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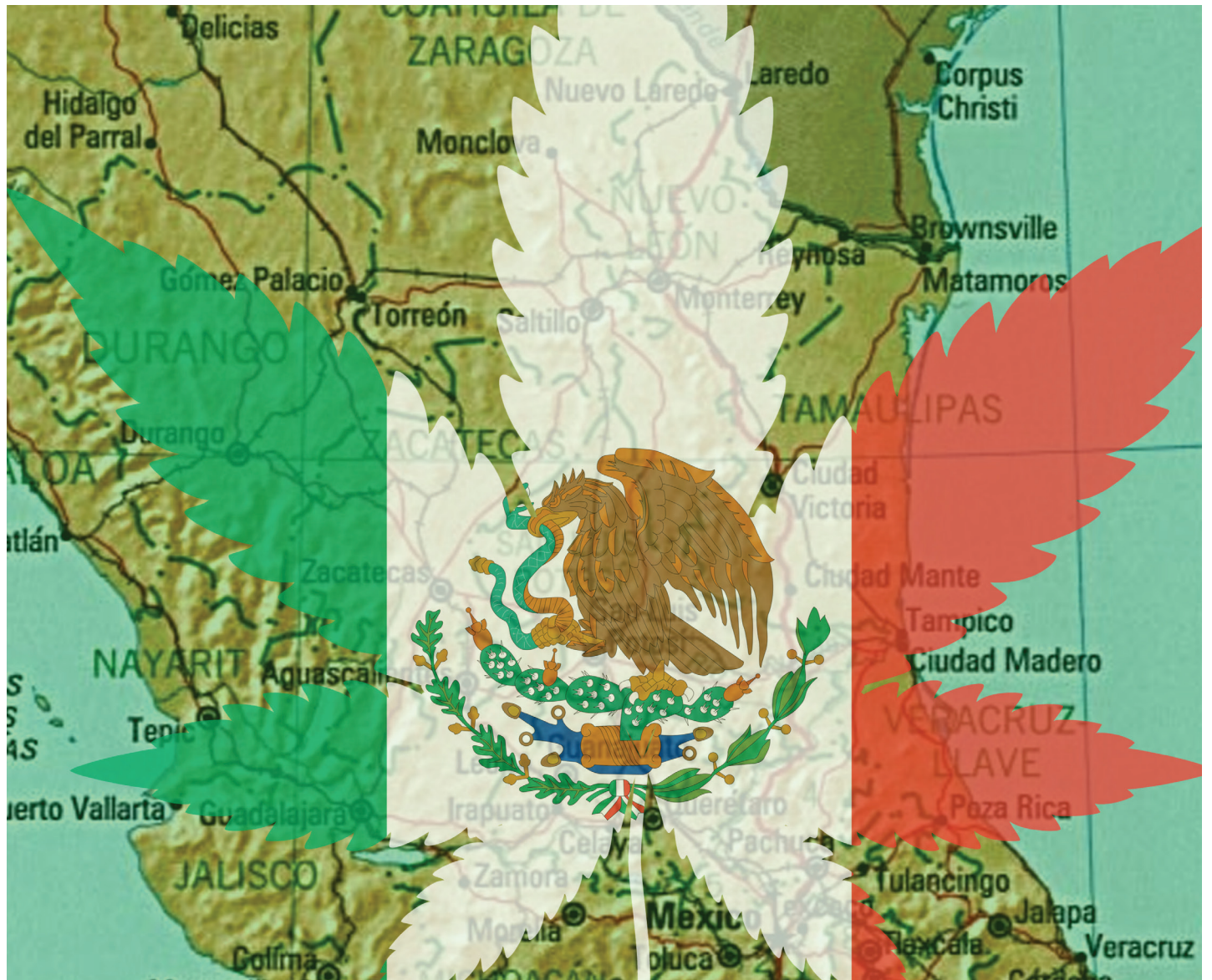


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Mexico Paves the Way For Medicinal Cannabis



Mexico is only one signature away from legalizing CBD-rich cannabis for medicinal use. Mexico's Chamber of Deputies (Lower House of Congress) passed amendments to the General Health Law and the Federal Penal Code recently which will legalize the scientific and medical use of marijuana. For the very last step in the process, President Nieto must sign the bill, which he is expected to do. Although he hasn't given any indication when he will address the bill, it's safe to say Mexico likely will be moving forward with marijuana legalization as Pena Nieto originally proposed the idea to update Mexico's cannabis prohibition law last year.

Mexico initially prohibited the export of marijuana in 1927. On August 21, 2009, Mexico decriminalized "personal use" possession of up to five grams of cannabis which President Nieto proposed raising to 28 grams in 2016. In light of the President's progressive stance on cannabis and the allowance of some citizens to use medical marijuana, many believe 2017 will be the year legal medical cannabis makes its way into Mexico for good.

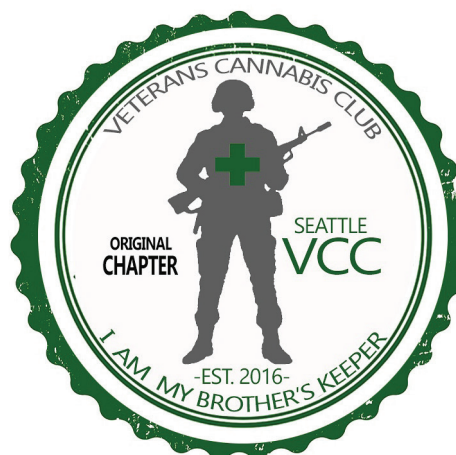
If Mexico legalizes medical marijuana,

it could mean big things for cannabis investors. With Mexico moving toward creating a legal environment, this gives investors another avenue to legally sell their products beyond Canada and the United States. Producers will have the opportunity to expand on massive levels.

Additionally, legalizing cannabis could help drive illegal drug cartels out of the marijuana business for good. There has been a steadily increasing decline of the amount of marijuana being smuggled across the border into the United States for several years. This phenomenon is because there is constantly a growing number of states that are legalizing marijuana for medi-

cal and recreational uses. The quality of the marijuana produced in the US exceeds that of the infamous Mexican "brick weed" and thus decreased the demand for what many call an inferior product.

As more people in countries around the world learn about cannabis, and societies realize the benefits of the plant, the days of marijuana prohibition are slowly becoming a thing of the past. In an age where information abounds, there is a global cannabis awakening, and Mexico is looking to be one of the next countries to rise and shine. On both sides of the border, we await President Peña Nieto's historic signature.



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Vista Inches Forward With Dispensary Regulations

By: Benjie Cooper

The Vista City Council scheduled a discussion on medical marijuana regulation to take place during a meeting on April 25 but removed the item from the evening's agenda only days prior. The public was allowed to come and speak on the topic near the end of the meeting, but no one turned in any speaker slips beforehand, so there was no public comment heard. All members of the council were present for the meeting except for Mayor Judy Ritter.

While the council did not have a discussion about licensing and regulating dispensaries, or on the proposal their staff drafted, they did introduce the idea of paying \$25,000 to an outside, independent firm to conduct a survey of Vista residents to get a better idea of their feelings on the matter. Council member Joe Green spoke first and said he felt that they should move forward cautiously with such a "historic" issue. The rest of the council agreed, and thought that the cost of the survey was a small price to pay for a clearer picture of local sentiment.

Data from a variety other relevant polls and studies is readily available online and should be an indication of what a local survey will reveal. The council

will get the numbers they want, but those numbers will only reinforce what many people already know. The social and political climate for marijuana in the United States has changed dramatically over the past two decades, notably when it comes to medical cannabis. Results of a nationwide telephone survey conducted by Yahoo/Marist were released in April and showed support for medical marijuana as high as 83% of respondents. In the first state that legalized medical cannabis, one can reasonably assume that the percentage of positive resident support shouldn't be that much different.

There was no word about when the survey would begin or when the results might be available but, regardless of their personal feelings, the council does appear to be trying to move forward into a realm that is very new territory for them. While armed police raids have traditionally been their way of dealing with dispensaries, some efforts are being put forth by the city of Vista to determine how it might be able to perhaps work with local co-ops instead of against them. Regardless of how the council might decide to tax and regulate the businesses, dispensary owners desperately look forward the day when they are allowed to operate without fear of a police invasion. The next council meeting on the subject is expected to take place sometime in June.



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

Cannabis Effects On Developing Brains

By: Frank G. Shineman

For many years, most of the American public thought of marijuana as an illicit drug. Today's reality shows us that this is rapidly changing. In 2016 there were more than 50 initiatives in State Legislatures all around the country. Those initiatives were all aimed at legalizing or decriminalizing the use of medical or recreational marijuana. The immense healing benefits of medical marijuana, with its high content of CBD's (cannabinoids) is amazing medical doctors, scientists, and researchers all over the world. Drugs are being developed to treat breast cancer as well as psychological maladies such as Schizophrenia, all from CBD's.

