fines to businesses. No explanation has been offered for the basis of the *shocking suspension of our civil liberties* under *the 1<sup>st</sup> and 14<sup>th</sup> amendments* of the Constitution which guarantee **freedom of speech, assembly and religion, and the right to life, liberty and property which no government can take away without the due process of law, nor deny to any person within its jurisdiction the equal protections of the laws**. Why has the legislature repeatedly refused to check this executive overreach and protect their constituents who are suffering needlessly? [http://hrlibrary.umn.edu/education/all\\_amendments\\_usconst.htm](http://hrlibrary.umn.edu/education/all_amendments_usconst.htm) **Is all this worth it for a virus that the CDC says is 99.98% survivable for people under 50?**



**The latest research proves masks reduce oxygen to our brains by up to 20%** which is damaging to children, the elderly and people with disabilities. Please lift the mandate because it is harming people! World-class neurologist, “Dr. Margarite Griesz-Brisson MD, PhD is a Consultant Neurologist and Neurophysiologist with a PhD in Pharmacology, with special interest in neurotoxicology, environmental medicine, neuroregeneration and neuroplasticity. This is what she has to say about facemasks and their effects on our brains:”

“The reinhalation of our exhaled air will without a doubt create oxygen deficiency and a flooding of carbon dioxide. We know that **the human brain is very sensitive to oxygen deprivation**. There are nerve cells for example in the hippocampus that can't be longer than 3 minutes without oxygen - they cannot survive.” <https://www.sott.net/article/442455-German-Neurologist-Warns-Against-Wearing-Facemasks-Oxygen-Deprivation-Causes-Permanent-Neurological-Damage#>

Governor Mills shut down Sunday River Brewing when the state had 1,123 confirmed cases of COVID-19 and 55 deaths. Churches were also threatened ruthlessly for no scientific or lawful reason. Is this treatment following the law or the science? Mr. Savage did his own contact tracing and didn't have one infected person. <https://www.newscentermaine.com/article/news/local/maine-governor-janet-mills-administration-revokes-sunday-river-brewing-co-license-owner-defies-coronavirus-restriction-order/97-820d0c3b-efd4-482f-8100-13bd54485e54>

Did you elected in government swear to uphold the Constitution? Do we have that equal protection? No, because Governor Mills is breaching the **Americans with Disabilities Act of 1993** which **demand by law that reasonable accommodation be enforced by federal and state governments**. When I or a person with disabilities goes into a grocery store, does anyone offer to shop for us? No. When we can't walk through the entrance of a restaurant without a mask yet can sit down and eat bare faced inches from the waiter is that logical? Not at all. How is this reasonable accommodation? How is this scientific? Instead of fining establishments who disenfranchise people with disabilities, the state has sanctioned the enforcement of discrimination through fines and unthinkable threats of arrest to free citizens. Is this how you treat Mainers who put you in office? Therefore, I and many others overwhelmingly demand the immediate passage of *H.P. 464* to end the unproven lockdowns and the forced mask mandate which is infringing on the rights of all people, especially those with disabilities.

Mainers have seen the grave effects of lockdowns firsthand as **16 year old Spencer Smith of Brunswick committed suicide due to the isolation of harsh state restrictions**. His grieving father laments "We knew he was upset because he was no longer able to participate in his school activities, football," Jay told [NBC News](#). "We never guessed it was this bad...".

<https://people.com/health/maine-teen-dies-suicide-struggling-coronavirus-pandemic/>

Doctors around the world have repeatedly warned against the grave collateral damage of unproven lockdowns so 55,686 doctors and medical and public health scientists have signed the *Great Barrington Declaration* against lockdowns and forced mandates. Will you help the Smith family by opening up this state? Haven't we suffered enough for so little results?

*Dr. Martin Makary of Johns Hopkins University*, the premier tracker of covid-19 in the world published "**Kids are 10 times more likely to die of suicide than coronavirus, medical professor warns**" Dr. Makary decries the use of lockdowns and mandates to achieve any meaningful results in reducing infection; he is professor of surgery at **Johns Hopkins University School of Medicine**..." <https://www.thecollegefix.com/kids-are-10-times-more-likely-to-die-of-suicide-than-coronavirus-medical-professor-warns/> On August 13, 2020, The **top WHO disease expert, Dr Maria Van Kerkhove** also publicly **denounced lockdowns**. "she added that **the economic, health and social costs of lockdown have been "massive"**". <https://principia-scientific.com/top-who-diseases-expert-no-more-national-lockdowns/> "**Covid lockdown will trigger spike in suicide, alcoholism and domestic abuse, leading docs warn**" <https://www.the-sun.com/news/1727913/covid-lockdown-spike-suicide-alcoholism-domestic-abuse/>

Since **Texas lifted its mask mandate, cases dropped by 40% in two weeks!** "New research from [John Hopkins University](#) indicates reported coronavirus cases in Texas have fallen by 3,078 per day, which is about a 39.7 percent decrease as of March 16, AP reported."

<https://freedomwire.com/texas-covid-rates-drop/> *Texas is also fully open at 100 percent*

*capacity*. The latest research is clear that masks increase transmission, not decrease it. Even **The CDC's own studies contradict their mask mandate policy!** In their own words they state there is no proof that masks work to reduce the spread infection. In my letter to Maine CDC Director, Nirav Shah, I quote the **CDC's own study** which concludes **84 percent of mask wearers still got the Coronavirus** who always or almost always wore a mask but **only 3.9 percent of people who never wore a mask!** This bombshell study concludes in the CDC's own words that it is **safer not to wear a mask**, because only 3.9 of those participants in the study contracted the coronavirus vs 84% of people that always or almost always wore masks.

