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Lemon Grove city councilman accused of brutally assaulting MMD applicant



By Cara Anderson

IG: @carajojo

David Arambula, a Lemon Grove city councilmember, has been accused of drunkenly assaulting a medical marijuana dispensary applicant. Chris Williams claims he was brutally hit on the head with a champagne bottle, punched, kicked, strangled, and bitten by councilman Arambula.

An assault claim was submitted to Lemon Grove on behalf of Chris Williams on January 11th, 2018. Williams' claim includes damages due to pain, suffering, lost work, and medical costs.

Williams sustained a laceration to his eyebrow, contusions to the back and front of his head, concussion, a fractured right rib, and bites to his forearm. Williams was treated at Alvarado Hospital Emergency Room for the injuries.

On February 20th, 2018, Lemon Grove City Council met in a closed session to review the assault claim. Lemon Grove City Council has decided to formally deny the assault claim.

"I have never called the police in my life. That's not exactly something you're comfortable doing where I'm from. There was a lot at stake. I wondered what would people say, what would people do, what if people didn't believe me, and how would the city of Lemon Grove retaliate against my

applications for speaking out?"
-Chris Williams

Throughout the past year, the assault is just one of the issues Williams has faced in Lemon Grove. Shortly after the assault, one of Williams' properties was denied zoning clearance for being within 1,000 ft of an alleged school. The city still has yet to provide adequate fire reports proving the alleged school property is actually school grounds.

Only one of the three properties Williams applied with passed the required zoning clearance. Williams states, "I've been told I should shut up, be quiet, and be happy with the one that I got."

On July 14, 2017, Williams was invited to David Arambula's home for a business meeting concerning his dispensary applications. Mayor Racquel Vasquez was present at the gathering at some point as well.

Williams says he did not provoke the attack nor did he strike or attempt to strike Arambula during the attack. When asked, Williams claimed he still did not know Arambula's motive for the unexpected assault.

Williams wife, Kathleen McLean, vividly remembers when Williams returned home, "I thought he had been in a car accident when he got home, I saw blood all over his face and open wounds. I had no choice but to drive him to the hospital."

In the early hours of July 15th, 2017, McLean drove Williams to Alvarado Hospital Emergency Room to be treated for the sustained injuries. Williams' medical treatment included a cat scan, stitches, and a tetanus shot as a result of being bitten on his arm.

In an official report to San Diego County Sheriff's Office, Williams identified the assailant as "an elected official suffering from PTSD." According to the report, Williams did not explicitly identify the council member or who was in attendance at the meeting.

Williams said he was considering the safety of his family as well as the ramifications that reporting the assault would have against his dispensary applications.

"This has been a grueling process, both physically and emotionally. I will share the whole truth including photos, text messages, videos, emails at the appropriate time." - Chris Williams

The accusation is not the first of its kind levied against Councilman Arambula. In May 2017, a restraining order was requested against David Arambula by his former employer Dorinna Hirsch, based on violent threats from Arambula. The restraining order was denied by a judge on July 6th, 2017, just a few days before the incident involving Arambula and Williams. In her request, Hirsch wrote, "He screamed that he would destroy my business and 'mess me up' if I crossed him."

Dorinna Hirsch told Candid Chronicle that she is afraid of David Arambula because she believes he has psychological problems. Hirsch describes Arambula as a "psychological terror," who she has seen go into a "manic rage."

"I don't think its a phase that David's going through. I've known him for twenty years. He does have a violent temper, it's just that it's coming out more." She added that she believes the assault on Williams did happen, adding "I know this man [David Arambula] and I know his temperament. I know he is so capable of doing this."

Ms. Hirsch believes that there are other similar stories involving Arambula's threats and violence. Hirsch said in the years that she's known Arambula, there are at least four other instances she knows of where he "blew up" on people.

"He's not a good guy, and it took me many years to see that." - Dorinna Hirsch

As Lemon Grove has denied Williams' assault claim against councilman Arambula, it is likely that a lawsuit will ensue.

Williams stated, "I've never sued someone before, but if I have to, I will."

David Arambula and Mayor Racquel Vasquez did not respond to a request for comment.



Pennsylvania Dispensaries Facing Shortages

By Benjie Cooper

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In the weeks following Pennsylvania's medicinal cannabis dispensary grand openings, product shortages have been affecting how, and how often the businesses operate.

After some soft-grand openings in early 2018, the Keystone State's initial wave of medical marijuana outlets began opening their doors on February 5 to start serving Pennsylvania's first few thousand registered patients.

But only weeks after beginning sales, dispensary shelves are now looking as empty as they did before the shops were open.

