#PermitPatty Throws in the towel after her cannabis company is dropped by SF dispensaries

By Cara Anderson

IG: @canajojo

Permit Patty, also known as Alison Ettel, has resigned from her position as CEO of TreatWell.

Ettel went viral this week when a video of her calling the cops on an 8-year-old girl hit the internet. If you missed it, Ettel called the cops because the child, Jordan, was selling water bottles without a license. Ettel, who is white, claims that race was not a motivation for her calling the police on the black child.

Okay. Let’s pretend for a second that we live in a country where black people are not disproportionately targeted, as well as brutalized, by police. Let’s pretend that white people don’t call the cops on black people for doing things like napping, barbecuing, or golfing “loudly.” Even then, would it make sense that a (now former) member of a women-led business empowerment organization, and (now former) CEO herself, would dial 9-1-1 on an eight-year-old girl for selling $2 water bottles?

That’s absurd.

A statement from TreatWell spokesperson, Cynthia Gonzalez read, “We are aware of the tumultuous tide of racism in this country and agree that its very existence has no place anywhere, especially in the Cannabis industry. Rather, we respect all family values, virtues and religious beliefs, lifestyles and we are supportive of all. And as a company we refute all notions of prejudice. Our sole focus, as a company is to enrich, heal, and preserve the 1000’s of lives of those patients in need. We do not seek forgiveness for the act, rather we accept the fact that a very poor decision was made. We respect all people of color, race, creed, ethnic diversity and we are a zero tolerance, all-inclusive compliant business.”

Women Grow, who Ettel was formerly associated with, extended an olive branch and awarded Jordan a grant to cover the cost of a business permit and license. The organization received a slew of comments urging them to denounce Ettel’s actions, and this week @womengrow posted a third statement about the events:

The organization has deleted their previous statements and removed Ettel’s bio from their website.

While that placated some, many Instagram users commented on the organization’s lack of transparency and failure to denounce Ettel’s actions from the jump.

Other organizations and businesses have made it clear that they hold no allegiance to TreatWell, the company that Ettel founded. Dispensaries who have dropped TreatWell products include Harborside, Magnolia Oak Wellness, Barbary Coast, Hi Fidelity, Harvest on Mission, Harvest on Geary, Berkeley Patients Group, SPARC, and Solful. Leafly removed TreatWell’s brand page, and New West Summit issued a statement that they will not be working with Ettel or TreatWell. Filmmakers of Lady Buds: Women Elevating the Cannabis Industry have cut ties with Ettel.

If you’re looking for a way to support the water-bottle-selling entrepreneur, Jordan’s mother created a GoFundMe.
Spa City Hotel
Allowing Cannabis

By Cara Anderson

Desert Hot Springs is known for their spas, and great cannabis businesses. Home to Canndescent’s massive indoor grow facilities, now cannabis tourism is getting off the ground in the city.

Desert Hot Springs Inn, under new management, is now allowing cannabis at their hotel. While the hotel won’t be selling cannabis, or allowing guests to smoke in their rooms, they will provide a safe space for tourists to consume.

Manager of the inn, John Thatcher, told KMIR, “A cannabis friendly inn is a place where you can go and smoke cannabis and use cannabis related products without the fear of somebody calling the cops or without people trying to shut you down on it.”

It’s clearly an effective way to entice vacationers to a hotel, and it won’t be long before more of the Coachella Valley begins to embrace cannabis tourism. DHS’ neighboring city, Palm Springs, just granted a permit to Coachella Valley Green Dragon for a smoke lounge. The smoke lounge will be the first of its kind in SoCal.

The U.S. Food and Drug Administration (FDA) gave its final approval to GW Pharmaceuticals’ Epidiolex medication on Monday, completing a lengthy trial and review process.

Epidiolex is an oral CBD-based medicine for the treatment of Lennox-Gestaut syndrome and Dravet syndrome, two conditions that begin in infancy and childhood and are characterized by varying and difficult-to-control seizures.

“In clinical trials, Epidiolex proved to be effective in reducing the frequency of seizures in many patients with Dravet syndrome or Lennox-Gestaut syndrome. According to the FDA press release, the most common Epidiolex-related side-effects were sleepiness, sedation, lethargy, elevated liver enzymes, appetite changes, diarrhea, rash, fatigue, malaise, weakness, insomnia, sleep disorder, poor-quality sleep, and infections. Side-effects were mild in most cases.

