



# League of Women Voters Of Weston

March, 2020

No. 217

## League of Women Voters of Weston

President..... Katty Chace  
781-891-1087

Treasurer..... Tack Chace  
781-891-1087

Membership..... Lenore Zug Lobel  
781-789-3920

Bulletin Editor .... Katherine Wolfthal  
781-891-9549

This LWV/Weston Newsletter is published monthly except June, July and August. The LWV is a nonpartisan political organization open to all citizens of voting age.

League of Women Voters of Weston  
15 Conant Road, Weston MA 02493

### VOTER INFORMATION

1-800-882-1649

League of Women Voters  
of Massachusetts  
133 Portland Street  
Boston MA 02114  
(617)523-2999

Submit articles  
to Katherine Wolfthal by e-mail at  
**kate@weichi.com**

## OPENING MESSAGE

**KATTY CHACE**

The Town Caucus took place last week at the library. There was a good crowd present, and we wound up with three contested races. WestonMedia was present to record the whole process, and you can find the video thereon if you would like to see it. There is also a more detailed report elsewhere in this Bulletin.

The recent Presidential Primary took place on March 3rd, drawing many more voters who took the Democratic ballot than a Republican one, not surprisingly. Somewhat more surprising was the fact that Weston has about 7000 registered voters, and only about half of them voted in the primary. It makes you wonder what would bring out all the voters, if not this election. A detailed report of the results can be found elsewhere in this Bulletin.

The meeting on Climate change organized by the Newton League and co-sponsored by the Leagues of Weston, Wayland, Wellesley, Needham and Framingham was thoughtful and thought-provoking. Speakers presented sound recommendations on ways to make transportation and home heating more efficient and less reliant on fossil fuel. The value of heat pumps was emphasized, particularly when a whole neighborhood agrees to change gas lines into heat pump lines.

On page 5 of this Bulletin you will find some practical information on the COVID-19 situation from the Centers for Disease Control, and on Page 13 a selection of excerpts from a series of insights on COVID-19 from Dr. Bill Rodriguez, an infections-disease physician.

## CALENDAR

MAY – JUNE 2020

(all events subject to change)

May 9, Saturday..... Town Elections  
8:00 a.m. – 6:00 p.m.  
Weston Town Hall

May 11, Monday.....Annual Town Meeting  
7:00 p.m.  
Weston High School Auditorium

May 25, Monday.....MEMORIAL DAY

April 30, Thursday.....Candidates' Night  
Weston High School Media Room

June 5, Friday.....Weston High School Graduation  
Town Green



**FLORENTINE  
FRAMES** *Since 1982*

**We Have the Perfect Frame for your Artwork**  
Large Selection of Photo Frames & Albums • Prints, Posters, Mirrors  
Sports Memorabilia • Botanical & Architectural Engravings

**Visit Our Expanded Art Gallery  
Featuring Local & International Artists**

478 Boston Post Road • Weston Center  
781-647-1249 • 800-742-1249  
www.florentineframes.com • florentineframes@aol.com

Like us on  
Facebook

## WHEN IT'S TIME FOR ACTION

### President

President Donald J. Trump  
The White House  
Washington, D.C. 20510  
<http://www.whitehouse.gov/>

### U.S. Senators

The Honorable Elizabeth Warren  
(617) 565-3170  
317 Hart Senate Office Building  
Washington, DC 20510  
(202) 224-4543

Contact:

[www.warren.senate.gov/?p=email\\_senator](http://www.warren.senate.gov/?p=email_senator)

The Honorable Edward J. Markey  
617-565-8519  
218 Russell Senate Office Building  
Washington, DC 20510  
(202) 224-2742

[www.markey.senate.gov/contact.cfm](http://www.markey.senate.gov/contact.cfm)

### U.S. Representative 5<sup>th</sup> District

The Honorable Katherine Clark  
1415 Longworth House Office Building  
Washington, D.C. 20515  
(202) 225-2836

<http://katherineclark.house.gov/>

### Governor

Governor Charlie Baker  
Office of the Governor  
State House, Room 280  
Boston MA 02133  
(617) 725-4005  
<http://www.mass.gov/governor/constituent-services/contact-governor-office/>