Even considering the great progress being made, it is this writer's opinion that there is an even greater issue that is not being addressed adequately. That issue is how cannabis is affecting developing brains. It is our intent in this report to confront this problem and provide answers where perhaps, previously there were not enough.

Qualified experts, such as Dr. Susan Weiss of the National Institute on Drug Abuse has stated, "There are a lot of open questions," about the long-term effects of marijuana use. Dr. Weiss went on to say, "There is a growing body of literature and it is all arriving at the same conclusion." Weiss added that "An early start to marijuana consumption and a frequent use of it may disrupt brain development."

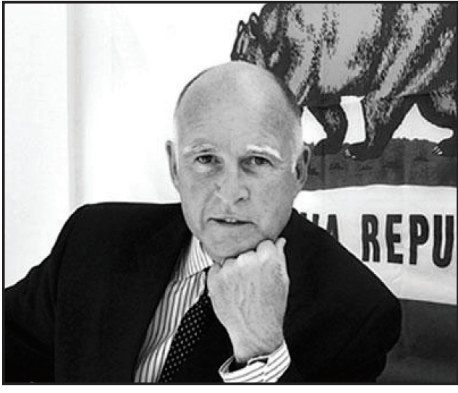
A major part of this problem is that the endocannabinoid system is immature in teen's brains. Dr. Krista Lisdahl of the University of Wisconsin has stated: "That system is important for cognition, neurodevelopment, stress response and emotional control." In addition, Dr. Lisdahl stated, "Repeated exposure to marijuana can significantly decrease cellular development in the immature brain." Krista Lisdahl, Ph.D. is the Director of the Brain Imaging and Neuropsychology Laboratory at the University campus located in Milwaukee.

Changed Brains

There have also been extensive studies conducted in European Universities, all pointing to similar conclusions. None of it being good news for immature consumers of cannabis and the future health of the brains of young men and young women. At the University of Barcelona, Spain, in 2013 Rocio Martin-Santos, M.D., Ph.D., and her colleagues, reviewed 43 studies of chronic cannabis use and the brain. The conclusions of these European scientists were not positive in any way. Consistent evidence was found of both altered neural activity and structural brain abnormalities in marijuana users. Although only 8 of those studies focused on adolescents, the findings of those eight investigations had the following common conclusion. Both structural and functional brain changes emerge soon after the adolescents started using the drug. Finally, the scientists found that the above-described changes still remained, even after 30 days of abstinence.



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Challenges Remain as California Prepares for Recreational Cannabis Licensing

By: Dominic J. Bartolone

As California prepares for full implementation of recreational marijuana, challenges remain on several fronts. Governor Jerry Brown, recognizing the uncertainty within the cannabis industry, has released a draft Cannabis Regulation Trailer Bill in an attempt to reconcile the Medical Cannabis Regulation & Safety Act of 2015 (MCRSA) with November's Proposition 64 – The Adult Use of Marijuana Act (AUMA).

So why does a reconciliation have to take place between the two laws? To begin, AUMA was originally written with the intention of merging its licensing requirements under MCRSA. Lawmakers believed there was no reason to keep separately licensing medicinal dispensaries if the casual use of marijuana was now decriminalized. It is also important to note that much of the regulatory framework of MCRSA extends to AUMA under current legislation, so it made sense to combine the two.

Since MCRSA already contained the legal framework for licensing all marijuana businesses, and with its non-profit mandate scheduled for removal by 2018, it seemed like the ideal mechanism for AUMA implementation as well. However, according to Governor Brown's office, the state is now taking the position of preserving both licensing structures in order to "protect public and consumer safety."

Another reason for the Governor's action is to reduce the possibility of the Trump Justice Department from bringing federal marijuana enforcement to the state. Under the so-called Cole Memo, the Justice Department will not enforce federal laws in states that implement "robust" cannabis laws. So, dual licensing appears to be the new path forward for California implementation.

Through the Department of Consumer Affairs and the Bureau of Cannabis Control, the Governor indicates that the primary reasons behind the recommendation are to remove the confusion that would be caused by combining both medicinal and rec-

reational types of cannabis licensing, improve oversight abilities, and reduce implementation costs while streamlining the process.

Licensing

Under AUMA, the adult use and possession of cannabis became legal on November 9, 2016. However, the regulated sale and distribution (wholesale and retail) will not be implemented until January 1, 2018, after MCRSA rules go into effect. Proposition 64 requires marijuana businesses to obtain state licenses similar to those required by MCRSA. The licensing categories are nearly identical under both laws, except for the designation "retailers" for pot shops, and added availability of micro business licenses under AUMA.

There are six different license types available under both MCRSA and AUMA:

- Cultivation
- Manufacturing Testing
- Dispensary (MCRSA)
- Retailer (AUMA)
- Distribution
- Transport (MCRSA Only)

Another significant change is that the state proposes eliminating the restriction on one entity holding multiple licenses. Under MCRSA rules, a single entity was restricted from holding multiple licenses. This restriction was seen as an unfair practice that would only serve to limit business growth within the industry. There is an exception for testing, where a licensee must be deemed "independent," and as such, will not be allowed to hold any other license.

Changes Ahead

So, if you are totally confused by now, you are not alone. There is a real need for the state to iron out overlap and provide some regulatory clarity before beginning the licensing mechanisms in January. In seeing the benefits of providing clearer industry oversight, the Governor has proposed keeping the two licensing mechanisms distinct by maintaining two separate licensing systems with the same basic requirements.

Of primary concern is the fact that while cannabis is legal under California law, it remains a Schedule I drug, prohibited under federal guidelines. In an attempt to provide robust oversight, California is seeking to establish a complex track and trace program, effectively barcoding weed from "seed to sale." This tracking system is said to be an important safeguard against having a portion of what is expected to be California's largest agricultural crop disappear across state lines.

Since federal safety oversight has no authority in the state, the recommended changes also seek to estab-



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lish FDA-type guidelines regulating the quality and potency of the cannabis products. Many industry insiders oppose this type of government control, which could require cultivators to ratchet down THC levels in all marijuana products, regardless if they are intended for recreational or medicinal use. However, Brown sees it as a way to keep the federal government, which controls the FDA, out of California's cannabis business by quieting Justice Department concerns over excessive THC levels offered in some marijuana strains.

Banking Challenges Continue

On December 2, California State Treasurer, John Chiang, announced the formation of the Cannabis Banking Working Group to address the banking issues surrounding state-licensed marijuana businesses. With full commercial regulation of cannabis several months away, state legislators are hammering out the details surrounding licensing, taxes, enforcement and rules; and providing banking access for marijuana businesses will be every bit as much an imperative.

Under the Schedule I federal designation, as regulated under the Controlled Substances Act, federally-insured financial institutions are forbidden to engage with businesses conducting illegal activities.

These federal rules leave states that have legalized marijuana in a precarious situation concerning the transfer of money, granting of loans, the collection of tax revenue, and the ability of businesses to conduct normal financial

transactions and other commerce.

States are facing an uphill battle directly convincing national banks to work with their legal cannabis operations, and, along with Chiang, will continue to lean heavily on their respective congressional representatives to start a conversation in Washington.

California's cannabis market is projected to become the biggest in the nation in just a few years, so Chiang and Brown are proactively seeking remedies to banking issues and regulatory obstacles before full-scale licensing goes into effect in 2018.

With California's 58 counties and 482 cities waiting for guidance from the state before making decisions on their local permitting requirements, time is running short for Sacramento to approve a clear path forward for the full commercial implementation of legal marijuana.

Dominic Bartolone is a legal writer who provides consultation services through his website CannabizStartup.com, where he offers business plans, financial plans, and licensing application packages and resources to cannabis startups.



