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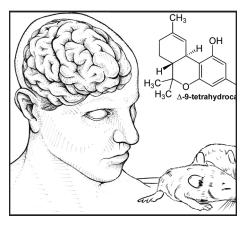


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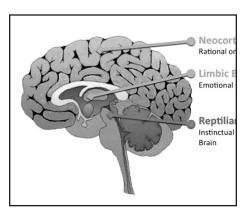
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**#CandidChronicle** 

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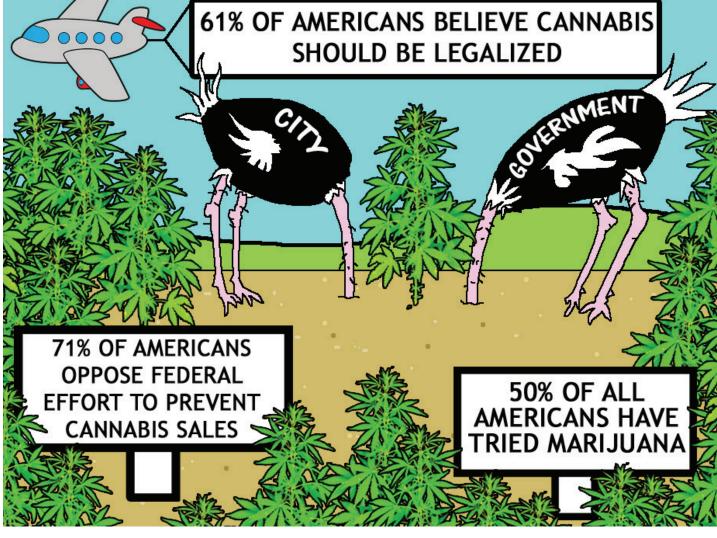
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### The Chula Vista City Council Ostrich

By Katie Burke

The city of Chula Vista has unanimously voted to ban all marijuana dispensaries medical and recreational. The council doesn't feel like they have had enough time to come up with regulations, which is odd seeing medical marijuana has been approved in the state of California since 1996. This leaves most citizens to question how much more time they need? One resident stood up and addressed the city council comparing them to Ostriches, sticking their heads in the sand to ignore what's going on.

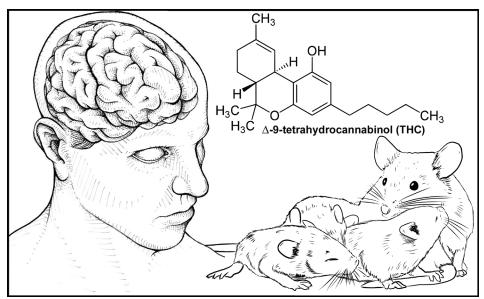
The city for now, will not have any approved dispensaries until they come up with a long term policy on the collectives. One of the members did stress at the close of the meeting that they do just see this as being temporary and they will address the issue at a future date.

The other cannabis related item on the agenda had addressed adding marijuana and other controlled substances to their social host ordinance. The social host ordinance is by definition, a legal term of the law that deals with the liability of a person who supplies liquor to a guest under the legal age. Under current social host ordinance laws, the host shares any liability incurred as a result of actions by an intoxicated guest to whom he or she has served liquor.

The city says they will be cracking down on the social host ordinance holding adults responsible for providing access to minors. Chula Vista Police Captain Lon Turner was quoted by CBS 8 as saying these parties have date rapes happening and all kinds of other disorderly behavior. If the city adds marijuana to the proposed social host ordinance it would read like this

"It is the duty of any person having control of any premises, who knowingly hosts, permits, or allows a gathering at said premises to take all reasonable steps to prevent the consumption of alcoholic beverages, marijuana, or other controlled substances by any minor at the gathering."





### THC as a Dementia Treatment

By Benjie Cooper

@nuglifenews

Smoking pot kills brain cells and makes you dumb. It's a common cliché that stems from the way people can behave while under cannabis' psychoactive effects; but the idea's validity has been up for debate. The plant has many medicinal uses, though the idea of using it for cognitive improvement hasn't been one of the more common ones. People have long spoken about being able to focus better after smoking marijuana, but until recent years, there has not been a great deal of hard information on the subject. We are entering a new era of cannabis legalization, and real scientific studies are starting to debunk, support, or elaborate on current conclusions that are based solely on anecdotal evidence. While peoples' real experiences and personal accounts have merit, reviewable data from documented research by qualified professionals with access to modern facilities is invaluable. Scientific results have a greater potential to influence public opinion and marijuana law reform.

Early this month, researchers at the University of Bonn in western Germany, and the Hebrew University of Jerusalem released the results of a collaborative study that shows that small doses of tetrahydrocannabinol (THC) could have cognitive benefits for the elderly. Data from the study also suggests that the cannabinoid may not be beneficial for younger brains.

Researchers separated mice into young (two months), mature/middle-aged (12 months), and elderly (18 months) age groups. After the administration of low doses of THC, researchers tested the mice to see how fast they could navigate a water maze puzzle and recognize familiar objects. THC hindered the performance of the younger mice in the study, but the same dosage in the older mice improved their cognitive function. As a mouse ages, the amount of genetic activity in its brain will change. After being given THC for four weeks, genes in the brains of the older rodents returned to activity levels of those seen in two-month-old mice. Contrarily-wise, when researchers administered THC to the two-month-old mice, the genes behaved like those of the untreated elderly mice.

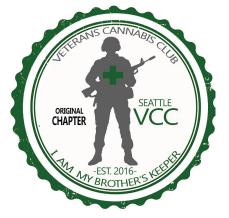
Study leader, Dr. Andras Bilkei-Gorzo explains that "Giving THC artificially activates the system in the old [mice]. It can restore signaling to a normal level. If you do the very same treatment, with the same dosage, to young mice, you overdrive the whole system, as it's at a much higher level than it should be."

THC and its anti-inflammatory properties may be partly responsible for the mental improvement in the elderly mice as well. Inflammation is one the body's injury response methods where it deploys white blood cells (macrophages, leukocytes) and cytokines (signaling proteins) in an attempt to fight off an infection from a foreign invader. THC is an anti-inflammatory cannabinoid that uses a process called apoptosis, which suppresses cytokine production. While it is a necessary function of the human immune system, prolonged inflammation can cause tissue damage. There is increasing evidence that neuroinflammation has a positive association with neurodegeneration, impaired neurogenesis, and increased risk of dementia.

