



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, **February 25th**, 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>

Health Issues



40 most nutritious fruits and vegetables, according to experts

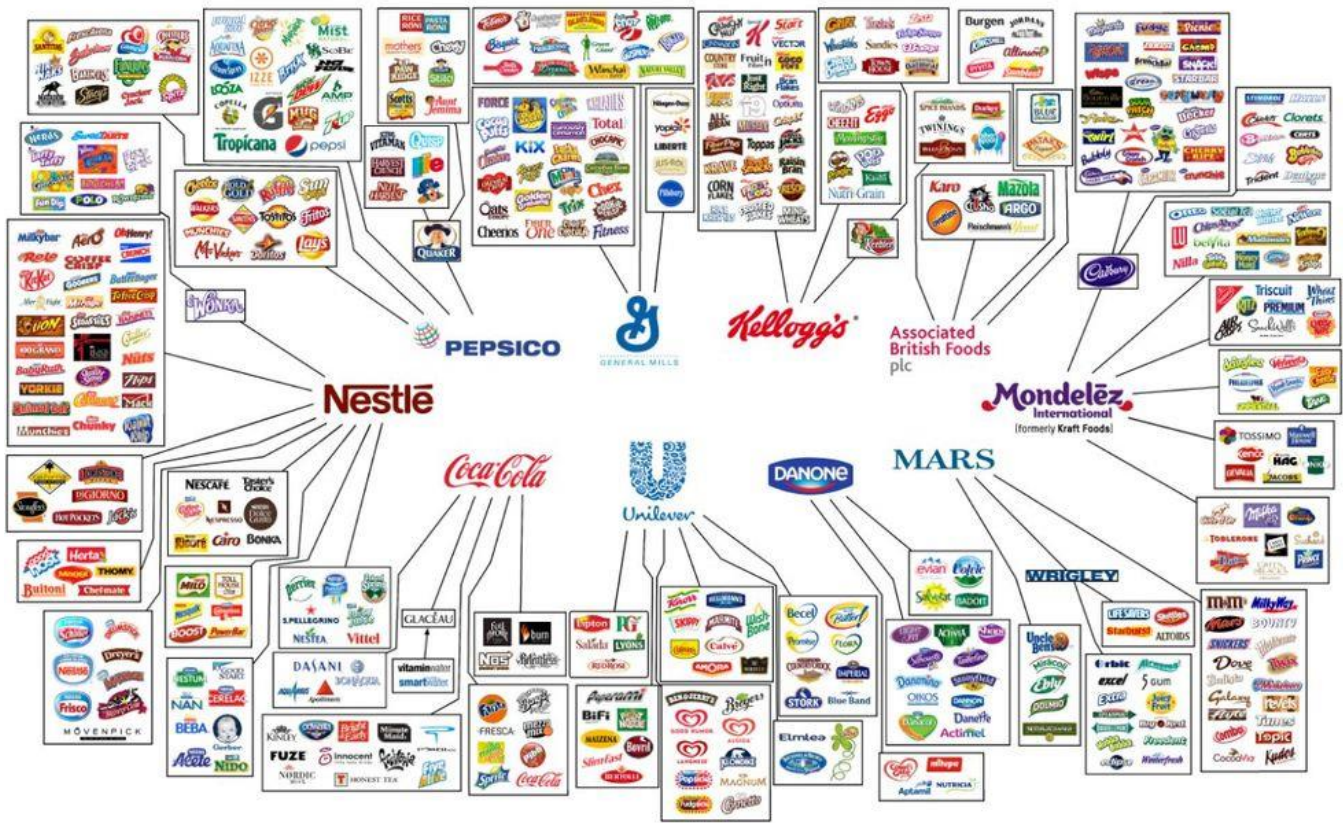
In a 2015 [study of global food and nutritional data](https://www.sfgate.com/health/article/40-most-nutritious-fruits-and-vegetables-14080551.php#photo-17822480), researchers calculated each food's nutritional fitness via factors such as nutrient-density, protein levels, and calorie content. Nutritional fitness gauges food quality based on its overall nutritional balance and composition.

<https://www.sfgate.com/health/article/40-most-nutritious-fruits-and-vegetables-14080551.php#photo-17822480> 1.20.20

Trump is rolling back over 80 environmental regulations. Here are five big changes you might have missed in 2019

President Trump has taken historically unprecedented action to roll back a slew of environmental regulations that protect air, water, land and public health from hazards and climate change. [https://www.cnbc.com/2019/12/24/5-major-trump-climate-rollbacks-you-might-have-missed-in-2019.html?](https://www.cnbc.com/2019/12/24/5-major-trump-climate-rollbacks-you-might-have-missed-in-2019.html?_source=sharebar|facebook&par=sharebar&fbclid=IwAR237oTN5N_CPJMcuGEjmu00Hp9xb_As8xqc-tQQre3nSLoVFt6Dwh7WH4)

[_source=sharebar|facebook&par=sharebar&fbclid=IwAR237oTN5N_CPJMcuGEjmu00Hp9xb_As8xqc-tQQre3nSLoVFt6Dwh7WH4](https://www.cnbc.com/2019/12/24/5-major-trump-climate-rollbacks-you-might-have-missed-in-2019.html?_source=sharebar|facebook&par=sharebar&fbclid=IwAR237oTN5N_CPJMcuGEjmu00Hp9xb_As8xqc-tQQre3nSLoVFt6Dwh7WH4) 1.21.20



This Infographic Shows How Only 10 Companies Own All The World's Food Brands

General Mills, Kellogg's, and Unilever own just about everything

<https://www.good.is/money/food-brands-owners?fbclid=IwAR38Peb11WdBEjbx6OT0hdVA-YqSL2KuysXDxrnaD7HEN2Qq74SLKvbAQsU> 1.21.20

Every time I get settled on the couch with food, I always forget my drink in the kitchen.