### State Senator 3<sup>rd</sup> Middlesex District

The Honorable Michael J. Barrett  
(617) 722-1572  
State House, Room 213A  
Boston MA 02133-1054  
E-mail: [Mike.Barrett@masenate.gov](mailto:Mike.Barrett@masenate.gov)

### State Representative 14<sup>th</sup> Norfolk District

The Honorable Alice Hanlon Peisch  
(617) 722-2070  
State House, Room 473G  
Boston MA 02133-1054  
E-mail: [alice.peisch@mahouse.gov](mailto:alice.peisch@mahouse.gov)

### Weston Board of Selectmen

781-786-5020  
Weston Town Hall, P.O. Box 378  
11 Town House Rd.  
Weston, MA 02493  
E-mail: [selectmen@westonmass.org](mailto:selectmen@westonmass.org)

## BOARD HIGHLIGHTS

Kathleen Rousseau

The March meeting was held at the home of Diana Chaplin.

At the moment it looks as though two people will be running for moderator John McDonald, and Katherine Bassick; Bev Foster is going to run against Doug for Selectman; Alison Muzillow is running against Danielle Black for School Committee.

Special Town Meeting: This is about the spot zoning on Merriam Street. We were asked to do a coffee hour. We thought that it would not be good if only one side of the issue is presented. Katty has asked the library if the room is available. In discussing Town Meeting we talked about the need for a quorum for the meeting to go forward. Do we worry about a quorum when most people leave after an important vote?

Mary Ellen Sykes has a citizen's petition for Town Meeting for Weston to be a "Sanctuary City". She would like a coffee hour. We could discuss both issues in one coffee hour

The Climate Change Forum was fabulous. The parts on transportation included a lot of the things that Barrett has championed. One interesting piece of information was that Moscow had five days of 110-degree heat this year and many people died.

Candidates Night - Thursday April 29, 2020 at the High School Media Center. We discussed whether we could film this live, and let it be interactive? The meeting is always taped, but whether it could be broadcast in real time is a question

There was a discussion of who our speaker for the LWVW Annual Meeting might be.



## Covid-19 update



To Our Valued Guests,

Your health, safety and well-being is of the utmost importance to us during these uneasy times.

We want to reassure you that we are taking every precaution due to the concern over COVID-19 to provide a clean and safe space for our guests and team members.

We are vigilant about sanitation, and have put into place new protocols and implemented CDC recommendations to keep our space safe and open for business.

We kindly ask that, if you are experiencing any flu or cold like symptoms at the time of your appointment, or have traveled out of the US in the last month, to respectfully reschedule.

Here's what we are doing to keep you safe and protected: [Click Here](#)

If you have any questions or concerns, please feel free to give us a call at 781.890.9211 or email us at [angela@dchristopher.com](mailto:angela@dchristopher.com).

## RELIABLE INFORMATION FROM THE CENTERS FOR DISEASE CONTROL

The novel coronavirus COVID-19 is uppermost in everyone's mind at the moment. With all the information, misinformation, whispers and gossip swirling around us at this time of uncertainty, we thought the following fact sheet from the Centers for Disease Control might prove useful to anybody wondering what to do if you think you have the virus.

### What to do if you are sick with coronavirus disease 2019 (COVID-19)



**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

#### Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

#### Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

#### Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

#### Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

#### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

#### Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

#### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

#### Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning

spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

### Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed

under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

### Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)





# pure<sup>®</sup> solutions

NATIONAL ORGANIC PROGRAM COMPLIANT  
**TICK & MOSQUITO CONTROL**



## PROTECTION FROM BUG BITES

Some bites will leave us scratching, while others can make us sick.

Here are **5 ways to combat ticks and mosquitoes** this season:

1. Remove leaf litter and brush from your yard. It makes the perfect home for ticks on a sunny day.
2. Clear gutters and empty water from toys and other containers in the yard. Standing water is where mosquitoes will breed.
3. Deter deer from your yard by using deer fencing or natural repellents. (Ask us about our natural deer repellents!) Deer can carry ticks near the home.
4. Keep playground equipment, decks, and patios away from yard edges and trees and place them in a sunny location, if possible.
5. Treat your yard spring through fall with Pure Solutions. We provide safe and effective sprays that protect your yard from ticks and mosquitoes.

