

NEWSLETTER



Mountain Bears Democratic Club was founded in 2004. We are located in the San Bernardino Mountains of Southern California. We hope to do our part to inform and educate the public and bring newcomers to the party by registering new Democrats. The Democratic Party believes that the American Dream should be within the reach of all people. We welcome and encourage people from all walks of life to join us in discussion and debate regardless of one's political affiliations.

Table of Contents

Next Meeting _____ 2

Our Club's On-line Presence _____ 2

Community Sources of Information _____ 2

Sources of Legislative Information _____ 2

California Democrats On-line Presence _____ 2

National Democrats On-line Presence _____ 2

Nine Ways to Help a Campaign from Afar _____ 3

Health Related _____ 3-4

On the Mountain _____ 5-7

National Politics _____ 8

Club Needs _____ 9

State Politics _____ 6

Pun Pages _____ 10-12

NEXT MEETING: Note NEW starting time!

Our next club meeting will be on Tuesday, May 28th, at **6:30 pm** in the Alpine Escrow conference room in Blue Jay.

Our Club's Online Presence

Our webpage: <https://mountainbearsdemocrats.org>

Our Facebook page: <https://www.facebook.com/Mountain-Bears-Democratic-Club-1464298517118574>

Community Sources of Information

Our Chamber of Commerce web page: <https://www.lakearrowheadchamber.com>

Arrowhead Lake Association web page: <https://www.ala-ca.org>

Local media:

- Mountain News newspaper: <http://www.mountain-news.com>
- Alpine Mountaineer newspaper: <https://thealpinemountaineer.com>
- Mountain Reporter digital newspaper: <http://mountainreporter.com>
- Lake Arrowhead News: <https://www.lakearrowheadnews.com>
- Lake Arrowhead 'Official Site': <http://www.lakearrowhead.com>

Sources of Legislative Information

Library of Congress: <https://www.congress.gov>

Issue Voter.org: <https://issuevoter.org/bills>

Govtrack: <https://www.govtrack.us>

California Democrats Online Presence

The party's web page: <https://www.cadem.org>

The party's Facebook page: <https://www.facebook.com/cadems>

National Democrats Online Presence

The national party's webpage: <https://democrats.org>

The national party's Facebook page: <https://www.facebook.com/democrats>

Nine Ways to Help a Campaign From Afar

https://politicalcharge.org/2019/04/09/9-ways-to-help-a-campaign-from-afar/?fbclid=IwAR2LxOcsJRYhBlw5PW_WDuqcp8rzPRXRxy1XryqsTSjrwy8YqAomJE5mYWk

Health Issues

Here's a webpage for the five day allergy forecast for Lake Arrowhead:
<https://www.pollen.com/forecast/extended/pollen/92352>

Check out our state's Department of Public Health's webpage at:
<https://www.cdph.ca.gov>

...and an interesting site about many health issues in our state is:
<http://www.calhealthreport.org/category/publichealth>

Did you know that our state has a wellness foundation? Here's the website:
<https://www.calwellness.org>

One more health related site for our great state:
<https://californiahealthline.org>

Web MD lets you learn more about prescription and OTC drugs and offers tips on living healthy: <https://www.webmd.com/drugs/2/index>

FDA adds Boxed Warning for risk of serious injuries caused by sleepwalking with certain prescription insomnia medicines

The Food and Drug Administration (FDA) is advising that rare but serious injuries have happened with certain common prescription insomnia medicines because of sleep behaviors, including sleepwalking, sleep driving, and engaging in other activities while not fully awake. These complex sleep behaviors have also resulted in deaths.

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-adds-boxed-warning-risk-serious-injuries-caused-sleepwalking-certain-prescription-insomnia> 05.03.19

**I swallowed a dictionary.
It gave me thesaurus
throat I've ever had.**

**What would you find in Charles
Dickens' library?**
The best of thymes,
The worst of thymes.

I've combined a laxative an alphabet soup. I call it 'Letter Rip'.

Warning Signs of a Stroke

Face: Smile and see if one side of the face droops.

Arms: Raise both arms. Does one arm drop down?

Speech: Say a short phrase and check for slurred or strange speech.

Time: If the answer to any of these is yes, call 911 right away and write down the time when symptoms started.

Sometimes a stroke happens gradually, but you're likely to have one or more sudden symptoms like these:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Difficulty speaking
- Trouble seeing with one or both eyes
- Problems walking or staying balanced or coordinated
- Dizziness (vertigo, lightheadedness, disequilibrium, etc.)
- Severe headache that comes on for no reason

If you have these symptoms, call 911 even if you're not sure you're having a stroke.