FOLLOWING ARE ARTICLES THAT SHOW THE PROGRESS OF A POTENTIAL DEADLY DISEASE SPREADING WORLDWIDE:



Transmission from human to human verified in China outbreak of coronavirus

The head of a Chinese government team of experts said Monday that human-to-human transmission had been confirmed in an outbreak of a new coronavirus, a development that raised the possibility that it could spread more quickly and widely.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=a0d5838a-79a0-4bf7-b75a-5387462a804c 1.21.20

New China virus: Cases triple as infection spreads to Beijing and Shanghai

There are now more than 200 cases, mostly in Wuhan, though the respiratory illness has also been detected in Beijing, Shanghai and Shenzhen.

Three people have died. Japan, Thailand and South Korea have reported cases. The new strain of coronavirus, which causes a type of pneumonia, can pass from person to person, China confirmed.

https://www.bbc.com/news/world-asia-china-51171035?ns_mchannel=social&ns_source=facebook&ns_campaign=bbcnews&ocid=socialflow_facebook&fbclid=IwAR2vPzWRLrkLdWbUQ2yvZgWiMSiTbek5T28CGhdwTriy1_5k7pA8opiFTOU 1.21.20



China Expands Virus Lockdown, Encircling 22 Million

The new travel restrictions include seven cities as the death toll climbed to 25. In the epicenter, anxiety prevailed as mistrustful residents crowded into hospitals.

<https://www.nytimes.com/2020/01/23/world/asia/china-coronavirus-outbreak.html?action=click&module=Top%20Stories&pgtype=Homepage>
1.23.20

Many in China Wear Them, but Do Masks Block Coronavirus?

They may help, but experts say it's more important to wash your hands.

<https://www.nytimes.com/2020/01/23/health/coronavirus-surgical-masks.html?action=click&module=Top%20Stories&pgtype=Homepage>
1.23.20



Chicago-area coronavirus patient in good condition, Hoffman Estates hospital staff reports

A Chicago-area woman is in good condition after being diagnosed with the coronavirus, Illinois health officials said Friday.

The woman is the second U.S. patient to be diagnosed with dangerous new virus from China, the Centers for Disease Control and Prevention said.

The woman, who is in her 60s, came in through O'Hare International Airport from China on Jan. 13 after spending about two weeks in the Wuhan area.

Officials said she arrived to Chicago without showing any signs of illness, but three or four days later she called her doctor to report feeling sick.

<https://wgntv.com/2020/01/24/1st-case-of-coronavirus-confirmed-in-chicago-cdc-says/> 1.25.20



Virus is no cause to panic, experts caution

As a new coronavirus spreads globally, people in the U.S. are advised to keep clean hands and cool heads.

It's a virus scientists have never seen before. Health officials don't know exactly where it came from, but it has traveled more than 7,000 miles since it was discovered late last month in central China. New infections are confirmed every day despite an unprecedented quarantine. The death toll is rising, too.

If this were a Hollywood movie, now would be time to panic. In real life, however, all that most Americans need to do is wash their hands and proceed with their usual weekend plans.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=303272b6-7829-4ac3-9437-f3dda03589a9 1.25.20



Orange County's First Case of Deadly Novel Coronavirus Confirmed

The CDC's guidance indicates that people who have casual contact with a case (in the same grocery store or movie theater) are at minimal risk of developing infection.

-There is no evidence that person-to-person transmission has occurred in Orange County.

-The current risk of local transmission remains low.

https://www.nbclosangeles.com/news/orange-countys-first-novel-coronavirus-case-confirmed/2298278/?fbclid=IwAR3BhgliNTJ5F8KnnZfO815MeBxcGGtYOWMINVPrX41cz8mA1kPO_2o2-1E 1.26.20

State sees first two cases of new virus

Health officials confirmed California's first two cases of the new strain of coronavirus in Los Angeles and Orange counties Sunday, brought by travelers who came from the epicenter of the outbreak in Wuhan, China.

In both counties, the virus infecting the two individuals was the same strain as the one that has [spread to more than 2,700 people](#) in 14 countries and territories and caused 80 deaths since it was discovered late last month in central China. Three other cases have been diagnosed in the U.S., one each in Arizona, Washington state and Chicago.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=3d170b27-b489-484a-a86b-d78028417e9c 1.27.20



China's Coronavirus Has Revived Global Economic Fears

The spread of the dangerous virus has spooked global markets and threatened prospects for economic growth.

<https://www.nytimes.com/2020/01/27/business/coronavirus-china-economic-impact.html?action=click&module=Top%20Stories&pgtype=Homepage> 1.27.20

Coronavirus Live Updates: Cases Up Nearly 60%, as Airports Expand Screenings

The number of known cases of the new virus rose by nearly 60 percent overnight. A shortage of test kits has led experts to warn that the real number may be higher.