While researchers say that they need to conduct more trials, they are encouraged by the results of the new study and hope that they can find a treatment for dementia in cannabis. They write in the journal that, "These results reveal a profound, long-lasting improvement of cognitive performance resulting from a low dose of THC treatment in mature and old animals." The research group is now looking at conducting a small-scale study later this year involving human test subjects who are between 60 and 70 years of age.



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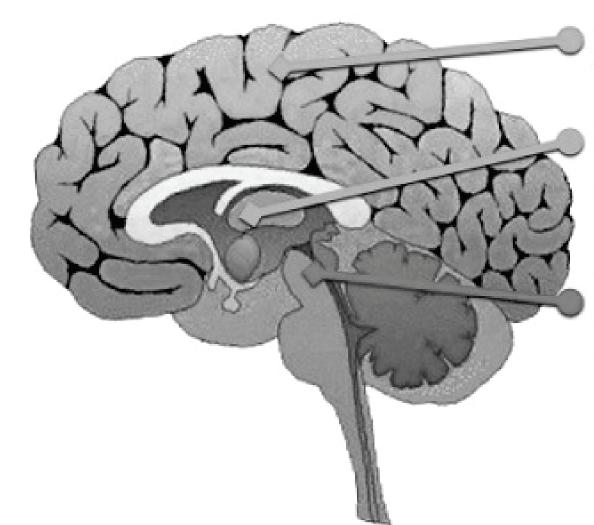






Do you have a topic you would like to share and discuss? Follow the QR Code to our FORUM area to speak your mind!





### Neocortex:

Rational or Thinking Brain

### Limbic Brain:

**Emotional or Feeling Brain** 

Reptilian Brain:

Instinctual or Dinosaur Brain

### You Can't Be Successful

## Unless You Control This One Thing First!

By Tony Ussery

Instagram @the\_fitness\_game

When it comes to success you will hear a lot of ideals about how you can achieve it. Some people believe you must envision it happening and it will (i.e. the law of attraction). Others will tell you that you must have a great plan or have set excellent goals. Others will say you must not give up and have a high level of will power. Still others will tell you, you must be action driven.

When looking at all these ideals they all have a ray or two of truth. But none of these is more important than the other. There is one thing that you must have before any of these things can consistently work for you. That one thing that you must have is called State Control.

State Control is the state of mind that your identity puts you in. Your Identity tells you who you think you are and what you think you are worth. So, if you think highly of yourself, then your State Control will be one of success. But, if you think little of yourself then State Control will not be in a place of success and no matter what you do to be successful it will usually fall short.

An example of this: Have you ever had someone trying to sell you something and he is telling you all about the benefits of the product and how good it is, but you see in him that he either doesn't believe in the product or himself. How many times did you buy that object?

Most of the time we didn't, unless we really, really wanted before he gave us the sales pitch.

What happened? The person that was selling you had bad State Control so when they tried to get you to sync with them you did, but not how they wanted you to. They wanted you to listen to their words, but you synced to their feelings of disbelief or doubt and it was louder and more persuasive than their words.

The problem is a lot of time what we consciously think of ourselves and what we unconsciously think of ourselves do not match. It all boils down to how our brain works. You see we have three brains: The Neo Cortex, Limbic System and The Reptilian Brain.

The youngest part of the brain is the Neo Cortex. It is responsible for such things as processing the written language, complex thinking, calculating, and rationalizing your decision. The Limbic System of the brain processes emotional responses. It gives you a gut feeling on your decision. The oldest part of the brain is the reptilian area. It is responsible for instinct and survival. Its main focus is to avoid pain. This area is what makes our decisions.

When we start to examine ourselves on the surface we usually do it through the lens of the Neo Cortex. It rationalizes our actions to the rest of the world why we do what we do, to make us acceptable. It will also at times determine who we are by the actions we take.

For example: If we procrastinate a few times, it may label us a procrastinator (an identity statement). So every time we go to do something of significance, our brain tells us since we are a procrastinator that is what we are going to do. The truth is that the reason we put stuff off might not have anything to do with us being a procrastinator but because we have a fear of failure. Remember the Reptilian Brain is the decision maker and it would do everything it can to keep us from pain. In this circumstance, not doing the action keeps us safe through the Reptilian Brains lens.

How many of you have put something off that you know you should do but didn't do it and later justified it with calling yourself a procrastinator. So, we consciously set our State Control as a procrastinator, and when we go to achieve a goal or act, we sabotage ourselves.

To compound the situation, our Limbic System attaches a feeling to that belief and it intensifies the situation. For example, we don't do something and we get angry or disappointed in ourselves.

You see we start to confuse the things we do to who we are. A problem occurs if we think that we are dealing with the problem when it is only the symptom. If we get rid of the symptom, but not the problem, most of the time the symptom will come back.

Have you ever tried to lose weight and you did, only to have something happen in your life and you gained the weight back? The problem is not that you are overweight, the problem is that there is something under the surface that has you feeling that the weight is necessary. It could be a dramatic situation that happen in your life that the weight is protecting you from or making you feel that you deserve to be where you are.

To change your State Control, you must change the things that are holding you down in your identity. The key is identifying the true issues and then making the changes. Once you do that, then all those things that you heard will help you be successful can now work in your life.

So, the million-dollar question is how do I make the changes in my identity so I can have great State Control? There is a series of things you can do to make the changes:

#### Identify the real problem

- Relabel the real problems and symptoms
- Reattribute the real problems and symptoms
- Refocus the real problems and symptoms
- Revalue the real problems and symptoms

In the next article, I will break down the above series and show you how to utilize them to create change. By the way, there is a quicker way to change and that is through hypnosis or NLP.



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### HIGH QUALITY CANNABIS SEEDS





## **Preexisting Conditions**

By: Brittany Morgan Williams

I have pre-existing conditions. Probably two handfuls of them. Now, I'm not the healthiest person in the world. I was hit by a drunk driver a decade ago so I have titanium rods running through both legs and my right arm, constant spasms in my legs, and I smoke. So, I wouldn't even be covered for those issues before Trumpcare (AHCA). A pre-existing condition is defined as a "medical condition that occurred before a program of health benefits went into effect" according to The University of Pittsburgh Medical Center. I can't even fathom how much my insurance will cost if that passes. Under ACA, or Obamacare, health insurance companies aren't allowed to charge you a higher price just because of pre-existing conditions. This went into effect on January 1st, 2014.