Solevo Wellness opened for business on February 16 at their location on Forward Avenue in Squirrel Hill. But due to lack of sufficient product for the number of patients, they began reducing their hours of operation only two days later.

They announced on their website that they were working with their cultivator and processor to get a shipment by early the next week.

But after modifying hours and working only with scheduled appointments, Solevo posted to their Facebook on March 3 that they were entirely out of medical cannabis products. For now, the dispensary will be open Wednesday through Friday 10am-6pm,

but no products will be available.

On Thursday, Solevo will hold an open meet & greet and Q&A session with refreshments from 4pm-7pm to answer any patient questions. Medical marijuana ID cards are not required for attendance.

After experiencing higher-than-expected patient demand in the first weeks of operation, TerraVida Holistic Centers posted to their Facebook page on March 3; "We regret to inform you that we are completely out of product. We will remain open from 10-6 today and Monday - Saturday next week for those who have a card to receive a consultation and pre-order medicine for mid-March delivery."

"Closed in Devon until further notice," reads the Keystone Shops website home page. The location

opened on February 16 but their inventory is currently depleted, and they are not currently open for business.

According to the Keystone website, they are hoping to reopen with limited hours until more products can arrive around the middle of March.

Currently, Cresco Yeltrah is the only one out of the twelve licensed wholesalers in the state that is distributing products to dispensaries. Combined with higher-than-anticipated patient interest, the lack of available medicinal cannabis items is a hurdle that some saw coming.

While other dispensaries are dealing with product shortages, Cure Pennsylvania will be opening a facility in Manheim Township this week for appointments starting Wednesday. The location will begin accepting walk-in patients on Friday.

In an email to Lancaster Online, director of operations Ryan Smith explained that they expected the current situation to unfold the way that it is.

"We anticipated this shortage of medicine several months ago," wrote Smith. "That is why we decided to hold off opening until

next week rather than opening in mid-February."

Pennsylvania law does not allow home cultivation or permit medicinal cannabis products from outside the state to be brought in and sold at dispensaries. So until in-state suppliers have more cannabis oil ready, patients will have to wait to replenish their supply.

But the current situation isn't anticipated to last long. Medical cannabis is expected to make its way back to dispensary shelves in the coming weeks, and eight more suppliers are scheduled to be in full distribution mode by the end of April.

There are over 21,000 patients that have registered for the state medical marijuana program, and around 6,000 of those have been approved. There are more than four-hundred doctors that are licensed to certify patients for medicinal cannabis and almost as many have registered to take the certification course.

When the first phase of Pennsylvania's medical marijuana program is fully implemented, there will be a total of twelve cultivator-processors supplying products to up to fifty-one dispensaries statewide.



Coachella Valley Cannabis Alliance Network Annual Cannabis Convention

The Coachella Valley Cannabis Alliance Network (CVCAN) is the leading voice for the cannabis industry in the Coachella Valley. The organization will be hosting its second annual CVCAN Convention. The convention will be focused around the newly legalized industry standards and compliance laws in the State of California. Attendees will learn from experts in the industry from both state and national organizations, all of who specialize in compliance and the legal aspects of the cannabis industry. Attendees can take advantage of networking with many vendors from the industry as well as visit the Desert Hot Springs "green zone" via the daily cannabis tour.

The conference will be held Friday April 6th and Saturday April 7th, 2018 at Miracle Springs Resort and Spa in Desert Hot Springs, CA. Tickets and details about attending, becoming a vendor or accommodations can be found on the organization's website at

www.coachellavalleycan.org.

For additional questions contact CVCAN at (760) 218-5447 or at info@coachellavalleycan.org.





2.4 Million Vets Pushing for VA to Allow Cannabis

By Jason Marcuz

The American Legion, America's largest veteran group, passed a vote urging US President Donald Trump to allow doctors treating patients at Veterans Affairs hospitals to advise their patients about the benefits of medical marijuana. This group of veterans has been working for over a year to portray the debate about the use of medical marijuana not just as one with economic and medical implications but also a patriotic one. Their argument is that access to medical marijuana will ease the pain and suffering among veterans and reduce the suicide rates among soldiers returning home from duty.

This war vets group, which has over 2.4 million members, is among a number of notable critics of the federal prohibition of

marijuana. Currently, doctors working at VA hospitals are not allowed to even talk to their patients about medical marijuana. This ban, though, could be lifted without changing federal law.