<https://mail.google.com/mail/u/1/#inbox/FMfcgwxwGCtQssKRsfzBpJvszFJXnRhXr> 1.28.20

Trump Proposed Deep Cuts In Detecting Disease Outbreaks Worldwide

There's a glaring hole in President Trump's budget proposal for 2019, global health researchers say. A U.S. program to help other countries beef up their ability to detect pathogens around the world will lose a significant portion of its funding.

https://www.npr.org/sections/goatsandsoda/2018/02/12/585119417/trump-proposes-deep-cuts-in-detecting-disease-outbreaks-worldwide?utm_campaign=storyshare&utm_source=facebook.com&utm_medium=social&fbclid=IwAR0M8HooBGGpK6h9jVzRr3kdrHXhVQKLA39ibJMuiNWBoaSsSevQzcym9Zk 1.28.20



Jet carrying US consulate employees from Wuhan, China headed to Ontario amid coronavirus concerns

ONTARIO, Calif. (KABC) -- A chartered jet carrying U.S. consulate employees from China is set to land in Southern California this week. The travelers are expected to take off Wednesday from Wuhan, the center of the coronavirus outbreak, and land at Ontario International Airport.

<https://abc7.com/5883495/?fbclid=IwAR1rHkm54Mfe-f3MckJYpduYIQLSSKzXeMvLhXHRXchWJRZKEMZHOP5Nsrw> 1.29.20

UPDATE...UPDATE...UPDATE...UPDATE...UPDATE
...Jet carrying US consulate employees from Wuhan, China headed to Ontario was sent to March AFB in Riverside...



Could quarantine in China backfire?

Authorities put 50 million on lockdown over coronavirus. The scope and timing worry health experts.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=3f39984b-b70e-4a28-9d27-d8902e94693d

1.29.20

Tears, fear and panic grip China

Lack of hospital beds, virus' toll and doubts about official data add to the public's worries.

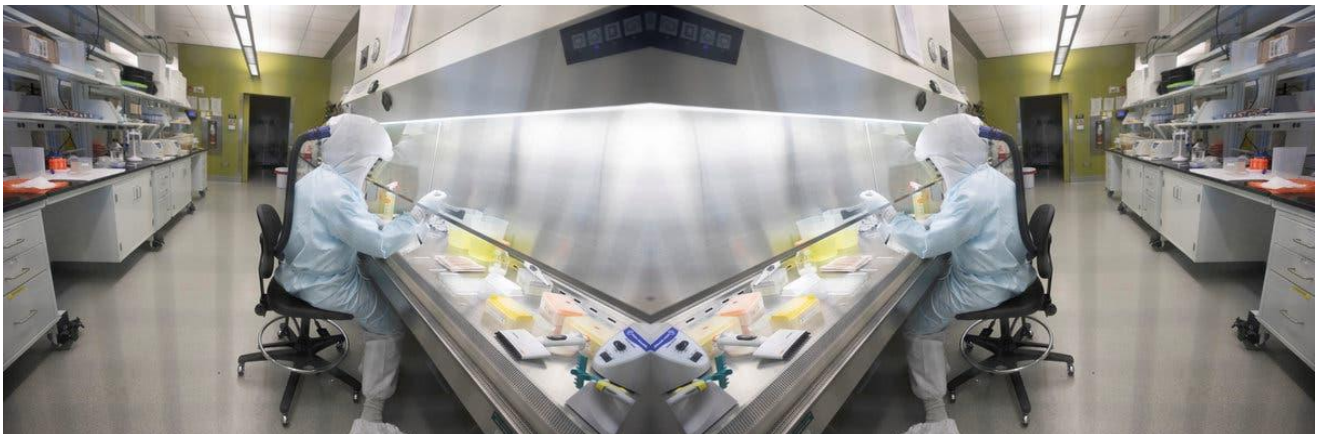
http://enewspaper.latimes.com/infinity/article_share.aspx?guid=5989ef0b-2ec7-4e66-8732-7ff26d039081 1.29.20



China Will Admit International Experts to Help Contain Coronavirus Outbreak

As W.H.O. coordinates scientific teams, federal officials plan to expand screening of travelers from China to 20 ports of entry in the U.S.

<https://www.nytimes.com/2020/01/28/health/airports-screening-coronavirus.html?action=click&module=Well&pgtype=Homepage§ion=Health> 1.29.20



Researchers Are Racing to Make a Coronavirus Vaccine. Will It Help?

New technology and better coordination have sped up development. But a coronavirus vaccine is still months... most likely years away.

<https://www.nytimes.com/2020/01/28/health/coronavirus-vaccine.html?action=click&module=Well&pgtype=Homepage§ion=Health> 1.29.20

It cracks me up when people blow their noses and investigate the tissue to see what comes out. What do they expect to see, diamonds?

Is the World Ready for the Coronavirus?

Distrust in science and institutions could be a major problem if the outbreak worsens.

Experts don't yet know how contagious, or how deadly, this new virus is. But the growing crisis has inspired

panic. <https://www.nytimes.com/2020/01/29/opinion/coronavirus-outbreak.html?action=click&module=Opinion&pgtype=Homepage> 1.29.20



WHO declares coronavirus a global public health emergency

The U.N. health agency defines an international emergency as an “extraordinary event” that constitutes a risk to other countries and requires a coordinated international response.