LEARN MORE AT [PURESOLUTIONS.COM](http://PURESOLUTIONS.COM) OR 781.899.7873.

## TOWN CAUCUS

Katty Chace

The Town Caucus took place on Tuesday, March 10 at the library Community Room. It was a much warmer space for the Caucus than the usual large auditorium at Town Hall, and made the event cozier and more interactive, I think. The room was full, and we now have three contested races! Much better than we usually have.... The contested races are for Selectman, Planning Board and School Committee. The nominees were Harvey Boshart (incumbent) and Gail Monahan for Selectman, Tony Flynn (incumbent) and Alec Selvig for Planning Board, and Danielle Black (incumbent), Alyson Muzila and Frank Parker for School Committee. Mr. Parker is a resident of Campion Center, with a career in teaching at BC (or perhaps BC High) and later in administration at Regis. In the voting, all the incumbents received more votes than their challengers, and Rip Hastings topped the ballot for Moderator, running against John MacDonald and Catherine Marcus Bassick. All of the nominated candidates, however, would have appeared on the

ballot for the Town Election on Saturday, May 9th, except for the fact that: since the Caucus, Gail Monahan has dropped out of the race, and Mary Ellen Sikes has stepped in to take her place challenging Selectman Boshart. Also, John MacDonald, currently a member of the Finance Committee, has bowed out of the Moderator race and Catherine Bassick did not get enough votes to qualify, so there is no longer a contested race for Moderator.

I have scheduled Candidates' Night for Thursday, April 30th at the High School Media Room. Of course, we have no way of knowing what the situation will be by then for gathering a crowd together. Our fallback situation might be some kind of live participation broadcast on cable TV. In any case, the event will, as always, be broadcast on WestonMedia cable on-demand after the fact. We'll just have to wait a few weeks for the specifics...

## PRESIDENTIAL PRIMARY RESULTS

Katty Chace

The Presidential Primary took place on March 3, with Precincts 1 and 2 using the Town Hall Auditorium for the first time. 3155 voters took the Democratic ballot, and the results were:

Joe Biden 1288  
Michael Bloomberg 796,  
Elizabeth Warren 556,  
Bernie Sanders 300,  
Pete Buttigieg 111,  
Amy Klobuchar 63,  
Tulsi Gabbard 11,  
Tom Steyer 7,  
Andrew Yang 6,  
Deval Patrick 5.

Michael Bennet, Cory Booker and John Delaney each got one vote, and Donald Trump got two write-in votes.

Of course, many of these candidates had suspended their candidacies before Election Day, although early voters and absentee voters wouldn't necessarily have known that.

372 voters took a Republican ballot, with the following results:

Donald Trump 274  
William Weld 74  
Joe Walsh 3  
"Rocky" DeLaFuente 1  
There were 5 write-ins for Bloomberg.



## **Weston Dental Specialists Group, P.C.**

**Prosthodontic, Esthetic & Implant Dentistry**



**Dr. William Heggerick**



**Dr. Alaa Alwazzan**



**Dr. Suzanne Noel**



**Dr. Mario Gatti**

**56 Colpitts Road  
Weston, MA 02493  
781-894-0347**

**[www.westonprosthodontist.com](http://www.westonprosthodontist.com)**

## SELECT BOARD DECLARES STATE OF EMERGENCY FOR WESTON

Report contributed by Terry Eastman

**A**t the Emergency Select Board meeting last Tuesday evening, two items were on the Agenda:

- 1) Town Manager's recommendation to declare a State of Emergency for Weston;
- 2) Town Manager's recommendation to cancel the April 6 date for Special Town Meeting

Regarding the State of Emergency, given that the State of MA has already declared a State of Emergency, each town, city, or municipality has the same option. As Leon Gaumond pointed out, the sooner the declaration is made, the sooner State funding and/or assistance would become available to us, if needed. As he went on to say, our town services, such as the Weston Fire Dept or Police Dept., could become compromised if personnel become ill or in need of self-quarantine, and other needs could surface. This SOE would not preclude our ability to schedule meetings, elections, or the like, and its duration



could be extended in Weston for emergent needs, even after the State lifts its SOE.

