

The Arizona Legislative Alert VUU

Bringing Unitarian Universalist Values to Public Policy

Prepared by Anne L. Schneider, PH.D. All opinions are those of the author.

Masks Matter! Wear Yours

Access the PDF here: <http://files.vuu.org/uujaz/2019/alert-061820.pdf>

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June 18, 2020

FIND YOUR LEGISLATORS!

<https://azredistricting.org/districtlocator/> put in your address, get your Legislative District
<https://www.azleg.gov/memberroster/> Legislative Members, by District

What's Inside:

- **ACTION:** How to contact local officials about local ordinances on wearing masks
- **Updates on the Arizona infection rate**
- **Do Masks Matter?** Excerpts from Research
- **Excerpts from research** articles on how to reduce your risk (reprinted from May 13 AZ Legislative Alert)
- **Initiatives / Petitions**

Covid-19 Update and Action Suggestion

After a too-long delay, the Governor Doug Ducey has finally rescinded his prohibition against local government taking action to prevent the continued spread of the corona virus in Arizona – and it IS still spreading, see the date below for the “[infection rate.](#)” If you want, contact the Governor [602-542-4331](tel:602-542-4331) , or [e-mail](#) and say thanks for “unleashing” local government to take more protective action and urge him to make mask-wearing and social distancinga statewide mandates.

However, just because local governments CAN act, doesn't mean they will. Mayors, city council, and county elected officials need to know they have the support of their constituents, and many city councils will be voting in the next few days on whether to require masks or not.

Here's how to contact the mayors of major cities and towns in Arizona. Click on the general link to AZ League of Cities and Counties and then click on the general link to the city/town you live in. Most of these have a link called Mayor and City Council, and then provide names, e mails, and phone numbers.

Here's the general link <http://lgd.azleague.org/> then Mayor/city council...

A partial list is included here:

Staff Apache Junction		
Name	Title	Email
Serdy, Jeff	Mayor	ajisports@msn.com
Wilson, Chip	Vice Mayor	walterchip@aol.com
Barker, Robin	Councilmember	barkerr43@yahoo.com
Schroeder, Robert	Councilmember	rschroeder@ajcity.net
Evans, Gail	Councilmember	apachejunkmail@gmail.com
Rizzi, Christa	Councilmember	crizzi@ajcity.net
Struble, Jeff	Councilmember	jstruble@ajcity.net

Avondale

Learn more about your Council

- [Kenneth Weise, Mayor](#)
- [Pat Dennis, Vice Mayor](#)
- [Bryan Kilgore, Council Member](#)
- [Tina Conde, Council Member](#)
- [Veronica Malone, Council Member](#)
- [Mike Pineda, Council Member](#)
- [Curtis Nielson, Council Member](#)

Buckeye

Jackie A. Meck, Mayor

Tony Youngker, City Council District 1
Jeanine Guy, City Council District 2
Michelle Hess, City Council District 3
Patrick HagEstad, City Council District 4
Craig Heustis, Vice Mayor, City Council District 5
Clay Goodman, PhD, City Council District 6

Chandler

Email Mayor Kevin Hartke and Council <https://www.chandleraz.gov/government/mayor-and-council> Office of the Mayor & Council Mail Stop 603 P.O. Box 4008 Chandler, AZ 85244-4008 480-782-2200

Flagstaff <https://www.flagstaff.az.gov/1406/Mayor-City-Council>

Mayor Coral Evans
Vice Mayor Adam Shimoni
Councilmember Regina Salas
Councilmember Austin Aslan
Councilmember Jamie Whelan
Councilmember Charlie Odegaard
Councilmember Jim McCarthy

Email all Councilmembers

Mesa <https://www.mesaaz.gov/>

Mayor John Giles <https://www.mesaaz.gov/government/mayor-council/mayor-john-giles>

Vice Mayor [Mark Freeman](#) District 1
Councilmember [Jeremy Whittaker](#) District 2
Councilmember [Francisco Heredia](#) District 3
Councilmember [Jen Duff](#) District 4
Councilmember [David Luna](#) District 5

Councilmember [Kevin Thompson](#) District 6

Phoenix

Mayor Kate Gallego <https://www.phoenix.gov/mayor/contact-mayor-gallego>
Thelda Williams, District 1 <https://www.phoenix.gov/district1/contact-district-1>
Jim Waring District 2 <https://www.phoenix.gov/district2/contact-district-2>
Debra Stark, District 3 <https://www.phoenix.gov/district3/contact-district-3>
Laura Pastor, District 4 <https://www.phoenix.gov/district4/contact-district-4>
Betty Guardado, District 5 <https://www.phoenix.gov/district5/contact-district-5>
Sal DiCiccio District 6 <https://www.phoenix.gov/district6/contact-councilman-diciccio>