<https://www.who.com/news/national/who-declares-coronavirus-global-public-health-emergency/eOUrDgWW2FZs1UazoSb8EI/?fbclid=IwAR1GDKt2Ox4P-jwy1QKJApLLwUBfjZQDyzD0vPMKkeLF16QaWADSYD1cg8s> 1.30.20

And then there is this:

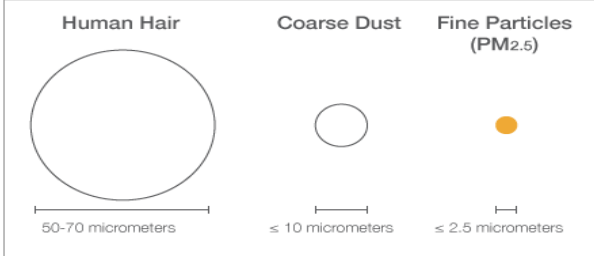




Air Pollution, Evolution, and the Fate of Billions of Humans

Airborne toxins damage us in a staggering number of ways. Along with well-established links to lung cancer and heart disease, researchers are now finding new connections to disorders such as diabetes and Alzheimer's disease.

https://www.nytimes.com/2020/01/13/science/air-pollution-fires-genes.html?algo=identity&fallback=false&imp_id=618452115&imp_id=726773095&action=click&module=Science%20%20Technology&pgtype=Homepage 1.22.20



Insurers unite to make cheaper drugs

Consortium takes on Big Pharma with plan to manufacture some generic prescription medications.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=38db3cee-7dd5-40c4-8863-e9f8f55748e0 1.23.20

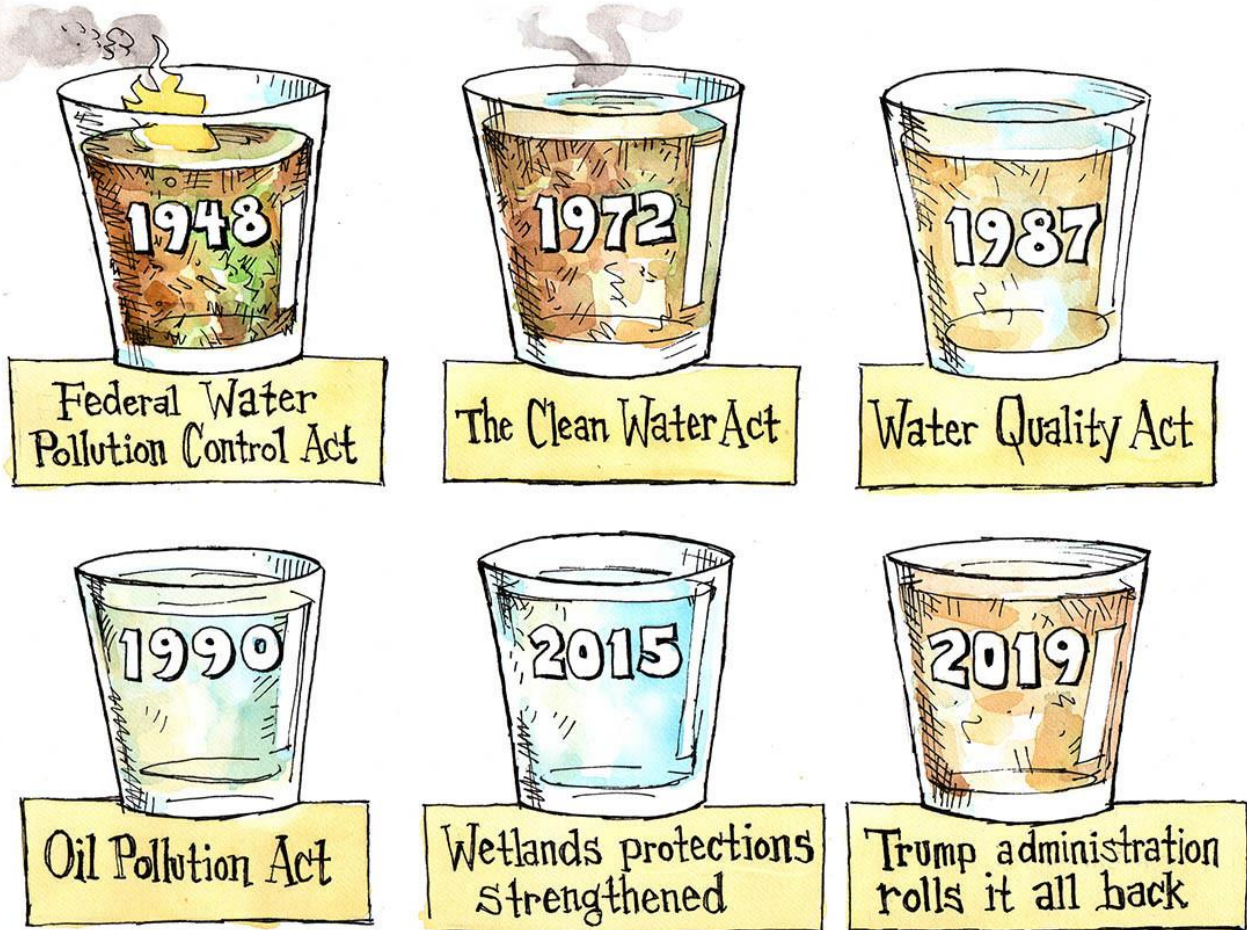


95 Environmental Rules Being Rolled Back Under Trump

A New York Times analysis, based on research from Harvard Law School, Columbia Law School and other sources, counts more than 90 environmental rules and regulations rolled back under Mr. Trump.

https://www.nytimes.com/interactive/2019/climate/trump-environment-rollbacks.html?fbclid=IwAR1utx1R32pAOgBku01_cF26nPAs6uXqSKr6nnwA7s4-PHUyw4iw7Ffags 1.23.20

THE LONG SLOW FIGHT TO CLEAN UP OUR WATER



M. WUERKER

POLITICO
Andrews McMeel

On the Mountain +

Snow on vehicles piles up, but are there laws in California that prevent driving with it?