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6936a5.htm>

Reported use of cloth face covering or mask 14 days before illness onset (missing = 2)			
Never	6 (3.9)	5 (3.1)	0.86
Rarely	6 (3.9)	6 (3.8)	
Sometimes	11 (7.2)	7 (4.4)	
Often	22 (14.4)	23 (14.5)	
Always	108 (70.6)	118 (74.2)	

**This confirms their prior stance** “U.S. health officials say Americans shouldn’t wear face masks to prevent coronavirus — here are 3 other reasons not to wear them” <https://www.marketwatch.com/story/the-cdc-says-americans-dont-have-to-wear-facemasks-because-of-coronavirus-2020-01-30>

The science is clear that masks don’t work and actually increase infection. Everyone is angry at **politicians being caught without masks** but force them on the public. Dr. Fauci, Governor Newsom (who is being recalled) and Governor Mills are included in this criticism which gives citizens doubt over their effectiveness. We implore you to lift the mask mandate and **protect people with disabilities who are being illegally harassed and refused service**. Everyone’s has the right under the Constitution to the integrity of their bodies and right of free exercise.

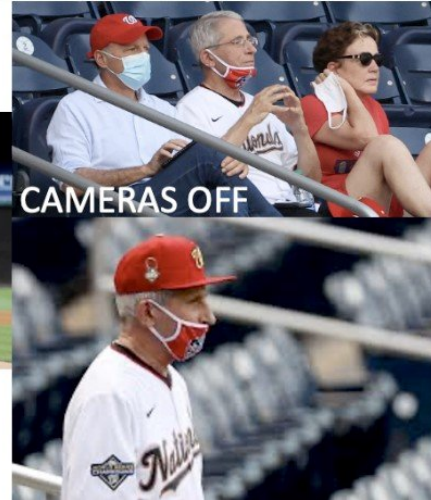


“Maine Gov. Janet Mills (left) was photographed at an ice cream shop in Stonington, Maine, without a mandated face mask” <https://www.dailymail.co.uk/news/article-8461083/Maine-governor-Janet-Mills-criticized-arriving-mask-ice-cream-shop.html>

The Picture is quite clear. There is one set or rules for politicians and another for the regular citizens. How do you expect to follow the mask mandate and ‘social distancing’ when the Governor imposing them doesn’t herself; did she fine herself \$1,000? Did she arrest herself?



CAMERAS ON



‘Nashville, New York City and Seattle all recorded triple digit increases despite strict mask mandates’  
<https://www.newsweek.com/3-cities-saw-covid-cases-increase-triple-digits-over-8-weeks-despite-mask-mandates-1548877>

Instead of protecting those with disabilities Governor Mills has state sponsored discrimination. We implore the legislature *to remove this discriminatory executive order* which Unconstitutionally threatens fines and jail for simply living out our *rights to life, liberty and the pursuit of happiness*. Where is this authority in the Constitution? “...violations of Executive Orders are a **Class E crime, punishable by up to 180 days imprisonment and \$1,000 fine**. Those who are made aware of the face covering requirement and insist on entering an establishment...” <https://www.maine.gov/governor/mills/news/governor-mills-issues-executive-order-strengthening-enforcement-face-covering-requirement-all>

The abuse of restrictions and mask mandates for political purposes has been devastating. Dr. Epstein in NY had her child taken away from her by a judge because she wasn’t wearing a mask



outside while dropping off her daughter at school! <https://meaww.com/micheline-epstein-nyc-doctor-forcefully-separated-6-year-old-daughter-refusing-wear-mask-school>

Are you going to arrest and fine me and those with disabilities who cannot physically wear masks? Why do you allow this blatant overreach in this abuse of our rights? Instead of bringing people together at a critical, dark time in our history and a tense election, **the mask mandate has divided communities** and the **latest science disproves its effectiveness**. Are governor edicts bringing us closer together or further apart? People are getting in fights in public places, families and churches are splitting over this mandated approach which has not worked; neither have many Mainers arbitrarily deemed “non-essential.”

Mainers with disabilities implore the legislature to remove this discriminatory executive order“...violations of Executive Orders are a **Class E crime, punishable by up to 180 days imprisonment and \$1,000 fine**. Mainers with disabilities, respectfully demand the immediate passage of *H.P. 464 House of Representatives, An Act To Protect Businesses and Civic and Religious Organizations from Actions Taken Pursuant to an Emergency Proclamation* and the *swift removal of the mask mandate*. Since November 4<sup>th</sup>, 2020 Governor Mills suddenly decreed state-sponsored discrimination against people with disabilities who cannot physically wear masks for various health reasons and out of religious principle protected under the first amendment. People must be able to make health decisions for themselves. Dr. Makary says we have a 99.98% chance of recovery from doing nothing. Non- FDA approved vaccines are also a risk. According to the CDC vaers records, experimental vaccine therapies have caused nearly 1800 deaths and serious adverse and debilitating side effects. Eighteen countries have banned the AstraZeneca vaccine due to deaths and blood clots. It is our right to choose in freedom. <https://vaers.hhs.gov/data/datasets.html> I thank you for your time and due consideration in opening up this state.

Sincerely,

Tristan Contas