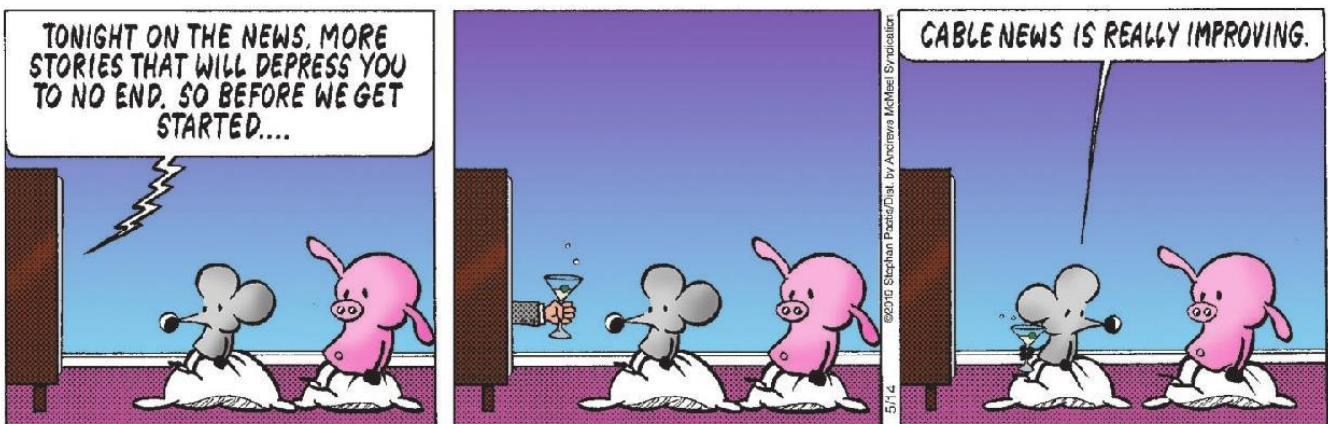
<https://www.webmd.com/stroke/guide/signs-of-stroke> 05.05.19

Bayer loses Roundup cancer case

Company must pay more than \$2 billion to California couple who said weedkiller made them sick.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=bec53fac-5300-4cf8-8cb2-ccda03fcd726 05.14.19

PEARLS BEFORE SWINE By Stephan Pastis



On the Mountain



Heaps Peak Arboretum

Rim of the World Interpretive Association



Annual

Spring Plant Sale

Saturday, May 25th



Proceeds directly benefit the Arboretum

www.heapspeakarboretum.com



Saturday, May 25th Begins 9:00 AM Heaps Peak Arboretum

Located at 6,000' between Lake Arrowhead
and Running Springs on Highway 18

Rim of the World Interpretive Association
P.O. Box 1958, Lake Arrowhead, CA 92352



SATURDAY, AUGUST
10 AT 6 AM

5K, 10K &
RACE WALK

Lake Gregory Education & Community Center
24740 San Moritz Way, Crestline, CA 92325

Register at
WWW.RACEWIRE.COM
Help us celebrate 40
years, as one of the
longest "running" runs
in Southern California.

 **RaceWire**
REGISTER ONLINE

HURRY!
EARLY REGISTRATION
DISCOUNT
Ends June 30th

Early Registration: \$40
Late Registration: \$45
Same Day Registration: \$50
Checkin Starts: 6:00 am



More Info www.rim-rec.org
(909) 337-PARK (7275)

How to make your home more FIRE SAFE with FREE curbside chipping

FREE chipping is offered on the mountain!

<https://freechipping.org/?fbclid=IwAR0Ia8PUE4G5zMzchhzGB6qSTIhNFivw7ewdxCddeBLKjrgDcCwQg5lfV2U> 05.12.19



National Politics

Woman arrested for not supporting President Trump

"She disagreed with the political beliefs of a police officer and she refused to say she supported Donald Trump..."

<https://www.msn.com/en-us/news/politics/woman-suing-city-of-pittsburgh-arrested-for-not-supporting-president-trump/ar-AAAOIGz?ocid=sf> 05.04.19

Online forums pave evolution of hate views

It's an evolution of hate that experts say hasn't seemed to receive the same attention or urgency as international terrorism, until recently.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=9e2296fb-9d8a-4b2a-aa58-0b922a07de5d 05.05.19

Trump battles setbacks in his foreign policy

Developments in Venezuela, North Korea, and Middle East leave White House scrambling

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=30ee6621-1724-4ae2-b930-9c0dc28f1750 05.07.19

Republicans block \$250 million to beef up election security

The vote in the senate, with one exception, was along party lines.

https://www.usatoday.com/story/news/politics/2018/08/01/republicans-block-money-election-security/884438002/?fbclid=IwAR21rX4CCb-cXZna7GR3oW_F25wuc_4y8O1Xosm0pZ7MQTxHyNLPFs3uQKM 05.08.19