Is it required to remove snow or ice in California?"

As far as we can tell, there aren't any laws on the books in California that specifically refer to drivers having to remove snow from their vehicles, and this was confirmed by California Highway Patrol Officer Dan Olivas of the CHP Inland Division.

https://www.sbsun.com/2020/01/15/snow-on-vehicles-piles-up-but-are-there-laws-in-california-that-prevent-driving-with-it/?utm_content=fb-sbsun&utm_source=facebook.com&utm_campaign=socialflow&utm_medium=social&fbclid=IwAR0Q7xdH0h-Dp22IKyeylrpACYOMSNA8k-v3mk_ikVKh5gHZ1yQfoZMXM 1.15.20

Pile burning continues on the forest

Fire crews from the US National Forest are back out on the forest taking advantage of weather conditions. They continue to conduct prescribed fires to burn slash piles made from vegetation thinned from the San Bernardino National Forest.

http://www.bigbeargrizzly.net/news/pile-burning-continues-on-the-forest/article_8f611ee6-4231-11ea-a47a-b7b24667a75d.html?fbclid=IwAR0JmBA-X37o917IgTDkG0i-hK-XuhVvaYkoeni6jvElpEv4IEYyTIBjyn4 1.29.20

Ski fatality reported at Snow Summit resort

On Jan. 23 ski patrollers riding a nearby chairlift at Snow Summit witnessed a young woman lose control at high speed near the chairlift loading area. The skier collided with infrastructure adjacent to the lift after going through a series of caution netting, according to Clayton Shoemaker, Big Bear Mountain Resort marketing director.

http://www.bigbeargrizzly.net/news/ski-fatality-reported-at-snow-summit-resort/article_4444539e-4234-11ea-82e6-0fd4df0e1624.html?fbclid=IwAR0QC64N4udJly0Ph-JVYkr05YytB0BsIfrzgsxxcBOOYuTIGiFbuYJQKT0 1.29.20



Winter Storm Debris Chipping UPDATE!

On 01-29-2020 MRFSC's board of directors voted to approve Off-Season Curbside Chipping

for February and March 2020 due to the extraordinary circumstances and debris caused by the winter storms. This is for Waterman Canyon, Crestline area (including CPP, VOE, etc), Running Springs, Arrowbear and Green Valley Lake. (For Lake Arrowhead see * below)

MRFSC operates on a monthly chipping circuit. We have DEADLINES by which you must register in order to have the curbside service for that month. If you miss the February 16th deadline for February, you will be placed on the March circuit. If you miss the March 8th deadline you may not get chipped until JUNE! NO EXCEPTIONS! Go to www.FREEchipping.org for more info and to register. PLEASE NOTE - if you previously registered for curbside service in December and the crews have not gotten to your property PLEASE DO NOT RE-REGISTER!!!

*Lake Arrowhead area properties are covered as well, but not subject to the monthly cycles. These areas can also register at FREEchipping.org. (photo courtesy of Hammer's Mountain Services)

https://freechipping.org/?fbclid=IwAR1DIhUoQ1uGdbCrNqFCRJLPE0uUyUi2pRy0Vz5baqrnl1pK6_GhPNI3ydl 1.29.20



Fire Crews Clear Nearly 445,000 Pounds of Debris in Crestline From Winter Storms

In addition to the Crestline wood chipping event in January, these same agencies, along with the Mountain Rim Fire Safe Council, offered similar services in the communities of Lake Arrowhead, Lytle Creek, and Forest Falls over the final three weeks of December

<https://rotwnews.com/2020/01/30/fire-crews-clear-nearly-445000-pounds-of-debris-in-crestline-from-winter-storms/?fbclid=IwAR1aTVRNuSCKGjD76Xayco3O9ESDdR351bJc8DmRulxFEfbkZRKM0R3ljfw> 1.31.20

\$11,600,000 Wall to be Built in Our Community

The California Department of Transportation (Caltrans) began preliminary work in advance of a slope stabilization project on State Route 173 (SR 173) between Hospital Road and Cedar Glen Road in Lake Arrowhead.

http://www.mountain-news.com/news/article_8e935826-438f-11ea-a786-979435603d96.html?fbclid=IwAR1cvKeCjH0Lr7RBHPOSHnPaRtoofZDIvFXfUnkqB4DHR0epSHIC12BqOE 1.31.20

National Politics



Prohibition began in 1920, but its legacy still felt today

The U.S. alcohol ban a century ago draws parallels from pot to politics. Americans are consuming more alcohol per capita now than in the time leading up to Prohibition, when alcohol opponents successfully made the case that excessive drinking was ruining family life. More states are also moving to decriminalize marijuana, with legalization backers frequently citing Prohibition's failure. Many of the same speakeasy locations that operated in the 1920s are flourishing in a culture that romanticizes the era.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=89fce931-a754-4a4a-ac90-24def90b2416 1.20.20

The US's Inalienable Right to Violence

In the imperial imagination, the US has the right to violently pursue its objectives wherever it wants, and any resistance is illegitimate.

https://www.commondreams.org/views/2020/01/21/uss-inalienable-right-violence?utm_campaign=shareaholic&utm_medium=referral&utm_source=facebook&fbclid=IwAR2Fk5daFUaDeXJ6IZt1v_E3YKu0spmpF37XLS9XY54oI0YV_z4ZRv8J85Y 1.21.20



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.