Medical Marijuana

According to a spokesman, there are plenty of young women and men suffering traumatic brain injuries and post-traumatic stress disorders who claim that marijuana works. Most members of the veterans' group believe medical marijuana is an excellent alternative to current medication which they popularly to as "Zombie medication." Zombie medication includes antidepressants and Opioids which many vets set said they affect their personality and moods in a negative way, propelling many to even contemplate suicide and other kinds of drastic actions.

The war vets are basing their arguments not just on the testimony of soldiers but also on studies which show marijuana helps reduce muscular spasm in multiple

sclerosis patients and also helps in the management of chronic pain. The organization, according to its spokesperson, Joe Plenzler, is all about going after evidence-based treatment that improves the lives of veterans. Joe went on to state that there are plenty of veterans across America suffering from chronic pain, Opioids addiction, night terrors, and post-traumatic stress disorder. A good number of these veterans claim to have received relief from medical marijuana but outside the VA system.

This is not the first time that the vets are petitioning the government. In 2016, the American Legion petitioned Congress to ease federal restrictions on marijuana. They wanted cannabis reclassified in a lower schedule and not a Schedule 1 narcotic. They also wanted the DEA to license more medical research on marijuana by privately funded growers. The American Legion was formed after World War I and advocates for the welfare of US veterans.



Cannabis Candidate

By Cara Anderson

IG: @carajojo

Benjamin Thomas Wolf, is smoking joints while running for congress in Chicago. Wolf's newest campaign has caused a stir- a clean-cut, well-dressed, politician casually smoking a joint in front of a painting of the American flag. He's definitely making headlines.

It's effective marketing for the demographic of voters that Wolf hopes to retain. The average age of voters in the 5th Congressional District of Illinois is 33 years old.

In addition to running for congress, Wolf is a former FBI national security officer as well as a current a restaurateur and university professor.

Wolf's platform, as no surprise, calls for legalizing adult use cannabis. He's proposed to direct state revenue from legal cannabis to drug rehabilitation centers, public education, and for expunging cannabis-related criminal records.

"As a cannabis user, I think it's important we get out front and talk about it," Wolf said. "We realize that cannabis can bring billions of dollars to the state, it's medicine for millions of people around the country, it changes criminal justice reform and personally I think it's a wonderful recreational substance as well."

In March, Illinois residents will vote on a non-binding referendum whether they believe recreational cannabis should or should not be legalized. In November, the vote may officially appear on their ballot.



Reduced Liver Damage for Cannabis

By Benji Garcia-Reyes

Recently there have been multiple research reports finding that heavy alcohol drinkers who also smoke cannabis regularly had lower odds of developing several types of liver diseases and cancers, over casual and non-cannabis users.

Research teams from the University of Massachusetts, Johns Hopkins University, New York's Maimonides Medical Center, Stanford University and the National Institute of Scientific Research at the University of Quebec, all had similar findings from comparing alcohol and cannabis use

patterns in alcoholic group samples.

The similarities in the various teams' research strongly suggested alcoholics who also use cannabis regularly have, on average, 90% chance less of developing various liver diseases like steatosis, cirrhosis, hepatitis and the liver cancer hepatocellular carcinoma.

None of the research indicates that it is a good idea to consume alcohol and cannabis simultaneously, the studies merely reflect correlations in cannabis use's effects on liver inflammation, scarring, and other damage.

The Stanford University study research also included findings that show cannabis users were less likely to be obese, despite consuming more calories, soda, and alcohol. In other words, cannabis also has its dietary benefits.



Top 10 Insider Tips to Landing a Cannabis Job

By André van Regenmortel,
CMO of düber Technologies

Ask anyone who's trying to break into a new field how it's going, and you'll likely be met with one word: daunting. When you don't have previous experience in a certain sector, it can seem next to impossible to get your application seen by the right people. While still difficult, the good news for those trying to enter the legal cannabis industry is that the turning tide of legalization is creating unparalleled job growth. Below are ten tips I hope you'll find useful when transferring into the cannabis industry.

#1 - Be introspective and do your research

The first question may come as a surprise, but you need to ask yourself, is this really what you want? The industry is booming and growth is off the charts, but make sure you truly align with the mission of a specific company before applying. If you're reading this article, you might be a cannabis consumer. This can give you insight into some jobs in the

industry, but not most. Cannabis companies need top talent in marketing, finance, law, operations and logistics, software development, event planning and many other roles that don't require interacting directly with the product. To learn about these, do your research.

#2 - Minimize change

Once you've decided this is the right move for you, look for jobs that match the skills you already have. It's tough to break into a new industry. It's almost impossible to do that while also taking on a new role for which you don't have relevant experience. For example, if you're an accountant, you can provide a valuable service to cannabis companies. Once you have a job in the industry with your existing skill set, it's possible to work towards a different job, but take it one step at a time. Due to the fast pace of growth, it's possible to get promoted faster here than in other industries. Put in the time, prove yourself and you're well on your way to a successful career.

