



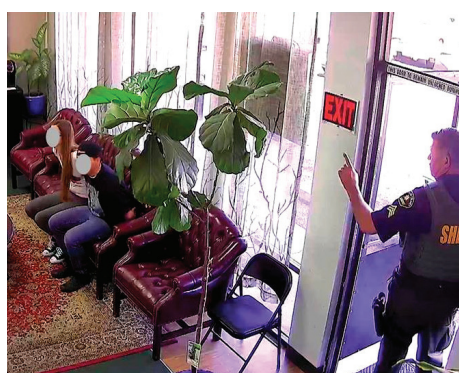
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**"WEED IS FROM THE EARTH. GOD PUT THIS HERE FOR ME AND YOU. TAKE ADVANTAGE MAN, TAKE ADVANTAGE." - Smokey**



## Did you know?

**The first thing bought and sold online was a bag of weed.**

It was a straight up drug deal, actually. In 1971, students at Stanford used Arpanet accounts at the university's Artificial Intelligence Laboratory to engage in the world's first e-commerce transaction.

**The Jamestown colony in 1619 passed a law FORCING settlers to grow cannabis.**

Hemp was such a mainstream cash crop that was used to make rope, fabric and ship sails. It was literally against the law not to grow it. How far we've fallen.

**California growers use almost 9 percent of the household electricity in the entire state.**

Indoor grows makes up 15 percent of California's water consumption (bad for the drought, but for a good purpose.)

Food for thought for the eco-conscious: Pot isn't all that "green." The energy needed to produce 2.2 pounds (1 kilogram) of marijuana indoors is equivalent to that needed to drive across the country five times in a car that gets

44 miles to the gallon, according to a 2011 report by a researcher at Lawrence Berkeley National Laboratory. All those grow lights suck up a whole lot of electricity.

**It would take 800 straight to kill a man.**

But it wouldn't be a marijuana that would kill the man. It would be carbon monoxide poisoning

In 2012, archaeologists created reproductions of Easter Island's statues, trying to figure out how ancient people may have moved the iconic 9,600-lb. (4.35 metric tons) heads from their quarry. Theorists have suggested everything from log rollers to extraterrestrial help for the task, but in 2012, California State University Long Beach archaeologist Carl Lipo proved that all that was needed is hemp rope.

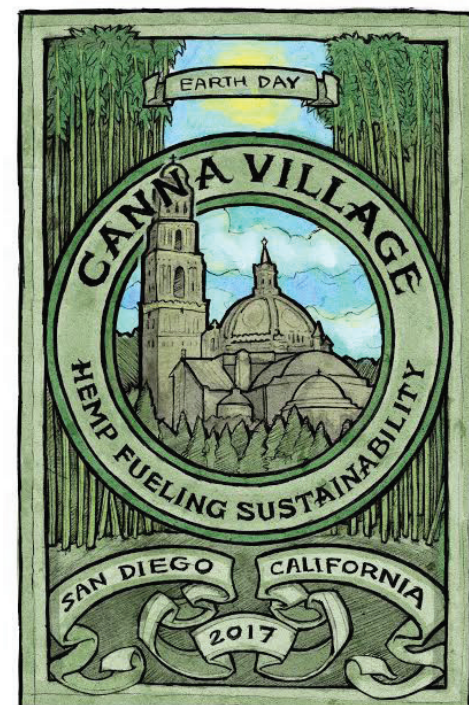
By attaching three hemp ropes to the statue and having a team of 18 people rock it back and forth until it "walked," Lipo and his team were able to move the hunk of stone 328 feet (100 meters) in less than an hour, they reported in the Journal of Archaeological Science. Easter Islanders would have had woody shrubs similar to marijuana plants to use in making rope, the researchers argued.

**Weed and beer are botanical cousins.**

Both hops and cannabis belong to the family Cannabinaceae. It is actually possible to graft hops onto cannabis plants. The prospect of hybrid brews is titillating, isn't it?

**Marijuana accounts for 48 percent of drug arrests.**

In 2012, police arrested one U.S. citizen every 42 seconds according to FBI data for pot related offenses. The vast majority (87 percent) constituted possession, not intent to sell.





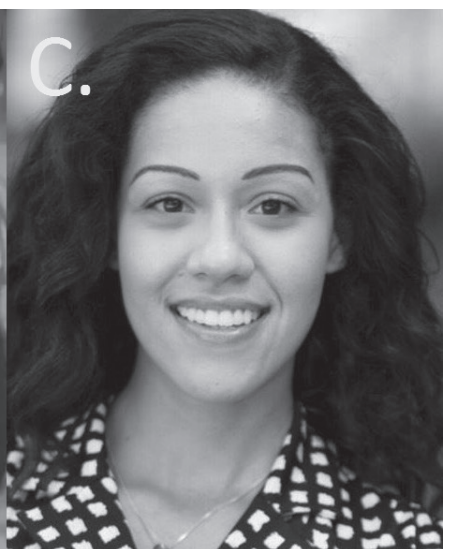
# Amazing Women in the Cannabis Industry

By: Matthew Lopez

Throughout my interviews and experiences, I've encountered many women who've dedicated themselves to the development of the cannabis industry, be it from advocacy, entrepreneurialism, education, analytical and laboratory services, the list goes on. In this article, I'd like to acknowledge and say thank you to just a few of the many amazing women who continue to represent the cannabis industry with the highest regards by contributing their time, efforts, and valiant deeds towards further industry progression.

A) Liver transplant and cancer survivor Yamileth Bolanos is an outstanding, dedicated, and amazing individual whose story continues to ring out as a voice of advocacy for safe and legal access to medical cannabis products throughout California. Founder and president of the Greater Los Angeles Collective Alliance (the oldest organization for compliant cannabis collective operators in the country, aka GLACA) she's also successfully lobbied for AB 258, aka California's Medical Cannabis Organ Transplant Act which offers protections against the denial of vital organ transplants for afflicted patients based on their status of using legal medical cannabis (the bill has gone on to be signed by Governor Jerry Brown). In 2015, she started a Spanish-language outreach program called El Remedio in conjunction with Americans For Safe Access to provide better education to the Spanish-speaking cannabis community. You can find Ms. Bolanos at her home base, Purelife Alternative Wellness in the Los Angeles area continuing to spread love and education for the growing cannabis population.

B) Terrie Best, Chapter Chair for the San Diego Chapter of Americans For Safe Access, has been diligently reaching out to provide support to legal cannabis patients who have been wrongfully affected by local cannabis laws and restrictions and speaking out against questionable legal practices within the county of San Diego. She won the ASA Advocate



of the Year Award in 2015 and continues to help the industry through moral support, citizen journalism, and blog coverage that helps to connect affected patients with legal defense attorneys and important services. San Diego has faced many struggles with cannabis regulations, and compliant patients are still unfortunately victimized by the local court system. Until the city offers/adopts better solutions towards cannabis legalization, Terrie will continue to act as a voluntary voice of reason who'll swiftly report when legally compliant cannabis patients are treated unfairly in the legal court system.

C) Attorney, product developer, Board Member of the Massachusetts Patients Advocacy Alliance, and Co-Chair of the Northeast Cannabis Coalition, Shanel Lindsay has been educating the cannabis community about the importance of proper decarboxylation in the develop-

ment of cannabis-infused sublinguals, topicals, and edibles. In 2012 she commissioned the assistance of MCR Labs, a New England Cannabis Testing Facility, to perform groundbreaking research in the process of decarboxylation, and then developed a device that would accentuate this process/maximize the potency of edible infused cannabis preparations. As the founder of Ardent Cannabis, producer of the NOVA decarboxylation device, she continues to advocate for the progression of the cannabis industry all across the east coast.