The list of pre-existing conditions is tremendous. Bigly, if you will. I won't list them all here, but I can almost assure you that if you have a condition, it is listed. They include some common and less common illnesses and conditions such as arthritis, cancer, diabetes, lupus, a wide range of mental illnesses, obesity, organ transplant, and even pregnancy (both parents). The majority of these issues have nothing to do with a person's lifestyle or any choice they made with their lives.

It's a disgusting and just wrong part of the proposed new health care, and it makes me angry. Angry that people might not be covered for issues that they were born with and will most likely cost them even more than the Average Joe. And Congress is fine with insurance companies charging those premiums for people with pre-existing conditions. Their 'solution' is to parcel out \$130 billion toward a Patient and State Stability Fund to help people with high premiums. With the amount of people dipping into this fund, and the ridiculously high prices of premiums, critics say that this fund won't be able to last even the 9 years it's supposed to.

People cry out, "Why would I pay for other people's insurance?" Because that's what humane people do for each other. Help each other out. Why can't people realize that the more base and anti-morale they are, the closer they are to being a caveman.

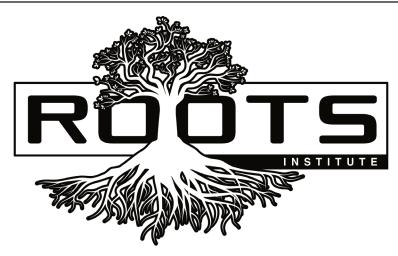
Needless to say, this proposed abomination of a health care system will truly be disastrous for anyone not in the 2%. Which was the point. The 'people in power' don't give a rat's ass for anyone but themselves. Hopefully we make it through however much longer there is left of this presidency, alive and not even more disabled.



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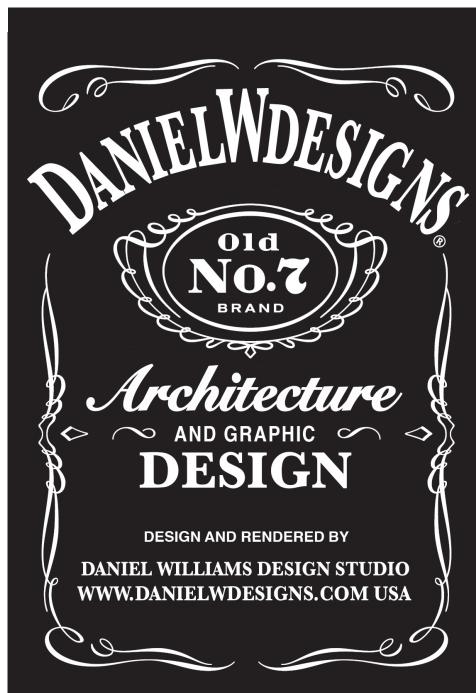


Roots Institute is an accelerator designed to address the needs of cannabis entrepreneurs by providing access to workspace, science, talent, capital, and strategic mentorship. Located in Bankers Hill adjacent to Downtown San Diego, Roots memberships include access to over 16,000 square feet of full-service 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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### Proper Transport Security Can Keep Your Company Moving Forward

By Warren Pulley, VP Project 7 Security Group

www.project7securitygroup.com | twitter: @p7securitygroup

Recently the California Bureau of Marijuana Control has posted on its website the intent to establish very strict regulations and guidelines on how recreational and medical marijuana can be transported when packaged, and you can expect with the over regulations that California is known for, that your company could fall into serious violation(s) of State regulations if you fail to follow all laws to the letter.

The proposed regulations would also set the minimum age for drivers and passengers of licensed transport vehicles at 21 years of age and regulations would enumerate the information and the qualifying events that must be entered into the track and trace system.

Currently companies have set their own individual standards on how they move marijuana based products business to business, and all too often these practices have resulted in confiscation by law enforcement entities, theft by organized criminals and loss from insider thefts, these transport practices result in the loss of hundreds of thousands of dollars each year for California based marijuana businesses and can be

curbed with a few common sense security measures.

First ensure that you are selecting a reputable, licensed and insured security company in the State where you reside, whom is authorized by your State's licensing body to perform armed security transport and guard services.

Secondly, do your due diligence and ask that the security company provide you with its States license number, then go to governing website and to verify that the security license is in good standing, along with the State verification it would be a matter of good business practice to conduct your own social media background on the company to find out if the company your relying has a bad reputation in the security industry, the Better Business Bureau is a good source for such information.

Third if possible ask the security company for references, however in the cannabis industry you may find that most companies operate under strict non-disclosure agreements with marijuana related businesses and they will have to honor prior requests and be un-

able to provide a cannabis business for you to speak with.

Lastly see if you can speak to someone that is part of the company's ownership and have your questions and concerns addressed by a decision maker, inquire about the experience of its employees and the company's experience dealing with the canna industry and law enforcement. Don't leave your company's bottom line in limbo, by not obtaining the best available information directly from the top.

Here at Project 7 Security Group, we highly recommend that 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 Private Patrol Operators (PPO) in the State of California or your governing State and that employees are persons who have a background operation in high threat, high stress, and high-tempo security operations.

If you would like information on how Project 7 Security Group can onboard you into our security operations by protecting your bottom line, feel free to call us at (800) 560-3103 or email: wp@project7securitygroup.com.

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### COMMUNITY



### **Selfie Obsession**

By Erinn Kovar

Instagram: @erinnyvonne

The antiquated art of a perfectly manicured Myspace selfie and the evolution of the front-facing smartphone camera have aided in building a self-confidence I have lacked since my nose grew too big for my face, since my crush in seventh grade told me I had a mustache, and since someone commented nasty things about my body in my Myspace Honesty Box.

"Selfie culture" has created an influx of self-acceptance on several fronts. Documentation of individuality through seemingly frivolous photos puts the subject behind the lens as well as in front of it allowing them to be both artist and masterpiece.