The Select Board voted unanimously to accept this recommendation, which has now been imposed as announced in the Town bulletin referenced below.

Regarding the April 6 date for a Special Town Meeting, Leon advised cancelling this town-wide event given current health concerns. The Issues to be decided will be addressed and voted at a later time to be determined, and perhaps rolled over to the Annual Town Meeting, now scheduled for June, although that may need to be changed.

The Select Board voted unanimously to cancel the meeting.

Please see the bulletin below and click on the link to learn more about the State of Emergency. Additional links for COVID-19 and related topics are included in the bulletin.

### [Select Board Declares State of Emergency for Weston](#)

**WESTON TRAVEL SERVICE**  
**Cynthia Spencer**  
**Owner**

**Serving all your travel needs for over 47 years**

483 Boston Post Road  
Weston, MA 02493  
(781) 891-9110  
westontravel@comcast.net

**COLDWELL BANKER RESIDENTIAL BROKERAGE  
IS PROUD TO SUPPORT  
THE FINE WORK OF  
THE LEAGUE OF WOMEN VOTERS**



Consistently  
Weston's #1 Real Estate Company

**[www.ColdwellBankerHomes.com](http://www.ColdwellBankerHomes.com)  
(781) 894-5555 • 426 Boston Post Road • Weston, MA**



## Teen Voting Rights Challenge

### Should 16-year-olds have the right to vote?



Tell us your opinion in a 30-second video and you could win!  
Open to all Massachusetts high school students.

**LWV** LEAGUE OF WOMEN VOTERS  
OF MASSACHUSETTS  
Citizen Education Fund

The right to vote has been expanded in several significant steps, including the 19th Amendment passed 100 years ago which made it possible for 23 million women to vote for the first time. Previously, the 14th and 15th Amendments extended the right to vote to all male citizens over the age of 21, regardless of race. The Voting Rights Act of 1965 was enacted to overcome state and local barriers that were preventing black Americans from exercising their right to vote. In 1971, the 26th Amendment lowered the voting age from 21 to 18. Should it be lowered again to 16?

Several questions to get you thinking:

- Should the voting age be lowered for all elections, or only local (municipal) elections? Why or why not?
- If the voting age were lowered to 16, what issues would encourage 16-year-olds to vote?
- Are there issues at the local, state or federal level where 16-year-olds are the experts?

And here are some of the arguments for and against allowing 16-year-olds to vote:

- Supporters say that allowing younger teens to vote (at age 16 as opposed to age 18) makes them more interested in civics education and more likely to be voters as adults.
- Supporters say that 16-year-olds should be allowed to vote on issues where their lives are directly affected (for example, school budgets and policies).
- Critics argue that 16-year-olds don't have the maturity or life experience to vote.
- Other critics say that expanding the vote to 16-year-olds is a partisan attempt to enroll more progressive voters.

Now it's your turn. Create a 30-second video telling us why you think 16-year-olds should or should not have the right to vote.

Please note: The League of Women Voters of Massachusetts has not taken a position on whether or not to lower the voting age to 16.

**Enter Now!**

#### Contest Timeline:

SUBMIT YOUR ENTRY:  
2/7 at 12:01am through 3/31 at  
11:59pm

JUDGING PERIOD:  
4/1 at 12:01am through 4/24 at  
5:00pm

WINNERS ANNOUNCED:  
5/15 at 5:00pm  
(All times are EST.)

## COVID-19 UPDATES

Dr. Bill Rodriguez, with excerpts selected by Tack Chace

**D**r. Bill Rodriguez is a close friend of our Weston League President Katty Chace's nephew-in-law. He is a trained infectious-disease physician who lives in Africa and has worked on epidemic preparedness off and on since 2001, and intensively from 2015-2017 when he ran clinical trials of new diagnostics for Ebola in Sierra Leone and Liberia, and for Zika in South America, and worked on diagnostic test capacity planning for new outbreaks at the global level. He is NOT, however actively involved in the Covid 19 response.