D-G) (From left to right) Layla Ross, Amber Abbott, Juli Crockett, and Nikki Myers are members of team W-vapes, a California-based company that produces a variety of quality, consistent co2 extract products. Through hard work, diligence, and commitment to excellence, W-vapes has gone on to win numerous industry accolades and con-

tinues spread positive vibes throughout the growing cannabis community through meticulous R&D, outstanding consumer interaction, and sheer product professionalism.

As time goes on, and more places adopt regulations permitting the use of cannabis products, we'll continue to see more and more amazing women come forward in the name of proper cannabis regulations, standardization, education, and innovation. We'll be sure to highlight more of our industry pioneer women as we continue to move forward. Until next time, thank you all again for your hard work and dedication.



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## Your Cannabis Cash Is In The Criminal Crosshair, How Will You Protect It?

By: Warren Pulley

VP Project 7 Security Group

www.project7securitygroup.com  
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Marijuana businesses around the country are at great risk for armed robbery and burglary simply based on the amount of cash routinely kept on the business premises. A great number of cannabis operators lack the proper security protocols to adequately secure,

store, or transport their products or cash; which leaves these operators at substantial risk of predatory criminal actions centered around marijuana profits. In California alone, published news reports have detailed how dispensaries statewide have reported losses in the tens of thousands of dollars from suspects who have taken cash, marijuana plants, and cannabis products, which in some cases has resulted in the murder of employees during the commission of these crimes.

With cash being the lifeblood of each operation, it is imperative for marijuana business owners to begin implementing high-level security operations which not only protect their business and employees but most importantly their financial bottom lines. It has been our experience around the State of California that most marijuana business owners are ill-prepared to effectively deal with breaches of security, armed

attacks, selecting secure transports options or simply vetting security personnel to assist them in handling their tangible cash and product resources. It is imperative, especially in California that cannabis business owners began to seek out legitimate security companies, expert security consultants, and threat assessment experts to bring everyday security operations into best practice standards before they endure hard losses in cash or product.

Contributing to this problem, in California, and around the nation, is the fact that cannabis business operators continue to operate in a legal limbo. Pinched in between some state laws that allow for the legal use and sale of marijuana and related products and the federal government, under President Donald Trump which has yet to signal which way it will lean in 2017, and beyond on states' rights to regulate marijuana business operation

without fear federal interference from the DEA. Until the federal government weighs in with universal banking, security, and financial regulations that would allow for states to openly regulate marijuana business, each MJJ owner needs to ensure they have a very robust and proactive security operations plan in place. Security plans not only to protect a businesses' property and employees but most importantly its product and profits.

Currently, most dispensaries and grow operations are using a mishmash of unlicensed security companies to transport their products and currency. Additionally, they are utilizing video surveillance, key card scanners, limited entry and exit ways, metal detectors, and ID badges in an attempt to screen and control access to their highly profitable operations. It has been my experience that marijuana-related businesses systematically fall far behind industry best practices when it comes to protecting all things marijuana.

Here at Project 7 Security Group, we recommend that MJJ related business owners select professional security services to protect dispensaries, grow operations, cash storage, currency transport, and fixed site operations. Business owners should ensure that these security operators are licensed PPO operations in the State of California and employees who have a background in high threat, high stress, and high-tempo security operations. If you would like information on how to engage Project 7 Security Group in your security protocols, feel free to contact us at (800) 560-3103, www.project7security.com or wp@project7securitygroup.com.



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**Some Stoner Stereotypes**

By: Juniper Mead

Instagram: @social.420

You regularly hear the phrase "Mommy needs a glass of wine," and although in some circles it meets judgment, it's not nearly as harsh as what you're met with if you were to replace fermented grapes with dried flowers. In my circles, "mommy needs a blunt" is an all too common thing to say. Or "mommy needs a dab" or any other variation of cannabis consumption. Among ourselves, it's met with a knowing nod, an encouraging smile and the knowledge that we, as parents, will be all the better for the moments we have taken for ourselves.

In those moments of clarity, or cloudiness, depending on the strain, I've thought a lot about WHY there is so much judgment among non-cannabis consumers about those of us that do. The misconception of "lazy stoner" has been perpetuated for so long that it's been hard to overcome. At this point in the economy of society, one has to realize that cannabis has become not only a booming business but a business is being run by the very stoners that have been called lazy all along. So, we can't keep being met with the stereotype that all cannabis consumers are lazy, don't work, are unable to hold a job, and that parents who partake are not caring properly for their children.



About that parenting thing...at any given moment across this country, there are thousands of children that have been removed from their loving, kind and decent parents due to the fact that the parent lives in a state that does not recognize the medical benefits of cannabis. Displaced, uprooted, and sometimes placed in homes that leave them in conditions much worse than any child should ever have to endure. All because of a stereotype placed upon a plant. All we need is more education, normalization, and recognition for the people that are changing the laws and making a difference. 76% of doctors worldwide approve or endorse medical marijuana use. That's got to say something right?

One of my biggest goals in life is cannabis normalization. Simply put, I'd like it to be as socially acceptable for me to have a cannabis infused drink as it is a beer at a BBQ. Or, for me to be able to say "mommy needs a blunt" instead of a glass of wine and not have a judgment placed upon my parenting skills. I hope that all cannabis consumers out there will join me in this, and we can break some of these stereotypes. Social acceptability has never been a big priority for stoners (or is that a stereotype too?), but let's make it work!



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## Vista Dispenses With Dispensary Pleasantries

By Benjie Cooper

Instagram: @nuglifeneews

Medical cannabis has been allowed by state law in California for over twenty years and has achieved overwhelming citizen support, but there are still some cities and counties that haven't determined what their relationship with the plant is going to be. There are different ways that they are handling it as well. Some municipalities have begun distributing medical marijuana licenses while others are still conducting armed raids until they can figure out what they are going to do.

At a Vista City Council meeting on March 15, local patients testified for around two hours about their reliance on medical marijuana, and the importance of dispensaries being allowed to operate within city limits. After around 35 people had spoken, the council instructed their staff to draft a proposal regarding the taxation and regulation of the co-ops. The council was split on the issue, but they mostly agreed that regardless of what their personal feelings may be, they are in office to do the will of the voter. At the end of the meeting, dispensary owners were under the impression that the raids were finally at an end, but this has not been the case.

Since the council meeting in March, police have conducted an average of one raid per week, with no signs of stopping at the moment. During at least one of the raids, law enforcement seized cannabis products, patient records, and cash from the registers. Officers destroyed and spray-painted security cameras, handcuffed patients in the lobby and broke into the third-

party ATMs to confiscate the money inside. Invoices show what police took from the dispensary, but they do not list amounts for anything.

The dispensary raids in Vista are happening because of zoning violations. The situation is legally similar to a when a homeowner constructs a shed in their yard without obtaining the proper permit from the city, but in this case, the permit doesn't exist. In the two decades since Californians voted to legalize medical cannabis, the city of Vista has failed to draft any ordinance to allow for dispensary operation. They have instead opted to continue conducting armed raids, arresting patients, and seizing assets, regardless of who owns them.

There is a city council meeting scheduled for Tuesday, April 25 at 5:30 pm at the Civic Center in Vista. The council staff is slated to present the regulation proposal during the meeting. Regardless of what the text of the proposal might say, local dispensary owners are encouraging citizens to attend and speak to the council to help ensure that they do not pass overly restrictive or unfair ordinances.

In a time when voters have legalized both medical and recreational cannabis in California, mayors and city councils across the state need to pay attention to what they are saying. These are the people who are writing and passing the marijuana reform laws, and they are not afraid to apply the same ideas to their elected officials. If you cannot reform a council through education, you can reform them in the next election.