Michael Nowakowski District 7 <https://www.phoenix.gov/district7/contact-district-7>

Carlos Garcia District 8 <https://www.phoenix.gov/district8/contact-district-8>

Prescott

Mayor Greg Mengarelli <http://www.prescott-az.gov/city-management/leadership/council/mayor-greg-mengarelli/>

Mayor Pro Tem Billie Orr <http://www.prescott-az.gov/city-management/leadership/council/billie-orr/>

Cathey Rusing

Alexa Scholl

Steve Sischka

Scottsdale

Email Mayor Jim Lane: jlane@ScottsdaleAz.gov

Email All City Council Members: citycouncil@ScottsdaleAz.gov

or select a council member for individual email information. <https://www.scottsdaleaz.gov/council>

Surprise <https://www.surpriseaz.gov/1904/City-Council>

Mayor Skip Hall

District 1 Roland F. Winters Jr

District 2 Nancy Hayden

District 3 Patrick Duffy

District 4 Ken Remley

District 5 david Hayden

District 6 Vice Mayor Chris Judd

Tempe

Mark Mitchell, Mayor email: mark_mitchell@tempe.gov

Lauren Kuby, Vice Mayor e-mail: lauren_kuby@tempe.gov

Jennifer Adams, Councilmember e-mail: jennifer_adams@tempe.gov

Robin Arredondo-Savage, Councilmember email: robin_arredondo-savage@tempe.gov Arlene Chin,
Councilmember email: arlene_chin@tempe.gov

Randy Keating, Councilmember e-mail: randy_keating@tempe.gov

Joel Navarro, Councilmember e-mail: joel_navarro@tempe.gov

Tucson <https://www.tucsonaz.gov/>

Mayor Regina Romero <https://www.tucsonaz.gov/mayor>

Ward One Lane Santa Cruz

Ward Two Paul Cunningham

Ward Three Paul Durham

Ward Four Nikki Lee

Ward Five Richard Fimbres

Ward Six Steve Kozachik

Yuma <https://www.yumaaz.gov/mayor-and-council/index.html>

Mayor Douglas J. Nicholls <https://www.yumaaz.gov/mayor-and-council/mayor/index.html>

Arizona's Reinfection Rate

Here's Arizona's Re-infection Covid-19 rate (the number of other persons estimated to be infected by each currently infected person). If the rate is greater than one, then the virus is expanding, if the number of less than one, the virus is retracting.

These numbers are found at <https://rt.live/>. Part of the problem with the data is that the analysts are constantly updating all of their previous figures and making adjustments on the impact of increased testing and newly categorized cases! Nevertheless, Arizona's reinfection rate is above 1.0 meaning the virus is spreading, even more than explained by more testing. Furthermore, these data indicate the increase has been going on for a month.

3/24 – 1.07

3/31 – 1.04

4/7 - 1.00

4/15 – .99

4/22 - .91

4/29 - .91

5/5 - .98

Begin Reopening 5/7

5/12 - 1.06

Shelter in place ended 5/14

5/19 - 1.14

5/26 – 1.17

6/2 – 1.14

6/9 – 1.08

6/13 – 1.07

What about MASKS! Should I, should everyone wear a mask?

<https://www.datamotion.com/category/blog/> - This information is a blog written by Peter Tippet, MD, PhD. Tippet is Chairman of the DataMotion Board of Directors and currently serves as the CEO of careMESH. The blog was originally published on

LinkedIn: <https://www.linkedin.com/pulse/saving-your-health-one-mask-time-peter-tippett-md-phd/>).

- Yes, wear a mask whenever you are in an “exposure” zone – namely, when you are around other people.

Here’s how it works, according to Dr. Tippett:

Breathing through your nose reduces the risk of ingesting viral particle by approximately 80%; a mask reduces the risk by another 80%; and six feet social distancing by still another 80%; therefore, these three in combination are estimated to be about 99% effective in preventing you from getting enough virus to be infected.

- For example: suppose you are standing with your mouth closed close to a covid-19 infected person who is talking to you – the chance of infection is about 20%; add a mask and that goes down to about 4% and add 6 feet the risk goes down to under 1% (see Tippett’s blog).
- Almost any mask – but including hand-made cloth ones – works well because it makes it harder for you to touch your face with your hands; reduces exposure to virus in the air and reduces the chance you would infect someone else.
- Wash your mask out every day. Treat the inside as “safe” but the outside as possibly contaminated.