States to candidates: show us your tax returns

A number of states are currently considering legislation that would require presidential candidates to release their personal income tax returns as a condition of being eligible for either the primary or general election ballot.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=6f011739-34eb-4b0f-a199-94af2e7286ca 05.09.19

Chinese goods hit with tariff increase

The higher tariff was expected to be met with retaliatory measures from China.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=73f53122-8f66-46f4-8b52-0bf10a281c35 05.10.19

Tariffs, stakes raised in trade battle

Nations duel for economic and geopolitical primacy.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=6a006b9c-3540-4956-8369-a709e9ffe20c 05.11.19

Club Needs

- **Guest Speaker suggestions**

We are always looking for speakers who can “inform and educate the public and bring newcomers to the party”. It is our mission as a Club! If you know of a speaker or topic that would be of interest to Club members, don’t hesitate to let Mickey know!

Contact Mickey Laws, (760) 567-6159

State Politics

Elevated fire risk forecasted

California can expect above normal potential for large wildfires this summer.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=187112c3-abfb-4ab5-af30-7da882b51f8a 05.03.19

Two plead guilty in Charlottesville violence

Two key members of a white supremacist group based in Southern California pleaded guilty to conspiring to riot at a deadly far-right rally in Charlottesville, VA in 2017.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=7676a39c-f085-4a32-8ad9-4b1e002b36cc 05.06.19

Newsom faces a quandary of riches

Full coffers bring more pressure to increase spending.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=8bce8566-8ec8-47f1-8697-94f29bd11726 05.07.19

State funding is up. Schools’ costs are, too

There may be no greater paradox than the fiscal health of the state’s public schools.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=f76f4b7a-8ba5-4b85-9410-c6300840b5a1 05.12.19

Pot sales bill pits state vs. local policies

A push for cities that backed Prop64 to lift cannabis shop bans is ‘overreach,’ critics say.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=51129bf8-57d0-450e-83e0-495ac190444d 05.13.19

Pun Pages

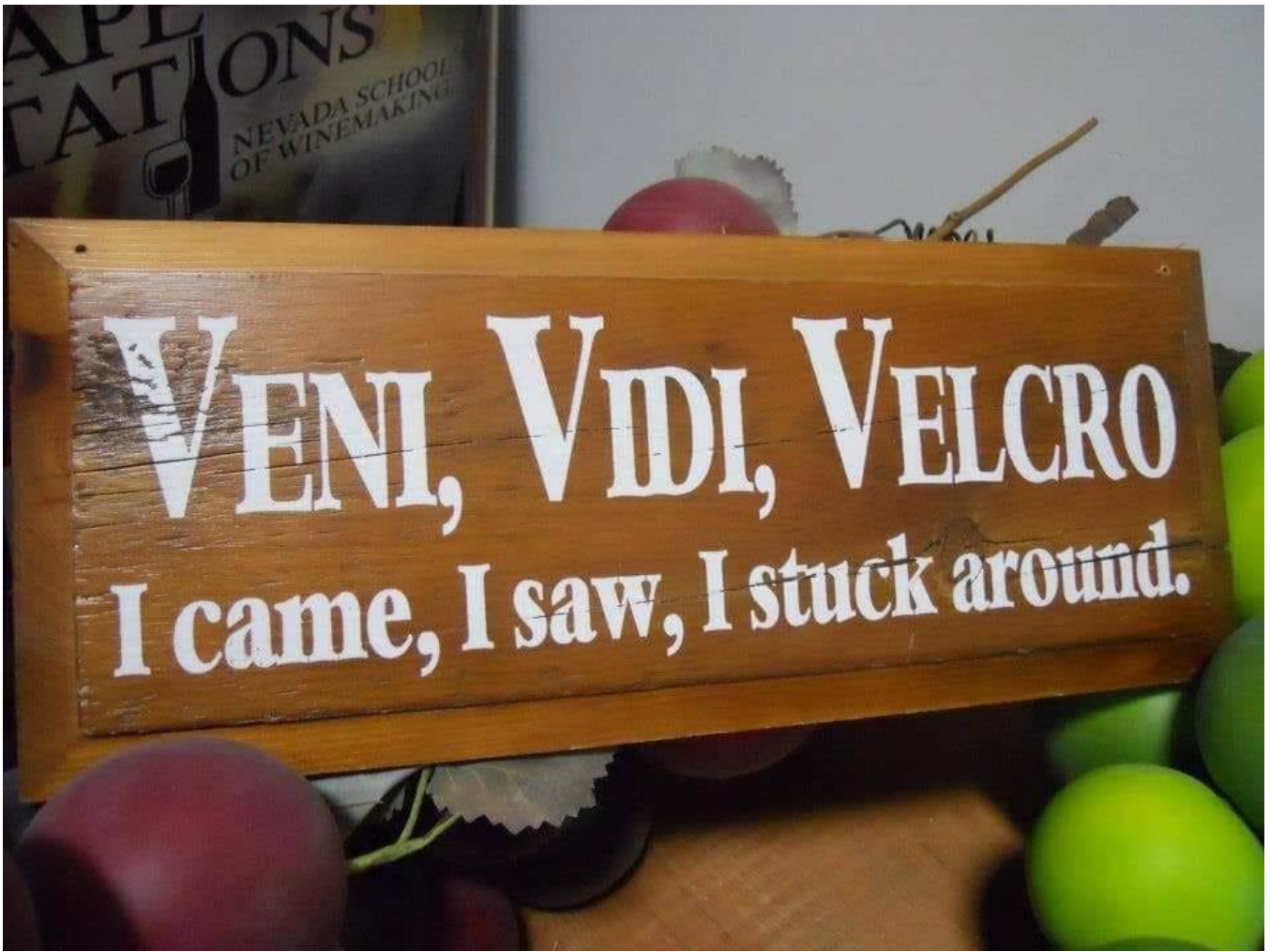
Do this the next time you find the role empty.