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## 420... A holiday for cannabis. Oh, what a day!

The codeword 420 is a common term us stoners use to indicate it's time to light up. This does not mean we look at the clock and say... "Hmm it's 420, it's time to smoke." It could be 11 in the morning with my roommate passing through the kitchen yelling 420, so we all know a blunt shall be sparked. The cannabis community also uses the phrase "420 friendly" to let others know it's a cannabis smoking environment.

As the story goes, the 420 term was originated in 1971 by a group of people in San Rafael California. The group was said to have been treasure hunting for an old abandoned cannabis crop. This group apparently hung outside of school against the wall; they called themselves "the Waldos." These explor-



ers would meet after school at the Louis Pasteur statue at 4:20 as their meeting time. They started to refer to these meetings as "420 Louis." They never did find the cannabis crop.



For more information on the article and author, view it on our website by scanning the QR Code.

### THC

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Medical benefits:

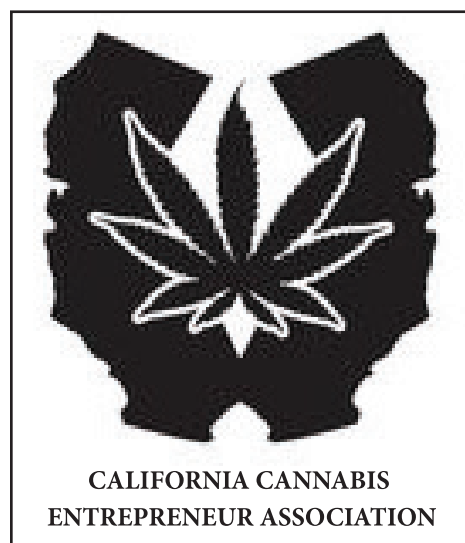
- eases pain
- helps with relaxation
- suppresses pain from nerve damage
- reduces risk of nerve damages
- suppresses muscle spasms and convulsions

### CBD

CC1=CC=C2C3=C1OC(=O)C4=C2C=CC(=C34)C

Medical benefits:

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- kills breast cancer cells
- stimulates bone growth
- stops inflammation
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- anti-oxidant properties
- anti-psychotic



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## The Connecticut Hospice's MMJ Trials to Replace Opiates

By: Brittany Williams

Marijuana has often been lauded as a more positive alternative to opioids in the marijuana world. But there weren't any clinical trials in the medical world to prove its positive uses due to many reasons: its categorization as a Schedule 1 drug, finding the correct weed plants and having to apply for a license from the DEA. Until now. At Saint Francis Hospital and Medical Center

in Hartford, Connecticut, they started a research program in reaction to the opioid epidemic. Opioids may result in severe addiction, and even death, a disease racing through the USA, just because someone is healing from a traumatic event and doesn't want to deal with pain. Weed does much the same thing, but without the dependency or deaths.

This study took two years to meet DEA requirements and then get approved. These structures include keeping the marijuana securely locked up so it can't be used on the streets (since there's none currently on the streets...). It parallels the use of marijuana as a pain reliever versus oxycodone. Doctors and medical professionals are so desperate to stop this drug epidemic that they bankrolled this \$30,000 to \$50,000 study. The study will include patients with minor injuries who will choose between being treated with opiates or marijuana for two months of the study.

Dr. James Feeney hopes that marijuana may help end the heavy dependence doctors have on it for their patients. He says that "You really don't have a lot of options. You have opiates...Yeah, there are [alternatives]. They're not good." He points out that marijuana use may

help treat severe pain, chronic pain, is less addictive, and can help one get through an opioid addiction. He supports marijuana as a hopeful alternative to drugs that can leave one worse off than when they came into the hospital. Over 30,000 people died in 2015 from various opioid drugs, including heroin, fentanyl, and oxycodone, which is more than twice of the deaths in 2014.

According to many patients and their doctors, opioid painkillers are the true gateway drug to harder drugs, not marijuana.

Feeney is also quoted as saying, "Anybody that takes even a cursory look at the medical literature understands that this could be used to replace opiate pain medication." Finally, the USA is figuring out that marijuana isn't a harmful medicine and is being able to use it without fear.

I've been criticized for my weed use before. As a person hit by a drunk driver with massive amounts of titanium running through her body, I've been prescribed (and subsequently became addicted) to codeine and fentanyl after my car crash. The only way I escaped that dangerous world was moving to Humboldt and discovering the posi-

tives of weed (something I had been strongly against since I was a small child) and incorporating it into my life. When I used to be criticized by others, I would ask them how many pills they pop every morning. But now I realize that it's an addiction, I've curbed my comments, as I hope others will as well.

SOURCES:

Connecticut Department of Consumer Protection

<http://www.ctpost.com/local/article/Study-to-test-marijuana-as-replacement-for-opioids-10801698.php>

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# CBD Infused Lubes

By: Frank G. Shineman

In doing my research for this report, I visited a few different websites. My motive is to give the readers as complete a look as possible at all the pros and cons of these products. It will then be up to any interested individuals to arrive at their conclusions and determine which products will work best for them in their times of intimacy.

In one review, it was apparent that the lady was trying a CBD-infused lube, wanted a long lasting product. Initially, she was disappointed, not so much for the lube but that she discovered that the semi-porous silicon dildos were not a good match because they dried out much quicker. In her first experiment, a pea sized drop of the lube only lasted 2 minutes and 15 seconds. Even adding a bit of water to the lube, the slipperiness didn't reactivate. She goes on to tell that then she switched to a stainless steel dildo. Her main reason was that she knew from past self-loving sessions that metal was friendly to lubes, without the porousness of silicon. Applying a quarter size drop of Caragold CBD infused lube to the steel dildo, it lasted 5-8 minutes. Plus there was the advantage of once adding a bit of water to the lubricant, it reactivated, and she was able to continue her self-pleasuring to an orgasmic end.

She was also disappointed in the fact the packaging of the Caragold would only state that they are "currently in testing for latex compatibility." In layman's terms, if your partner uses a latex condom, there are no guarantees given or implied. All in all, this tester of the Caragold CBD infused lube was very underwhelmed.



A major question we want to address is- are the cannabis lubes better than the mainstream brands? In most of our minds, when we think intimate lubricants, a lot of us think almost automatically of a national brand like K-Y. The group of testers chose 1. Foria cannabis spray(oil-based) 2.Swiss Navy- silicone based 3. Wet Naturals for Sensitive Skin(water-based) and K-Y Warming Liquid(chosen for its warming sensations).

The hands down winner was Foria. Though not a lube in the traditional

sense; it is an oil based spray containing THC. It is gently sprayed on at the outset of amorous activity. In one test, it was sprayed on the mucous membrane (moist flesh) of two women's clitoral areas. In each case, the lady testers enjoyed very intense clitoral orgasms ranging from 10-15 minutes in duration. Also, uncircumcised men sprayed it lightly on the glans of their penis(also a mucous membrane because of the foreskin's protection). They also reported enjoying very intense pleasure. The conclusion was that circumcised men would be left out in the cold, simply because they have no mucous membrane in their genital area. Myself, personally being on the team of the "left out in the cold" refused to give in so easily. I reasoned, well, yes, it's true that I don't have that moist area, but what if I sprayed a tiny bit into the moist opening and what level of pleasure might I experience? It is now on my to do list.

Huffington Post has written that Foria can be sprayed on the entire vulva including the clitoris. However, all California residents must have a valid physician's recommendation letter. For the cost of approximately \$88.00 you and your lady will be off to an orgasmic nirvana.