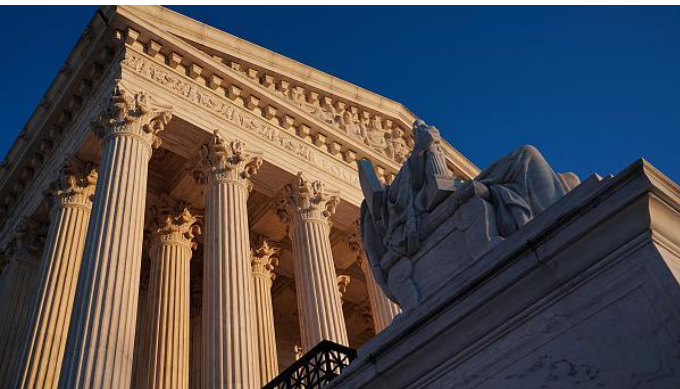
https://www.military.com/daily-news/2013/10/29/nearly-1-million-vets-face-food-stamps-cut.html?fbclid=IwAR093edYBgvzV0_IfJ3kar8OTVXvubIDpCFtd4XNkCZYB9kefr0FRsBZhss
1.21.20



Let Us All Now Weep for Donald Trump

In his Senate trial as in all else, he's a profile in persecution.

<https://www.nytimes.com/2020/01/21/opinion/donald-trump.html?action=click&module=Opinion&pgtype=Homepage> 1.21.20



In 5-4 ruling, Supreme Court allows Trump plan to deny green cards to those who might need gov't aid

The U.S. Supreme Court issued an order Monday allowing the Trump administration to begin enforcing new limits on immigrants who are considered likely to become overly dependent on government benefit programs.

https://www.euronews.com/2020/01/27/5-4-ruling-supreme-court-allows-trump-plan-deny-green-n1124056?fbclid=IwAR0Qd_1erq6F83ZrPzFk_G4yzRThxQSIBBuwHCV8povxPaqUCS_D69aCpf4 1.27.20



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

DUES FOR CALENDAR YEAR 2020 (Financial Sponsorship Available)

Membership Application and Renewal Form New Member Renewal

Seniors (60+) and Students - \$15/person or \$25/couple **Make Check Payable to:**
 Under 60 - \$25/person or \$40/couple Mountain Bears Democratic Club
 PO Box 3514, Blue Jay, CA 92317-3514
 (or give to Club Treasurer)

_____ Cash Check

Date _____

First, M.I.	Last	PO Box	City	Zip
American Citizen? <input type="checkbox"/> <u>Y</u> <input type="checkbox"/> N		Registered to Vote Democrat? <input type="checkbox"/> <u>Y</u> <input type="checkbox"/> N		
Home Phone <input type="checkbox"/> Cell <input type="checkbox"/>		Interests: _____		

First, M.I. (If couple)	Last	PO Box	City	Zip
American Citizen? <input type="checkbox"/> <u>Y</u> <input type="checkbox"/> N		Registered to Vote Democrat? <input type="checkbox"/> <u>Y</u> <input type="checkbox"/> N		
Home Phone <input type="checkbox"/> Cell <input type="checkbox"/>		Interests: _____		

Interest List

1. Inactive
2. Active Now
3. Register Voters
4. Phone Tree
5. Fund Raisers
6. Host Mixers
7. Provide Refreshments

Couple's Physical Address	City	Zip
---------------------------	------	-----

e-mail(s): _____

Receipt for 2019 dues paid to Mountain Bears Democratic Club Date: _____ Amt: _____
 for _____ Person Couple

Its never too late to join our club!

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.