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



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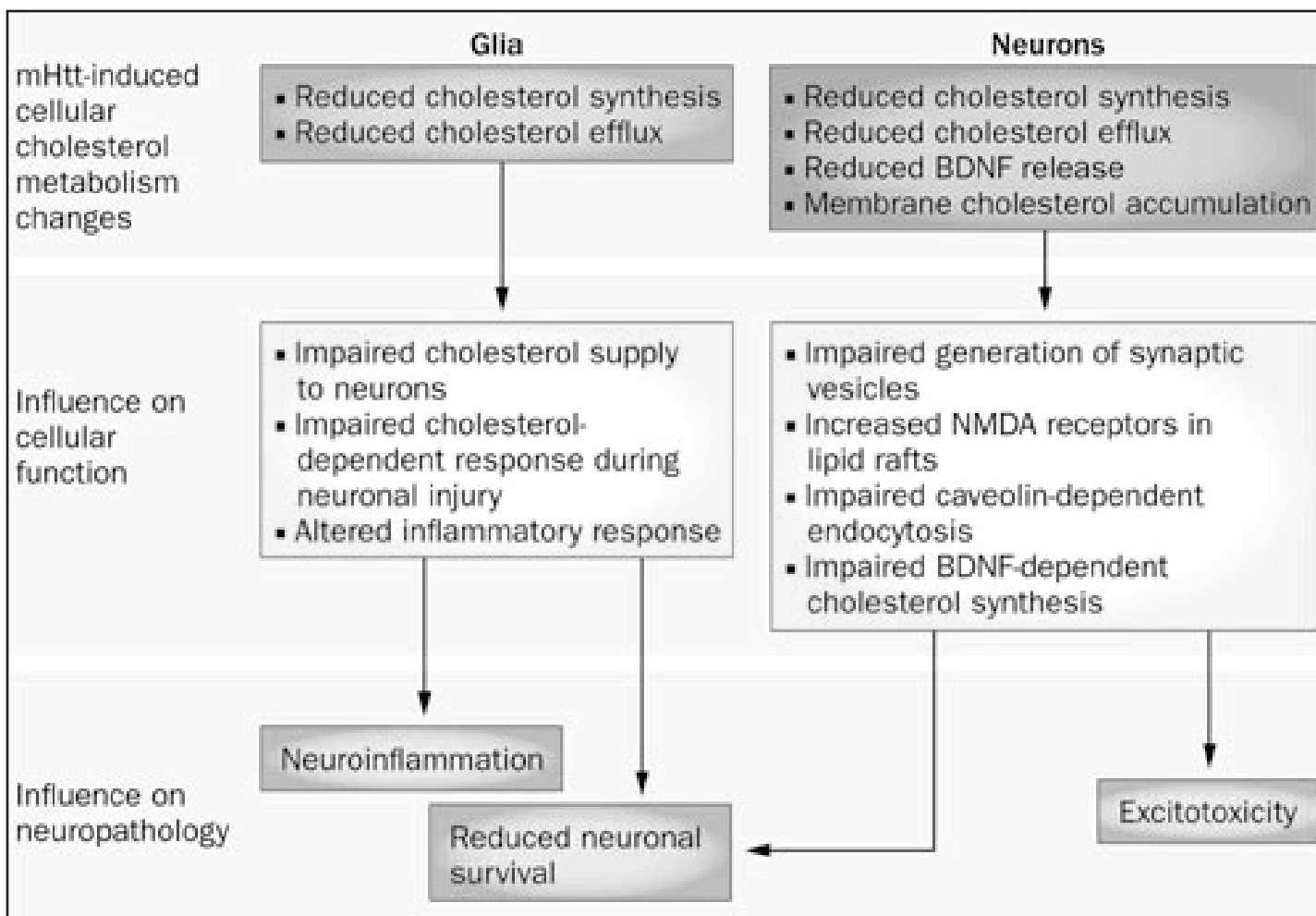


Roots Institute is an accelerator designed to address the needs of cannabis entrepreneurs by providing access to workspace, science, talent, capital, and strategic mentorship. Located in Bankers Hill adjacent to Downtown San Diego, Roots memberships include access to over 16,000 square feet of full-service work space.

We are currently accepting applications from high-potential, early-stage companies who want further develop and commercialize their cannabis-related businesses. We are looking for innovative, technology-driven, startup companies, addressing critical needs in the legal cannabis markets.

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Alzheimer Disease and Medicinal Cannabis

Is it beneficial?

By: Jessica Skinner

Instagram: @kushy_kitty.

This is a subject with great controversy, and while I don't claim to be an expert, I do have personal experience.

In 2012 I answered an ad for a private caregivers position. I was told "Ms. Ellen" had dementia, the beginning stages of Alzheimer disease and frontal temporal lobe aphasia. As I sat looking at the sweet Grandma sunbathing, I thought..."so what? We got this." Then I was informed she probably had 6 months to live...and I had to take the position. When I first began working with Ellen, she was still capable of speech, dressing and feeding herself, and basic bathroom needs. She was a quieter woman, who enjoyed physical closeness and affection most of the time. Our worst fears simply being that we needed to add a slide barrel bolt on the doors, to prevent our Lady wandering unattended. There were times however, that uncertainty in her world would cause what I called "the huff." She would start huffing rapidly and relentlessly pacing, as if looking for someone or something. During our first anxious encounter, I asked her son what is usually done to calm her, wanting to keep with familiar routine.

Now came the blow to my pharmacy technicians mind. This woman who struggled with short and long term memory, critical thinking skills, and cognitive awareness was on enough pharmaceuticals to silence Charles Manson! Drugs like Seroquel, Haldol, Ambien, Aricept, and Namenda. On top of Coumadin, Thyroid, and heart

meds. I was dumbfounded. They were taking what little was left of this woman who raised children, owned a fashion company worth millions, survived WW2 in Berlin, traveled the world, and shoving it in the trash heap of Big Pharms pockets.

During this time, I was enrolled in some Biology courses, and had access to a wonderful library, and two phenomenal professors that enjoyed nerding out as much as I; my biology professor and a psychiatric professor. We began meeting in the library on their lunch to spitball ideas about Alzheimer disease as well as Autism. With Alzheimer, we decided to dig into the research that leads to the hypothesis that the "glial cells" or degeneration of, is a leading cause of this infection that ravages the brain and neurological system. Glial cells are primarily, like a "glue" holding together all the great pathways in our brain. The closest reference I can make is that they are the roads our messages are sent on. Research has found that a large number of Alzheimer sufferers also have a degeneration of this "glue" or pathway, making it difficult for messages to be sent from one part or another. So as an example, a person with a degeneration of the neuro-pathway might be thinking "peanut butter" quietly but end up screaming out "Jelly!"

Taking this into account, I started thinking about all the benefits of cannabis. Or what I knew of it at the time. Time to read and bother professors again.

I started medicating Ellen on my own when she would have her "huffs." Her son had previously informed me she was a regular cannabis user her whole life. How could I not? I perfected a light dosage and heavier dosage of medicated tea and coffee...she loved both. After about 2 weeks of very diligent observations, I went back to the library. Can this help her be more comfortable?

All 3 of us were indeed active cannabis consumers, because we understood

our own personal benefits, what about a course of treatment?

We started digging deep. Our neurological system has more cannabinoid receptors than any other, making it difficult to convince me we are not supposed to be using cannabis. Our body actually works on an endocannabinoid system, when this system is compromised, so is health. When ingesting cannabis, we introduce the cannabinoids our body can use for a smoother, happier, healthier self. The most common misperception is that cannabis is only used to become intoxicated. Cannabis is medicine.

Imagine if you will a road (the brains glial cells) with pot holes (excuse the pun) and you need to get your vehicle (neuro messages) from one place to another. If you take your vehicle over this torn up road, you will bounce around, have to dodge, reroute and possibly break an axle. Now imagine a friendly road paver go first and fill in the pot holes, making for an easier journey. Your vehicle will be more stable, quicker to maneuver, and most likely you will get where you're going without incident.

This is only one of the benefits of medicinal use of cannabis. I also discovered regular cannabis use can correct a Thyroid or metabolism issue as well. So many issues can be maintained with cannabis.

Going back to Ellen armed with more knowledge, I decided we were going to medicate. I spoke to her son of my research and observations...speaking of my own use to battle depression instead of the arsenal of poison a doctor wanted to prescribe me. With his blessing we began a new regimen.

We stopped the Haldol and Seroquel at first and began to medicate for anxiety. The horror show of withdrawal from Seroquel being no joke, just reinforced my belief she shouldn't be on that. This

was 4 months in, in the morning with her breakfast, she would have a lightly medicated tea or coffee with breakfast. We then would go through our morning activities, which could be anything from the beach (our backyard), to entertaining friends. We were around people we could be open with in Florida, and everyone we were around happily shared in Ellen's life. We had a standard regime of medicating at each meal, and before bed, with some recreational use as well. I routinely introduced edibles, CBD oils, and inhalation methods, all of which you could see she benefitted from. Making her life more enjoyable and my job easier. Six months came and went, and we ate a medicated cake to celebrate. No huffs that day.

One year, then two years passed... of course my lady was in a non-stop degenerative, nose dive. We just made adjustments and new recipes along the way. There were times she was completely unresponsive, I would medicate her and her eyes would light up, and she would call her son by name. On more than one occasion, in the throws, of a huff she would grab my box of meds and throw it at me. I took that as a sign that "Jessica, I need meds"... and I would eagerly comply. Immediately providing relief to us both. We bonded very deeply. She became my regular smoke buddy and companion. Four wonderful, terrible years later, I was by her side as she left this world. The only one holding her as she passed. Just so you know, the last thing we did together was smoke a blunt, and she was smiling as she went despite her pain and fear.

So, do I believe we need to explore into medicating Alzheimer sufferers with cannabis? Heck Yes! I, through my personal experience, can say I know of the possibilities. I also am kind of biased in my thinking it is incredibly cruel to give hard core pharmaceuticals to an already confused and frightened individual. It is also cruel to leave them with no relief. I believe cannabis therapy regimens can be very beneficial for most afflictions. One being Alzheimer disease....I implore you to do your own research then ask your doctor questions. Love your loved one enough to explore all options before settling for one course of action or another. I will forever be grateful to my "old lady" she saved my life and opened my future to a whole new path, while I was helping her let her life go. Cannabis definitely helped us both through one of the roughest times in our lives....research, ask, do what feels right.