Bill has been writing a series of "Updates" on the Covid19 situation worldwide, which he has been distributing to a list of interested readers. To date there are four Updates. The first two were written for his co-workers. The third and fourth were written for a wider audience. Immediately under the title of each piece is a link that if you click on it will take you to Bill's original, in addition to links within the excerpts themselves.

Tack Chace, Katty's husband and our Weston League Treasurer, has selected some salient quotes from Updates #1 through #4. If you find them interesting, we encourage you to click on the links and peruse the documents in their entirety. They also contain a number of good explanatory graphs and charts.

---

### Irregular #Covid19 Insights No. 1, 9 Mar 2020

[Irregular #Covid19 Insights No. 1 How worried should we be? in the US? everywhere else? 9 March 2020](#)

[OK, so, how worried should we be?](#)

Worried. But not panicked. The short answer is that, semantics aside, **Covid19 is a global pandemic that will affect our day-to-day lives for the next number of months.** ... expert consensus is that we will see high rates of transmission and case numbers for **at least the next 6-8 weeks in the US** and other high transmission countries, i.e., **likely into May or June**, possibly (probably) later.

The US is in the position of **a handful of countries moving very slowly to implement the proven strategies that will "mitigate" the epidemic** : (1) widespread testing of anyone with fever and/or respiratory symptoms; (2) isolation of known (+) cases until tests turn (-); and (3) intensive contact tracing of known (+) cases, followed by voluntary quarantine for at least 14 days. **Until those measures are implemented, there is zero chance of local epidemic control ....**

**Age demographics:** .... Since the elderly are suffering from very high mortality rates, we may need different strategies for protecting the elderly, and interrupting spread in the elderly population. Even so, we can expect even higher death rates and raw numbers of deaths.

**-ICU capacity:** Italy is seeing 1 in 6 hospitalized patients require ICU care, and many hospitals in northern Italy are well beyond their capacity.

**- Health worker infections:** ... Prior outbreaks have confirmed that when front-line health workers get sick, communities begin to struggle to implement basic containment and basic primary health care.

[So what should I do?](#)

1. **Frequent handwashing.**
2. **Social distancing.** Seriously, stop shaking hands/hugging, and come up with new ways to greet people. Avoid crowds and all unnecessary travel.
3. **Self-quarantine with symptoms**, and contact your local primary care doctor if you develop fevers, cough, fatigue, with or without a sore throat. ...

[Today's two readings:](#)

1. [Common questions about Covid19..](#) ( Dave Troy, Medium ) Level: Basic info. Topic: There have been many attempts to summarize FAPs for the intelligent lay audience. This is probably the one best I have read.



2. **How Pandemics Change History**.. An interview with Frank Snowden, pandemic historian. (Isaac Chotiner, New Yorker). Level: Thought piece. Topic: What have we learned from prior plagues and pandemics about balancing individual rights and public health, and the impact in societies writ large

Succinctly,  $R_0$  ("R nought", the reproductive number) is the number of new people infected by the average active case; when  $R_0 > 1$ , case numbers increase; when  $R_0 > 2$ , case numbers increase exponentially; when  $R_0 < 1$ , new cases start decreasing and the epidemic will wane.

**Irregular #Covid19 Insights No. 2, 11 Mar 2020 - Google Docs**

[Irregular #Covid19 Insights No. 2 Are some countries/states different than others? 11 March 2020](#)

**...None of that matters to this coronavirus— $R_0$  is ~2.5 everywhere—until something else is done to change it. And, when  $R_0$  is between 2.5 and 5, the virus spreads exponentially.**

**But essentially, Italy was seeded first, and is giving the rest of us a ~12-day preview into what the spread will look like in every country—unless tight mitigation procedures are implemented ASAP.**

**The lesson here is: the US and most of Europe is chasing Italy's tail, with a lag time of ~11 Days**

Nothing different, other than maybe now is the right time for those of you in the US and Europe to stock up on 2-4 weeks of non-perishables and essential supplies. If you have not already. Calmly.