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## Make a Difference

Kate Adamson, the wife of Seedless Clothing's creator, is suffering from stage 4 stomach cancer. She is a mother of two who has a long road to recovery.

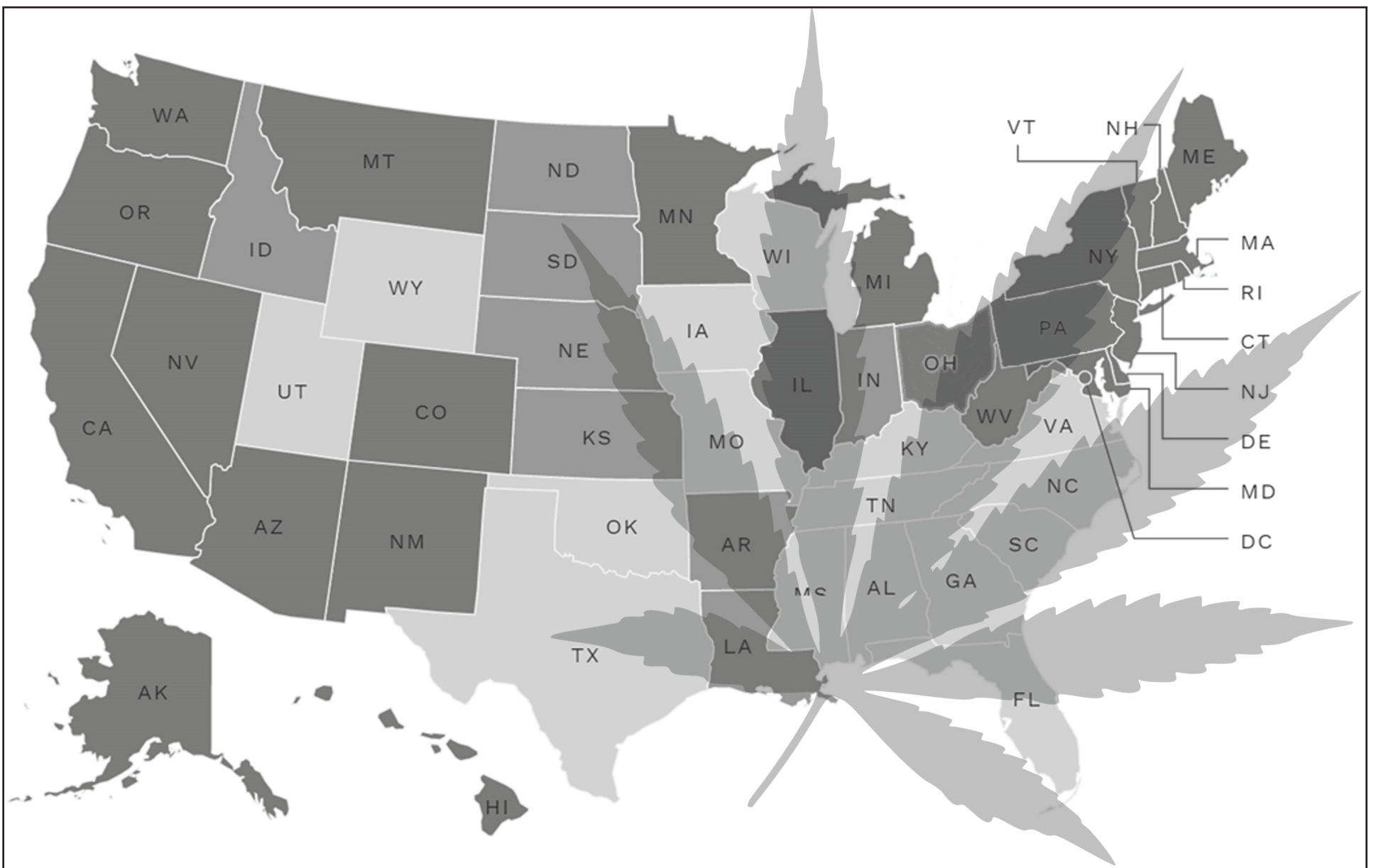
Seedless has played a positive role in the San Diego cannabis scene for years; we believe it's only right to give back to this amazing family.

Kate's family has set up a go fund me to cover the costs of her medical expenses. Anything helps. You can donate to K8 by going to LOVEK8.com or going directly to go fund me and entering "LoveK8" in the search.



For more information on where to donate, view it on our website by scanning the QR Code.





## State By State Marijuana Legality

By: Nikki Walls, Ms. Major Blazer

Instagram: @Ms.MajorBlazer

While most were busy paying attention to Donald Trump, recreational marijuana was legalized in four more states, with medical marijuana legalization in three more. As a hazy wave of legalization drifts over the US, it is a great time to go over what you can and can't do with that newly-legal kush.

Marijuana was just fully legalized via a ballot measure in four states: California, Nevada, Massachusetts, and Maine — joining Alaska, DC, Colorado, Oregon, and Washington.

California is the only state in which the new laws take immediate effect. Legal weed did not start until December 15, 2016. In Nevada, you can legally spark up on Jan 1.

The only straggler was Maine, where opponents to the new law had requested a recount of the measure, which was thankfully abandoned after just a month. Maine had legalized marijuana for medical use in 1999.

Now that the recounts have been dropped, the Governor of Maine issued proclamations certifying the results. The measures took effect in January, but implementing the new law — as well as other referendums that passed last year is expected to take months. The federal government continues to classify marijuana as a prohibited substance. The prohibition could, unfortunately, prove problematic if the Trump administration is more aggressive in enforcement than Obama's administration, which has avoided intervention in states' legalization efforts.

In all of the new states you can legally consume and carry marijuana once the laws go into effect, but you won't be able to legally buy it until 2018. Each state requires special licensure for recreational sale but has yet to set up the issuance and taxation infrastructure.

Recreational marijuana is currently for sale in Alaska, Colorado, Oregon, and Washington. In Washington DC though, sales are in legal limbo and marijuana consumers must either receive their pot as a gift or grow it.

Before you go to your favorite grassy knoll to light up your grassy bowl, research where you can actually smoke. Every state bars the consumption of marijuana on public property. In most states, this means the only place where you can get high is at home. While bars and other venues are technically private property, marijuana opponents argue that these spaces are "publicly accessible private venues," where marijuana prohibition still applies.

In Denver, however, voters just passed a proposition that will allow the consumption of marijuana at bars and restaurants — signaling the potential copying of the policy by other localities in states where marijuana is now legal.

Interested bars and restaurants would have to show they have neighborhood support before getting a license to allow marijuana use. Also, patrons would

have to bring their own weed to comply with state law banning the sale of both pot and food or drink at a single location. Patrons at participating bars could use pot inside as long as it isn't smoked. The law does provide for the possibility of outside smoking areas under restrictive circumstances. The law also allows for non-service establishments, such as yoga galleries or art galleries, to set up pot-smoking areas or hold events serving both pot and food and drink.



For more information on the article and author, view it on our website by scanning the QR Code.





## Wrestling With Cannabis

By Benjie Cooper

@nuglifeneews

Professional wrestling and marijuana are two things that one doesn't commonly find together. Except, perhaps, when some fans are smoking some cannabis in the comfort and privacy of their homes while enjoying an episode of Raw or Smackdown. But marijuana consumption isn't part of the show itself unless the show happens to be called Wrestle Sesh. On Saturday, April 8, a gang of wrestlers descended

upon Oak Park Hall in San Diego for a slew of matches filled with kicks, slams, leaps, falls, and one very sizeable joint.

