



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.

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NEXT MEETING

Our next club meeting will be on Tuesday, **January 28th**, at **5:30** pm in the Alpine Escrow conference room in Blue Jay. If you pay your dues then you will save \$5...

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>

Health Issues

Advancing Youth Enrollment Act would make health insurance more affordable for those under 35 by increasing Obamacare tax credits

Is bolstering Obamacare the best way to bring health care costs down for Millennials and Generation Z?

<https://govtrackinsider.com/advancing-youth-enrollment-act-would-make-health-insurance-more-affordable-for-those-under-35-by-2b7d020fdd6?> 12.05.19

How Not to Feel Dead Tired This Winter

It's cold. It's dark. And spring is months away. No wonder you're exhausted. Here are four expert strategies to feeling revitalized, even in the most wintry of days.

https://www.nytimes.com/2019/11/25/smarter-living/wirecutter/what-to-buy-how-not-to-feel-dead-tired-this-winter.html?algo=bandit-home&fallback=false&imp_id=275719048&imp_id=883897596&action=click&module=Smarter%20Living&pgtype=Homepage 12.05.19

\$

FINANCIAL HEALTH

Canceling credit cards? Go slow

Don't close your extra accounts all at once. A steadier approach will guard against harming your credit scores.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=eb756be9-8710-4c13-b846-85476a64c679 12.08.19

\$

MENTAL HEALTH

45 places you can download tens of thousands books, plays and other literary texts completely legally for free

<https://nothingintherulebook.com/2017/01/10/55-places-you-can-download-tens-of-thousands-books-plays-and-other-literary-texts-completely-legally-for-free/?fbclid=IwAR0UkXAkCoceV7jM6ujJqKi3SqoHiJN7B01cccNTm7WXbG-jSKfvzIbGwg8> 12.08.19

On the Mountain +

About that storm we had over Thanksgiving

http://www.mountain-news.com/news/article_df8372ec-177b-11ea-a984-d7a1ce4ed061.html?fbclid=IwAR0HXhM4aFiLPVHsUbpITPn62s82n9EiWj-3qZ-SKRZ20ApkDs0lbn7D-U 12.05.19

Vandalism forces overnight post office closures

Continuing acts of vandalism have resulted in overnight closures at several mountain area post offices, including those in Lake Arrowhead and Cedar Glen.

<https://thealpinemountaineer.com/vandalism-forces-overnight-post-office-closures/?fbclid=IwAR03HkiyxnCnPpumqJlkQYpSORvyriGh-prDe6CpDkwzxZcbGpe-EttSVs> 10.31.19

Nestlé cannot claim bottled water is 'essential public service', court rules

Michigan's second-highest court rules in favor of township in case that could damage company's effort to privatize water

https://www.theguardian.com/business/2019/dec/05/nestle-bottled-water-michigan-osceola-private-public?fbclid=IwAR19AZS_L6UDfHVz0Af039Cnh0Q0oLO0Xzu-3HCB0JGIATxJbDKZ2u5WJ9k 12.05.19

Should You Warm Up Your Car When It's Cold?

The long-held notion that you should let your car idle in the cold is only true for carbureted engines. But you still might need to wait a while before driving off in subzero temps.

<https://www.popularmechanics.com/cars/car-technology/a19086/warming-up-your-car-in-the-cold-just-harms-engine/?fbclid=IwAR09XwQr9-8JACy9oKpluaK8CTBCcR-uP8jwce2otj2U7kqNpEtZrCDqtlo> 12.09.19

Crestline Sanitation District Conducting Smoke Tests

Crestline, CA The Crestline Sanitation District will be conducting Smoke Tests of the wastewater system throughout the month of December 2019. Information gained from this study will be used to repair and improve the wastewater system. The smoke is non-toxic. Please note that if test smoke enters your home or business, the potential also exists for dangerous sewer gases to enter, we would strongly recommend that you have your plumbing inspected for any defective plumbing or dry traps.