#3 - Enjoying cannabis is not a prerequisite

This might come as a surprise to you, but it's not necessary to be a cannabis user to join the sector. There are some jobs that have closer involvement with the

product (growers, budtenders) but there are thousands of other jobs out there. For the majority of these, you don't have to be a user.

#4 - Know the legal landscape

Cannabis is unlike any other industry due to the discrepancy between state and federal legal status. It's something that cannabis companies take very seriously: staying legally compliant is complex and mission-critical. Know your state's laws on the matter, and position yourself accordingly. For example, there are more states where medical cannabis is legal than there are recreational states. If you want access to a wider variety of jobs, consider relocating to a state that enjoys recreational status. However, proceed with caution when going down this route. It can be logistically challenging to secure a job outside of your home base and you might not get a job right away if you do move.

#5 - Survey jobs boards

Believe it or not there are specific sites out there that focus solely on recruiting for cannabis-related companies. Check out the likes of Vangster and Ganjapreneur to see which companies are hiring and the types of roles available. Success can be had just through jobs boards, but the impersonal nature

can make progress difficult.

#6 - Make connections

Like any other job search, making personal connections is a fantastic way to speed the hiring process along. Look up trade shows in your area, or attend one of the many cannabis-themed events out there. LinkedIn is your friend here: search for people with the position you want and reach out to see if they're willing to chat about their professional path. Don't just randomly send your resume out on LinkedIn. Build authentic connections and learn from those who have already traveled along your intended path.

#7 - Carefully vet training programs

There are training programs for the cannabis industry, which offer specialized education. When looking at these, be sure to research how long the program has been around and who designs the curriculum. Ask if they offer certification, and what organizations are behind their certificate. These might be a good fit if you're just starting out in your career and want to strengthen the relevant education part of your resume. Going down this route can give you a leg up in the hiring process, but it isn't necessary.

#8 - Understand current events

Events happen fast in Washington D.C. these days, and sometimes it seems that every week brings a new development to the industry. This means different things to different companies, depending on the role they play. Stay on top of trending news, but keep in mind that cannabis will be around longer than any one administration and opinion polls are consistently growing in favor of full legalization.

#9 - Prep for interviews

Again, securing a job in cannabis is more similar to other industries than it is different. Hiring managers will look at your relevant professional background, educational experience, personality plus how you fit with their mission. You want to come across as knowledgeable about the company you're applying to and the industry in general. Craft what you hope to accomplish in the desired role and industry. Remember that this is just as much of an opportunity for you to interview the company as for them to interview you.

#10 - Keep at it

A recent study from The Ladders shows that recruiters spend an average of six seconds on a resume before making a decision about fit. Job opportunities are steadily increasing as legalization spreads, but hiring is still competitive. You might have to apply to dozens of positions if you lack a personal connection. Don't get discouraged and don't take just any job if it's not the right fit for you. If you're taking the massive effort that a proper job search requires, it's worth making sure you really like that new job. The last thing you want to do is take a job only to leave within six months. That has the potential to burn valuable bridges to future employment.



Photo by @mjsocal

By Marieval Yebra

By now most of us have heard about the legalization of marijuana. Right, who hasn't? Weed is now recreational! Bigger headline than the one stating who the newest president was after our last

election. Though some of us seem to forget the insane of scrutiny that surrounds the issue and laws that one must abide by.

A couple of years ago, most of us heard about Native Americans being able to grow legally on reservation land. Hey, why not, right. After all, most Native American

California tribes try and sell marijuana under their own sovereignty.

tribes are sovereign nations, so it's only right that they are allowed that freedom. (Only saying most Native American tribes are sovereign since not all tribes are recognized by the government)

Well, Native Americans in most states are given the right to grow and sell cannabis under their rights. As long as they follow the state's regulations having to do with medicinal and recreational marijuana, they are in the clear. In Washington, tribes have an agreement with the states' governor in which they will operate under their own sovereign regulations although they will still pay the state-regulated tax. So pretty much they can grow as they see fit, which also allows room for expansion when it comes to their cannabis-based business.

Even in Nevada, where the laws regulating marijuana have been some of the strictest in the country, there has been a bill passed SB 375 which allows tribal members to transport marijuana between the reservations and the rest of the state.