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

The State of California Cannabis Regulation

By: Benjie Cooper

Instagram: @nuggplugg

The California agencies charged with the implementation of 2015's Medical Cannabis Regulation and Safety Act (MCRSA) have released the first draft of their rules for medical marijuana activity in the state. SB 420 was passed by the State Legislature in 2003 to clarify the scope of Proposition 215 for patients and provide a voluntary licensing system. But in the twenty years since California voters legalized medical cannabis, there has been little to no regulation of the industry. While many companies do submit their products for quality and safety testing, up until now, the practice has been voluntary.

While cannabis continues to regain a sense of normalcy in American culture, and use of the plant becomes more widespread, there are steps that need to be taken to help ensure the health and safety of anyone who uses it. Like the multitude of other medical and consumable product industries that do business in California, there are safety standards and rules in place that they must follow for continued operation. The laws are not arbitrary or written to make things difficult for the company; they are ultimately for the safety and protection of the end consumer. If a customer purchases food, drink, or medicine from a local proprietor, they can consume the products without worrying about adverse effects because there are laws that have been enacted to make sure it is safe. Cannabis consumers deserve the same kind of peace of

mind when they are buying products from a neighborhood medical marijuana dispensary or retail outlet.

States that have legalized both medical

and recreational have taken different approaches in how they've handled the issue of regulating the similar, yet separate industries. Some states have created individual licensing and regulation systems for each while others have opted to combine the two. The latter concept is what Governor Jerry Brown is currently proposing for California.



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would change from the Adult Use of Marijuana Act (AUMA) to the Medicinal and Adult-Use Cannabis Regulation and Safety Act (MAUCRSA).

Regardless of whether or not the recreational and medical cannabis systems end up combining, regulations are coming for both industries. In the year

ahead, marijuana producers and retailers can expect new quality and safety rules at every step of the process, from seed to sale. Quality assurance testing, packaging and labeling standards, potency limits, and ownership restrictions are just a few of the regulations that people can expect to see implemented in the near future.

As the Bureau of Medical Cannabis Regulation moves forward with the crafting and implementation of the new rules, they are inviting the public to be involved in an open discussion regarding the issue. The Bureau will be holding a series of public hearings in early June at different locations across the state where interested persons may attend and present relevant oral or written statements. Additionally, people are being encouraged to submit written comments to the Bureau during the comment period, but they must be received by June 13 or at one of the hearings. To receive regular updates regarding the regulatory process, including information about public meetings and how to get involved, they are asking that people visit their website and subscribe to their e-mail or physical mailing list at <http://www.bmcr.ca.gov>.



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“Hablamos español! Estamos para ayudar”

Kushstock 3.5

By Jessica Skinner

Instagram: @kushy_kitty

Rolling up to Kushstock 3.5, I wasn't sure what to expect. It was a big weekend in SoCal, with lots of other exciting event but something in me knew Kushstock was the place to be. I was correct! The place was jumping all day.

We were lucky to enter while the vendors were still setting up, giving us a chance to greet everyone face to face, before the crowd. It was amazing; the companies showed up for a "patients over profits" event. As I walked through thanking everyone for being there, I was made aware they were just as excited for the day as the patients. The line-up was clean and tight. We had Vader Extracts in the house showing much love to all, giving out shirts, dabs, hats, and pins, being representatives of one of the finest strain designers. It was refreshing to see how accessible they made themselves to patients and fans alike (me being one of them.)

Right down the path from Vader, I was extremely surprised and pleased to peep Exclusive Extractions with the booming strain we all have noticed "Golden State Banana" proudly displayed for all to admire and acquire. Sporting everything from T-shirts and hats, to flower and concentrates... you were bound to be stuck walking in circles around their display.

I was truly thrilled to see one of our community's biggest patient advocates, taking up a good chunk, with some of the finest edible candies I've ever had... #infusededibles. Mr. Medicate on my level, handing out candy, dabs and t-shirts to everyone around. He is always a delight, and always fighting for patients, and our community as a whole. Fighting hard and strong to bring us Abra Ca Dabs every year, as well as amazing events throughout the year. If Medicate on my Level is bringing it, just show up, you will have a memorable time!

What do I smell? BBQ? I turn to my right and there is "Ganja Eats," always happy and smiling, and serving 'em up. Today, however, is something a little different. A lovely display of "DIY medicated cooking supplies" is the latest addition to their product line. Featuring everything from Ranch dressing



to Strawberry preserves, any meal is bound to be a medicated masterpiece. That's not all, a full menu of ready to eat plates will be served up as well, ranging from BBQ ribs to mac & cheese, and I want it all.

Some of San Diego's favorites provided for the patients of Kushstock. We had PureStar Labs, Reggae SD Diana, McLovin Munchies, Green Ivy, Gnarly Tacos, Harvest Reserve with them B.A.M. Cakes!, Iggy Pops, Slactivis, and many more. If I forgot anyone it's because #infusededibles CBD'd me.

I had the pleasure of running into one of my favorites, I love the people and product "Greenery Depot." Although every time I tried to spend some time with them, they were swamped with patients. Which is proof of the love they show. With Stoner Rob on deck I knew it would be a slim chance to chat.

Pop-up Sesh was alive and jumping... and impossible to penetrate as well... we all know and adore Mr. "We-ShouldSmoke." It's always good times when they are around, and even though we couldn't chat, I could see they were providing very well. The smiles on the faces as they were walking away, making it obvious.

Tie Dyed Granny was there putting all the boys to shame, with her dabbing expertise. I had the fortunate experience of chatting with her for a few moments. What an impressive advocate we have on our side. Fighting every free moment to increase awareness and knowledge, of the benefits of medicinal cannabis in everyday healthcare. I was a bit star struck and in awe while in her



presence. Then definitely surprised to find out she knew who I was and The Candid Chronicle. We are truly looking forward to future endeavors with this amazing champion.

I was able to meet the guys of The Cannabis Couch of Kaotic Radio, another set of up and coming stars. With a show growing in popularity by day, these gentlemen are sure to become well known names. Stay tuned, we will be on the show April 28th.

With so many faces and dabs under my belt for the day, I nearly forgot my self serving purpose. I make a quick break for the "Rosin Extracts" booth knowing they are always ready to press rosin fresh for patients. I had brought along some of my own Lemon Stomper and politely asked if they could please press it for me. Always happy and willing to oblige in patients eccentricities, they did. What a great job they did as well as Captain Nug (the cultivator), thank you for always being about #patientoverprofits! We went right next door to the 805 Oilers booth and medicated ourselves silly. What an awesome day we had! Thank you to each and every vendor, I know I forgot some by name, but we know who we are. California and the Cannabis Community appreciate all you do for us. Thank you, @theherbnerd, for safe the safe journey and all your support. #supportoneanother



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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.



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Keith Richards' hands.

Topical THC/CPB Provides Relief to Musicians

By: John Walker

Cannabis, art, and music have always gone hand in hand. Some of the world's greatest artists and musicians have relied on weed for centuries and continue to do so today. Musicians and artists are often subject to severe and intense pain due to repetitive motion injuries, often going untreated for years. Musicians also tend to sit in awkward positions while performing. And, of course, there is an abundance of lifting.

As a musician and performer myself, I can attest to severity of pain associated with arthritis in my finger joints. For fifty years I played as the discomfort increased and I never sought treatment until it was too late. I rarely play my guitar these days.

For all artists and musicians, and anyone else for that matter, who are experiencing the incredible pain that comes from years of one's craft, and whose pain is now interfering with performance there just may be hope!

Because the skin is our largest organ, research on THC/CPB application directly to the skin may be a solution for those who suffer carpal-tunnel, arthritis, and other repetitive motion pain. Though smoking or ingesting cannabis may seem like the logical way to deliver its miracles, it turns out skin application is the most effective because

it bypasses the bloodstream and digestive system and does not produce a psychoactive high. This could be very important to a musician who is about to perform, has pain, but does not want to be stoned in the process.

Topicals include such items as ointments, lotions, salves etc. They are also available as a patch to be worn on the arm or thigh for those who suffer chronic pain. This would supply constant pain relief. Topical can be used for acute pain as well as chronic and the application can be localized for exact pain relief and the reduction of inflammation in a given area.

So, for all you musicians, artists or anyone suffering from repetitive motion injuries, if you're seeking relief from the clutches of pain, discomfort and inflammation then THC/CPB topical products may just be what the 215 doctor ordered.

For more information on THC/CPB topicals take a look at the Unite States Library of Medicine website. In addition, NORML has many fine articles as well.

Lastly, I've been using cannabis topicals for about a month now and guess what... I'm performing this Friday night for the first time in six months.



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

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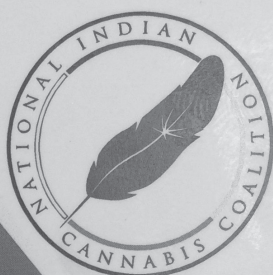
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The Torpedo Principle

By: Tony Ussery

Instagram: @the_fitness_game

As a hypnotherapist, I help people make significant changes in their lives daily. I teach them how to set achievable goals and what it will take to reach them. One critical mistake I see people making when attempting to achieve their goals is to put an unrealistic burden in their minds.