While cannabidiol (CBD) is still considered a Schedule 1 substance, the FDA determined in their review that its potential for abuse is negligible, and the FDA advises the DEA on controlled substance issues.

“The FDA prepares and transmits, through the U.S. Department of Health and Human Services, a medical and scientific analysis of substances subject to scheduling, like CBD,” stated the FDA in their press release. “And provides recommendations to the Drug Enforcement Administration (DEA) regarding controls under the CSA.”

“DEA is required to make a scheduling determination. The FDA approval of Epidiolex is a turning point for cannabinoid-based medicine in the United States. A scheduling change for CBD could potentially open the door for the approval of other cannabis-based medication in the future and help facilitate expanded marijuana-focused research.”
Women of Weed: Lori Ajax, California’s top cannabis regulator

By Cara Anderson

To head our Women of Weed series, Candid Chronicle has chosen Chief Lori Ajax. This series is all about celebrating individual women in the cannabis industry who are making history, and sharing her story.

Lori Ajax is California’s “Czar of Cannabis,” and one of the most epic women in cannabis. As the top regulator of cannabis, it’s Lori Ajax’s job to oversee the regulated cannabis market, and she’s the saving grace of California’s cannabis industry.

"...I think it's magic."

Ajax’s moniker, Czar of Cannabis, is accurate, yet she isn’t a detached totalitarian leader. Lori makes her rounds, speaking to communities, answering questions and concerns about the regulated market, and working to create clear understandings of what is required by cannabis businesses in order to be compliant. In April, Ajax spoke at the first-ever Palm Springs Cannabis Film Festival.

"Early on—up in Humboldt County, didn’t know anything, somebody came up to me, a gentleman, and said, "Lori, did you know cannabis is a magic plant?" And of course, at that point, I’m like what? I didn’t know that. I said, “No,” and he said, "It is.” And he told me all about the properties of the cannabis plant and said it helped so many people, it’s really up to you to make sure we honor it and respect it as a magic plant."

I don’t know if, at that moment in time, I truly understood what he was trying to convey to me but over these last couple years, I’m going to tell you it means a lot to me. That moment in time, I go back and think, it is magic, right? But not just because it’s helped heal people. Look at all of us together in this room, look at all the different people it’s brought together to the table. Look at how it’s changed all of our lives. I’m going to tell you, I don’t consume cannabis, but it’s changed my life and I think it’s probably changed all of your lives. So yeah, I think it’s magic.” - Lori Ajax, Chief of the Bureau of Cannabis Control

At the PSCFF, Ajax was honored as one of ten women to receive the Rozene Supple Visionary Award.

Her story...

In February 2016, Ajax was appointed to her position as Chief of the Bureau of Medical Cannabis Regulation, now named the Bureau of Cannabis Control. After Prop. 64 passed in November ’16, Ajax’s undertaking increased. The BCC was responsible for setting up the regulations for recreational cannabis sales that began this year.

Before the BCC, Ajax worked at the Department of Alcoholic Beverage Control for 22 years, from investigator trainee to Chief Deputy Director. Prior to the start of her government career, Chief Ajax graduated from California State University, Sacramento with a BS in Criminal Justice, then worked in private industry for ten years.

State permits became a requirement of dispensaries in December 2017, and Chief Ajax recognizes that the state permitting process can be daunting for business owners. She believes in helping and educating cannasseurs on the process and be flexible with compliance, rather than shutting them out with immediate enforcement.

Ajax told Washington Post, "If we have somebody that is causing a public nuisance or a public safety problem, then I do think strong enforcement is necessary. But if you just got somebody trying to comply, and they are completely overwhelmed because they just don’t know what to do, then I think that’s our job to then break it down for people."