State Politics

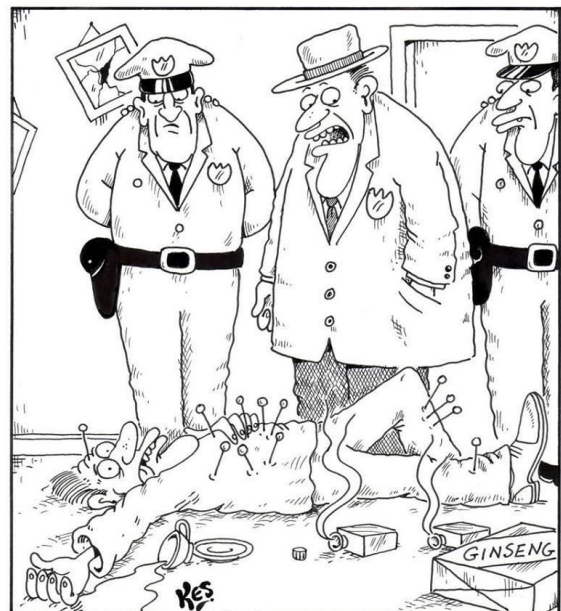
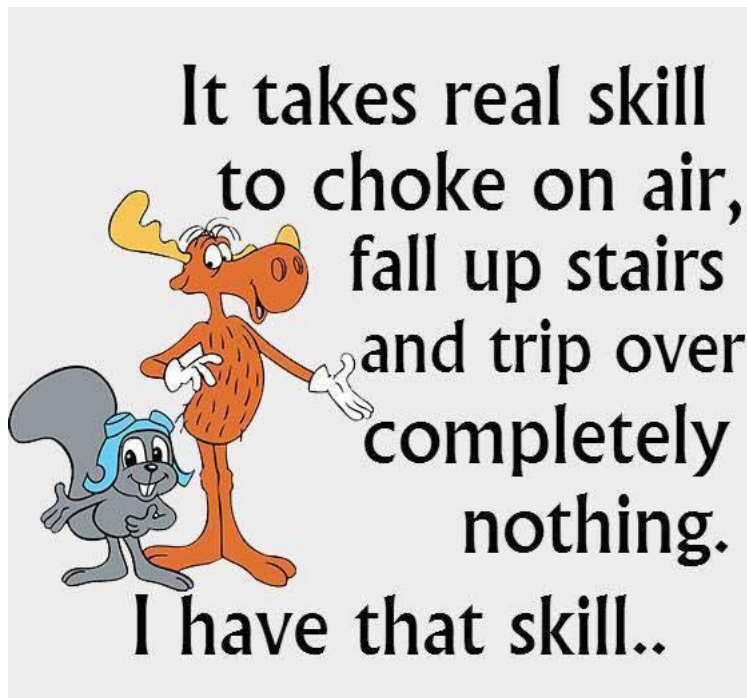
Free tuition is a smart move for California

It wouldn't be "free college" for all — no one anywhere is proposing that — but a state university diploma could become more affordable for many California students.

Under a new law, full-time community college students are already excused from paying course fees of \$46 per unit. That's good for both their freshman and sophomore years. The next logical step is for those students to receive two more years of tuition-free education if they transfer to a California state university.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=565bf5fb-14a2-4a05-9dcf-22870daad347 1.20.20

Pun Pages

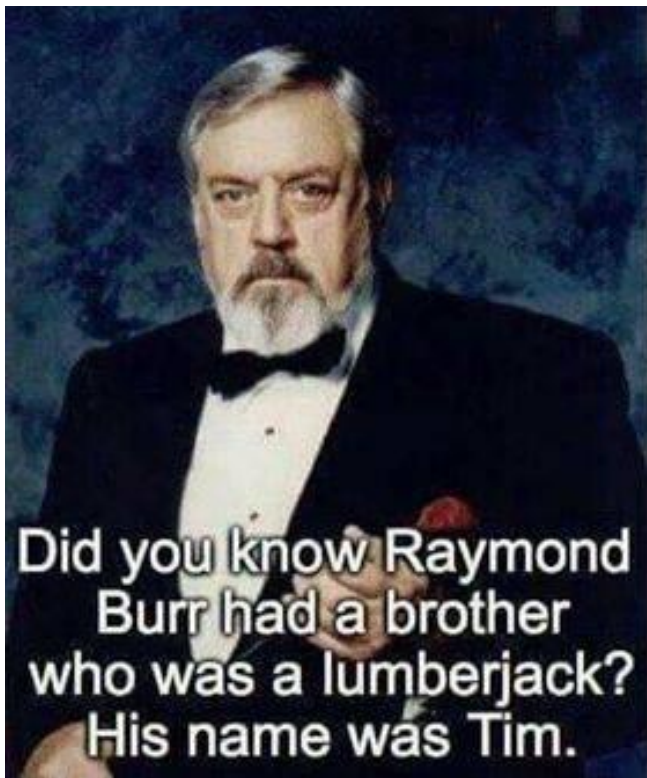


"Look at this: Acupuncture, aromatherapy, herbal tea. We could be dealing with a homeopathic killer."

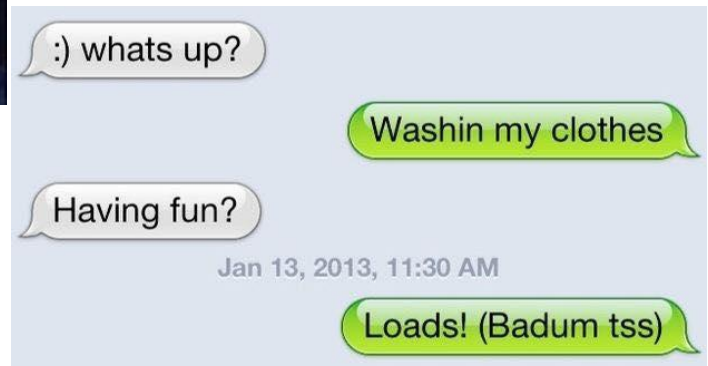
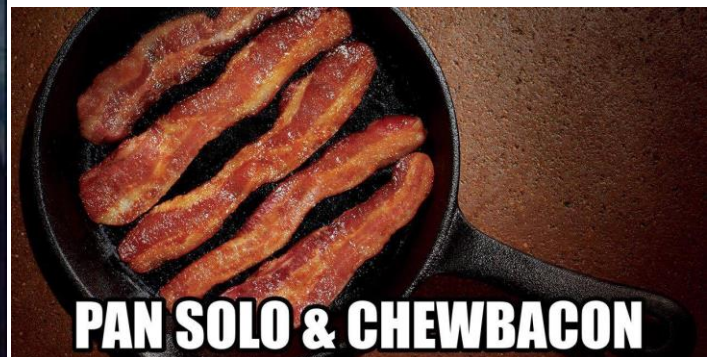
**I'm a perfectionist with a procrastinator complex.
Someday I'm going to be awesome.**