When we attempt to achieve a goal, we tend to put it in our minds that we must take a straight path to achieve it. We take the mindset that we are like an arrow or a bullet, being propelled through the air until we hit our target. On a handful of occasions, we do set our goal and accomplish it with no fuss.

Unfortunately, that is not what typically happens. Because our life is not like air, it's more like water; it gives us resistance. So, I teach my clients, what may be the most important key to achieving your success or achieving any other goal in your life for that matter: The Torpedo Principle.

But before you start on the Torpedo Principle, you need to create a journal, which might be the most important tool you have in your battle to transform yourself into the best you.

Start with your goals and their time frames. Next, jot down where you are today. Every day you should write, de-

scribe your steps you have taken, how you feel, what you learned, what setbacks you suffered and what victories you achieved.

Like most of us, you have probably been told that the fastest way to get from Point A to Point B is a straight line. In most cases, that is true, but it's rarely the way it happens when pursuing our goals. The reason: all those pesky obstacles. The Torpedo Principle demonstrates the true course to a target.

But before you can hit a target, you need to have a target. That's where goal setting comes in. Once you set solid goals, then you can lock in and be ready to pull the trigger.

However, when you set goals and don't pull the trigger, three things happen. 1) You don't reach your goal! 2) People lose faith in you. 3) You lose faith in yourself. So make sure you pull the trigger.

That is where the Torpedo Principle comes in. You're probably asking yourself, what in the world does a torpedo have to do with me? In a word, everything. In the Torpedo Principle, you are the torpedo.

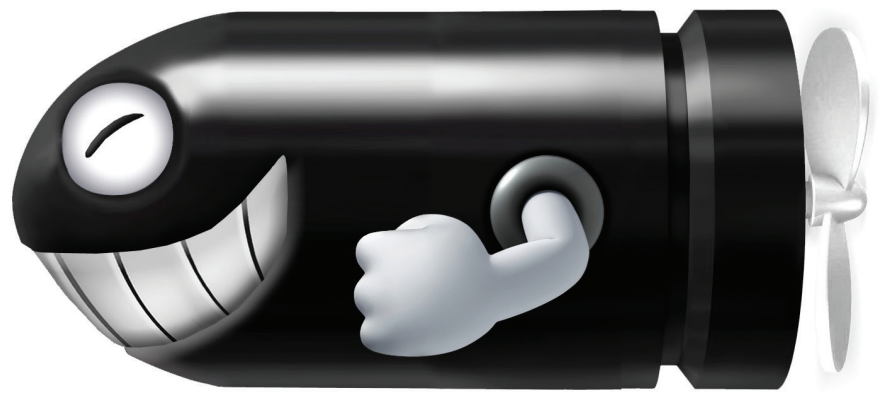
So, first let me explain how a torpedo works. A torpedo is nothing more than a big bullet with a propeller, explosives, and a brain. The difference is that because it operates in water (an obstruction), which is 800 times more resistant than air, it needs to be propelled. The torpedo has to deal with water pressure and underwater currents, as well as moving targets (all obstacles). That's where the brain, or homing device,

comes into play. It keeps the torpedo on course.

The torpedo is locked onto its target before it is fired. It heads straight for its objective until the obstacles start to throw it off course. That's where the homing device starts to do its job, correcting the torpedo's direction and putting it back on course. This process happens many times before the torpedo hits the target. On course, off course, correction; on course, off course, correction – that is how it gets to the target! And so will you.

And how do you correct yourself? This is where your journal comes into play. When you feel yourself get off course, go back to the beginning. Re-read your goals to remind yourself why you are pursuing them. Remember your victories so far and how it felt achieving them.

Then write down the obstacles that are keeping you off course. Plan out what you need to do to remove the obstacles and implement the plan. Once the obstacles are removed or overcome, you can get back to moving toward your target.



You have a pumping heart that keeps you moving and a brain that, when used properly, keeps you on the right track straight to your targeted goal.

Once you have taken action and fired your torpedo toward your target, you must realize one thing. You are, at some point, going to stray off course, and there is nothing wrong with that. It happens. Life's obstacles are going to throw you off course. Your family needs you. Your job needs you. Money problems hinder you. Health issues slow you down. When you know that this is exactly the right course to reach the target, isn't it easier to get there?

Remember, you are going to make mistakes. No one is perfect. When you get off course, you don't get down about it or beat yourself up; this destroys a winning mindset. It's part of the journey to reaching your goals. Your job is to correct yourself as soon as you can and keep moving toward your target.

It is that simple. It's going to be work. It'll probably be difficult. So what! If you are not willing to fight for your goals, then you do not want to accomplish them.

Remember, it's reaching the target that counts, not how many times you strayed off course. When you raise your hands after succeeding, no one is going to ask you how many times you stumbled before you won, they will simply rejoice in your victory.

Once you get Goal Setting and the Torpedo Principle down, becoming successful or accomplishing whatever goal you set for yourself will be right at your fingertips. All you must do is engage what you learned and go get it.



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





SOS Venezuela San Diego

By Syltoya S. Sterling

successfullspiritualsolutions.com

On Saturday April, 22nd from 4-6:30pm, to support Venezuela, SOS Venezuela San Diego kicked off their first protest march of the year starting at Fault Line Park in East Village marching to the final point of City Hall in Downtown San Diego. Men, women, and children of all ages were wearing the tricolors of the Venezuela flag of yellow, blue, and red.

SOS Venezuela generates global awareness about the Venezuelan crisis and creates an activism platform for people to contribute to and use in hopes of getting their five specific demands met by the Venezuelan regime:

1. Free all political prisoners
2. Agree to a calendar for general elections to be held during 2017
3. Agree to immediately open an international charitable food and medicine channel
4. Agree to respect the constitution and fully restore the National Assembly's powers

5. Disarm the regime's unconstitutional paramilitary forces

This particular peaceful, but noticeable, march was organized by Ana Groening and Lybia Guevara.



When asked why they are protesting Groening says, "We are here because of the very critical situation in Venezuela where innocent people are being killed, others are living with a 1,000% inflation rate, violence is rampant and every year the murder rate goes up. People are hungry and the government is doing nothing to help the people. We see our friends and family over there, while we're here, and we're worried. We need to focus to show people around the world what is going on because Venezuelan needs help."

According to Groening, "Things have gotten worse since our last march. This march today is the minimum thing we can do for our family and friends in Venezuela."

While marching, the group held their flags and banners saying, "Who are we? Venezuela, What do we want? Freedom!" Once in front of city hall they sang the Venezuelan National Anthem: "Gloria al Bravo Pueblo" and dedicated a few short words of solidarity to the people of their beloved country.

Groening says, "Maybe this will cause pressure and get us some help. We would like all the help that we can get from the US Government and Congress, in reaching our goals."

For more information, check out the SOS Venezuela and SOS Venezuela San Diego, check out their Facebook pages:

-facebook.com/sosVenezuela2014/

-facebook.com/SOSVenezuelaSanDiegoCA/



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



HEMP OIL VS CANNABIS OIL

The difference between CBD from Hemp and CBD from Cannabis strains

HEMP OIL	CANNABIS OIL
PRODUCT: Hemp bi-product.	PRODUCT: High level CBD. For maximum therapeutic impact, choose both CBD and THC product.
LABELS: Must state that is made from hemp.	LABELS: Show ratio of CBD/THC, a manufacturing date and batch number.
TESTING: Due to lax testing outside the U.S. products may be highly contaminated.	TESTING: Tested for consistency.
INGREDIENTS: GMO's, tranfats & additives	INGREDIENTS: No corn syrup, GMO's, tranfats or additives.
EXTRACTION: BHO, propane, hexane or hydrocarbons.	EXTRACTION: Non-toxic, supercritical CO2.
HEMP: Typically low in cannabinoid content. A huge amount of hemp is required to extract a small amount of CBD, raising the risk of contaminants because hemp, a bioaccumulator, draws toxins from the soil.	CANNABIS: The robust terpene profile of whole plant cannabis enhances the therapeutic benefits of CBD and THC.

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Interview with Miki Vale and Queen Kandi Cole are FIFTY50

By: Nate Whitsell

Instagram: @SDLovesHipHop

SDLovesHipHop.com

I have been crossing paths with Miki Vale for years. I have seen her work and her work with Queen Kandi Cole from somewhat of an admitted distance due to circumstance and the busyness of life, so please forgive my excitement as I pen what has been one of the most goosebump-rousing interviews yet!