With a fondness for Kush-filled vape pens, Mr. Odom is a strong advocate of opioid-free body wellness solutions. On a quest to offer wholesome products that people can trust, Mr. Odom went above and beyond, seeking to establish relationships with the state’s highest quality growers of premium Cannabis strains, produced organically, with no harmful chemicals or pesticides.
Confessions of a Home Grow: Vegetative Growth Weeks 2 and 3

By Jay Marsh
IG: @confessionsofahomegrow

The vegetative growth process for a 5-gallon pot is around 4-6 weeks. This all depends on the space you have available to grow your plants in. I have a tent that is 5' tall. So, I will veg my plants for 5 weeks. During this time, we will also introduce fertilizers to the plants. I have decided to use Fox Farms - Grow Big organic liquid plant food and Bushdoctor - Kelp Me Kelp You. These plant foods can be added into your watering can for easy use. When selecting a fertilizer, you want to keep them organic, NO chemicals here! You will also want to look for a tomato style fertilizer, tomatoes want the same N-P-K (nitrogen-phosphorus-potassium) values as your cannabis plants; this is usually 10-10-10 during the vegetative stage. These little ladies want loads of nitrogen to help increase green foliage. Additionally, you want to make sure that the water you are using to water your plants is not what they call "hard water." Hard water contains a large amount of salt which will increase the sodium in your soil and the plants will not reach their full harvest yields.

The best option is to purchase a 5-gallon water bottle and refill it at your local self-fill stations. You will want the soil pH to be as close to 6 as possible. Please check the pH of your water and if it is too high also use the self-fill water stations.

Pro Tip: Sativa dominant plants need very little fertilization and will burn easily. While Indica dominant plants can take heavy doses of fertilizer before showing signs of fertilizer burn.

During week 2 of vegetative growth, your plants will be around 6"-8" tall. You may notice that they will need a little bit more water this week than before. Please remember not to over water your plants (remember the finger trick from the previous blog). I have decided to introduce a small amount of fertilizer during one of my watering sessions. For this I have added Fox Farms - Grow Big organic liquid plant food. I started small, 1 teaspoon in 1 gallon of water. I will also add 1 teaspoon of Bushdoctor - Kelp Me Kelp You. This is a seaweed low-level fertilizer that helps your soil retain moisture. Something else I do during this phase to strengthen the main stem; gently press the plant down to one side. Be VERY careful here as to not break to stem. This will encourage the plant to grow back up towards the light, increasing its strength. Sprinkle your diatomaceous earth on top of the soil. Our light source will stay the same 18/6.

During week 3 of vegetative growth, your plants will now be around 10"-12" inches tall. This is when I will do something called "topping." Topping is where you cut the top of the plant off. This will make your plant grow 4 large kolas instead of 1. You will want to make sure your plants have more than 3 nodes (or sets of leaves). You will only cut the top portion off, leaving behind a 2-branch top instead of a 1-branch option. Please note that this is an optional step. During week 3 I also increase my fertilization to 2 teaspoons of Fox Farms and 2 teaspoons of Bushdoctor per gallon, once per week. Sprinkle your diatomaceous earth on top of the soil. As each week goes by you will need to increase your water as well. Our light source stayed the same 18/6.
in-hand (and not in a good way).
And yet, it’s wrong to talk about a natural urge. We are designed of sexuality.
There is no topic that exists with that may be popping up, for me been curious to find out exactly those who are in tune with their ality and the difference between ality orgasmia - aka. anorgasmia - thought to occur in about 10%
CONCERNS: COMMON SEXUAL DESIRE

The possession of up to two ounc- es of marijuana is legal in DC for adults 21 and older, but the sale of it is not. Seshes and their ven- dors have skirted the issue by giving away cannabis products with the purchase of items like hats, t-shirts, stickers, or food instead of selling it.
There was some tolerance for the events from law enforcement when they first started happening, but that has changed in recent months.
“We have received complaints because of smoke that is coming from these parties,” DC Po- lice Chief Peter Newsham told WTOP. “If we find that someone is trying to circumvent the law or if someone is distributing mari- juana for something of value, then we will be making arrests.”
But because the vendors aren’t technically selling any cannabis products, they say they are not breaking any laws.
“This just isn’t fair, especially to low-income people who are just trying to make a living,” said local cannabis activist Adam Eidinger in an interview in April. “People are taking a huge risk to sell can- nabis at these events. However, a lot of these people have a com- pletely legitimate moral right to be doing what they’re doing.”
In addition to the arrests made at Saturday night’s event, officers also seized multiple pounds of cannabis flower, cannabis prod- ucts, and more than $10,000 in cash.