#### Today's Reading

This, from Thomas Pueyo at Medium, pretty much sums it all up. **It's a long read if you decide to read it all**, but it's worth it if you want to understand where things stand, today, March 11, worldwide. Charts 7, 8 and 9 are pretty telling. and he calculates that San Francisco has ~660 cases today. most undiagnosed, and will have 3,500 cases by the end of next week.

<https://medium.com/@tomaspueyo/coronavirus-act-today-or-people-will-die-f4d3d9cd99ca>

#### Today's Visual

This is the most fun Covid19 video I have seen yet:  
<https://youtu.be/V9YirNgAzXI>

**Irregular #Covid19 Insights No. 3, 14 Mar 2020 - Google Docs**

[Irregular #Covid19 Insights No. 3 How Does This End? 14 Mar 2020](#)

**...Yesterday, on March 13, the number of confirmed new cases in all of China was 11. Eleven.** Note that China imposed strict social distancing and widespread Covid19 testing on January 24. In other words, **it looks as though it takes about 45 days for the strictest version of "lockdown" to tame this virus from uncontrolled exponential growth to control.**

#### How This Pandemic Will End

So, now that we're at the turning point, how does this end? Recall that, while for us this is a once-in-a-lifetime event, collectively we have about 800 years of increasing understanding of **how pandemics start—"gradually, and then suddenly"—and how they end .**

**Pandemics end in one of three ways: they become contained in smaller and smaller pockets; they become effectively mitigated and controlled; or they burn out.** In all 3 cases, recall,  $R_0$  drops below 1. Each infected person passes the virus to less than one new person.

**Second, and importantly:** I've been saying for some time that **the last two weeks in March are going to be bad in the US and Europe.** More cases diagnosed, doubling every few days, more stressed hospital systems and ICU staff, more deaths in the elderly, a sense of anxiety and isolation. Don't be discouraged. Please remember, **this is exactly what the turning point looks like.** The turning point starts when effective control measures are implemented, and for the next few weeks, there is a seeming worsening of

the situation. **The true impact will lag by 2-3 weeks, and mirroring the onset, will happen gradually, and then suddenly.**

#### Then What?

**Then, as has always been the case with pandemics, life will gradually return to normal, or some slightly different, new normal.**

In all likelihood, there will be a second wave—likely later this year, likely in local clusters, and because we will all be more prepared, smaller and flatter.

#### COVID19 Insights #4 — COVID-19 Insights, March 18, 2020

##### [Update #4 - Transmission, Shedding, and the Issue of Kids and School Closings](#)

#### Today's Topic: What Do We Know About Exactly How Coronavirus is Transmitted?

Because this feels important, I am going to start with **the summary of what we now understand about coronavirus transmission:**

1. Coronavirus is spread primarily by coughing—an infected person, whether they have mild symptoms or severe Covid19 illness, coughs frequently, and with each cough “sheds” virus in aerosol droplets, which extend a few feet into the air.

1a. It's not just coughing, though--**breathing while sick is almost certainly enough to shed virus.**

2. Those droplets can remain in the air for approximately a few hours. **These aerosolized droplets do not appear to be the major route for the average person to contract this coronavirus, however.** In other words, yes, if you just sit statue-like with folded hands in a closed space where an infected patient recently has been coughing--or breathing--you can absolutely inhale the virus and contract the infection. **So, this is something we need to intervene against; ergo, strict social distancing, no meetings in closed spaces, and work from home.** What I am saying is that the data suggest this is not

the main mechanism driving community spread of this pandemic.

2a. **Aerosols are, however, a major risk for health care workers**, and likely a significant route by which health workers are contracting coronavirus. They spend a lot of time in enclosed spaces with patients expelling aerosols. This emphasizes how critical is personal protective equipment (PPE)--especially masks--for health workers, and why ongoing shortages in hospitals are so distressing.

3. OK, so what is the main mechanism of community spread? The expelled droplets quickly settle on surfaces. **Once there, in the absence of any effort to clean, coronavirus can remain viable and infectious on surfaces for several days.** It depends on the surface: for some surfaces, coronavirus remains infectious for up to 9 days; on most surfaces--plastic, stainless steel-- without cleaning, it will degrade in 2-3 days.