I can't pinpoint a specific time I took up an interest in myself and my body and appearance. I spent the majority of my adolescence as a choir and theater nerd preferring stage makeup and show tunes to real makeup and fashion. It wasn't until I got in touch with my sexuality, hopped off the theater wagon, and had to overcome separation anxiety to make friends at college that I even began to explore myself through self-documentation.

Maybe it was after I first had sex, maybe it was when I started running every day (lol), maybe it was when I realized societal beauty standards don't hold up for everyone that I began to take an interest in my body. I have been shaped by a mother who loves to feel good about her appearance at every moment of the day and a father who was upset when I began shaving my legs. Conflicting opinions that inevitably played a part in their divorce also left me feeling conflicted on a personal level. Whatever the reason, selfies are unapologetically and unconditionally therapeutic for me.

I am currently perfecting the art of the self-timed photo so that in addition to knowing that the left side of my face, tilted slightly upward is my best angle since I broke my jaw in a bike accident, I can know how to cleverly disguise my belly after I inhaled a massive burrito or

the fact that my hands are too small for my body. The idea that you can alter the way you look by adjusting lighting and angles without physically transforming your body is an intriguing concept. Does this automatically qualify me as a narcissist?

Many haters like to cite articles that they claim expose some correlation between narcissism and selfie-obsession, like this popular Facebook feed-clogging Huffington Post article that discusses the links between men who post selfies to narcissism and psychopathy (you know, that one you subtweeted at your ex).

I am a cis-gender woman so; perhaps this article means I am exempt from this psychological study and consequently excuses me from having higher-than-average narcissism and psychopathy levels. But then again, maybe it doesn't, and maybe that's ok.

The haters who use this article as their firearm in killing your self-esteem high also clearly did not read on to note that an "unrealistically large number of friends" is more heavily correlated with narcissism, so back off my self-riding (expletive)! I only have 700 Instagram followers.

This article citing a study by Brigham Young University suggests quite the opposite, however (shocker that it's the Mormons, I know). The study associated selfie-takers with characteristics other than narcissism, so chill before you come at me for being self-obsessed. According to the study, the three main categories of humans associated with this sinful medium of self portraiture are "communicators, autobiographers, and self-publicists."

I am my own best friend and promoter. I know myself better than I know anyone else and I think I have overcome a lot of difficult obstacles to become a pretty spectacular person and that my appearance is part of that success. Does that make me narcissistic? Well, according to Brigham Young University it just makes me an excellent communicator and self-publicist.

Of course, if you have some of the other traits of narcissism, you might find yourself taking the appropriate amount of slack from critics of your eighth selfie in 4 days. This infographic from LifeHacker notes that although there is no known direct correlation between selfies and narcissism, it can perpetuate narcissistic and "dangerous" behavior.

Sure, body dysmorphia and depression exist on a real life plane that I have encountered myself and can be perpetuated by the internet and cowards who hide behind the comments section, but perhaps this means that selfies have to come from a place of basic self-awareness. The awareness that continually looking at the bump on my nose that I wanted to have removed at age 11 is bringing me closer to really loving it. Acceptance through exposure.

The modern flow of selfies within the borders of the internet realm has allowed people to cultivate and share their individual and unique identities. It has perpetuated the body positivity movement, it has allowed people, especially women and intersectional and queer and trans identified, to experience more visibility.

The inner machinations of the internet have created problems that can oftentimes make life more difficult, but feeling good about yourself enough to take photos and document that feeling is something incredibly beautiful that should not be met with criticism. Everyone is not always going to like you, but if you like yourself and do things that make you happy and treat others well then who cares if you're a narcissist?



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## Managing Difficult People

By Tiffany Shakib

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Managing people who we find difficult, be they co-workers, family, or even friends can be a troublesome topic for many people. There are a lot of ways to handle interactions with others that can be bothersome or even painful. The technique or manner that one uses can depend on the situation, the personality of the individual who is being bothered, and the personality of the offenders. However, in general there are some techniques that can alleviate the stress of these types of situations.

Assume that everything is occurring for your own good, and that nothing is against you.

Sometimes we hold an unconscious position that 'this person is against me or out to get me.' Although the coworker, friend, or family member may have a totally different world view or idea about how things should be done, that does not mean they are necessarily against you. Simply holding this attitude may free up the space within you to hold more tolerance for the situation or individual. Sometimes, enough space may open up for you to hold a more loving position for that person. Or, your unconscious antagonistic position may be causing the other person to react more intensely toward you, and simply releasing this attitude, may cause their fight with you to desist.

Release the perceived need you have for that person to be a certain way.

Sometimes we are angry at another because we are holding an expectation about the way that person Should be or how they Should make you feel. You have an opportunity to gain a lot of freedom and control in your life if you do not have expectations from people in this way. And once you are able to fulfill your own needs, be they spiritual or emotional, then your need for others to act in specific ways may lessen, or disappear.

Connect with your own natural happiness

The last one may be a little cliché but it is true. If you can uncover your own natural happiness and self fulfilment then the actions of others become very far away and irrelevant for you, because you feel happy nonetheless. People can connect with their own inner sense of happiness or well-being in different ways. Meditation, exercise, a favorite hobby. The point is, that once you discover your own natural and autonomous ability to fulfill yourself, and experience happiness and freedom through your own natural self, your dependency on the actions of others decreases or disappears.



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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



### Marijuana Banned at Disney Parks

By Brittany Williams

Cannabis has long held a special place in my heart. As has the world of Disney, especially the bad a\*\* Disney princesses like Pocahontas and Merida. And often, these two worlds combine to make a truly magical time.

Not so anymore. At least if you're inside Disneyworld and Disneyland. Marijuana has officially been added to the 'banned' list. Now, you're probably wondering, "Wait a second. I could have smoked inside Disneyland before this?" I know. I only stuck to eating an edible before entering Mickey's world. Makes it a lot easier to pretend I'm a kid and totally fine with human sized cartoon characters.

They'll be checking for any marijuana paraphernalia during the bag check since, according to a Disney rep, "... marijuana remains illegal under federal law. We are revising our rules to clarify that marijuana is not permitted on our property." You might even get put in the on-site Disney jail. Which I'm a little worried might actually mean being held in one of those wooden stocks in the 'Ol West area.