Vendor tables were posted along the walls inside, displaying a variety of flowers, concentrates, topicals, and edible products for sale. More vendors were set up in the fenced area outside, including one selling non-medicated BBQ items for the inevitable hunger that tends to follow cannabis consumption. Shortly after the event's opening, and when people had made their way into the main hall, the evening's wrestling matches began. Two-by-two, wrestlers clothed in spandex and a myriad of other materials made their way to the ring to battle it out on the

mat, outside the ring, and in the air for the ultimate goal of a pinned three-count.

After a few of the matches had been finished, the guest of honor took to the microphone to speak on how cannabis had benefited him in his life and professional wrestling career. Charles Wright, known to fans as The Godfather, was the first WWE superstar to incorporate marijuana as a regular theme in their storyline. Even so, rules bar the company's athletes from using cannabis, even medicinally. They will fine wrestlers who test positive for THC and take further disciplinary action for subsequent offenses. Wright told the crowd about how his life changed after his first experience with marijuana. He said, "At 28 years old, I tried marijuana for the first time. At that point, man, I stopped drinking, I stopped doing pills and opiates and all that...at 56 I think I don't look too bad and I really attribute that to cannabis and all the benefits from it."

The outcomes of professional wrestling matches are predetermined, but the stunts are real, and so are the injuries that come with them. The world of pro wrestling is no stranger to the consequences of the misuse of prescription medication, alcohol, and other drugs. Bam Bam Bigelow, Chyna, and Ed-

die Guerrero are just a few athletes whose substance-related deaths are examples of the need for change in how the World Wrestling Entertainment organization treats their athletes' injuries. The company does have a wellness policy to help get wrestlers off painkillers, but medical marijuana is not part of the program. The WWE may not like Godfather's vocal stance about his cannabis use, but they should pay attention to the facts. His choice to use marijuana instead of pills produced for him a drastically different outcome than that of some of his colleagues, who opted for other substances.

Following Godfather's speech, the final set of matches of the night began. After one bout, Bobby Rocket was awarded, then smacked in the head with the championship belt before a tag-team main event, featuring a foot-long joint, capped off the night. Some wrestlers medicated before their matches, some during, and others afterward, but with the hits they were taking in the ring that night, hitting some cannabis is just what the doctor ordered.



For more information on the article and author, view it on our website by scanning the QR Code.



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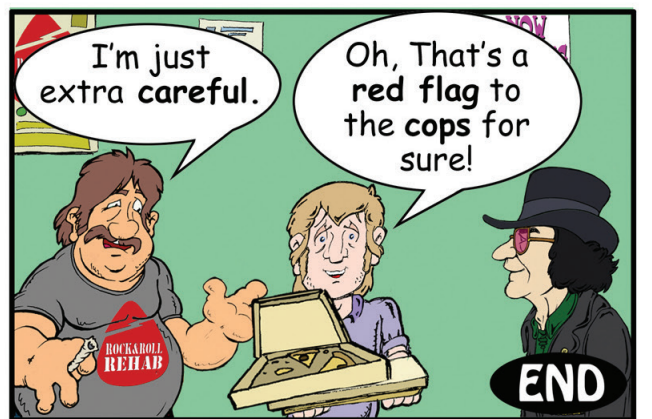
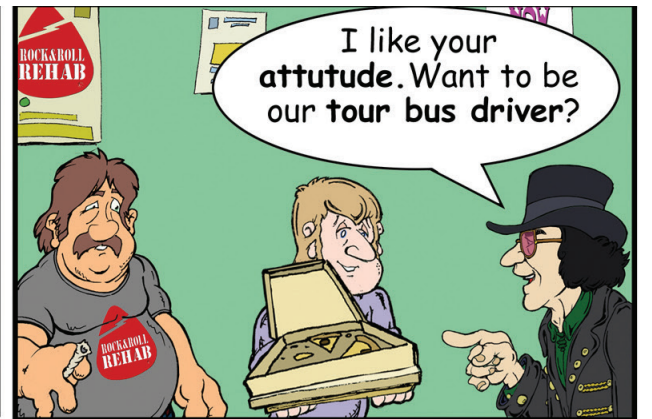
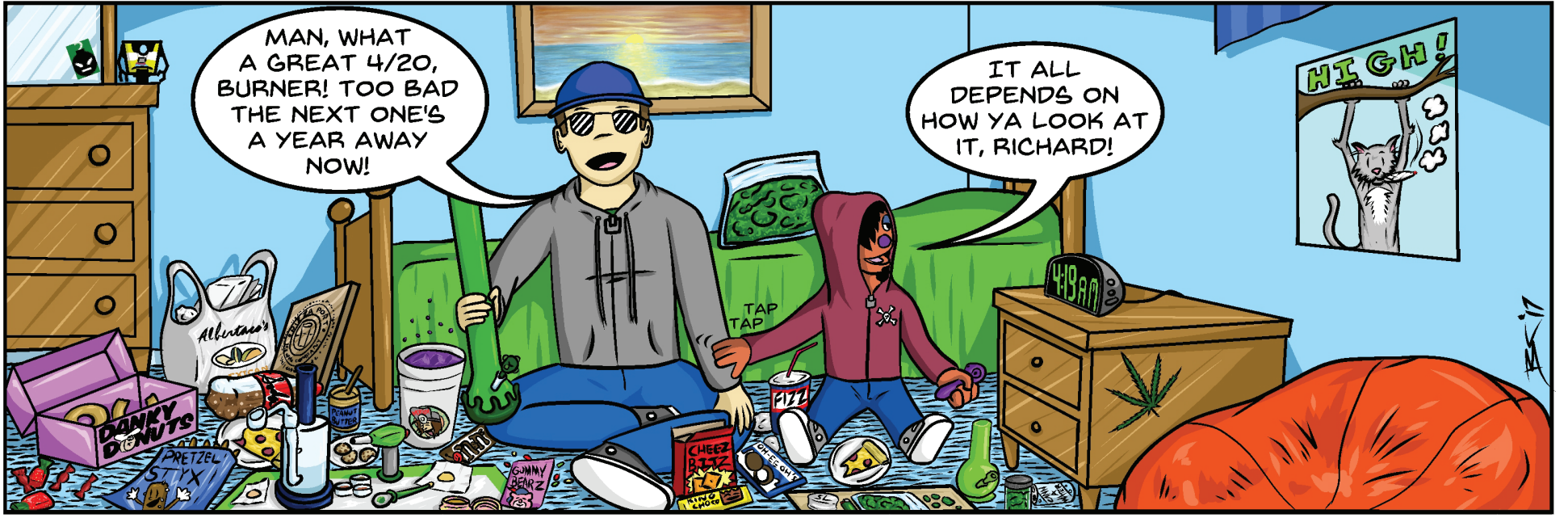


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## Strain Review: Kandy Skunk

By: Nikki Walls, Ms. Major Blazer

Instagram: @Ms.MajorBlazer

From: Private grower

Grade: A+

Sativa: 90% Indica: 10%

Price:\$35/8th

Review: Kandy Skunk is a unique strain that has something for all stoner connoisseurs. Kandy Skunk is a mix of Kandy Kush and Skunk #1, giving off a strong earthy, musky and skunky smell. This popular day-time medicine bal-

ances full-body relaxation with gentle cerebral invigoration.

Helps: The terpene limonene provides most of this strains' amazing uplifting qualities. Kandy Kush elevates mood, inspires happiness and creativity, while curing stress and depression.

Appearance: The first thing you notice about this strain is how the large, lush dark green buds are loaded with thick orange hairs and beautiful trichomes.



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## Interview with San Diego's Parker Edison

By: Nate Whitsell

Instagram: @SDLovesHipHop

SDLovesHipHop.com

While you are caught up in your day-to-day, San Diego's Parker Edison is making moves or movies. One of SD's hardest working emcees is currently transforming a sample-based EP into a live band-based album, performing at any number of San Diego's most respected hip-hop venues, advocating for meaningful social change, or dabbling in film. I am grateful that Parker added an interview with us to the impressive juggling act; read up on what he's doing and how you can get involved below.