4. **This factor--contaminated surfaces--does appear to be the major route of community transmission of coronavirus--meaning, you touch a table, a doorknob, a keyboard, or really any public surface accessible to an infected patient's nearby fits of coughing. And then you touch your mouth/nose/face. ... I cannot emphasize this enough--hundreds of public health experts have been shouting from the rooftops to (1) clean surfaces frequently,(2) wash your hands, and (3) stop touching your face.**

The virus is there on most surfaces, and it sits there ready to infect passersby for a pretty long time.

Three important studies appeared last week on this question of **when is an infected person contagious?** The key, worrisome finding: **in Covid19, people may be highly contagious even before developing symptoms.** They also can remain contagious for many days after symptoms start—peaking at 5 days, but extending outward of two weeks.

The implication for me, though, is that **even with large households socially isolating together for the**

next several weeks, assuming they identify symptoms early and can be more completely isolated....we can drive the epidemic to its end point.

[Is There A Chance We Are Overreacting to All This?](#)

Actually, no. .... If there was ever a time in our lifetimes to overreact, this is it.

...how important it is to clean surfaces that may be contaminated--early and often. Wipe down tables, doorknobs, keyboards, and public surfaces; wash clothes that may have been exposed. Wash hands with vigor, and stop touching your face. Work from

home and cancel all in-person meetings that are not absolutely essential. Maintain social distancing, and isolate yourself the moment you feel sick, even if it is just within your own household--the basement, a spare room, wherever you can keep some distance. But you've heard all of this before from me. And just about every public health official on a daily basis....so, I can't say it any more succinctly than Today's Quotes:

"Stay the hell away from other people." - Sharon Begley, science journalist, commenting on Chivers' model

## **"WOMEN TAKE ACTION" FILM SERIES**

**Monthly through June, 2020**

**7:00 p.m.**

**Needham Public Library**

**1139 Highland Avenue, Needham, MA**

The League of Women Voters of Needham and the Needham Public Library are co-hosting a film series about women who have taken action and fought for a cause. All the films are free and open to the public and will be shown at the library (1139 Highland Ave) starting at 7 pm. The Women Take Action Film Series includes six films, one per month from January through June 2020. The series is part of the League of Women Voters of Needham's year-long recognition of women in American history.

The next film in the series, on February 25, is ***Standing on My Sisters' Shoulders – Women of the Civil Rights Movement***.

Films in the series include topics such as women in the civil rights movement, the women's liberation movement, women tackling a toxic waste hazard, women's rights in the garment industry, and the legacy of Frances Perkins. Discussions will follow the shorter films.

See complete list with dates and descriptions at <https://lwv-needham.org/women-take-action-film-series/>

Most of these films are available on Kanopy, a subscription film service for libraries and others.

## COUNCIL ON AGING LOCAL AND GLOBAL DISCUSSION GROUP

### CURRENT TOWN ISSUES

Thursday, April 9, 1:15 – 3:15 p.m.

**(In view of the uncertainty created by the current COVID-19 situation, please check with the COA or the Town as the date draws closer, to see whether it is still happening.)**

**C**urrent town issues will be the focus of the next meeting of the Local and Global Discussion Group of the Weston Council on Aging to take place on Thursday, April 9 from 1:15 to 3 pm at the CoA led by town resident and activist Joel Angiolillo.

Topics will include: 1) What to do about the rising cost of trash? 2) Does Weston need to enhance its water and sewer infrastructure? 3) How are Weston's recreational needs evolving, especially in view of the rising percentage of older residents? Time permitting, we will also discuss how the town's 2,000-plus acres of open space can be made

more accessible. Experts from town government, boards, and committees will introduce participants to each topic before opening up the proceedings to a wider discussion.

The event is open to all who are interested in learning about and discussing current issues and in civil discourse around the table. For further information on this meeting in particular or the group in general, contact Paul Sullivan (781-893-5005; [paulrsullivan@yahoo.com](mailto:paulrsullivan@yahoo.com)) or Susan Wagner (508-733-8810; [susanwgnr@gmail.com](mailto:susanwgnr@gmail.com)). Participants are invited to stay until 4 pm for informal socializing and discussions.