So, if you do end up at Disneyland or World with a pipe or some left over bud in your purse, make sure you leave it in your car! And eat an edible beforehand so you get the full flush of Disney and cannabis magic combining.



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

# rep, "... r federal to clariitted on get put ch I'm a nean ben stocks get put the stocks Offer Up, What is it?

By Kathleen McLean

With all the new applications and platforms out I find it difficult to know which ones to choose. OfferUp is making waves as a mobile-only hybrid between Craigslist and eBay, and I love it. It's extremely user-friendly. Users can

easily upload pictures of items they are selling into the application, which they can share with a click of a button. They also have the option to share the items on Facebook. This application instantly connects me to buyers and sellers near me. Once I was on the application, I found myself perusing the ads with as much joy as scrolling through Pinterest. If you haven't tried it out, I suggest you do.



offeru



### JENSEN LABS

#### **CANNABIS OIL CONCENTRATES**

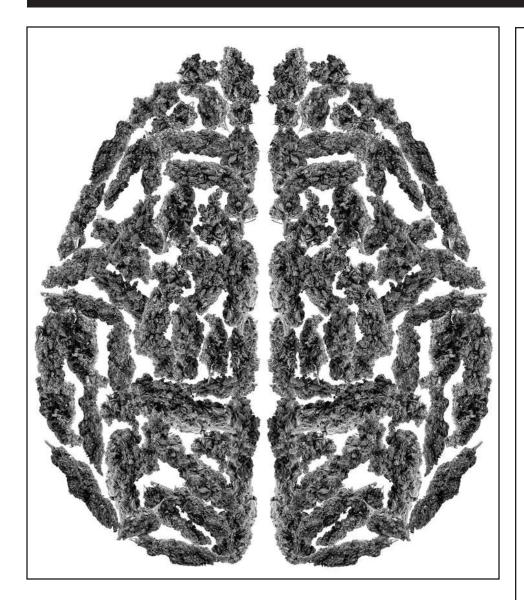
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## Cannabis and the Aging Brain

By Frank G. Shineman

Astounding new experiments with both younger and mature mice have revealed that treatment with cannabis on aging people may be able to extend their brain health. The greatest reason for this, as determined by doctors and other scientists is that cannabis has demonstrated a protective effect on their brains. Though, in these cases, it is the THC compound in marijuana and not CBD as might have been expected.

At the University of Bonn in Germany, experiments showed that a small amount of THC injected into the brains of mice of different ages produced amazing results. These findings were initially reported on in The Journal of Natural Medicine. The first result that was observed was that when small amounts of THC were injected into the brains of older mice, the THC made their brains younger. The scientists found that the cannabis helped older mice retain cognitive abilities. Usually, these are the mental abilities that digress with age. They were also surprised to discover that younger mice brains were made older. These tests were conducted consistently over a period of four weeks. During this testing period, brains of these older mice were shown to have regressed to the mental state of a two month old mouse.

A neuroscientist named Andras Bilkei-Gorzo recently reported these results to the Voice of America (voa.com.) Many of the scientists involved then began to think about how these facts could help reduce the decline of the cognitive abilities in older people. As a result, there were a number of other scientists who began to make valid comments about this astounding research.

Dr. Gary Wenk, Ph.D. in the Department of Psychology at Ohio State University agrees. Dr. Wenk is also a Member of the Governor's Marijuana Advisory Committee. In a recent interview with Yahoo News, he stated that the results were nothing short of amazing. He stated that the evidence shows great promise regarding the cognitive and neurological benefits for aging brains. Dr. Wenk went on to clearly declare that THC appears to reduce brain inflammation. Therefore THC very positively affects the consequences of normal brain function as people age.

Researchers then examined the brains of the older, treated mice, seeking an explanation of how this might have happened. They discovered that the neurons in the hippocampus (the area critical for learning and memory) had sprouted more synaptic spines. The synaptic spines are the points of contact for communication between neurons.

Mark Ware, a clinical researcher at McGill University in Montreal made the following statement. "To anyone that studies the endocannabinoid system, these findings are not necessarily surprising... The reason I say that is because the system has homeostatic properties everywhere we look." This means that the results may vary depending on the situation. Ware continued, "the detrimental effects that are seen in younger brains with an abundance of cannabinoids, in older brains may turn out to be beneficial because they have a lack of cannabinoids."



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



### **CBN**

CBN is somewhat psychoactive at roughly 10% the activity of THC. CBN is a breakdown product that occurs when THC is exposed to light or heat. CBN causes drowsiness and reduces spasms.

### **CBG**

CBG, which is more commonly found in the non-psychoactive hemp plant, has shown significant ability to counteract and prevent tumor formation.

### **CBD**

CBD is not psychoactive; studies have shown it to have anti-inflammatory, anti-anxiety, anti-nausea, neuroprotective, blood pressure lowering and pain-killing properties, among many others.

### THC

The most well-known cannabinoid and the mosst psychoactive. THC has the ability to alter behavior, mood perception and consciousness. THC is responsible for the euphoric feeling some people consider as being "high."

### **THCV**

THCV is a psychoactive cannabinoid that may help treat diabetes and is being investigated as an anti obesity drug.

### **CBC**

CBC has analgesic, anti inflammatory and very promising antibiotic properties.



"Chillin"

By Cambria Edwards

Instagram: @twistedflamingo

redbubble.com/people/twistedflamingo



### Strain Review: Sour Diesel

By Nikki Walls

Instagram:@Ms.MajorBlazer

Grade: B+

100% Sativa

THC Content: 12.7% Total

From: Private Grower

Appearance & Smell: Sour Diesel is one of the most classic marijuana strains around. Skunky lemon mixed with diesel undertones, making it true to its name. Smokers who enjoy truly odorous strains will fall in love with its taste and aroma. The dense, long, dark forest green nugs are permeated with purple hairs throughout and topped with a beautiful yellow tinge.

Feel & Advantages: Popular with medical patients, Sour Diesel is quickly becoming recreational users' favorite go-to when looking for a weed that won't weigh them down or interrupt with daily activities. It brings a heavy head high with low body sensations which is amazing for everyone from creatives to professionals. Anyone looking for a great mellow strain that's uplifting and medicating to your soul, Sour Diesel is a winner.



