

Chair Roegner, Vice Chair McColley, Ranking Member Craig, and the Honored Members of the Government Oversight and Reform Committee:

My name is Trina Poremsky. Thank you for allowing me to provide testimony regarding the restrictions the Governor has applied over the past year.

I work in health care. My husband and I have three children. I was born and raised in Ohio, and my husband has lived here since 2000. My oldest son was a senior in high school last year when the restrictions were first applied. He missed out on his entire senior baseball season. He has been playing baseball since he was three years old, and playing Varsity Baseball as a senior was something he dreamed about since he was little. He is now playing baseball in college, but the loss of his senior season is something he will NEVER get back. He also missed out on all of the senior activities that usually happen at the end of the year - Prom, Graduation, Senior Days, traditional activities that his High School has always done to honor seniors - all of these he watched seniors before him experience, looked forward to experiencing himself, and then these were all ripped away from him due to the overreaching power of the governor.

My second son was a freshman in high school when this started. Over the course of 5 months of him being banned from attending school and sports, we watched him lose 30+ pounds, isolate himself from friends, his grades suffered greatly, and he quit all sports that he had participated in for years. He played varsity golf his freshman year, and freshman baseball - in the matter of months he quit both of those. Thank goodness he earned a full ride to his private high school through his test scores, and his high school went back to school in person, full time, five days a week starting in September. He has gained some of his weight back, but still exhibits signs and symptoms of depression, which we are working through with him, with the help of counseling. The severe isolation he experienced thanks to the governor's restrictions, without any oversight, should never have occurred. The teenage years are critical for social and psychological development, and forced isolation can only harm this development and leave lasting consequences on these kids.

My daughter was in third grade when the governor first implemented these restrictions, without any oversight from any other branch of government. She gained 20 pounds due to the lack of available sports, and she also had her grades fall drastically. She had been an all A student her entire life, and when remote learning was imposed, she barely made any A's, and dropped many of her grades to B's and C's. She has a severe speech impediment that we have been working through since she was three years old. When the restrictions were imposed, her services were cut off for months, and when they returned they were done only remotely. Consequently, her speech skills slid backwards dramatically. Her reading and comprehension skills also suffered greatly, as speech, reading, and comprehension all work hand in hand. We are blessed to be able to afford private schooling, so she was able to go back to school, five days a week, in person starting in September, and she has also been able

to participate in sports. Her weight has mostly returned to normal, her speech has improved, and her performance in the classroom has returned to its normal levels. I can't imagine where she would be today if she had to continue to be a remote learner, as all of the other children in our district have had to do.

As one of my jobs, I care for high risk pregnant women in their homes, and I can say first hand that the children of my patients who have been remote this entire time are suffering. They are NOT learning. Many of them aren't going online at all, or aren't doing their own work, or are online but not paying attention by any stretch of the imagination. This is not any fault of the parents or the teacher - it is a clear problem with the manner in which learning is presented to the children - in a forced online format. Children are meant to be in school and they learn best in school. I fear for these children and parents that I care for, and I am well aware of how far behind these children will be when they do get the opportunity to return to the classroom.

Please, I beg of you - pass this bill. Provide a means for the legislature to oversee the powers of the governor. Ohioans NEED these checks and balances for those in power. Please show up and be our voice. WE NEED YOU!

Thank you for your time - it is much appreciated.

-Trina Poremsky, RN