In our society, overt, self-serving power is often placed on a shaky pedestal and highly praised. And far too often the beauty and strength in subtlety are lost. "Miki Vale and Queen Kandi Cole are FIFTY50" is cut from the cloth of the latter. The duo exudes its subtle strength with every answer to every question, and in doing so, highlights the same strength and beauty that is found in hip-hop culture at large. This interview is like an exclamation mark placed at the end of each of its predecessors, truly embodying my belief that this culture is powerful and its power is life-changing. Some of the power is simply derived from and found in the community it creates – a community that is deeply inter-connected, which you will read more about as Miki Vale and Kandi Cole share pieces of their individual and collective stories.

The interview that follows will feel much like sitting atop the surface of the ocean and feeling the power of said ocean as the swells pass under you; you might not be crushed by the breaking of the waves, but you will certainly sit in awe of the subtle power and beauty you experience. Enjoy.

NW: Who is Miki Vale? Who is Queen Kandi Cole? And who/what is Miki Vale and Queen Kandi Cole are FIFTY50?

Miki Vale: Miki Vale is an artist, a sister, and a friend. A lover and a fighter. A dreamer and a realist. I love cats. I also love dogs. But I really, really, love cats. Miki Vale and Queen Kandi Cole are Fifty50 is a couple of dope emcees who

love Hip Hop and love their people.

Kandi Cole: I'm a chain-smoking, rum drinking, internet addict. I do math problems for fun, burn sage and charge my stones before I meditate. I'm a Gemini and a hip-hop head with love for all my people. And when mixed with Miki Vale all, this randomness makes sense on record. It's like magic.

NW: Can each of you tell us a story about how hip-hop has truly changed your life?

Miki Vale: Man, it's hard to choose just one story. There have been so many instances over the years, even in just recent weeks. So often lately I've been saying "Hip Hop has been good to me." But to choose one, I'd say Hip Hop was a big part of me connecting with my brother from another mother... literally. My father has six kids from another marriage that I didn't grow up or spend time with, even though we all lived in the same city (Oxnard, CA). My father didn't make an effort to make sure we all knew each other. When I got older and started being out and about I met my brother Dudley Perkins (a.k.a. Declaime). He grew up right across the street from Madlib (Stonesthrow) and they were doing their thing with the music – Madlib producing and performing with Lootpack and Dudley was rapping. We met at a nightclub in Santa Barbara where he and Lootpack were opening for theAlkaholiks. I'm not even sure how it happened, someone just came up to me and said "I think that's your brother over there." Turned out he was. When we met I had just started getting serious about rapping so we instantly connected on that level. He put me in my first professional studio where I recorded my first EP, produced entirely by Madlib's brother OHNO, who was just 17 at the time and had just started making beats. So Hip Hop brought me in touch with my family!

Kandi Cole: I was backstage at the PAID DUES festival. It was my first time performing on the main stage and I was geeked. Excited because I wasn't even booked to perform. I happened to have a few friends who were and they put me on their sets for some songs we worked on together. After a few quick interviews I sat down on the couch and talked with One Be Lo of Binary Star. We had met a couple times before but never really had a chance to sit and

chill. He dropped many jewels that day but one stuck with me that I have lived by ever since. I told him how amazing my day had went and he said, "You got it. Keep goin'. Now you know the only thing you ever have to do is JUST SHOW UP." And he was so right; I wasn't even planning on attending that year. JUST SHOW UP. It's such a simple concept, but words to live by. Just show up and support the homies. Just show up to the studio when they ask to come vibe. Just show up to the mixer that this guy has invited you to every month for the last 3 months. Just show up. The opportunities that have come my way since I've JUST SHOWED UP have been pretty dope.

NW: I love reading those stories. That's nuts, Miki; I just got goosebumps reading that answer. I love Dudley Perkins and had no idea – small world. Thanks for sharing as well Kandi Cole; it is crazy how interconnected hip hop is and how important it is to just show up and connect! So, how did Miki Vale and Kandi Cole cross paths?

Miki Vale: In 2006, I believe, Kandi and I were both booked to perform at the Serafemme Festival in L.A. At that time Myspace was poppin', so I went to check out the other artists that were performing on the festival. Of course, back in the good ol' days, when you went to an artist's profile on Myspace the first thing you heard was their music. I went to Kandi's page and listened and I was so impressed. I was instantly a fan.

Kandi Cole: Yup, Serafemme! I don't even know if Miki knows this but that was my first solo show. I remember Miki and I had been interacting online but we finally met in person at the show. She was sitting at her merch table with all these fresh t-shirts and stickers with an ill logo. I was like "Yo she has major bars and her business is on point. She about to be my friend." Hahaha.

NW: So rad. Love it. What made each of you feel like the collaboration had to happen? Why has it been about two years since we've heard from FIFTY50? And what made 2017 feel like the right time to release this project?

Miki Vale: When we met we were just always making music together. We have so many songs in the vaults, stuff



that we just made on the fly. After a while, Kandi suggested that we collaborate on an entire project. So we did. We've worked on this project for a long time. Due to our busy schedules and the distance between us, with Kandi living in LA and me in SD, it was sometimes a challenge to get together to work. But we finished it so now's the time to release it.

Kandi Cole: Yes, and I truly believe everything is happening in divine and perfect order right now. 2+0+1+7 = 1. Brand New. The album is coming out now because now is its time.

NW: Before we get into the video you're releasing today and the album soon to follow, I'd like to look back a bit. Who are the three most influential emcees for each of you? What about them inspired/pushed/etc you?

Miki Vale: First that comes to mind is Lauryn Hill. I used to sit and listen to her verses on the Fugees albums over and over, just so amazed by the intricacy of her rhymes. Also Bahamadia. I wrote a lot of my first rhymes to the tracks on her Kollage album. I was also really inspired by MC Lyte. She was actually the first MC I saw that made me want to rap.

Kandi Cole: I was in love with Ice Cube. He was so dope to me. He wrote "gangster" music, but his albums were like movies. People laugh that he's the movie guy now but if you were a fan of Cube you already saw where he was headed. I loved how he visually brought his music across to the masses. Bahamadia and her vocabulary and wordplay is insane. That Kollage project definitely pushed me to be a better MC. Method Man. He was clever, witty, aggressive, and lyrical. He was definitely an inspiration.

NW: And you can just do one-word answers for this one if you want. Who is your favorite producer? Once you share that, in general, I want to get more specific. And who's your favorite producer in/from San Diego?

Miki Vale: My favorite producer is

Continued on pg 13...



Continued from pg 12...

a really tough toss-up between Pete Rock and J Dilla. If I absolutely had to choose one I think I'd go with the Chocolate Boy Wonder, PR. Just because I've been a fan of his music longer, since back in Mecca and The Soul Brother days. My fave SD producer is a toss up between Mr Brady and Abjo.

Kandi Cole: My favorite of all time would have to be J Dilla. His catalogue of beats can adapt to any mood I'm in. The work he did with Erykah Badu (who is my favorite, ever) made my soul speak. I can never change that feeling. Dilla all day.

NW: Those last two questions should excite readers, sort of like a, "if you like _____, then you'll also like Miki Vale and Kandi Cole are FIFTY50". Now that we have a bit of context, tell us all about this project. What's the title? What's the purpose/theme? When's it drop? Tell us everything you feel we should know.

Miki Vale: The title of the album is Black Crown. I'll let Kandi tell what it's about. I'm more of an "I can show you better than I can tell you" type person.

Kandi Cole: Black Crown is a love letter to our people. The crown is not something we put on our heads. It's the skin we're living in. We are walking talking living breathing Kings and Queens. We just want everyone to love themselves. There is so much negative energy being directed toward us that we felt the need to empower through music. There's not enough love in the world right now and we thought we'd inject the hip-hop space with a heavy dose of it.

NW: That's powerful. Thanks. Why is "Strip" the leadoff track?

Miki Vale: We chose to lead with "Strip" because it's a departure from what people have heard from FIFTY50 as a duo up to this point. Our last two videos, "BLACK" and "Get Em Up", were deemed as somewhat "militant" in nature. I think I can speak for both of us when I say that we don't consider uplifting our culture and speaking our truth on social issues as necessarily being militant but it's often perceived that way by others. But Black Crown is a very diverse project, as we are very diverse people. So we thought "Strip", with its more mellow vibe, would be a good lead to show that we are not one-dimensional by any stretch of the imagination.

Kandi Cole: Nailed it.

NW: Before even hearing the track, or seeing the video, I am guessing that you are going to flip the word, especially given the previous songs I've listened to from the two of you are very socially aware, which it sounds like some have misinterpreted as militancy. The title got me thinking though, even given the great strides we've taken as a culture, do you two face any sexism as women emcees?

Miki Vale: We have a song on the album called "Girls Can't Rap" featuring Boog Brown, a female artist out of Atlanta. It pretty much embodies what we have faced as women in the game. Not a lot, I can say for myself. I'm usually received with much love but there have been a couple instances where people made it very clear they were not interested in hearing women rap. Which is cool. Everyone has preferences. There's a lot of shit I don't want to hear either. But there are some people who will discount women who rap simply for the fact that they're female without taking the time to actually listen first.