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#### **PATIENCE** BY BENJIE COOPER

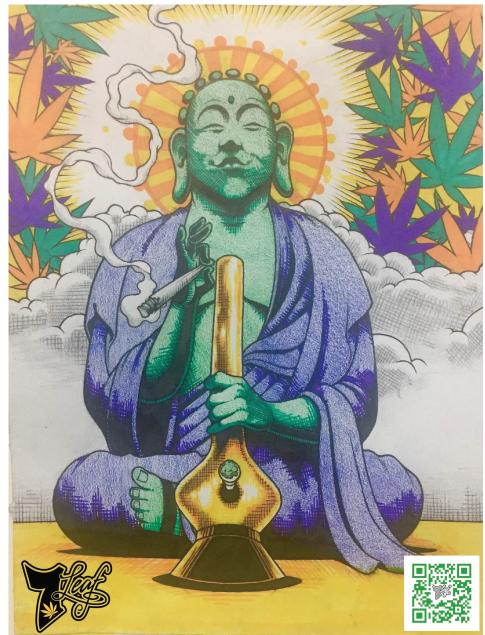
#### CREATED BY MIKE BORIS



Photos by Becca Atwood, The Ganjatographer Instagram: @ganjatographer









### **Interview with Shez So Waxy Goodies**

Kathleen McLean sat with the SD bornand-raised owner of Shez So Waxy Goodies, a medicated juice, canna lean, and candy company.

Kathleen: Is your brand known for edibles and juices?

Shez So Waxy: Yes, but mostly juices.

K: Do you go to all the local seshes and sell there?

**SSW:** They try to go to every possible event but, if they can't make it they send their edibles/juices with other people as giveaways.

K: How long have you been in the industry?

**SSW:** The business since 2015. But, in the industry for the past 5-6 years?

K: How did you start out in industry?

SSW: I started as a promo model and became a 420 model.

K: Are you still a 420 nurse?

SSW: Yes for a year and half i was the San Diego chapter leader but, stepped down in the past year to focus on my business and became a 420 nurse.

K: Is this your only business, do you have a background in baking, cooking?

SSW: Yes, I started as a teenager bak-

Photo provided by @shezsowaxy

ing cakes with my grandmother for weddings, birthdays and special events. We did five and six tier cakes. I for sure have a background in baking.

K: What do you think about the government regulating edibles and kitchen locations?

**SSW:** I'm not for the government stepping in.

K: Who is your biggest competitor?

SSW: Myself, I don't worry about what other people are making. There's room for everyone. I battle with myself, the way the edibles are made and making sure they taste good.

K: One concern we have as consumers is where the food is made, how do you combat that?

SSW: We have videos on social media of us baking so the consumer can see where we are baking and see the area is clean. We use gloves, the hair is back and we make sure to be transparent to show the process. Our kitchen stays clean at all times.

K: Tell me a little about your presentation?

SSW: Presentation is everything. We have our labeling on all of our jars. When we have juices for the patients to sample it's in a CLOSED container with a spout at the bottom.

K: Can you tell me more about the juices, what would you say for someone with a low tolerance for THC, how much would I drink?

SSW: Out of an 8oz, I would only sug-

gest drinking 4oz at a time. Our juices K: How do you think you'll be when are powered by rozin tincture like a liquid dab. We also infuse it with Keif,

K: What's Keif?

SSW: It's basically trichomes, crystals that break off the flowers and it's sifted through the screens. We decarb the flower, we decarb the keif, because if you don't decarb it you'll get more of a CBD high. Adding keif to an edible or drink makes it more potent.

K: What is decarb?

**SSW:** I put the weed in the oven at 100 degrees for an hour. Everyone de-carbs a little different but, I find decarbing at 100 degrees is best.

K: What is a good question I as a consumer would ask someone selling edibles?

SSW: "What's your decarb process?"

K: What's a bad answer, a red flag for us to listen for?

SSW: If they decarb at more than 200 degrees. One company I asked and they decarbed at 300 degrees which, lessens the THC potency.

K: Does your family know you make edibles and do they judge you for it?

SSW: My whole family knows and they are all very supportive of it. My grandmother even knew, she enjoyed flowers because it helped with her aches and pains.

K: I'm a mom and I'm pro marijuana but, I know for me there's still a stigma with being a mother that consumes THC. Do you feel the pressure?

SSW: Yes I honestly do. Sometimes I still feel like I have to be careful. It's scary to have out. When we are done we make sure to put everything away and high up.

your daughter gets older?

SSW: I'll be open about it. When people joke about mommy wants a glass of wine, it should be as socially acceptable to say Mommy wants a joint. I lost my first born and smoking marijuana definitely helped me get through that. It calms me down and helps with my

K: Do you feel like other mothers would benefit from medicating?

SSW: Yes for sure yes. My house, like other homes gets a little crazy, between the talking, the T.V and the baby there's always something going on. I can medicate and just chill, get the dishes done, get the household jobs done and be so calm about it.

K: Thank you for bringing gifts, can you please explain a little about each one?

SSW: We have cinnamon toast terps, this is infused with coconut oil with rozin chips. The juices are 150mg and infused with medicine rozin and keif. We try and give our patients more quantity for their money.

K: How do you feel about the patients?

SSW: It's all about the patients. We want to get them great products at low prices. We have a few patients that we know are struggling and spend most of their money on transportation. We always hook them up. We ultimately want to be the best for our patients. We do all types of specials, buy one get one, among others. We change our specials to meet the need of the individual patient.

K: Other than seshes where do you sell your products?

**SSW:** We have a delivery service and cater to all over San Diego county. Peo-

Continued on next page...



Photo provided by @shezsowaxy



Photos by Brian Sweeney | Instagram: @sparked\_interest\_photography

### The Art of Mary Janes Ballers Bash 2

By Jessica Skinner

Instagram: @kushy\_kitty

Ballers Bash is undoubtedly on it's way to becoming, one of the hottest events to attend. The event collaborates cannabis education, music, and print journalism for an action packed night.

Sponsored in huge part by The Art of Mary Jane Magazine, and Cannabis Talk 101, we were bound to have an experience. It turned out to be much more than I expected...in all the best ways. Walking in, I honestly thought to myself..."I thought this would be bigger." I immediately ate my words, directly in front of me was GG Strains, as many events as I have been to, I've yet to meet with the creators of the ever growing in popularity Gorilla Glue #4, Gorilla Glue #5, Glucci, and as I found out...more to come. I have to admit, I

became a little giddy as we talked about growing gg#4, and all the new things to come. As a grower and fan, this conversation alone warranted attendance.