ME: (sobbing my heart out, eyes swollen, nose red) ... I can't see you anymore ... I am not going to let you hurt me like this again!

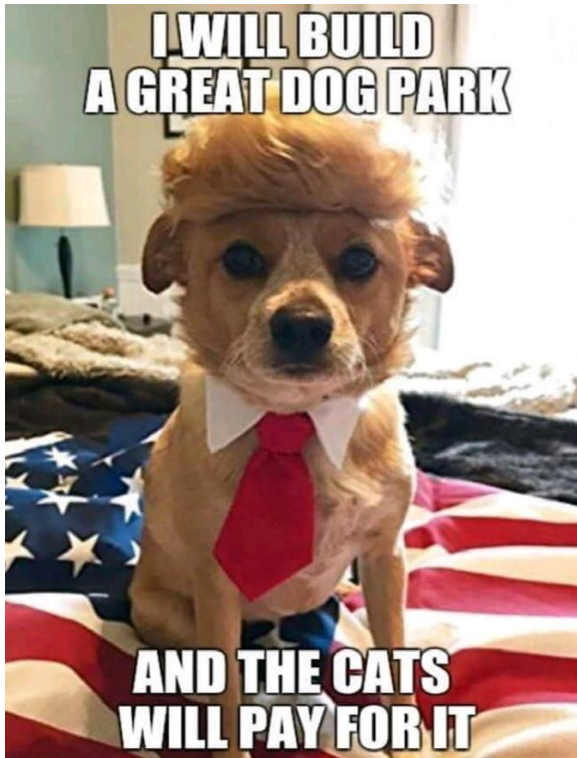
TRAINER: It was a sit up. You did 1 sit up.

When Lord Nelson died he was 5 feet tall. His statue in London is 15 feet tall. That's Horatio of 3:1.

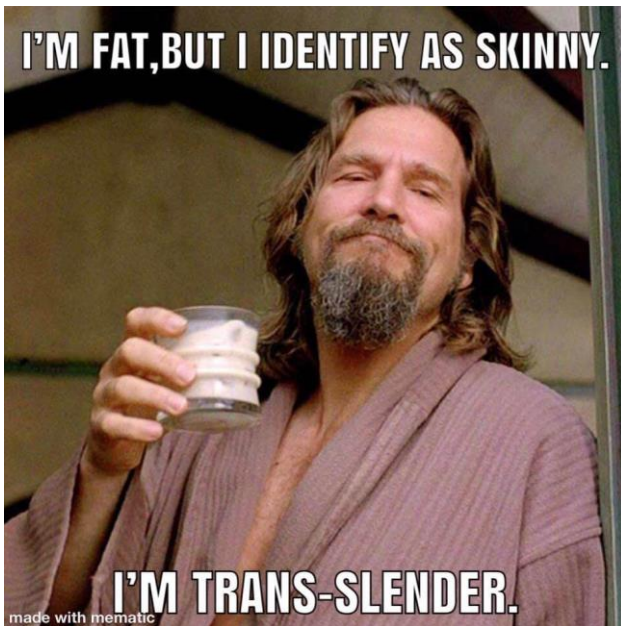


At any given time, the urge to sing "The ion sleeps tonight" is just a whim away a whim away, a whim away, a whim away.





They could have handled that better



Co-worker: You look so unapproachable

Me: Yet, here you are.

The first five days after the weekend are the hardest.

The Mountain Bears are a politically and socially active group of local democrats who want to stay informed, encourage voter turnout, and promote Democratic Party values while sponsoring or participating in community activities for the mutual well-being of all the mountain residents.