Avoiding Risk of Infection (Reprinted from the May 13 AZ Legislative Alert).

Another extremely useful source on how to reduce your risk is in “RISKS Know Them, Avoid them,” <https://www.erinbromage.com/post/the-risks-know-them-avoid-them> - by Dr. Erin Bromage. Dr. Bromate is an Associate Professor of biology at the University of Massachusetts Dartmouth. This article reviews dozens (maybe hundreds) of research studies of how corona 19 spread. The AZ Legislative Alert reviewed Dr. Bromage’s article in a previous edition <https://www.vuu.org/legislative-advocacy/> then scroll to 05/13, “Opening Up” for a short version of the professor’s review of more than 100 research studies on the virus and how it spreads.

Excerpts from Risks, Know them, Avoid Them (With many thanks to Dr. Erin Bromage)

How does a person get infected? Infection depends both on the number of infectious viral particles you are exposed to AND the amount of time you are exposed (Infection = exposure X time). **It takes about 1000 infectious viral particles to become infected.** These can be ingested all at once or 100 over 10 minutes.

- **Breathing** - Research on flu shows that a person infected releases about 3-20 virus RNA copies per minute of breathing. Thus, if corona-19 is released at 20 per minute of breathing, it would take about 50 minutes of being around someone who was infected but just breathing before you would ingest the 1,000 particles needed to become infected (1,000 divided by 20 minutes).
- **Speaking** – about 200 copies per minute are released. If every virus particle were inhaled, it would take about five minutes of speaking face to face to receive 1,000 particles and become infected.
- **A Sneeze** – releases about 30,000 droplets (particles), but sometimes up to 200 million. These travel at about 200 mph and can easily travel across a closed room. Depending on how much time you spent in a closed room, a person can easily get enough to be infected if someone sneezed.
- **A cough** – releases about 3,000 droplets that travel about 50 mph. Most drop to the ground but they might travel all the way across a closed room.

Why / how are asymptomatic people infectious?

- The virus builds up in one's body. The research shows that about 44% or more of all infections occur from people without any symptoms or pre-symptomatic. The viral load builds up in a person to the point where most become symptomatic. Thus, just before symptoms begin to show, they are releasing the most virus into the community by breathing, speaking, coughing, or sneezing

Where are the places with highest risk of infection?

- **Prisons**
- **Religious ceremonies (church, weddings, funerals)**
- **Workplaces (especially enclosed, poor air circulation, high density such as meat packing and call centers)**
- **Nursing Homes**

Why? These are enclosed places, poor air circulation (better air flow would assist the viral particles in dropping to the ground), and people close together for long periods of time.

Let's get practical: what about restaurants, grocery stores, shopping, etc.? (Information from the article by Dr. Bromage).

- **Restaurants** – very risky to eat indoors even with social distancing. A study found that an infected person just from breathing during a dinner of 1 to 1.5 hours infected half the people at his/her own table; 75% of the people at an adjacent table downwind, and even 25% of those upwind! Persons farther away, however, out of the airflow from the air conditioning, had zero infections.
- **Workplaces** – a call center with one infected person over a week had 43.5% of employees infected. Most of this was from respiratory droplets spread by the air conditioning (94%) while only 6% was from surfaces such as door handles. Three percent of people on a different floor were infected, probably from door handles, elevator buttons, etc.
- **Choir** – the church choir in Washington state held a 2.5 hour practice with 60 members who, even though 6 feet apart, still spread the infection to 45 persons. The room was about the size of a volleyball court, but the expulsion of viral droplets from singing is far more than simply talking or breathing.
- **Indoor sports** – in Canada, an indoor curling event with 72 attendees ended up with 24 being infected.
- **Outdoor places** – less than three tenths of one percent of infections have been traced to anything going on out of doors. Why? Not enough time to get a big enough viral load, plus the fact that the air flow pushes the virus down, and the virus does not live long in sunlight, heat, or humidity. Also, most outdoor places are not packed full of people! An outdoor sporting event where everyone is yelling would be different.
- **Shopping** – 3 -5 % of infections have been traced to shopping, including grocery shopping. For workers, the risk is far higher because they are there for long periods of time.
- **Jogging, hiking, walking past someone on a trail** – very low risk, as the amount of time is extremely low and the droplets will fall quickly to the ground and be dispersed by the air flow.
- **How it spreads** – Here's an example: A person who didn't know he was infected shared a meal with two family members, serving from common serving dishes. Three hours. He attended a funeral the next day and within the week three of the family members at these events were sick. He then attended a birthday party (still not knowing he was infected) with nine others who shared food for three hours. Seven became sick, as did he (he eventually died).