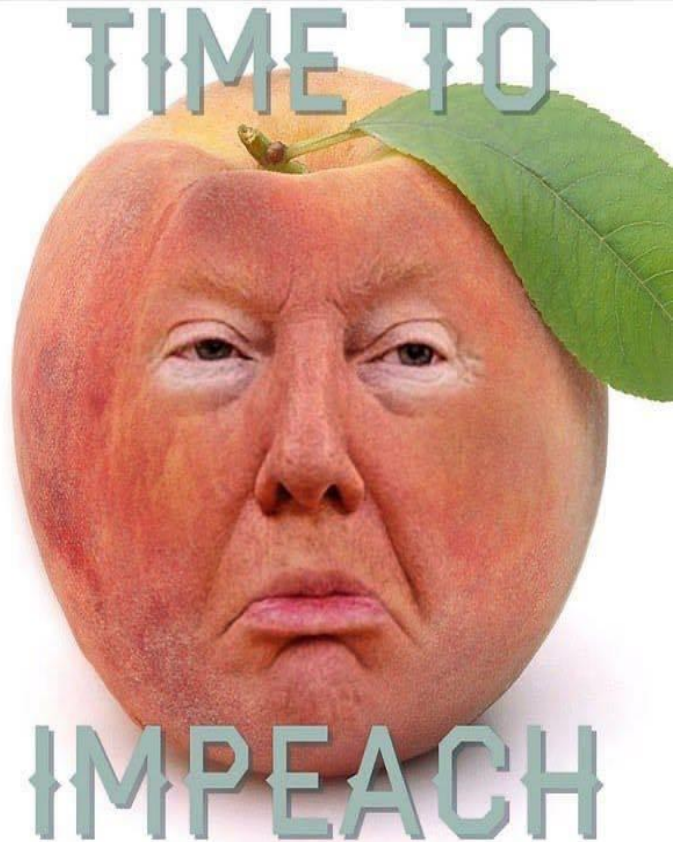
https://rotwnews.com/2019/12/12/crestline-sanitation-district-conducting-smoke-tests/?fbclid=IwAR0ZqfZSt5DGGJzGrG48JJ_nl8xGqWDmMQ6zycJupxmatzdODr9AFBha9Rww 12.12.19

National Politics

Lost jobs, shrinking growth, and rotting crops — here are the ways Trump's trade war is hurting America

Eight months on from the opening salvos of President Donald Trump's trade war, and the real-world impacts are starting to be felt across the globe.

https://www.businessinsider.com/trump-china-trade-war-all-the-industries-hurt-by-us-tariffs-2018-11?fbclid=IwAR0DoTI78d852IOrQ2MHe-aKEDie8MwdDCd_3NMhf5hKRbC9mNXLHqqWVwE 12.03.19



A master class on impeachment

Since the hearings began in earnest three weeks ago, Republicans in the U.S. House of Representatives have argued over and over that President Trump's behavior in asking Ukraine to investigate former Vice President Joe Biden falls short of justifying the extreme sanction of impeachment.

On Wednesday, three law professors who testified before the [House Judiciary Committee](#) dismantled that defense, arguing persuasively that the framers of the Constitution intended impeachment as a curb on exactly that sort of abuse of power.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=feba8965-5d29-4b53-8646-f99daf95b1a3 12.05.19

Federal executions will not resume as planned

Supreme Court blocks Trump administration effort to begin putting inmates to death again after a 16-year hiatus.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=0f199c7a-9bc8-4635-971b-acb22b805675 12.08.19

Citizenship for Children of Military Members and Civil Servants Act would guarantee citizenship for all kids born abroad while their parents serve abroad

Should a child born outside the U.S. while their parent is stationed overseas be guaranteed American citizenship?

<https://govtrackinsider.com/citizenship-for-children-of-military-members-and-civil-servants-act-would-guarantee-citizenship-66389e106c67> 12.03.19

PUC weighs utilities' pleas for more profits

Agency's staff urges rejecting requests for higher margins

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=4e5ff530-8bbe-4a7d-9493-cc07cb64baf7 12.03.19

Ban Corporate PACs Act would do just that.