Now if you're a tribe in California, the laws regulating medicinal and recreational are pretty strict. According to the temporary laws for regulating the cannabis market, California tribes hoping to partake in the green rush have to waive their "sovereign immunities" in order to apply for a cannabis license.

That's right, tribes that would like to expand their business marketplace have to give up their sov-

ereign rights, which means they won't live under their own laws and regulations. So its either give up the rights that were given to them, or they get a no-go when it comes to expanding into the cannabis market.

That's not to say that certain California tribes have not done their part in trying to get legislators to change their minds. A letter has been written to the state stating that tribes are allowed to cultivate and dispense marijuana under their laws and regulations that come with being a sovereign nation and tribes will work toward exercising those rights.

Since federal laws still legally regulate cannabis and anything having to do with sales, etc., it leaves native Americans in a gray area. Especially those in California. Let's hope that the state and it's tribes can come to an agreement that will satisfy the state as well as its people.



Netflix DisRespects with DisJointed

By Medicinal Michael Boris

IG: @medicinal_mike

Netflix is one of the most popular movie databases in the United States with thousands of titles to keep an individual occupied for hours on end. Netflix has recently attempted with the help of writer Chuck Lorre of "Two and a half men" and "Big Bang Theory" to create a cannabis themed sitcom with the help of cannabis consultant and activist "Dr." Dina Browner.

They created a sitcom style show called DisJointed starring Kathy Bates. Kathy has starred in countless masterpieces including "Misery and AHS." If anyone can make a show standout it is Kathy Bates. Then why has this show upset the cannabis community and been called for boycott?

Disjointed has been called Disrespectful due to its insensitive parody of our strong community leaders who have risked their personal freedoms to help educate and legalize the cannabis plant. The show parodies without permission many of our leaders and friends showing they are no friend to the cannabis community.

Our community is not mainstream so no matter how "famous" we get in the cannabis community we are unknowns to the mainstream world. Disjointed decided to parody our most loved community hero Jack Here. Jack Herer, besides having a very famous cannabis strain named after him has also spent his life trying to educate on the benefits of cannabis and Hemp.

Members of the Disjointed staff with no "Herer" family permission had decided to "spooof" on the funeral of Jack Herer with their character Jack Heron under the guise of honoring Jack's memory. Their depiction of Jack Heron was also as a community leader but adding that he is a chronic adulterer with many woman

speaking out at his funeral with an insensitive apology to the wife of the character while everyone laughs and makes jokes.

Jack real life widow Jeannie Herer is a cannabis lifetime achiever and recognized as so at many events and in our world for her work in the cannabis industry. Jeannie was shocked in her viewing of this episode stating to me that nobody called her informing her of any "honoring" as the staff has described. The episode of her departed husband. She also state to Mrs. Dina Browner, "I felt your show was disrespectful I didn't trash it. Then I saw you made a comment that I was praising and complimenting the show." Jeannie whom is depicted by Netflix as the absentee wife is incredibly "Dis-appointed" because she said to us, "I really expected to like the show and binge watch. I had no idea the sixth episode was about Jack's funeral until I saw it. I was not impressed".

Netflix depicting Jeannie as a wife oblivious to her husband's many many affairs as claimed by the DisJointed writer Chuck Lorre. Jeannie also stated that she had never received an invitation to the taping but that Jack's son Dan Herer whom also is a full time cannabis activist and incredibly respected in the community was at the viewing.

Dan Herer made time for me when I asked him in disbelief was he as thrilled as the staff of DisJointed was claiming with the honoring of his father Jack Herer? Dan wanted to clear up immediately as to what the staff of the Netflix show was claiming as opposed to the truth because how we are introduced to the "real world" really does matter when we risk our freedoms to help others. Dan said "The show has funny moments and the actors were tremendous but it missed its mark by a mile. They had a chance to do something intelligent but that's not what he saw. They called me the day before taping and said "We are honoring your dad and would like you to be there." "You can meet Kathy Bates and give her a copy of your fathers book." Dan was never introduced to the legendary actress Kathy Bates but he did leave with "Misery". Dan also stated, "They did not ask for any

permissions. They did a "Dis-service" to everyone who has spent their lives to change the understanding of cannabis and They are far from dignified and he was not thrilled at all with the "honoring" they claimed." Stating that He in fact was "Dis-jointed" as to how they treated his father's legacy. "They had good intention but really missed the mark by miles." Dan told us. Also stating that they used the exact words he spoke from his fathers funeral and made a mockery of it.