Turning to the left was another vendor currently crushing this industry Slactivas, in all their syrupy glory. They served up those THC drinks all night....making eyes heavy and smiles bright. This booth is a top 5 competitor. They offer up tasty, potent, and decently priced beverages, and somehow manage to be everywhere. I know there will be much more coming from team Slactivas, and I eagerly await.

The patients in attendance were all enjoying themselves, and it was evident. The atmosphere and energy vibrating with positivity and acceptance. This is the place to go. Ganja Eats was serving up their medicated BBQ, and you know I had to have some. Mac and Cheese, ribs, baked beans, all with a medicated kick. They are making a name for themselves with a whole line of DYI products to take home, and use in your favorite recipes. Bodega Treats were present they brought gifts with a little

taste of everything. Candies, Hot Cheetos, nuts, nachos and so much more.

Hearing a roar from the crowd, I follow their attention to the stage. Cannabis Talk 101 and Art of Mary Jane model Milanya Maria had taken over. This is easily one of the top, cannabis-based broadcasts in the nation, and growing. Featuring The Pot Brothers at Law, and Chris "Blue" Wright. They bring us information and entertainment while educating us on cannabis law development. They are truly an integral brick in the cannabis industries foundation, generously sharing time and resources to assist each and every one of us. Alongside them is D-Loc of The Kottonmouth Kings. One of raps original, cannabis heavy, groups. Busting out of Southern California in the midnineties, bringing a whole new sound and still creating new beats. We haven't heard the last of them yet.

We had a short time to speak with The Sober Junkie, one of the most humble and amazing people I've met yet. If it's music, yes he does. Also an addiction survivor, because of cannabis. He like myself takes every opportunity he can to spread the message of "cannabis for

rehab." Knowing on a personal level, all the amazing healing properties cannabis has, he is a full-time advocate.

We had the fortunate experience of catching a performance by Sam.I.Am. One of Snoop Dogg's newest artists. Part of the LBC movement created by Snoop Dogg, and releasing their first collaboration in 2016 titled Endless Summer....you can catch it on Sound-Cloud. I came to understand exactly why this was a private and exclusive event. It's not everyday you get to just hang out and chat with these people. It was an intimate yet casual affair. It didn't matter who you were, if you were there, you were welcome. Personally and speaking for my team, we had an amazing time. I met a lot of awesome people and learned of more information resources. If I ever have the chance to go again, I will. The thought that this is only the beginning makes me anxiously await the next one.



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

Milanya Maria of MaryJane Magazine



Continued from page 12...

ple can hit us up by DMing me on Instagram @shezsowaxy.

My take away from meeting with Shezsowaxie is she is all about the patients. She's kind, caring, and passionate. Her spirit is genuine and she seems to love what she does. She takes pride in her brand and strives to provide the best product and service to her patience. I'm excited for her future.

Follow her on Instagram and Twitter to stay in the loop about her products!

Instagram: @shezsowaxie, @shezsowaxygoodiez

Twitter: @shezsowaxyy



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





By Katie Burke

**Ostrich** 

The city of Chula Vista has unanimously voted to ban all marijuana dispensaries medical and recreational. The council doesn't feel like they have had enough time to come up with regulations, which is odd seeing medical marijuana has been approved in the state of California since 1996. This leaves most citizens to question how much more time they need? One resident stood up and addressed the city council comparing

Chula Vista City Council Meeting them to Ostriches, sticking their heads in the sand to ignore what's going on.

The city for now, will not have any approved dispensaries until they come up with a long term policy on the collectives. One of the members did stress at the close of the meeting that they do just see this as being temporary and they will address the issue at a future date.

The other cannabis related item on the agenda had addressed adding marijuana and other controlled substances to their social host ordinance. The social host ordinance is by definition, a legal term of the law that deals with the liability of a person who supplies liquor

to a guest under the legal age. Under current social host ordinance laws, the host shares any liability incurred as a result of actions by an intoxicated guest to whom he or she has served liquor.

The city says they will be cracking down on the social host ordinance holding adults responsible for providing access to minors. Chula Vista Police Captain Lon Turner was quoted by CBS 8 as saying these parties have date rapes happening and all kinds of other disorderly behavior. If the city adds marijuana to the proposed social host ordinance it would read like this

"It is the duty of any person having control of any premises, who knowingly hosts, permits, or allows a gathering at said premises to take all reasonable steps to prevent the consumption of alcoholic beverages, marijuana, or other controlled substances by any minor at the gathering."



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



### Vista Commissions Dispensary Poll

By Benjie Cooper

@nuglifenews

For the past few months, the Vista City Council has been under increasing pressure to come up with a solution to the city's dispensary zoning problem. With the reality of voter-approved recreational marijuana in California, and new state medical cannabis regulations coming in 2018, the city is being forced to make a decision about something they can no longer try to fix with police raids and asset forfeiture.

In February, local citizen group Vistans for Better Community Access (VBCA) submitted an initiative that would set up a local licensing and regulation system for medical marijuana outlets, but the Vista City Clerk rejected it after discovering that the title of the proposal was missing from some pages. California election law requires each page to bear the title of the initiative that a person is signing. The group submitted nearly 1,400 more signatures than the required 5,600, but because of the erroneous pages, much of the initiative was invalidated and ultimately rejected. The proposal would have allowed for the operation of at least ten dispensaries in Vista and implemented a 7% tax rate on sales. With close to 100,000 residents in the city, there would be about one dispensary per 10,000 people.

VBCA is currently gathering new signatures for the initiative, but the council is not satisfied with its terms. They are currently working on their own city-drafted ordinance which allows for the licensing and operation of just two dispensaries in Vista, or one per 50,000 residents. Under their proposal, the city would also get to select the two medical marijuana providers. If the VCBA initiative gathers enough signatures, a special election may be held.