Lady Nowe on Sex
By: Dr. Taryn Deane, VP of Lady-Nowe
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I study health as it relates to sexu- ality and the difference between those who are in tune with their desire and those who aren’t. I’ve been curious to find out exactly how this relates back to symptoms that may be popping up, for me and my patients.
There is no topic that exists with as great an inherent duality as that of sexuality:
Sex is the only way that you & I are here right now. Sex is creation. Sex is what connects us all. Sex is a natural urge. We are designed for sex.
And yet, it’s wrong to talk about it. Shame and sexuality go hand- in-hand (and in a not so good way). Desire, on the other hand, feels a little easier to grasp.

We are desire. It is the essence of the human Soul, the secret of our existence. Absolutely nothing of human greatness is ever accom- plished without it. Not a symphony has been written, a mountain climbed, an injustice fought, or a love sus- tained apart from desire. Desire fuels our search for the life we prize.
—John Elderidge
COMMON SEXUAL DESIRE CONCERNS:
Can’t Orgasm - aka. anorgasmia - thought to occur in about 10% of women. Primary or secondary- Global or situational. 1/3 experi- ence orgasm regularly during inter- course, 1/3 can reach orgasm with intercourse but need extra stimulation. 1/3 never by orgasm but can manual or oral.
The reality is, it really only comes down to one thing, which luckily is malleable:
YOU
Why do you want what you want? What does that say about you? Is it okay to want what you want, es- pecially when it comes to sex?
I recently learned a term that I’m in love with. Sexual Fluidity is taking gender and sexual prefer- ence out of the equation and lov- ing another human being for the sake of love itself.
A big proponent of this idea is the genius, Miley Cyrus, who has been quoted to say: “I am literally open to every single thing that is consenting and doesn’t involve an animal and everyone is of age.”
In the end, whatever you want is right.
This begs the question, how do you love yourself despite your la- bels, circumstance, history or all the things that could and will hap- pen to you to make you question your worth and ability to receive utter and complete pleasure?
We are all capable.
It is in fact, innate. We were that way as a child - so what hap- pened?!
Well, our environment did. The pressures that come with con- forming to society’s expectations of you as an individual, or more often, you as a recognizable label. We like to group and name. The problem is, we’re multifaceted and constantly adapting.
We can buffer our response to our surroundings by building up self- love, feeding it, instead of self- loathing. This bubble is precisely what makes you resilient.
And what better way to engage in self-love then regular, high qual- ity orgasms?
Here are some tips to get you there:
1. Let Go - be present, forget about the to-do list
2. Lead the Way - focus on turn- ing them on, get excited about it
3. Love Yourself - do what makes you feel sexy (nice panties, do your hair up nice, etc.)
4. Lubricate - coconut oil, saliva, oral sex (sex is not fun for anyone without wetness)
5. Listen Up - sexy music, moans
6. Look at Erotica - read or watch others getting it on (movies, porn clips, literature)
7. Let Them In - open up, share something that makes you feel vulnerable
8. Loosen Up - have a drink, ex- ercise, meditate, experiment with marijuana (for many women cannabis can fast track all of the above steps to create a space where desire is welcome)
Give them a try! Let us know how it goes.
Desire is a teacher: When we immerse ourselves in it without guilt, shame, or clinging, it can show us some- thing special about our own minds that allows us to embrace life fully.
—Mark Epstein, Open to Desire
I genuinely love edibles as a concept, but I started darkening the halls of dispensaries under the flawed but functional Prop. 215 a number of years ago. I became plagued by a number of adverse experiences. I had fallen victim to chocolate-covered grass proclaiming itself a brownie. I found myself making twisted faces with cough syrup like hard candy that lasted for way too long and didn’t work. I drank lemonade that tasted like an undressed salad one time and failed to get even a simple head change. Why was this happening to me? Why was this happening to us? I can’t be the only one who’s been screwed over by an edible. So what? Just stop eating edibles then? Screw that, I’m not giving up that easy.

THE SOLUTION

Overcoming the grass taste in edibles involves an incredibly straightforward method, switch the flower for concentrates. Based on taste alone, most edibles produce a smoke of the cannabis flowers which are filled top to bottom with the aforementioned “weedy” flavor.

How do we get rid of it? By understanding the enemy.

The blame rests with the molecule family of chlorophyll, the same stuff that makes grass green is what gives edibles the distinct essence of manual labor. So when making edibles from here on in we will be using concentrates, but what kind of concentrates are we going to use? Where there’s so fucking many.