Should corporate money be removed from politics, or is it a necessary component of free speech?

<https://govtrackinsider.com/ban-corporate-pacs-act-would-do-just-that-10a41639018f?> 12.15.19

Supreme Court confronts homelessness

It will weigh whether sleeping on sidewalks is a right if cities don't provide shelter.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=01aa31b4-f426-4f59-abe3-fb59f05673ff 12.06.19

Dems pass another priority, approve Voting Rights Advancement Act

http://www.msnbc.com/rachel-maddow-show/dems-pass-another-priority-approve-voting-rights-advancement-act?fbclid=IwAR2drl9uDvqYvtT6tKUwj_TxGxQWfjoeo3DgP30ZLORduohKdIRnxQJ3il0#break 12.06.19

Nearly 1 Million Vets Face Food Stamps Cut

About 900,000 veterans and 5,000 active duty troops face cuts in their food stamp benefits beginning Thursday as \$5 billion is automatically trimmed from the Supplemental Nutrition Assistance Program (SNAP) program for low-income families

<https://www.military.com/daily-news/2013/10/29/nearly-1-million-vets-face-food-stamps-cut.html?fbclid=IwAR0ggTPWaykHTO0CNZa516QLINP-JoZ7UDloFwfhlx1nGB-2QY4o2uuZxcU> 12.07.19

House Approves Update of Landmark Older Americans Act

Bipartisan bill would increase funding for programs that help older adults, including Meals on Wheels

<https://www.aarp.org/politics-society/government-elections/info-2019/house-older-americans-act-funding.html?fbclid=IwAR0e40KMPtcthN1wTUgNHerqi8gJXUw5wNksyje5ICXW8yZsT3kYJnREoas> 12.07.19

AMAZON GOES TO NYC WITHOUT BILLIONS IN PUBLIC SUBSIDIES, PROVING OCASIO-CORTEZ RIGHT

Rep. Alexandria Ocasio-Cortez (D-N.Y.) outraged her right-wing critics earlier this year when she helped block Amazon from getting billions of dollars in public subsidies from New York City to move there. Now the company is moving there anyway, and taxpayers get to keep their money.

https://www.lancastercourier.com/2019/12/07/amazon-goes-to-nyc-without-billions-in-public-subsidies-proving-ocasio-cortez-right/?fbclid=IwAR0G7SznF5WZPNJc37sji1ZlhukmZF0n323SM8c91TM_ChEmMQy4uuYLayE 12.07.19

Internal Justice watchdog finds that Russia probe was justified, not biased against Trump

The FBI mishandled parts of its application to monitor a Trump campaign aide as it was probing possible Russian interference in the 2016 election, but the overall investigation was justified, according to [a long-awaited report by the Justice Department's watchdog](#) that rebuts the president's depiction of a politically biased plot against him.

https://www.nbcnews.com/politics/justice-department/internal-justice-watchdog-finds-russia-probe-was-justified-not-biased-n1098161?cid=sm_npd_nn_tw_ma&fbclid=IwAR2cqteGKebLsBqgdi_E-LSE50Rwgte554mjNlrU5lyKOKHQw375rf9QCaE 12.11.19

Trump Is an Eerily Perfect Match With a Famous 14-Point Guide to Identify Fascist Leaders

<https://www.alternet.org/2016/12/trump-eerily-perfect-match-famous-14-point-guide-identify-fascist-leaders/>

Caged Nativity display exposes American shame

Many are troubled by a Claremont church's scene of the Holy Family split up and confined. That's the point.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=eacaf6f5-7980-45a9-a2e1-f5c06b123f77 12.16.19

Increasingly a Necessity: A 15-Point Guide to Surviving Authoritarianism

https://billmoyers.com/story/increasingly-necessity-15-point-guide-surviving-authoritarianism/?fbclid=IwAR3QxGw6F_XGy3AI_BuWvV3MfsxcPngg9niFKW1VvYyLa-4kHHfROXcMGhg#.XfWouA56Otx.facebook

12.15.19

Club Stuff

- **Committee Chairpersons and Guest Speakers needed**

We are always looking for speakers who can “inform and educate the public and bring newcomers to the party”.

