

To Oregon Legislators,

Thank you so much for your service to Oregon, and for taking the time to read this email. I was raised in Klamath County, and graduated from Oregon State University (Go Beavers!). I am currently in the state again while waiting to join my husband (active duty US Navy) for a tour at MCAS Iwakuni.

As many have stated before, the ingredients in vaccines are damaging. In fact, the Supreme Court deemed vaccines "unavoidably unsafe." I'll list just a few examples. Aluminum is a known neurotoxin, polysorbate 80 allows vaccine contents to go through the blood/brain barrier. ☆ One side effect of the MMR is an atypical form of measles. The MMR vaccine and others were created with the use of tissue from aborted fetuses. (This point is especially disturbing to me. I am resolutely pro-life and could not allow my child to benefit at such a huge cost to another child.) And of course, the vaccine injury court has paid more than 4 billion dollars to victims of vaccine damage.

Furthermore, vaccines aren't effective. Have you had your titers checked recently? The MMR, for example, wears off within a couple of years; immunization to HepB will not last until the infant reaches adolescence- the target stage. Our immune systems adapt when in contact with a natural disease; they grow stronger as a result. Vaccines, however, weaken our natural immune system, causing us to be susceptible to other illnesses. (PS, have you known someone to come in contact with natural measles, mumps, and rubella all at once? Our bodies aren't prepared for this event.)

A better explanation can be found in this letter: <https://jennifermargulis.net/oregon-doctors-oppose-medical-mandates/>.

I do not believe the State is responsible for my children, or, for that matter, that it has their best interests at heart. Maybe the question you should be asking is: Why should vaccines be mandated in the first place? Some argue that by failing to vaccinate a child, her parents are putting her health at risk. Even if this were the case, removing parental control is a dangerous precedent. Does this compare to a parent who smokes around her child? Smokes while pregnant? Feeds the child junk food? (What if the parent fed his child formaldehyde and/or mercury? These are two toxic ingredients common in vaccines.)

Of course, the public believes unvaccinated children pose a threat to the population. However, vaccines that "shed"* are highly dangerous to the immunocompromised, infants, and the elderly, the very populations "herd immunity" is said to protect. Note: as I'm sure you're aware, "unvaccinated" means missing even just one vaccine dose according to the current schedule.

I appreciate the recent bills adopted by Texas, Idaho, and Arizona lawmakers, which encourage informed consent in vaccine administration. Councilwoman Nancy Barto, R-Phoenix, stated this:

"We are talking about a policy decision now for parents and we should attribute the best expectations on parents, not the worst." She compares current vaccine administrative procedures as "coercion," and goes on to note:

"We are here to acknowledge vaccines have a place, but it's every parent's individual right to decide the vaccine's place in the child's life."^

I work hard to feed my children healthy, organic, unprocessed foods. I'm conscious of any chemicals that may be in their body products and environment. I feel disrespected that people believe I'm not intelligent enough to make sure my children are safe. I am disheartened that lawmakers believe they have the right to inject toxic substances into my children.

I hope each of you will research these issues, read vaccine inserts, and study ingredients and side effects. I also hope you'll recognize and support parents who only want the best for their children. Any removal of parent autonomy should not be taken lightly. Thank you so much for your attention to this matter, and for taking time to read this email.

Respectfully,

Cara Holmes

Notes:

☆polysorbate 80- <https://www.learntherisk.org/news/polysorbate/>

*Shedding- <https://www.cnbc.com/2015/03/03/globe-news-wire-public-health-officials-know-recently-vaccinated-individuals-spread-disease.html>

^Barto-<https://www.azcentral.com/story/news/local/arizona-health/2019/02/22/disregarding-warnings-arizona-lawmakers-move-forward-vaccine-exemptions/2942680002/?fbclid=IwAR0fo45Qwv0ypixWjkl8aLMFf2EEDD6oKGTszc6uSjaEaqE8c6qUuHsgr-E>