NW: Parker Edison, thank you for taking the time to share some of your journey with us. Who is Parker Edison?

Parker Edison: I'm Parker Edison. I left home like three months after my 18th birthday. I had an apartment, but I was still young and doing dumb \*\*\*\*. I was writing raps and wanted a rap name I could tell the police if I got jammed up. Parker was the first name of an S.D. legend from a crew called 'House Klan'. Thomas Edison had a bright idea, so I combined the two. It makes me laugh now because 50 Cent did the same thing with a legend from his block.

NW: How has hip-hop changed your life?

Parker Edison: I grew up in rap. My big brother King Rhon used to gimme BDP [Boogie Down Productions] tapes. I saw my first concert in the 3rd grade, Public Enemy in D.C. The first record I ever bought with my own money was De La's '3ft High and Rising'. Monumental moments in my life are soundtracked by rap records. It's like growing up in the city. You don't know anything else.

NW: I want to touch on Reclaiming the Community and your work as an activist a little. What is RTC, and how can readers get involved?

Parker Edison: Reclaiming the Community is a movement of neighborhood people, artists, and businesses interested in building a healthier community in Southeast San Diego. People should contact Pillars of the Community to learn how they can get involved.

NW: Who are some of the artists involved, besides yourself, and what is the significance of their involvement?

Parker Edison: If you count the rap artist on the album/mixtape, participants of the 'Reclaiming Our Stories' book, activists, organizers, family members, etc. it might be a pretty good number. I think part of reclaiming the community is us reconnecting with each other.

NW: What have been some of the successes you've seen as a result of the many efforts of RTC and its members?

Parker Edison: One of the coolest things I've seen from this project is members like Wilnisha 'Tru7h' Sutton branching out and pushing other causes that are

important to them. Her new endeavors introduce more people to RTC, and the movement keeps growing.

NW: I know that you approach hip-hop with the same passion and compassion as you do the rest of life, so in what ways are you similarly working for the betterment of San Diego's hip-hop community?

Parker Edison: I want to put out artists' records. There's a ton of talent in the city. I'd like to help artists with digital distribution, branding, social media marketing, promotion, etc. SD's rap scene is missing that. We don't have access to music accountants, booking agents, or business managers. I want to get more of that in the city.

NW: Your work in and for the community is more than enough of a contribution, but you also contribute through your art. What's going on with your music right now? What can listeners expect from Parker Edison, the emcee?

Parker Edison: I recorded a seven song demo called the 'Parker Meridien EP' (available on iTunes, Pandora, Spotify, and Apple Music). I've been doing live shows with a drummer and bassist. Every month this year I've done a performance, lecture, or a podcast to get people familiar with the EP. My plan is to push the demo version now, fine-tune the songs all year on stage, record the live versions, and put the record out early next year.

NW: That sounds like an amazing formula for artists to follow! Is this a method you plan to stick to for projects moving forward?

Parker Edison: I might, but right now I'm just giving in to the whims of the art, letting it direct itself.

NW: This gives fans that sample-based music they love, an inside look at the development and interpolation of that original music, and a royalty-free end product where the artist(s) can make money without paying for samples and then license the music for placement elsewhere - genius! Are you thinking about getting into artist development/management? It seems like your forward-thinking approach is just what hip-hop needs to continue growing.

Parker Edison: Nah, I don't want to manage artists. I'm too selfish. I have my own art-goals I'm trying to play out. But I do want to work with as many cats as I can.

NW: Is there anything else on your mind that you just have to get out?

Parker Edison: Yeah. I'm a big weirdo. A germophobe misogynist who mumbles Christopher Walken lines in the shower and writes album titles on the mirror. So if we meet somewhere and I'm awkward, be glad, cause it means I'm being real with you.

NW: What's something you'd like to share with San Diego's hip-hop scene?

Parker Edison: I'm working on a film endeavor that I'm real excited about. It's been in talks almost five years, and we're finally a-go. It's something I hope to see in libraries next year.

NW: One emphasis of these interviews is to see a heightened level of unity in the San Diego hip-hop community. Can you point to some other artists who you see as comrades and who you also see as helping to progress the scene?

Parker Edison: James Robinson Jr and Smoke Break Records released my most recent project. He's a good dude. It's been dope. I met him through DJE3, who's another cat people should get to know. There's tons of local cats people should check out. Ric Scales, Skinny Veny, Heir Wallace, Bad Habbit, Fleetwood Mac10, ATO, T-Stanz..tons of cats. My favorite underrated album right now is 3D & Ethyx.

NW: Finally, where should readers go to connect with you?

Parker Edison: I'm playing shows all the time. Come out and see me or look me up on smokebreak.com.



For more information on the article and author, view it on our website by scanning the QR Code.

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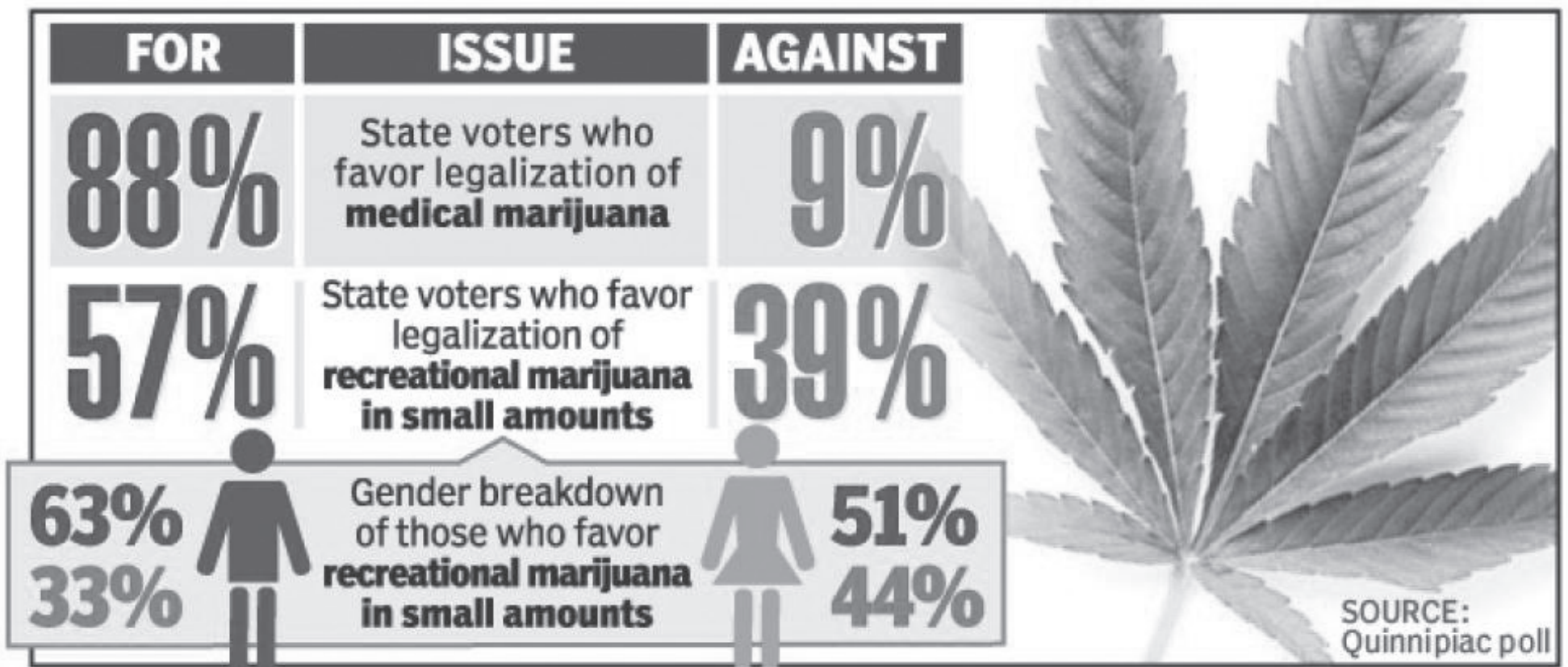
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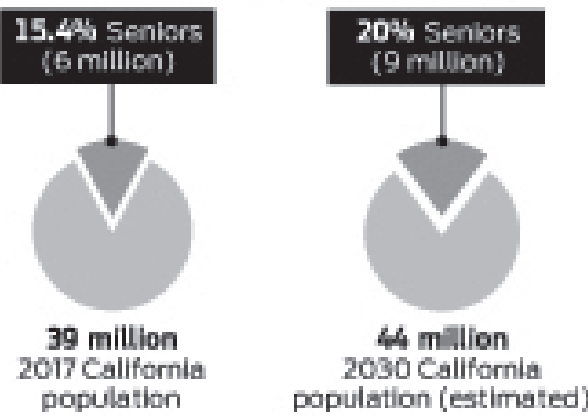