Contact Mickey Laws, (760) 567-6159

State Politics

California consumers can soon opt out of having personal info sold, thanks to new law

The new law extends privacy rights to consumers by allowing them to opt out of having their information sold to other businesses, be informed about information being collected and requires businesses to delete information if a consumer tells them to do so.

https://www.kron4.com/news/california/california-consumers-can-soon-opt-out-of-having-personal-info-sold-thanks-to-new-law/?fbclid=IwAR2ZzB_zLBGqoSzNV34tJbWU99peDDBXtaueu5ebEMnTBv0unsZucZY5l4 12.03.19

PUC weighs utilities’ pleas for more profits

Agency’s staff urges rejecting requests for higher margins

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=4e5ff530-8bbe-4a7d-9493-cc07cb64baf7 12.03.19

Tennessee is about to become the first state in the nation to make community college free for all adults.

<https://money.cnn.com/2017/05/11/pf/college/tennessee-free-community-college/index.html?fbclid=IwAR1MeM4cUEu2wmrRyVRX1W1H7hbswgekdsuV3Qmge58PXPd9NOX-0MNW6Vw> 12.04.19

Secretly recorded conversations admissible in criminal cases

Secretly recording someone else's conversation is illegal in California, but prosecutors can use the illicit recording as evidence in a criminal case, the state Supreme Court ruled Thursday.

<https://www.sfgate.com/news/crime/article/Secretly-recorded-conversations-admissible-in-14885848.php> 12.08.19

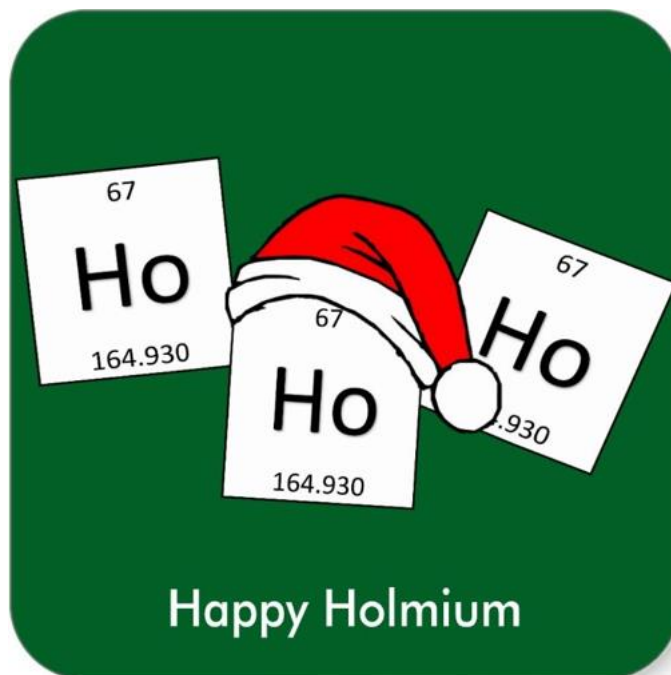
Life skills 101 joins Berkeley's offerings

'Adulting' course helps students navigate the path beyond college.