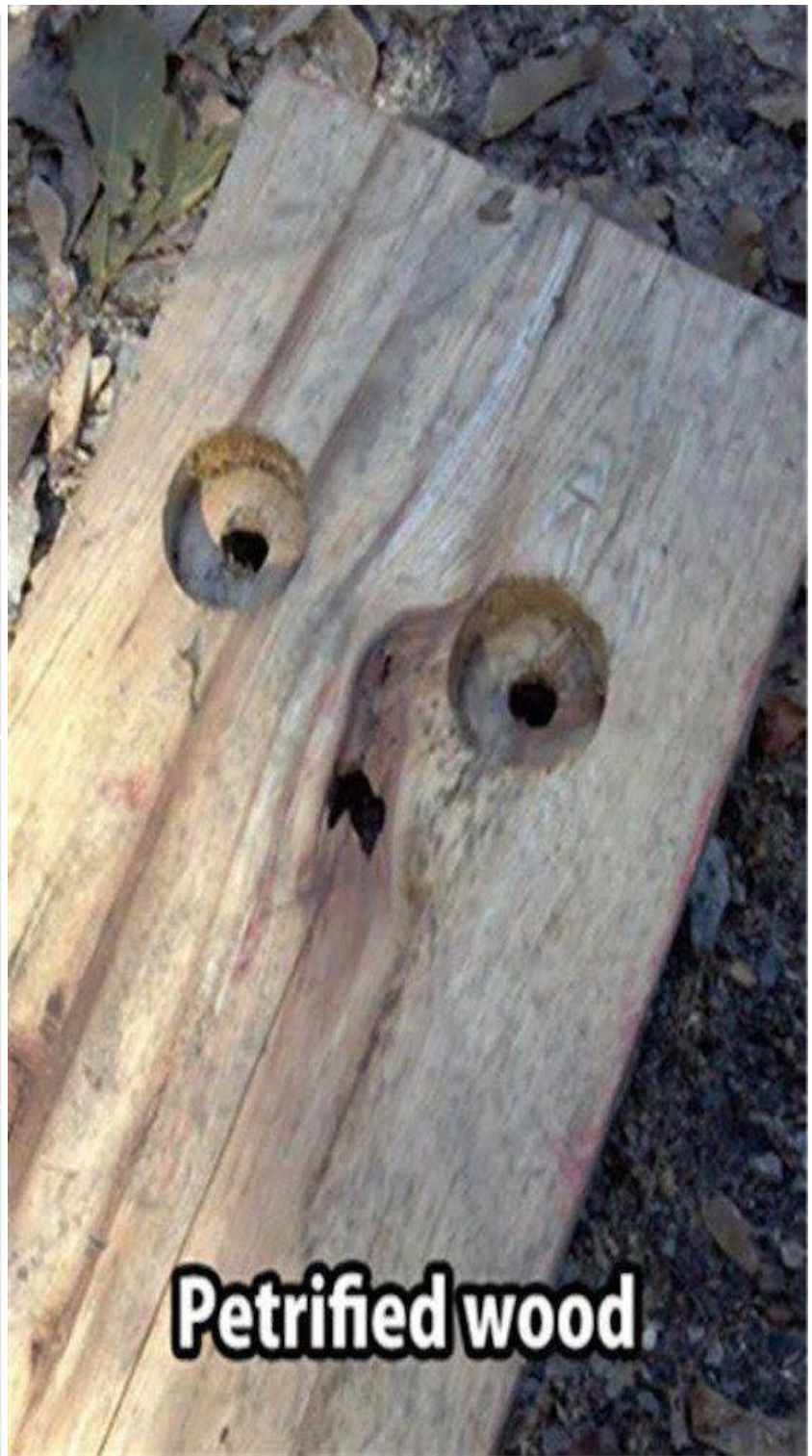


When pressed, the tailor, a material witness in the suit, came apart at the seams. His altered testimony completely unraveled. The tale he had woven had been a complete fabrication.



My favorite part of cooking dinner is when the delivery guy shows up.





I broke my finger today...but on the other hand I'm completely fine.

It's hard to explain puns to kleptomaniacs because they always take things...literally.

IT'S ABOUT TO GO DOWN!!!



imgflip.com

**YOU KNOW YOU LIVE IN A
ROUGH NEIGHBORHOOD WHEN...**



**I GOT KICKED OUT
OF THE HOSPITAL.**

**APPARENTLY THE SIGN
"STROKE PATIENTS HERE"
MEANT SOMETHING
COMPLETELY DIFFERENT.**

**Procrastination is
totally a good
thing. You always
have something to
do tomorrow, plus
you have nothing
to do today.**

WATCH YOUR STEP



THERE'S POOH EVERYWHERE



**On my European vacation,
I had to hurry through France**



There was no time Toulouse