Personal Cleaners & Tailors	
<b>Lexington Store</b> 856 Massachusetts Ave. Lexington, MA 02420 Weekdays 7am - 6pm Saturdays 8am - 5pm <b>781-861-1070</b>	<b>Weston Store</b> 596 Boston Post Road Weston, MA 02493 Weekdays 8am - 6pm Saturdays 8am - 5pm <b>781-647-7735</b>
NON TOXIC DRY CLEANING	

# ARTE

## SALON | SPA

### Filler Facial Treatment

**The Anti-Aging Treatment using the Sculptra® filler technology without injections**

Arte Salon | Spa is excited to announce that we are offering a new facial treatment. Known as the Sculptra Filler Facial, this treatment has been available for over 8 years in Korea, and has recently made its debut in the US. You may have even read about the treatment when it was featured in an article in Harper's Bazaar last year!

<http://www.harpersbazaar.com/beauty/skin-care/a21229/filler-facial-sculptra/>

The Sculptra facial uses the active, FDA approved, ingredient *Poly L-Lactic Acid*, the same active ingredient that is found in the injectable filler Sculptra®. The unique aspect of *Poly L-Lactic Acid* is that it is able to penetrate the skin with just a topical application. Once absorbed, it acts as a matrix for your own collagen to expand on. The result is a reduction in fine lines and wrinkles!

Results from the Sculptra facial are cumulative. A single treatment treatment can last up to 6 weeks. A series of 3 done a week apart (recommended) can last up to 5 months.

Downtime from the treatment is minimal.



**Single Treatment \$225**

**Series of 3 \$562.50**

*(Stem Cell Mist for home use included, retail \$95)*

Please call [\(508\)358-7282](tel:(508)358-7282)

or visit our website

at [www.artesalonandspa.com](http://www.artesalonandspa.com)

to schedule your consultation for a Sculptra  
Filler Facial!



No Time to Waste

**McGLYNN  
CLINTON  
& HALL**

INSURANCE AGENCIES

*LET OUR  
INDEPENDENCE  
INSURE YOURS*

**BUSINESS  
•  
HOME  
•  
AUTO**

365 Boston Post Road  
Suite 208  
Sudbury, MA 01776

**978 443 6530**  
**[www.mchinsure.com](http://www.mchinsure.com)**

*"Small enough to be  
dynamic about your  
personal needs and large  
enough to encompass the  
entire insurance market."*

**781-894-0347**

## League of Women Voters of Weston MEMBERSHIP FORM 2019-2020

The League of Women Voters is a non-partisan, political organization, which encourages informed and active participation in all levels of government and influences public policy through education and advocacy. We serve the local community in many ways:

- Sponsor Candidates and Issues nights before elections
- Provide voter information and conduct voter-registration drives
- Encourage voter participation with banners and rides to the polls
- Study local, state and national issues and hold open meetings
- Act upon carefully considered positions by lobbying and circulating petitions
- Publish a "Know Your Town" booklet
- Train members to be active and involved citizens.

**Our membership year runs from July 1 to June 30. As a Weston member, you also belong to and receive publications from the State and National Leagues.**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Check one: ☐ Renewal ☐ New Member

I enclose a check made payable to **The League of Women Voters of Weston**\* for:

- \$60 Individual Membership (covers required local dues to the State and National Leagues)
- \$85 Family Membership (two individuals in the same household)  
Name of second household member: \_\_\_\_\_

Any contributions above and beyond regular dues are greatly appreciated and assist our local league in providing more services and offsetting our operating expenses.

\$ \_\_\_\_\_ TOTAL ENCLOSED

---

☐ \$ \_\_\_\_\_ LWV Education Fund (Tax-deductible contribution made payable by separate check to the LWV Education Fund )

**Return form to: Katty Chace, 15 Conant Rd., Weston, MA 02493**

*Do you know a friend who might be interested in joining the League of Women Voters?*

Name, address & phone \_\_\_\_\_

\* It is the policy of the LWV of Weston that no resident shall be refused participation in the League because of inability to pay. If a hardship preventing payment of dues exists, please contact Katty Chace at 781-891-1087.