It would be helpful if we had a brief overview of the distinct kinds of THC concentrates. Please note, that if you want more detailed explanations of what exactly is going on here, please consult with a professional who can clarify it better, I recommend any one from the Good Life Gang on Instagram. Here is a breakdown of some concentrate extraction methods and everyday products:

**Butane Hash Oil (BHO)**

A kind of extracted hash oil from cannabis through the use of butane. This is the most conventional method of extraction with a variety of results with everything from crumble consistencies to thin oil. The BHO process extracts the cannabinoids, terpenes, waxes, and occasionally, the dreaded chlorophyll from the plant itself. Which leads to some concentrates looking green or darker in color. When the extraction process is over, the butane is removed due to the lethality of the chemical when inhaled. There are some companies and individuals who substitute propane for butane creating Propane Hash Oil (PHO) which tends to be a lot safer. Regardless, I strongly recommend you DON’T TRY THIS AT HOME, all kinds of hazardous, flammable and lethal, let the professionals handle it.

**CO2 Extraction Methods**

Providing a liquid amber or golden concentrates typically used for vape pen cartridges.

The CO2 method is significantly safer compared to butane or propane extraction methods. Upon completion, the final product has no harmful residuals because during the extraction process any bacterias that could have been present in the plant material is killed.

**Rosin Technique**

While not suitable for mass production, have crafted a high-end niche for themselves since debuting in the early half of the last decade. Rosin extracts tend to embody “only for people with sophisticated tastes and money to burn.” Wherein the low yield from the cannabis plant establishes this a rather pricey process, the actual extraction technique is solventless. By applying heat and pressure, machines literally squeeze the THC straight from the plant. With the availability of rosin presses on the rise, more and more extraction companies are becoming boutique suppliers, catering to a higher class of patient.

**Live Resin**

Made with frozen cannabis instead of cured plant material and any extraction method. Why use frozen plant material? Because frozen cannabis preserves more terpenes and THC versus a traditional curing process that removes them en masse. You can use any extraction method to make live resin, but the rosin technique.

**Ice Water Hash**

Isolated trichome heads from the cannabis plant pollinate longer. The crystals achieved when the farmer lets the plant material is killed.

**Trim Run**

The weakest of all the cannabis concentrates as this one is made using cannabis trimmings, these are the least potent forms of concentrates. Despite their low THC percentage, these are the most valid option for those on a budget. If you know anything about life, the modest price has its invisible markup attached. Despite their reduced price you inevitably end up with a significantly higher chlorophyll amount.

**Nug Run**

Concentrates made from the highest-quality flower buds provide higher flavor profiles and enhanced effects compared to other forms of concentrates. These have become incredibly popular in recent years.

**Crumble**

The driest kind of concentrate is THC oil that has been agitated until it reaches a point of crystallization. The easiest concentrate to work with because of the stability of crumbling. My professional opinion says that when making recipes using crumble it’s easiest to do so BY WEIGHT. Meaning you use grams and ounces as opposed to teaspoons and cups for your non-medicated ingredients.

**Dry Sift**

Using silk screens and micron filters that are used to isolate the trichome heads from the bud. The trichrome heads I am talking about are the crystals everyone is looking for in dispensary. Dry sift is just the crystals so the plant has to be incredibly saturated with crystals and that is achieved when the farmer lets the plant pollinate longer. The crystals are used in nature to keep animals away and prevent fungal growth. Nature has a strange sense of irony as the natural deterrent for other animals is the exact quality people seem to be looking for.

**Ice Water Hash**

Just as the name implies uses ice water as the extraction chemical but produces a final product similar to dry sift.

**Full Melt**

Either the dry sift or ice water hash method can be used and what’s interesting here is that Full Melt has no plant material at all in the end product. A genuine form of a full melt is made out of isolated trichome heads, and zero residuals.

Forgive my lack of expertise on the subject but there’s a good news, regardless of the concentrate you purchase unless it’s a truly horrendous product, it’ll ultimately mean very little for these recipes and techniques. Why is that? Because we’re ingesting weed rather than inhaling it. The difference is paramount and I’ll fill you in with all the details next time. For now, head to your favorite shop and pick up a gram or two of your favorite concentrate and I’ll see you next week where we’ll get down and dirty then get clean. Thanks for reading.
Peyton Flynn of Cloud 9 Clay

The Junkyard Co. had the pleasure of catching up with Peyton Flynn, the creator + sole artist behind Cloud 9 Clay.