In an attempt to get a better idea of residents' feelings on the matter, the city council is commissioning a \$35,000 poll to be conducted by an independent outside company. At a meeting in

Image by Benjie Cooper, @nuglifenews

late April, council members discussed polling locals, then at a May 9 session, they decided to go ahead with the survey. Councilman Joe Green was absent that evening, but other members in attendance voted 3-1 to pay for the study. Amanda Rigby voted against the poll, uncomfortable with the possibility of licensing something that is currently illegal at the federal level.

But fears of intervention from on high would appear to be unwarranted at this point. The federal government isn't allocating financial resources to keeping medical marijuana states in-line with their policies anymore. Without funding, the federal raids just aren't going to happen. Local governments are the only ones doing that kind of thing now. There is currently an attorney general in office who is a vocal opponent of cannabis, but he answers directly to a President who believes in state rights for medical marijuana, so it is unlikely to see any action against medical states from federal agencies in the near future, if at all. Additionally, a bipartisan group of congressmen introduced HR 1227, the Ending Federal Marijuana Prohibition Act of 2017, earlier this year. If the bill passes, it will eliminate penalties for cannabis possession and cultivation as well as give states the power to create their own marijuana policies without fear of federal intervention.

Given the current state of things in Washington D.C., the city of Vista should have very little to worry about when it comes to Uncle Sam meddling in local medical marijuana affairs. Council members have commissioned a poll that will tell them what their residents think. If their proposal is the one that ends up being enacted instead of VCBA's, they will need to ensure that the rules are fair to all those involved and meet the needs of the patients. Otherwise, the pointless legal battles will continue until a proper agreement can be reached or the council is replaced.



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### **EVENTS**

#### May Flower Sesh: Hippie Lounge

May 20 @ 2:00pm - 8:00pm 43041 East Florida Ave Hemet, CA 92544

### The Tattoos & THC Tour with Bryan Torch

May 25 @ 8:00pm - midnight San Diego CA

#### **Caliroots**

May 26-27 Monterey County Fairgrounds

#### **Local Sesh**

May 27 @ 5:00pm - 10:00pm Location TBD 92105

#### **Cannabis Capital Networking**

June 6th @ 6:00pm La Jolla Brewing Company

#### 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



For more event updates, view it on our website by scanning the QR Code.







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### **ENTERTAINMENT**



### **Hortiscope**

By Medicinal Mike Boris

Instagram: @medicinal\_mike

#### Capricorn

You have a little stoner friend who you love to give funds to to get his flower but you are not teaching him anything, it's time to let him fend for himself and you should just smoke this. 1 to the head.

#### **Aquarius**

You have spent all day and night in the garden and all you're doing is criticizing yourself. Your flowers look great, your buds are blooming big, give yourself a pat on the back because nobody else will.

#### Aries

Around this time of year, you like to of-

fer all your helpful growing advice, but please stop. Your thumb is brown. And your advice is about to ruin some gardens so think twice before lending that helping hand.

#### Gemini

That magical brownie you ate has got you hearing voices, but the good news is those are actually real people trying to get a hold of you and let you know they need your help so lend out your time and it will be rewarded.

#### **Taurus**

The garden is speaking to you sharing its secrets. You've been hoarding them but now is the time to share those precious lessons or risk having the best pot but smoking it alone.

#### Libra

This week you're feeling the need to bond with your friends but you still have some unfinished gardening that needs your love more. So roll up a fatty and get your hands dirty. You'll enjoy the fun time more afterwards.

#### Scorpio

This week a special friend gives you a medicated brownie that looks like a butt. Don't crinkle your nose because it will hurt their feelings. Just toss that little nugget in your pocket and try it later at home.

#### **Sagittarius**

Ha! Someone is trying to show you a





new dab trick. They don't know you are the dab master and know everything. At least you think you do. Pipe up and absorb some knowledge. You might learn a new trick.

#### Leo

Sometimes you're up and sometimes you're up. This is your week to shine... again. Don't doubt your charisma in the circle sometimes you deserve two joints at the same time.

#### **Aquarius**

Spring cleaning does not mean yanking all your plants out of the garden. Someone else in your stoner pack sees value in what you call bunk. Share.

#### **Pisces**

Your rolling game is on point but your edibles taste like regret. Take a class! There is no shame is asking for help when it comes to educating yourself for the benefit of others.

#### Virgo

You have had the best group of stoners in your circle for years. You also feel like something fresh in the group is needed. Plan a trip and smoke out some new faces.



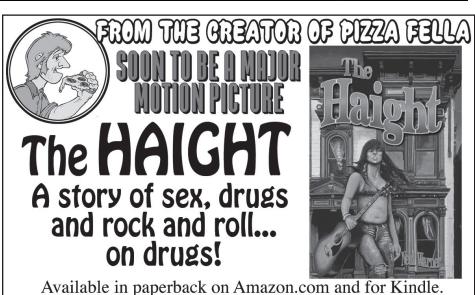
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### TRENDING TOPICS

### **#TerenceCrutcher**

Another cop got away with murder this week. Terence Crutcher, an unarmed black male was gunned down last September by Betty Shelby in Tulsa, Oklahoma. He was shot in the back with his arms up. Officer Shelby was acquitted of all charges just last evening. Here's a few trending Tweets:





anna wright @asokoloskyy · 6h Imagine being Terence Crutcher's family reading this headline this morning

WCPO 🔷 @WCPO

Man who shot police dog sentenced to 19 years in prison bit.ly/2pWJOkO pic.twitter.com/ JYNmvWlmNF

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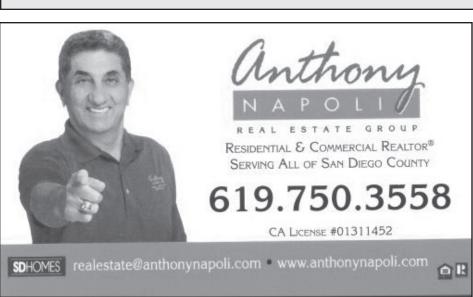
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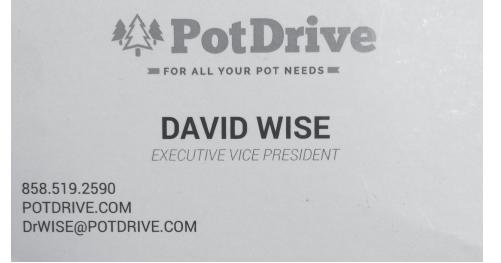












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