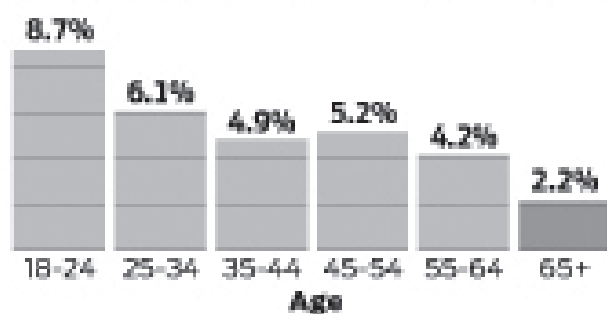
**A senior alternative?**

California faces a growing burden of elderly citizens, almost none of whom have used medical cannabis to treat a serious condition. But many seniors probably could benefit from medical cannabis use, and California could save both money and lives if seniors used the botanical as an alternative to dangerous opioid painkillers and other addictive drugs.

**Growing elder burden**



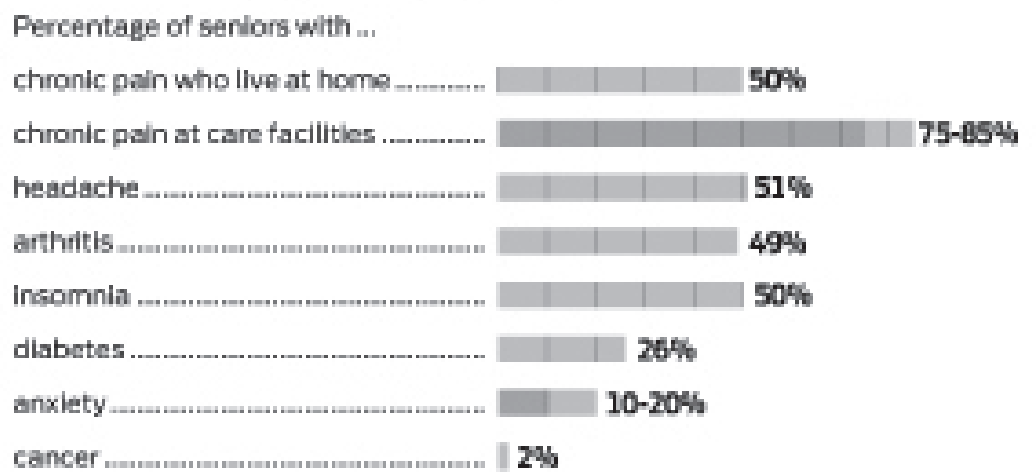
**Seniors are least likely to try pot**



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Top reasons Californians use medical marijuana: chronic pain, arthritis, migraine, cancer



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► U.S. health care budget: **about \$3 trillion a year**

► Seniors with multiple chronic conditions: **66% of the U.S. health care budget**

► Percentage reduction in opioid deaths where cannabis is available: **25 percent**

► Savings in Medicare prescriptions where marijuana is medical available: **\$165 million**

► Savings in Medicare prescriptions if medical marijuana was universally available in the U.S.: **\$470 million**

Sources: Census.gov; Public Policy Institute of California; California Behavioral Risk Factor Surveillance System (3,789 California respondents, 2012); NHP; CDC; Journal of the American Board of Family Medicine; International Journal of Geriatric Psychiatry; Centers for Medicare and Medicaid Services; JAMA Internal Medicine; Health Affairs





## Super Easy Cookie Edible

You will need: An oven, crackers/cookies, aluminium foil, Nutella

Take about a bowl pack of weed, .4 grams, and place into a bit of aluminium foil, so it's wrapped and there are no holes.

Pre heat oven at 230F.

Place the aluminium foil ball of weed in the oven for 15 min.

After the 15 min, take the weed out and heat the oven to 320F

Take two cookies and spread Nutella thickly onto both cookies. Open up the ball of weed and sprinkle it over the Nutella. Try and make sure it's evenly mixed. Sandwich both cookies together and wrap in aluminium foil. Bake for 20 min.



## Guayaki Yerba Mate

By: Kathleen McLean

Organic drinks scare me. I can pinpoint the exact moment I felt organic drinks were not for me. It was a sunny afternoon, and I was visiting with my sister. She promised me that once I had a few sips of this organic raw Kombucha, it would be my new favorite beverage. Nothing could have been further from the truth. It tasted bitter and down right evil. I now have trust issues. Surely she knew the drink she was serving me was completely awful. I've tried Suja, Naked Juice, and a bevy of organic liquids, I've liked none of them. So, when I opened up a gift bag I had received at the MMJ conference, I was skeptical when I came across a can of Guayaki, an organic blend, Yerba Mate. I placed the beverage in my fridge and made the decision to try and pawn it off on my next guest. There was nothing I found attractive about the can itself. It's a mustard yellow color with maroon writing and blue tribal markings, the

only cool part of the can. Sketchy with a capital S!!

Over the next few weeks, I had a trail of friends coming in and out, and no one wanted to try the drink. They opted for Corona, water, or Sprite. Then it happened...I had cottonmouth. I needed something fruity, different. I reached for the Yerba Mate, Bluephoria to be exact. I opened it, held my breath and took a sip. To my glorious surprise, it was GOOD! This organic blend was not just good it was fantastic! I could hardly believe my taste buds. I had my daughter try it, my husband try it, and across the board, we all agreed, we would be buying this drink in the future. I was impressed. The whole experience reminded me of my daughter's favorite childhood story, Green Eggs, and Ham. I will drink this drink in a house, with a mouse, in a box, with a fox. I will drink this drink here or there I will drink this drink anywhere!



For more information on the article and author, view it on our website by scanning the QR Code.