Kandi Cole: It's gotten a lot better but it still exists. The one thing that these promoters do that grinds my gears is they'll reach out to you to do an "all female lineup" that they do once every few months. As if that's the only time we're allowed to rap. Note to promoters: Add women on your all sausage roster and your audience will be filled with more than just dudes. Jussayin. But for the most part, we've been rocking for a minute so when they book Fifty50 they know they're getting a great show!

NW: Haha. Thanks for that Kandi. I'm really glad to hear from both of you that sex is becoming less of a factor and that the art is beginning to be the focal point! Okay, one of my favorite tracks on the forthcoming album is, "Get Em Up". It is obviously timely and needed. What specific event inspired the track for each of you? Or is it the history of police/systemic violence against the black community in general?

Miki Vale: Basically the history of violence against the Black community inspired the song. We actually wrote that several song years ago, back in 2010. We performed it at SXSW that year and people really connected with it. We revisited it around the time Michael Brown was murdered by police and tensions were really high. That's when we connected with Kill C-rey to shoot a video for it. We felt it was time.

Kandi Cole: Thank you. We really put a lot into this record. Yeah, when Mike Brown/Ferguson happened we were all angry. It was growing, and around that time there were people being killed left and right by the cops, on camera. It was horrifying waking up every day to a new video of someone being murdered and a new day of no one being arrested. This song was our battle cry that we needed to share with the world.

NW: Heavy. Along similar lines, as emcees, do you feel it is an artist's responsibility to speak to injustice and to address the injustices in one's country/community/city/state? Why?

Miki Vale: I feel it's an artist's responsibility to do whatever moves them. And to not be afraid to speak their truth. That's what art is about. People are at different levels in their development. If an artist's eyes are not yet open to what's really going on around them and the circumstances of how it came to be, then it's my hope that they will get there eventually and be moved to speak

on it through their art.

Kandi Cole: I can't say what any other artists should do. I know that for me, if I have a voice and a platform and the ability to affect change, I'm doing it! The goal for me has always been to touch as many souls as possible and in a positive light. Help people. Love people. Whether you're leading a protest, dancing in a club, or cleaning the house on a Saturday morning, I just want to make people feel good while they're listening to the tunes.

NW: While the seriousness of art is important, it is also important to enjoy life – you both touched on that in the previous question or aspects of it. Can each of you tell the story of the best/most memorable moment, for you, in the process of creating this album?

Miki Vale: All the moments are the best, haha. We have so much fun. This has definitely been a labor of love. We've poured so much of ourselves and our time and resources into this project. All out of love for what we're doing. Our sessions are always full of great conversations and lots of laughter. And spirits, haha. Lots of spirits. Many of our songs are inspired by conversations we have while in the lab. I think, for me, one of the best times was when we spent a few days in this dope studio in Oakland with pOETiqbEETz, the producer of the majority of the tracks on the album. The studio was in the hills, really in the cut. It was very peaceful and beautiful, lots of trees and wildlife. A family of deer walked right past our balcony, mama daddy and baby. It was the perfect place to create.

Kandi Cole: Yes, lots of spirits! We do have a great time when we connect. My face usually hurts from laughing so much. If I had to pick a time, it was one night when we got together to record and were playing beats from different producers online. We came across one producer, and the tracks were crazy! That night we made an entire album. About 12 complete bangers, on the spot, in real time. Verses, hooks, adlibs, everything. It was magical. Unfortunately, we didn't record any of it.

NW: After my barrage of very specific questions, I want to give you some space to share whatever's been on your minds lately. What have you two been thinking about/focused on lately?

Miki Vale: Other than albums? Not much, haha. I've been really focused on getting this project done. And also planning for the future. I made a vow to myself this year to get out of the country and gratefully, thanks to Hip Hop, it has manifested. I'll be traveling abroad in the coming months. I had to take a step back from a lot of things that were taking up my time and focus, and now I have the space and freedom and mental capacity to focus on the Next Level.

Kandi Cole: This album truly has all my attention right now. There's a lot of work to put out a project. Making the music is the easy part. But other than

that, I've recently upped my photography game and started editing video. I've only done a few so far but I'm excited. Winning an Oscar for directing has seriously been on my bucket list for the last ten years. So I better hurry up and get good.

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

Miki Vale: I'd like to share this music, haha. It's been a long time coming.

Kandi Cole: Never give up. Your art is needed. You have people rooting for you heavy that you've never even met. Your voice is powerful.

NW: I truly hope to see a heightened level of unity in the San Diego Hip Hop community. Can you point to some other contributors to the culture who you two see as comrades and who you also see as helping to progress the scene?

Miki Vale: My comrades in The FRESHstate are doing beautiful things. The FRESHstate is a group of artists who came together to help push each other. Everyone has a different skill set they bring to the table. Kill C-rey and Arash Afshar are multi-talented individuals, and they are helping highlight not only themselves but also artists they believe in. Kill C-rey has shot videos for me and Ric Scales and Kahlee. Arash shot our video for Strip. They also do multiple podcasts and Platform Collection. And so many other people are doing things, too many to list.

Kandi Cole: Shout out to The FRESHstate, no doubt! Also to Jay Wat Studio, Chelly Jane and The Boon League. There is some amazing work coming out of that studio and they are really moving the culture forward.

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

Miki Vale: Follow me on Instagram and FB @mikivaithemc

Follow FIFTY50 on FB at @Fifty50MC

Kandi Cole: You can follow me on IG/FB @QueenKandiCole and Snapchat @BacardiCole. And seriously, @FIFTY50MC on FB for all the fun stuff we have coming down the pike.

Thank you for having us and we hope you love the new music as much as we do!



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How Product And Currency Cargo Theft Can Turn Your Profits Into Pennies

By: Warren Pulley,
VP Project 7 Security Group

www.project7securitygroup.com
twitter: @P7securitygroup

The National Cargo Security Council (NCSC) recently estimated that around the world, theft of cargo (meaning goods transported by sea, air or land) annually exceed \$50 billion dollars a year, and with the expected boom in taxable cannabis related products expected to be in the tens of billions each year nationwide, you can expect that the criminals, opportunists, and insider threat elements will begin to exploit the weaknesses in your cannabis busi-

nesses security structure and exploit your supply chain and product delivery services.

While most business owners may look at the loss of cargo as a simple law enforcement and insurance issue, the marijuana industry must take a wholly different approach since their products for the most part are uninsured commodities, law enforcement is still somewhat reluctant to assist cannabis business owners in prime investigations involving marijuana related crimes, (as most law enforcement entities still prosper from asset forfeiture laws) related to marijuana production and sale and lastly the long term financial impact of being unable to deliver product in a highly competitive market could result in your business closing its doors for good.

Marijuana business owners in California need to become more aware of the statewide impact that a one-time cargo theft can have on their bottom lines. A few things marijuana business owners

need to take into consideration in order to remain secure and profitable are:

1. The need to develop tracking systems which can reduce cargo loss dramatically.
2. Being proactive and having a plan in place to determine supply disruptions and mitigate them.
3. Development of a robust security operation to aid in the prevention of cargo theft and product loss.

In recent years, security companies have become a necessary business expense and the “go it alone” approach will no longer suffice in this age of grey area security regulations, professional armed gangs looking to capitalize on your security weaknesses and insider threat actors whom the ability to erode your company’s profit position through theft. Project 7 Security Group recommends that cannabis entrepreneurs select professional security services to protect dispensaries, grow operations, cash storage, currency transport and fixed site operations. If you would like information on how Project 7 Security Group protects cannabis business and profits, call us at (800) 560-3103, visit www.project7security.com or email us directly at wp@project7securitygroup.com.



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women

GRO

cultivating cannabis entrepreneurs

Marijuana Facts

There are three primary types of cannabis

There are many different cannabis strains due to breeding, but indica, sativa, and ruderalis are the three major types. While indica and sativa strains tend to be higher in THC, ruderalis varieties are known to be high in CBD.

The first cannabis arrest in the United States was in 1937

After the Marihuana Tax Act had become federal law, Samuel Caldwell was placed under arrest when he tried to sell a couple of joints to two undercover FBI agents. He was fined \$1,000 and sentenced to four years of hard labor in Leavenworth prison.

Cannabis is one of the world's oldest crops

Records of the plant's use go back over 6,000 years. Many cultures throughout history relied on hemp crops for the production of food, fiber, oil, and paper.

Cannabis is safer than alcohol

According to the World Health Organization, there were 3.3 million deaths attributed to alcohol in 2012. No one has ever died from a marijuana overdose. Numerous studies have also failed to

show a link between smoking cannabis and cancer.

It's extremely hard to overdose on cannabis

Studies show that marijuana has a therapeutic index of 40,000:1, meaning that one would have to take 40,000 times the usual amount to die. In contrast, opioid-based painkillers like morphine have a therapeutic index of 70:1.

CBD is beneficial to mental health

Cannabidiol has been shown to provide effective relief from the symptoms of schizophrenia without any adverse side-effects. People with Parkinson's disease and Alzheimer's disease have also experienced improvement in well-being with the daily administration of the non-psychoactive cannabinoid.