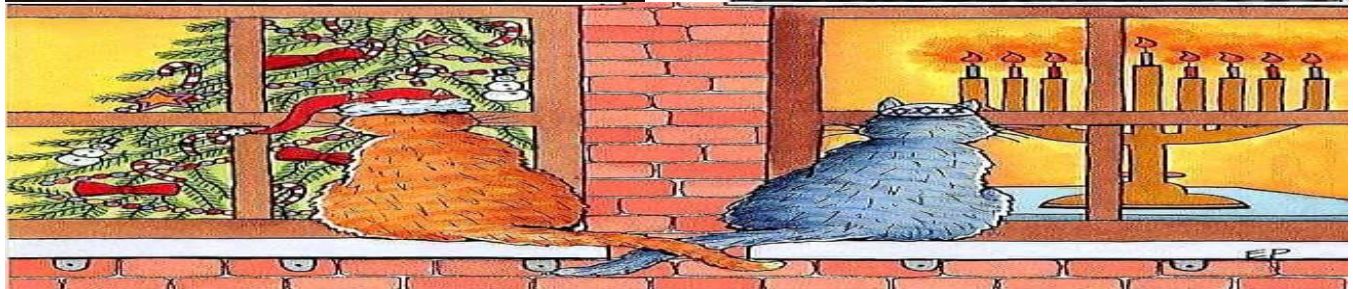
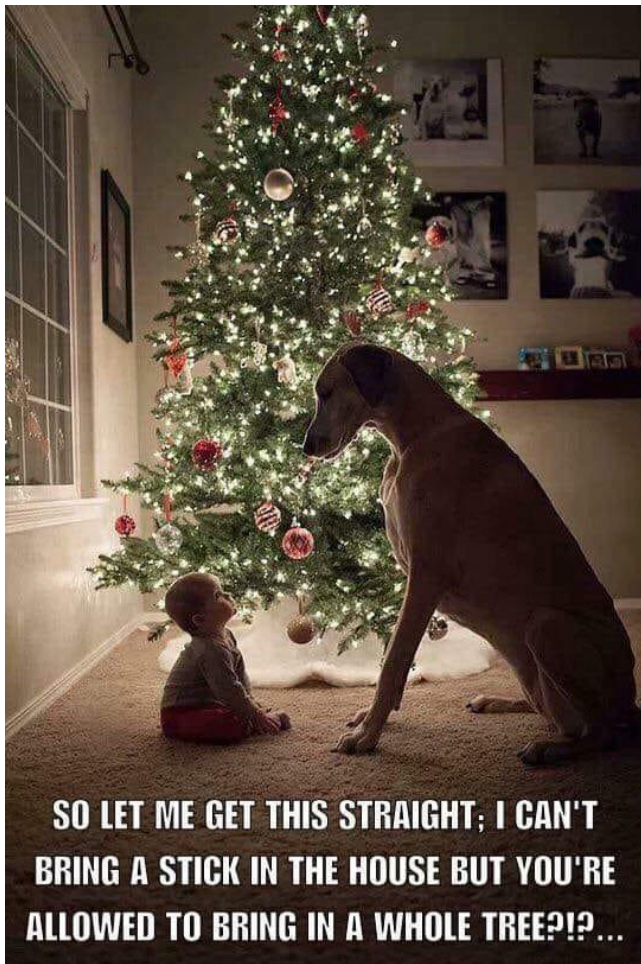
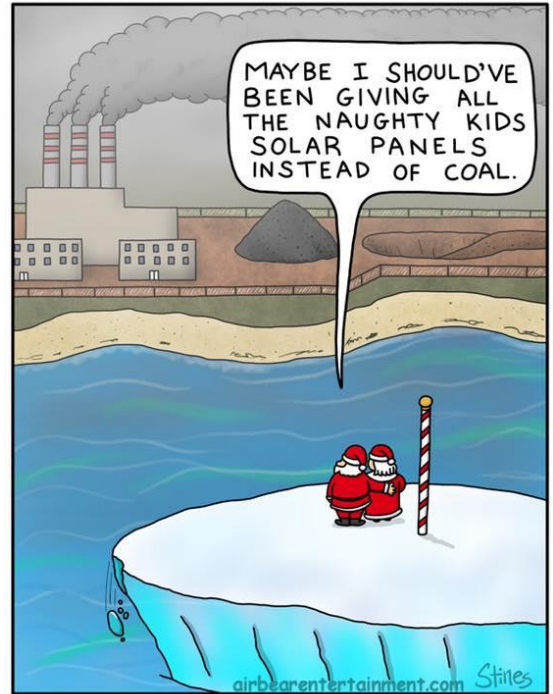
The class, which has 30 students enrolled in each section, is led by two Berkeley undergrads who plan discussion topics and schedule guest speakers to fill 90 minutes each week. The "adults in training" are among thousands of people across the country who have signed up for courses that focus on things such as cooking or budgeting or time management.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=26586344-dc9e-4241-adc3-a6b99ed535d9 12.10.19