Shop quickly, in stores. Choose stores that do not have many people in them, and that have excellent air flow.

Eat on the patio!

How about a quick hug? That's maybe okay! Time is limited. Then, wash your hands before you touch your face.

But what about those surfaces!! (Information compiled from various sources)

The studies typically show that the virus can be detected for hours and days on almost any surface, which has become exceptionally worrisome. Specifically, a study reported in the New England Journal of Medicine found that 2 (SARS-CoV-2) was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel.

- Yet, it takes a viral load of 1,000 particles for a person to become infected; and viruses begin to die the moment they land on a surface. Viruses, unlike bacteria, do not multiply and become more dangerous, when they are outside of the body. They start dying immediately.

So, how worried should we be about surfaces? Here's some useful information from an interview with a doctor at Johns Hopkins University: <https://hub.jhu.edu/2020/03/20/sars-cov-2-survive-on-surfaces/>

Volkin: According to this report, it sounds like the COVID-19 virus is potentially living on surfaces for days. How worried should we be about our risk of becoming infected simply by touching something an infected person was in contact with days ago?

Machamer: What's getting a lot of press and is presented out of context is that the virus can last on plastic for 72 hours— which sounds really scary. But what's more important is the amount of the virus that remains. It's less than 0.1% of the starting virus material. Infection is theoretically possible but unlikely at the levels remaining after a few days. People need to know this.

Can coronavirus live on mail?

“Paper and cardboard are very porous,” says Dr. Esper. “The virus doesn’t like surfaces like that. It likes smooth, even things.”

Initiatives/ Petitions

Let's Keep Trying! CORONA VIRUS has postponed almost everything, including gathering signatures for petitions. Nevertheless, here's the initiatives that are still active and

need signatures by July! Let's keep trying. Sign up to volunteer. Put petitions out on your sidewalk!

- **One new initiative petition has been added to the "let's support these" list, and that is Health Care Rising** <https://www.healthcarerisingaz.org/>. It would require private hospitals to meet the same national health safety standards as public; provide some protection for patients with pre existing conditions; and end "surprise billing."
- **"Invest in Ed" initiative! Volunteers are needed to take petitions into your neighborhood, to your organizations, to your friends, for signatures. Sign up here:** https://investined.com/?utm_source=google&utm_medium=search&utm_campaign=2020
- **Outlaw Dirty Money** - If you have not yet signed the "outlaw dirty money" petition or helped with it, here's the place to sign up for that one: <https://outlawdirtymoney.com/>
- **Limit ESA Expansion – Save Our Schools has launched a new initiative to limit ESA expansion. Volunteers needed to help gather signatures.** <https://sosarizona.org/volunteer/>
- **Fair Elections-** Another initiative currently gathering signatures is the Arizona for Fair elections <https://www.facebook.com/azfairelections/>. One section would allow voters to register as late as Election Day, automatically register people to vote when they apply for a driver's license, and allow more time for early voting. The Fair Elections Act also has a section that seeks to weaken the influence of big-money donors and corporation-funded committees in political campaigns.

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- Use Resistbot to [text your state lawmakers](#)! Text STATE to 50409 to try it out.

Resistbot.io - How to use it. Click on the "messages" icon on your

I-phone, then click on the pencil in the top right-hand corner. You will get a "To: " screen. Put in 504-09 and then in the message type "resist." They will respond and ask for your zip code or address and what you want to do. This is a free service, reportedly developed by volunteers. It will ask for your zip code or address, and then you can send a fax, letter, make a phone call, send an e-mail to Sen. Sinema and McSally and the House member as well or even to Governor Ducey.

I just did it this morning and selected "call." They called me back connecting me to each Senators office and I left a message for McSally and actually talked to a staff member in Sinema's office.

After you have sent several, it will ask you which of the various people you want it sent to. At first, it just sends to all three, later it will add state-level elected officials, too. You get more services after you've used it awhile!

[Valley Unitarian Universalist Congregation](#) –

Anne L. Schneider, Ph.D. is a member of the Valley Unitarian Universalist Congregation. VUU's staff includes Senior Minister, Rev. Dr. Andy Burnette; Music Director, Katie Seifert; Director of Faith Formation, Marci Beaudoin, Administrator, Sue Ringler. VUU is located at 6400 W. Del Rio Drive, Chandler, AZ 480 899 4249 VUU holds services at 10:30 to 11:30 on Sunday. Currently, by zoom! Contact the office to get the zoom link.