In their second season they "honored" another cannabis icon Steve

DeAngelo depicted as "Angelo DeStevens" The fake ponytail, balding, corporate weed, money mongering weasel who convinces one character to "sell out" her friends for pot. I have been told by many that Mr. DeAngelo is furious but was unable to reach him for direct comments. Dan Herer wanted everyone to know "I have met Steve DeAngelo and He is nothing but a respectful businessman and nothing but gracious."

"Dr." Din Browner the shows cannabis consultant who had nothing to do with the storylines and knows nothing about them till she sees the taping as she claimed, shared a thought with us defending the storylines and thoughts before of the staff before the tapings stating, "That was a message to the industry that nobody apparently got." She then stated, "We did that scene to pay remind our industry not to forget our industry elders. To pay homage to Jack. To remind us to stay strong and band together because the world is against us. So it is ironic that I am having to defend it. Haters gonna hate I get it This is the first show done by actual stoners, and we used it to make an incredible commercial for the Gridiron Cannabis Coalition. People keep looking for the negatives instead of the positives." Dina concluded.

We are a small community who risk our lives and our family's health, we risk our freedom and our right to make decision based on our own lifestyles and how to improve them, as we fight our way through prohibition over the past eighty years. Our heroes are heroes because they at some point in their lives stood up against tyranny and said "Stop this is wrong! Cannabis can save our lives!" These members of the community whom are legends to us all or they have impacted the movement in some form or another have never been introduced to the mainstream world and to sully their image by portraying them unintelligent, unfaithful, jokes of society. You can be funny in a show about cannabis prohibition but to take stabs at actual members who had to work so hard so that you have the platform to spit on their legacy is Dis-honorable and I and many more stand for a multitude of causes but we will not stand for this! Shame on you Netflix.



Should Mom Avoid The Cannabinoid?

By Benjie Cooper

IG: @nuglifewews

YouTube: Lucid's Vlog

Cannabis intended for medicinal use is available in over half of the United States and is used by many men and women for a myriad of conditions. But as medical cannabis usage continues to become an increasingly acceptable mainstream activity, many questions are in need of answers.

Both recreational and medicinal cannabis use among adults is increasing with the spread of legalization, and there is an increased interest in determining whether or not is safe to use during a pregnancy or while breastfeeding. Many patients use marijuana for its effective anti-nausea properties, including a portion of the 79-80% of pregnant women who experience nausea and vomiting of pregnancy (NVP), also known as morning sickness.

According to research published in the Journal of American Medical Association in 2017, 14.6% of pregnant adolescents reported past-month cannabis use. The research letter states that the actual number is likely higher as they relied on self-reporting surveys that “underestimate use due to social desirability bias and underreporting.”

What causes NVP is currently unknown, though some believe that it may be related to hormone changes in a mother's body, and may function as a defense mechanism against toxins. A mother's immune system is suppressed during pregnancy and vulnerability to toxins peaks for both her and her child at around three months. This time frame correlates to when a mother is most susceptible to NVP.

Milder and moderate cases will not generally result in injury to the baby, but sporadic bouts of nausea and vomiting during a portion of the pregnancy can significantly diminish the mother's quality of life.

And though there are a number of readily-available antiemetics to combat the nausea, some of them may be less effective or come with side-effects like Zofran (Ondansetron), which some are concerned is linked to cleft palate.

Vitamin B6, ginger, aromathera-

phy, hypnosis, acupuncture, and acupressure are other remedies commonly used to aid in alleviating symptoms of nausea.

But the cannabinoids produced by the cannabis plant are effective at suppressing nausea and exhibit an uncommon safety profile with regards to consumption. They're safe enough that in order for a human to achieve a potentially fatal overdose, one would have to consume many times the normal dose.

An LD50 is a rating that indicates at what dosage 50% of users are likely to die from a substance.

According to a ruling by Judge Francis Young in 1988, the LD50 rating of cannabis is around 1:20,000 to 1:40,000. That means that for a dosage to become fatal to the user, it would have to be 20,000 to 40,000 times more marijuana than they would normally consume in one sitting.

But even with the high level of safety for the mother, there are still questions about the health of the baby as physiology differs greatly between an adult and a child.

The human endocannabinoid system is involved in processing memory, mood, appetite, and pain sensation. Cannabinoid receptors (CB1, CB2) can be found in the human embryo only fourteen weeks after conception and receptor growth begins to accelerate rapidly in the twentieth week of growth.

CB1 receptors are found in the brain, lungs, liver, and kidneys and CB2 receptors are found in the immune system and in the hematopoietic cells where blood is produced.

Due to cannabis' illegal status in the United States, research on its use during pregnancy and breastfeeding is limited. The National Institute on Drug Abuse (NIDA) says that there is no human research linking cannabis use to the possibility of a miscarriage, but claims that animal studies suggest that the risk is elevated if the mother uses cannabis early in the pregnancy.