CBG is where all of the other cannabinoids come from

Cannabigerol is the cannabinoid stem cell and is non-psychoactive. Studies show that it exhibits anti-inflammatory, anti-oxidant anti-depressant, and modest anti-fungal properties.

Cannabis was the first thing ever to be sold online

In 1972, students at Stanford University in California used the ARPANET account at their artificial intelligence

lag to sell a small amount marijuana to some other students at MIT in Massachusetts.

Medical marijuana in the U.S. is not a new thing

From 1850 to 1942 the United States Pharmacopeia listed cannabis as a useful medicine for nausea, rheumatism, labor pains. People could easily obtain it from pharmacies during the time.

The word 'Indica' is a combination of two words

On a visit to India, French biologist Jean-Baptiste Lamarck observed dif-

ferences between cannabis grown there and the European sativa varieties found elsewhere. He called it Indian Cannabis but shortened to just 'Indica.'

Greek people used cannabis as veterinary medicine

Ancient Greeks used cannabis as a wound dressing for their horses. Soldiers also used the plant as a remedy for ear pain and inflammation.



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EVENTS

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 May 6
 Various cities, times and venues worldwide

Green Market 619
 May 7 @ 1:00pm - 7pm
 San Diego CA 92105

Cannabis and Hemp Expo - Calgary
 May 6-7 @ 10:00am - 5:00pm
 Big Four Stampede Park
 1410 Olympic Way
 SE Calgary, Alberta T2G 2W1
 Canada

Bureau of Medical Cannabis New Rules Seminar
 May 15 @ 6:00pm - 8:00pm
 5151 California Ave
 Irvine, CA 92617

Local Sesh
 May 27 @ 5:00pm - 10:00pm
 Location TBD

A Community Conversation on Marijuana: What Parents Need to Know
 June 6 @ 8:30am - 10:30am
 City Heights Center
 4305 University Ave, ste 640
 San Diego, CA 92105

The Gold Cup
 June 9 - June 11
 1700 S Figueroa St
 Los Angeles, CA 90744

Chalice Festival
 July 7-9
 14800 7th Street,
 Victorville, CA 92395



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Photos by Kayla de Guzman of San Francisco, CA



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Photo provided by Drew Drucker

Drew Drucker: Unpaid Internships to Sessions with Stars

Instagram/Twitter: @drewdrucker

Drew Drucker is one of today's hottest hip hop audio engineers. He's worked with the likes of Wiz Khalifa, Snoop Dogg, B-Real (Cypress Hill), Juicy J, Curren\$, Young Dolph, Future, and Migos to name a few.

Drew started out following what he loved most, music. In high school, he started behind the scenes with technol-

ogy. He was an audio engineer, mixer, and recording artist. From there he went on to college at Los Angeles Recording School. After graduating in 2005 he realized something monumental that some never figure out, NOT ALL OPPORTUNITIES COME WITH A PAYCHECK. He started at the very bottom of the industry, an unpaid intern. This was his foot in the door at two different recording studios, Nightbird Studios off the Sunset Strip (formerly The Studio at The Sunset Marquis) & 4th Street Recording in Santa Monica near the Promenade. Internships, even unpaid can be competitive to get. He attributes his opportunity to intern to LARS. Just saying he graduated from their program helped him score his first internship. After growing weary of working for free, he moved

up the ranks by becoming a runner for Paramount. Being a runner isn't a glam job. Usually, you're stocking the studios or grabbing lunch for people, primarily assisting. However, it does give one more access to the studio, and it was on one of those days Drew got his big break. His experience as an intern and runner taught him how to "be" in the studio, not being distracting or getting in the way of the task at hand. Scott Storch was in a session when one of the senior engineers had a medical emergency and Drew had to step up to the plate. Scott liked what he was doing and asked him to mix a song. A week later the label called and asked him to do a mixed tape.

The hip hop community and cannabis go hand and hand, and Drew's studio sessions are no different. Drew em-

braces the cannabis culture and has become a cannabis connoisseur himself. There are so many different strains out now, and each recording artist has their favorite. Smoking with the artist and teammates is just part of the creative process. It seems Drew has a slew of stories about artists and their cannabis of choice. From Wiz Khalifa and his personal strain Khalifa Kush to Young Dolph naming a project after the Gelato strain, to Juicy J only smoking Blue Dream joints. Drew, being the professional he is, says cannabis is the only substance he uses while working.



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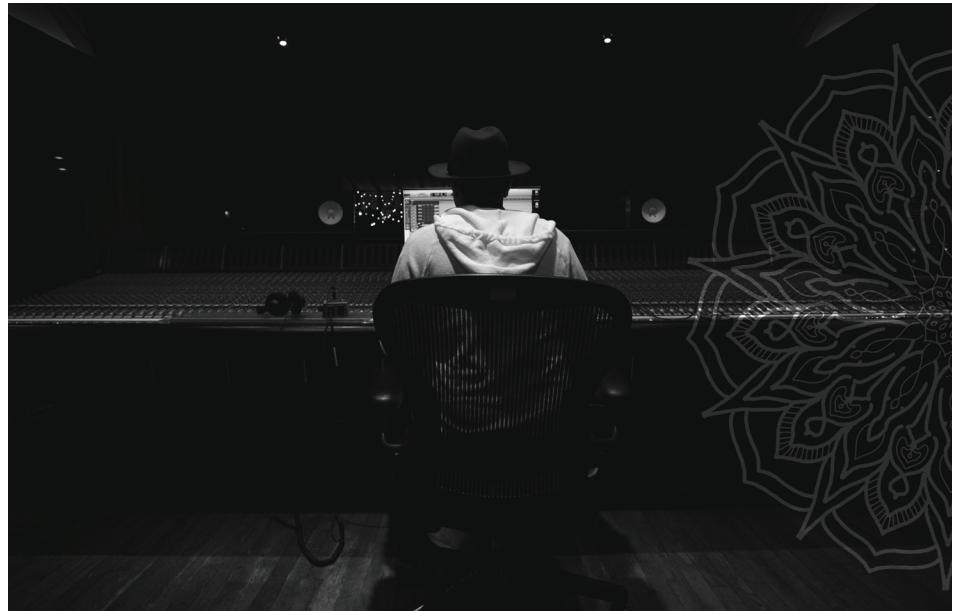


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TRENDING TOPICS

#AHCA

AHCA, what many are calling a complete disgrace, the house narrowly passes health care bill 217 - 213

Shannon Watts
@shannonwatts
3h3 hours ago

These men just removed pre-existing conditions in #AHCA for domestic violence, sexual assault and pregnancy, but not erectile dysfunction.

↻ 2.7K ❤️ 2.8K

RichardNixonZombie
@RNixonZombie 2h2 hours ago

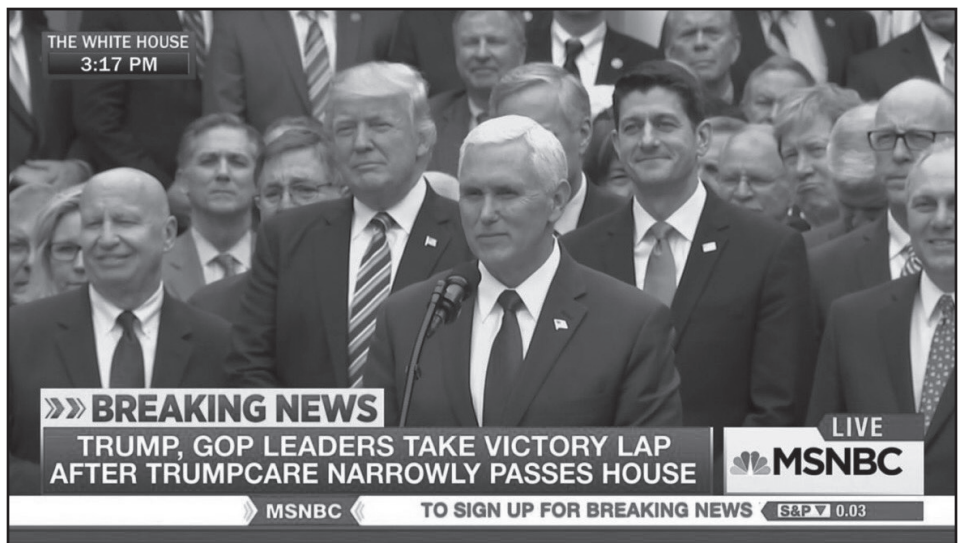
League of Super Villains unite to kill poor people. #AHCA #ResistTrumpCare

↻ 98 ❤️ 102

Scott Lerman
@LermanScott
3h3 hours ago

Lemme get this right - you have a pre-existing mental health condition. You can get a firearm, but not healthcare. OK. #AHCA

↻ 1.6K ❤️ 2.1K



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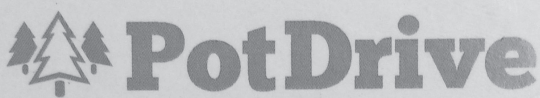
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