

## **HCR 3007**

**IN SUPPORT: A concurrent resolution terminating the state of emergency in North Dakota declared by Governor Doug Burgum on March 13, 2020, in response to the public health crisis resulting from the SARS-CoV-2 pandemic, commonly known as COVID-1**

Dear Members of the House Human Service Committee,

My name is Tara Dukart, and I encourage you to support HCR 3007.

I think terminating the state of emergency in ND would improve the mental health and well-being of our state. I believe each person can and should decide for himself and herself what their own personal level of risk is, and proceed accordingly. I also am in favor of business owners deciding for themselves whether or not their businesses are essential and whether or not they should remain open during their normal/regular business hours or choose to close early or completely.

We do not need fear-based tactics. We do not need government overreach. The overall deaths in 2020 were not statistically higher than the averages of previous years. This “pandemic” has been about fear-based control and loss of freedoms. If this were truly for “the greater good” then we would be focusing our time, money, and efforts, and billboards on things that actually increase physical and mental health. For example, Vitamin D levels, adequate nutrition, maintaining healthy weights, reducing stress, and enjoying fresh air, sunshine, and precious time with loved ones. I think it’s time to step out of the fear and start living again.

Thank you very much for your time and consideration.

Sincerely,

Tara Dukart  
Seek First Ranch & Seek First Holistic Solutions  
Hazen, ND