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## High Times US Cannabis Cup So-Cal

April 21 - 23 @ 8:00 am - 5:00 pm  
 National Orange Show Events Center  
 689 South E St  
 San Bernardino, CA 92408

## World Medical Cannabis Conference and Expo

April 21-22 @ 12:00 pm  
 David L. Lawrence convention Center  
 1000 Ft. Duquesne Blvd.  
 Pittsburgh, PA 15222

## National Cannabis Festival

April 22  
 RFK Stadium Festival Grounds  
 2400 East Capitol St  
 SE Washington, DC 20003

## Hempcon 420 Reggae Festival

April 21 @ 4:00 pm - 10:00 pm  
 April 22 @ 12:00 pm - 10:00 pm  
 April 23 @ 12:00 pm - 8:00 pm  
 Cow Palace  
 2600 Geneva Avenue  
 Daly City, CA 94014

## New England Cannabis Convention (NECANN)

April 22 - April 23 @ 10:00 am - 6:00 pm  
 Hynes Convention Center  
 900 Boylston Street  
 Boston, MA 02115

## Classic Cannabis Tour: Free Walking Tour

April 22, 23, 29, 30 @ 11:00 am & 1:00 pm  
 Alamo Square Park  
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## THC Fair

April 22 @ 10:00 am - 5:00 pm  
 April 23 @ 11:00 am - 5:00 pm  
 Riverhouse on the Deschutes

2850 Rippling River Court  
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## Kushstock

April 23 @ 12:00 pm - 10:00 pm  
 Los Angeles, CA

## Vista City Council Meeting On Dispensary Regulation

April 25 @ 5:00 pm  
 Vista Civic Center  
 200 Civic Center Drive  
 Vista, CA 92084

## Q2 Northern California Quarterly Cannabis Caucus

April 25 @ 6:30 pm - 9:00 pm  
 Meadow MD  
 San Francisco, CA 94105

## Indicalife Fair

April 29 @ 11:00 am - 6:00 pm  
 Wilshire Plaza  
 2515 N Scottsdale Rd  
 Scottsdale, AZ 85257

## Oregon Marijuana Business Conference

April 28 @ 9:00 am  
 Valley River Inn  
 1000 Valley River Way  
 Eugene, OR 97401

## Annual Global Marijuana March

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## Cannabis and Hemp Expo - Calgary

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# HIGHTIMES®

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## The Hitman Coffee Shop

By Jessica Skinner and Bryan

IG: @kushy\_kitty and @sparked\_interest\_photography

The Hitman Coffee Shop...how can I describe this? There is not just "one way." Walking into the establishment, I was greeted with bustling activity. Everyone was putting the final touches on the Big Night, Friday, April 7, 2017... opening night! As I am walking through, looking for someone to introduce myself to, I spy that well-known hat.

I walk over, stretch out my hand... and say "I'm looking for Bryan, but I know who you are."

He eagerly takes my hand, flashes that smile, and says "Hi, I'm Doug, thank you for coming."

All evening this was the energy... open, friendly, warm, and inviting. It is so refreshing to meet cannabis industry insiders, that have embraced a sense of community, rather than competition. I was able to take a stroll through the shop with Doug, and hear how years of hard work and networking have resulted in a "network hub" for all who wish to share. Amazingly dedicated and loyal to local artists and cultivators alike, I get a tour from the Hitman himself.

Among the vast collection of glass, are pieces from artists throughout the years. While walking through the cases of intricate, heavily designed pieces, I ask if these were all gifts from the artists.

Doug looks me straight in the eye and responds "No, I bought them." It was at that point I fully understand why this man is both loved and respected in this industry. A lot of people will talk the supportive talk, but Hitman proves it. Understanding the value of

time and energy, he uses his position in the world to help others attain their success; asking only that they do the same for someone else. My attention is drawn to the beautiful paintings on every wall available. I am then informed that these beauties are also from artists personally known by the Hitman.

A stunning and provocative use of space and color is evident everywhere the eye turns. Clean lines and classy understatement being the key elements. Along with the dark and heady scent of coffee, teas, and cannabis, there is no better place to conduct business (or pleasure). Boasting a pool table, smoke garden (decorated with street art beyond compare), full coffee shop, lounge, and rosin press, you can attend to all your canna-business in one stop.

This evening we were in for a special treat, however, and we were just about to experience our night.

Visitors were greeted by warm handshakes and open doors. All the tables were stocked with "Hitman" rolling trays piled with cannabis, packages of concentrates, bottles of CBD living water, and more. Music being pumped from the loft by none other than Beverly Hills own, D.J. Alchemist, and Patrick Jakes assured we were in for a groovy time. If you ventured out into the garden, you were greeted with a most amazing, medicated fruit cocktail. "Habit" by Canaveral is quickly becoming one of the heavy hitters. Canaveral offers many flavors both medicated and non-medicated. Their drinks are a must in any situation. The concentrates were a gift from "C.E. Solutions" and wonderful. The taste and punch were a memorable experience.

Team "Sasquash" was on deck to press nugs all night long. With new art by "Seedless", they definitely made a noteworthy presence. Leaving their mark on the shop with a custom made "Hitman Coffeeshop" press...a member can go anytime and get flowers pressed!

I had the pleasure of dabbing out on some Dabbenport Extracts Sauce... and oh my! I am a believer! Sweet and sappy, the clementine taste lingered, as I chatted it up with awesome people. The Dabbenport Ladies were each the hostess with the mostest and had me feeling like I was hanging out with friends and family.

This is precisely the image and premise Doug was trying to create. A place where like minded folks, can come and discuss business, or life. Hitman Doug is one of our brands in the cannabis industry that is changing the game and stereotypes. Making great strides to break down the walls, and creating a community that no longer has to hide. Thank you, Hitman Doug, for all that you do. Can't wait to see what's next.





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## Hortiscope

By: Medicinal Mike Boris

@medicinal\_mike

### ARIES

Your grower's instinct says that that plant shouldn't have blue leaves, but the buds smell so good. Ignore instinct this just for this week. Something blue and wonderful is coming your way. Just have a little faith.

### TAURUS

Your buddy on the left keeps getting skipped in the circle and you're the lucky one who gets to hear about it. Make sure he knows the squeaky wheels get the oil. You might learn something about your own smoking etiquette.

### GEMINI

Have you been volunteered to make all the brownies? Except you don't know how to make brownies? Don't worry just wait to do it. Nobody likes the crayon flavored brownies you're making.

### CANCER

You need some pain-relieving CBD and the dreaded "exercise"! The best part of being a cannabis smoker is setting a great example. Go get some health in your life and watch those aches and pains disappear.

### LEO

You spent all morning heating a dab for the homie but they are nowhere to be found. Don't get too worried. They are just a little lost and neglected themselves a little. Hang in there!

### VIRGO

The only thing worse than finding out someone ruined a joint is finding out it was you. The circle will be a bit angry but just give them space to forget how horribly you roll. Can't hurt to supply the next puff.

### LIBRA

Are you trying to build one of those cool apple pipes but drawing a blank as to where to put the carb? Sit back enjoy a smoke and get a bushel of apples. You are going to make a lot of sauce but you will get it right...eventually.

### SCORPIO

Did cannabis make you psychic this week? You're just forgetting you have caller ID and knowing who's dialing you isn't as mystic when you're not high. Ease up on the assumptive advise this week and stop wondering if your telepathic. People thinks it's weird how you're looking at them.

### SAGITTARIUS

You are well medicated and enjoy a good meditation. You need to listen to yourself because the inner stoner inside needs a little attention. You may just be

receiving garbled telepathic messages from a confused Scorpio.

### CAPRICORN

You are tripping out on the amount of cash you have spent on wax this week! Good news is you're over reacting as usual. Spending \$14 in a week is usually not perceived as bad as you are making it. Toughen up or get a new hobby.

### AQUARIUS

Your whole group got food poisoning from a bad edible and you're waiting for the explosion to hit home. Luckily, it's being exaggerated and you should be safe. Just in case though better not eat edibles made in an apartment closet.

### PISCES

You are self-educating this week! Maybe pick up a copy of a Jack Herrer book. It may be hard to understand at first but soon you will be the growing expert everyone will look up to.



For more information on the article and author, view it on our website by scanning the QR Code.



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