Pun Pages



**What's the difference between bird flu and swine flu?
- One requires tweetment and the other requires oinkment.**



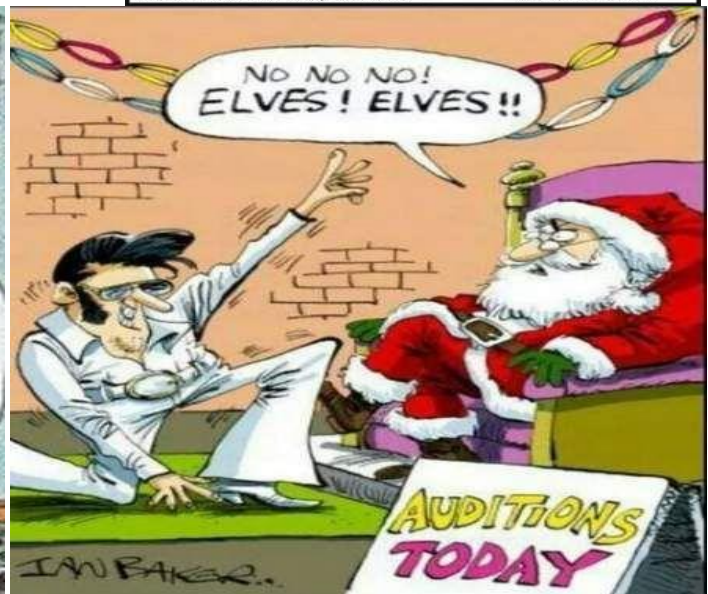
Kid: Santa, what's the story of your reindeer names?

Santa: Why I name them after memories, like Prancer frolicking through the snow!

Kid: What about Donner?

a dark countenance settles on Santa's face

Santa: the year was 1847, snowfall had trapped us in the Sierra Nevada-

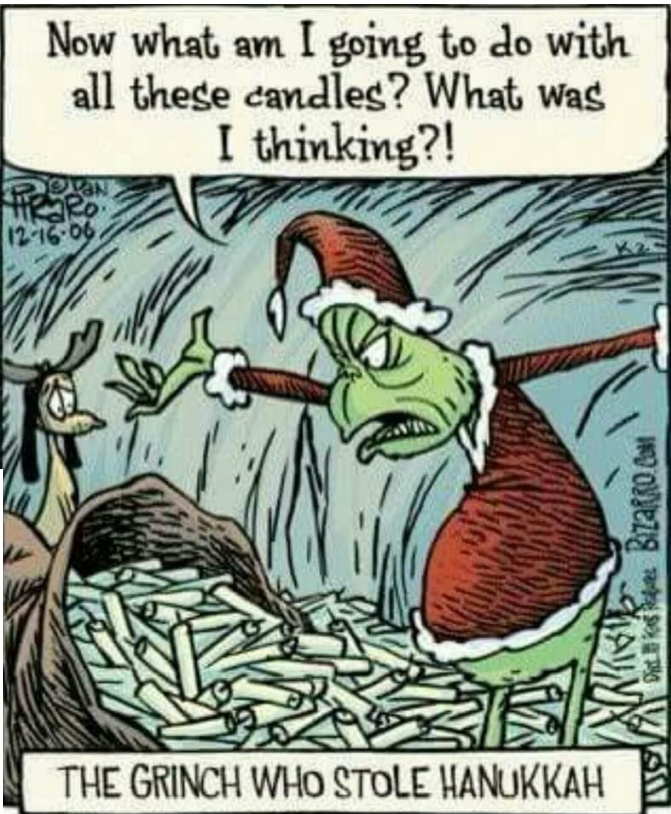


My 13 year old daughter wants a nose ring for Christmas. I can hardly contain my excitement

Fleece



Navidad



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.