The NIDA website states that cannabis use by mothers has been associated with developmental and hyperactivity disorders in children, but say that there is mixed

evidence regarding low birth weight or premature birth.

The site also claims that women who use cannabis during pregnancy are 2.3 times more likely to have a stillbirth. Though even the authors from that particular study that NIDA cites say that they “could not entirely separate the effects of smoking tobacco from those of smoking marijuana.”

But while NIDA and others urge expectant mothers to abstain from cannabis during their pregnancy and while breastfeeding, it is an option that an increasing number of women are reportedly choosing.

26-year-old Teen Mom 2 star Jenelle Evans recently admitted to smoking cannabis during the third trimester of her pregnancy to relieve esophageal spasms which caused her to vomit frequently. According to an interview with Vince Russo, she tested positive for THC after the birth, but her newborn daughter did not.

In an article posted in September 2017, Lemon Knowles detailed her experience with using cannabis during her pregnancy. Presented with limited information from the internet, and a generally discouraging tone from American health associations, she came across a Jamaican study involving fifty-nine children from birth to five years of age whose mothers used cannabis.

According to the study, there were no significant differences in development testing outcomes, except at thirty days of age when the babies of cannabis-using mothers scored higher on autonomic stability and reflexes.

Knowles reports using cannabis to help control NVP, regain her appetite, and treat pregnancy-related stress and anxiety. After giving birth, she also smoked marijuana during the six month period that she breastfed her baby. Knowles reports that at one-year-old, her child hasn't been sick once and is happy and healthy.

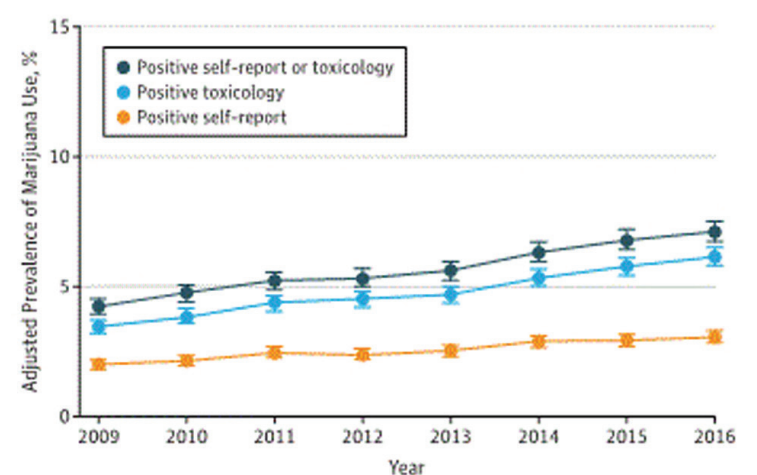
In an update released on their website in October 2017, the American College of Obstetricians and Gynecologists state that cannabis is the most commonly used illicit drug during pregnancy.

But in addition to the plant-based phytocannabinoids that some pregnant women choose to consume, endocannabinoids are already produced within their body and are found in breast milk.

Studies suggest that endocannabinoids play a crucial role during

They write that “Further observations suggest that children may be less prone to psychoactive side effects of Δ^9 -tetrahydrocannabinol or endocannabinoids than adults. The medical implications of these novel developments are far reaching and suggest a promising future for cannabinoids in pediatric

Adjusted Prevalence of Marijuana Use Among 279 457 Pregnant Females in KPNC by Screening Type, 2009-2016



Cannabis Use by Pregnant Females 2009-2016

pre- and postnatal stages of development.

According to the European Journal of Pharmacology, “endocannabinoids have been detected in maternal milk and activation of CB1 receptors to be critical for milk sucking...apparently activating oral-motor musculature.”

When THC is processed in the human body, it mimics the effects of anandamide (N-arachidonoyl ethanolamine), an endocannabinoid which plays a role in the implantation of the early stage embryo into the womb's blastocyst. Also found in chocolate, anandamide has been found to inhibit the proliferation of human breast cancer cells as well.

According to the Journal, THC and anandamide may be somewhat interchangeable as it states, “Prenatal exposure to the active constituent of marijuana (Δ^9 -tetrahydrocannabinol) or to anandamide affects prefrontal cortical functions, memory and motor and addictive behaviors, suggesting a role for the endocannabinoid CB1 receptor system in the brain structures which control these functions.”

But should a mother choose to use cannabis, the authors state the effects appear to be different for the mother than they are for the child.

medicine for conditions including 'non-organic failure-to-thrive' and cystic fibrosis.”