Hey Peyton! Could you tell us a bit about yourself?

Hi! I’m Peyton. I am a ceramic artist, a yogi, & a traveler. I’m currently living and working in Philadelphia where I have my studio set up, and I bartend for extra cash.

Do you remember the first thing you made out of clay?

I took my first ceramics class freshman year in high school. Freshman weren’t allowed in ceramics because they needed an Art I pre-requisite. My older sister talked to the ceramics instructor though and got me in since she was also taking the class. I think the first thing I ever made was a tile the whole class had to make for the art room wall, probably followed by a super lumpy pinch pot, haha. I didn’t love the class at first because it was a lot of hand building… it took a little while before we got to try the wheel. That’s when I got hooked.

What about ceramics do you love most?

I’ve sort of always been “artistic,” but when I started working with clay, I felt like I finally found a medium I could stick with and become good at. I love that the products are tactile and functional. Clay can also be very frustrating and unpredictable, so it teaches me patience and non-attachment.

I find clay very therapeutic to work with though. Working on the wheel is particularly meditative to me. In order to be steady and centered while throwing I have to be centered and grounded in my body, so the two sort of go hand in hand. Yoga helps me a lot with the whole process.

I also love the element of surprise clay delivers. There are lots of steps leading up to the final product, and so many variables that are constantly changing, particularly with glazing. I usually find my favorite glazed combos on accident. Opening up the glaze kiln is always so exciting but also nerve wrecking. Before that final moment, I’ve learned that you can’t get too attached to anything.

How would you describe your style?

A vibrant & experimental take on classic shapes.

What about life gets you the most excited to create? Where do you pull inspiration from?

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My old work inspires my new work a lot too. Basically, if I try out a shape and like it, I experiment more and see where else I can take it. If I try something and I’m not super into it, I move on.

Besides ceramics, how else do you release your energy?

I practice yoga a lot which always helps with my creative process. Also throwing is pretty hard on your back and wrists so it helps physically too. I also love riding my bike with my dog! He’s the best.

Between running a creative business, working part time, and having a social life, you seem to be the master of juggling one million different things. Any tips for the rest of us?

Unfortunately, my social life usually falls to the bottom of my list most days if I’m actually going to be productive haha, but I’m kinda a crazy list person. Sometimes its helpful and a lot of the times I just end up with too many lists that are halved screwball. A lot of coffee helps.

I tend to sign up for way more than I’m actually going to do, because I want to do it all, but I’m working on honoring my time and making space for myself to breathe. I recently quit one of my jobs and feel SO much lighter now. I recommend quitting your shitty job if you have one and trying a little harder to find something you like! It’s definitely intimidating, but if you don’t go for it you’ll probably always be bummed that you didn’t try.

You’re setting up shop in Philadelphia. Where else have you lived, and what brought you back to Philly?

I have been all over!! Since I graduated from Temple in 2015, I’ve lived in New Jersey, Austin, and Brooklyn with a lot of traveling in between. I never expected to be back in Philly so soon, but found an amazing space to set up shop at a price I could actually afford. I kinda just dropped everything in Brooklyn and decided to go for it. I miss my friends/life in NYC a lot, and my friends who are all over the country/world now! But we visit and make time for each other when we can & they are super supportive which makes it a lot easier.

How’s your new studio treating you?

I’ve always wanted a live-work space to set up my studio so its pretty amazing to be living that dream!! It’s so nice to have everything I need right in my home. I’ve been a student/member at a bunch of other studios (Tylers School of Art, Kissimmee River Pottery, Laguna Gloria, BKLYN Clay, The Clay Studio etc.) for about 11 years. It’s nice that I have those past experiences to pull from and really set things up in a customized way for my work. So far so good—there is still a lot of work to do around the studio, but its getting better every day! And the support and interest in what I’m doing has been super exciting. I’ve already gotten some opportunities to work with really talented people, so I’m hoping to keep the momentum up!

3 things you couldn’t live without?

Smoothes, yoga, my friends/boyfriend/Rez.

Are you a music blasting or podcast kinda person when in the studio?

Both! I am habitually a music blaster, but getting more into podcasts. I think podcasts help me concentrate and music helps me get in the creative zone.

Describe your ideal day:

Wake up and have a coffee & almond croissant, go to yoga, play with some clay, hang with my girls & have a BBQ with my boy for dinner :)