So depending on the source of information, there are differing opinions and varying evidence regarding cannabis use by an expectant mother and whether or not it is safe for her and her child.

For those concerned about the smoking aspect, there are many other forms in which cannabis can be administered including oils, edibles, tinctures, and topicals.

Anecdotal evidence and limited studies indicate that cannabis use by the mother does not interfere with a child's development, and may even be beneficial for them, as noted in the Jamaican study.

But data from mainstream sources like NIDA and others tend to disagree with that information at this point, though it is likely at some level due to the ever-present bias of federal cannabis prohibition hanging overhead.

Ultimately, the responsibility for a child's safety rests solely with the parents, with education being the key to making an informed decision and determining if cannabis use during pregnancy is right for them.

Green Ganja Saint Patrick's Day Milkshake



Shake up your St. Patrick's Day with this Green Ganja Milkshake recipe! A twist on a St. Patty's Day favorite, add a scoop (or two) of Mondo's cannabis dust to your shake for a heightened experience. Coconut oil extracted, the light green fairy dust blends seamlessly into this delicious milkshake. Fast acting, the luck of the Irish will spring through you in about 10 minutes.

Green Ganja Milkshake (serves 2)

Ingredients:

- 2-4 scoops of Mondo Cannabis Dust
- 2 scoops vanilla ice cream
- 1 1/4 cup milk
- 1/4 teaspoon mint extract

- 9 drops green food coloring

- Whipped cream & chocolate sauce to garnish

Step 1: Grab your blender and add the ice cream, milk, mint extract, and food coloring

Step 2: MONDO It! Add your desired amount of Mondo to the blender

Step 3: Blend to a smooth consistency

Step 4: Drizzle chocolate on the walls of 2 glasses and add the shake to the glasses

Step 5: Top with whipped cream and enjoy!

candid CHRONICLE

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Hervé Damas: Pro Athlete's CBD Doctor

By Benji Garcia-Reyes

IG: @themedimexican

A 'terrible triad' injury ended Hervé Damas' childhood dream of a long NFL career, but it also led him to a new path in wellness, medicine, cannabis activism, and research. His unique experience as a pro athlete allowed him to experience the many dark sides of the business, including the opioid crisis in many professional sports. Now as a doctor, and trained physician intends to help other for-

mer pro athletes with the benefits of cannabis and it's healing properties and uses.

After tearing his ACL, MCL, PCL, and some meniscus damage, like most players, Hervé Damas hated having to use opioids. He hated the way it made him feel, and at times it was worse than the pain itself. Other players opted for alcohol or other self-medication. It wasn't until his wife suggested he smoked a "joint" to relax, that he had truly considered it, since he would have been in jeopardy of suspension had he done it while playing. The cannabis changed his world. It alleviated sleeping problems and psychological issues that had plagued him for years.

His curiosity led him to study pre-medicine at Florida International University, then get his MBA in Health/Healthcare Administration and Management from Davenport University. He also obtained an MD from the Medical University of the Americas.

He has also rallied, educated and treated other former pro athletes on the benefits and healing properties of cannabis. He is also currently involved in research studies that will explore the benefits of CBD as a pain management tool, for former athletes from contact sports, and mental health. Hervé's goal is to pound down the doors of major league sports with undeniable beneficial data and let science speak for itself.

UPCOMING EVENTS

VETERANS: FREEDOM THROUGH CANNABIS
March 8 @ 6:30 pm - 9:00 pm

Cannabis 411
March 10 @ 10:00 am - 4:30 pm

Build a Cannabis Business in California's Legal Market

Cannabis Advisory Committee Meeting – LA
March 15 @ 10:00 am - 5:00 pm

The Science of Organic Regenerative Cannabis Conference
March 16 @ 9:00 am - March 18 @ 9:00 pm

Cannabis and Women's Health
March 20 @ 6:30 pm - 8:00 pm

Part 2 The Childbearing Years
No ticket necessary

Ellementa CA Central Valley: Women & Sleep
March 22 @ 4:00 pm - 5:30 pm

IC3 The Institutional Capital & Cannabis Conference – San Jose
March 28 @ 8:00 am - March 29 @ 12:30 pm

Puff, Pass & Paint Orange County
March 31 @ 8:00 am - 5:00 pm

21+ 420-friendly painting class!

2018 LA 420 Games – By Native OG Moonrocks
March 31 @ 8:00 am - April 1 @ 5:00 pm

Coachella Valley Cannabis Conference
April 6 @ 8:00 am - April 7 @ 5:00 pm

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