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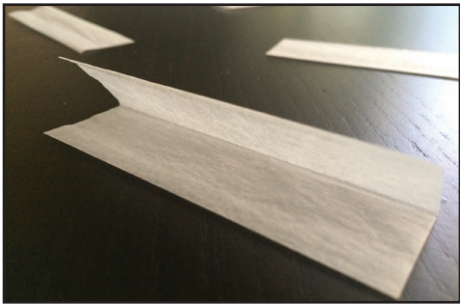


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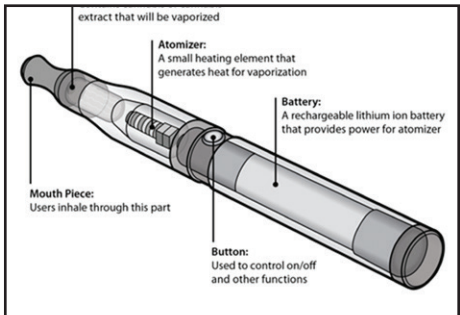
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Make a Difference

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

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

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



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



The Emerald Cup

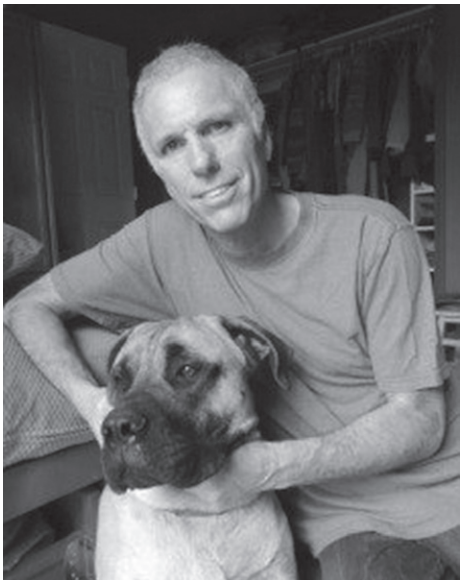
The Emerald Cup to medical marijuana is what EDC is to EDM. This year the event is arguably the most anticipated ever. Marijuana is one of the hottest topics in the nation, "Weed" is now legal in the state of California. From Dec 09 - Dec 11, wine country will be up in smoke. Emerald Cup is the creme de la creme of cannabis events. The event started in Laytonville 13 years ago with less than 100 people in attendance. See those were the days when the location was classified information. You had to know somebody that knew somebody to get the address. 13 years later, the now global movement will stream on Facebook live by the tens of thousands. 25,000 people are projected to attend. Most of those attending will be posting pictures on Instagram and thumb-

ing on Twitter. Tim Blake, the founder of this famous event, must be amazed at how much it has changed since the beginning. Millennials will parade the grounds with selfie sticks, tagging their locations on social media with no fear of prosecution. Yes, grandmothers, pastors and employers will know who and what happened at Emerald Cup this weekend. Musical acts by Damian Marley, Dirty Heads, Nattali Rize, Raging Fyah, Stick Figure, Tribal Seeds, Thrive, Vokab Kompany, Kabaka Pyramid, Arden Park Roots, California Honey Drops, and Hirie will serenade the Sonoma Fairgrounds. Yes, grandmothers, pastors and employers will know we were all at Emerald Cup this weekend. The Emerald Cup has transformed into not only a competition of

the best-grown organic, outdoor cannabis but just as importantly, into an international educational forum for the cannabis culture. Entrepreneurs, investors, music enthusiasts, medical marijuana patients, and farmers from all over the world will be celebrating at "The Definitive Cup for the Fall Harvest."

Rolling Stone called it "the Academy Awards of the cannabis industry," other accolades include; "epic marijuana festival in Wine Country" - SF Gate, "Smell The Truth," "best weed fest in the West- or any other direction" - North Bay Bohemian, "refreshing...Home To Top-shelf...Everything" - Medical Jane,





Tim Blake Founder of the Emerald Cup Introduction

<http://theemeraldcup.com/tim-blake-founder-introduction>

It's a new day, a new era, and it's time for everyone to come together to build a bridge to the "everything is possible" Cannabis World we're all going to be living in.

I've been growing for over forty years but I've never been as excited as I am at this time about what the future holds for cannabis, our industry, and our community. After decades of failed efforts to stem the ever growing support and demand for our sacred herb, the Feds and the powers that be are finally realizing there's no turning back. With the imminent legalization of adult use cannabis in California in 2016, we're heading into uncharted territory. Everyone's quite aware that the cannabis market in California is larger than Colorado, Washington, Oregon, and several other states combined. No doubt it will only get much more so in the coming years after legalization. California will also be the recognized world leader in the production of high-grade medicinal can-

nabis. It already is to many folks, but the rest of the world will soon know it too! Sure, they're still beating us up all over the state, but it's their final parting shots that are being inflicted upon us. The writing's on the wall and the time is over for the old school ways of failed law enforcement tactics.

Being part of a collective dispensary, it's nothing short of amazing to see all the new products coming through our door. Companies are sprouting up by the dozens, each hoping to find their niche in the ever-expanding cannabis marketplace, although it's drier than it has been in twenty years. It's like the old days, where good bud is hard to find during the baking summer months. Everyone thought we'd be flooded with bud after last year's record harvest, but it's dry as a bone out there on the streets. You can still go to your corner dispensary and get yourself some great smoke, but go into the hills and you'll find out all the buyers are coming up empty. The Emerald Triangle farmers have no more bud to sell; it's all gone up in smoke and vapor!

About seven percent of the potential market was in place as of last year. It's probably now doubled to fourteen percent. That increase sucked up all the excess flowers that would have been turning brown by now. I used to think, like many others, that we would see a tough marketplace for our products over the next few years, but it's clear our industry will only grow and grow each year for the next decade. Now I'm realizing that we're going to do just fine! There is plenty of room to find a place for yourself in the evolving cannabis industry if you have true passion for our sacred herb.

I went to the local nursery the other day. An old friend was standing beside some fourteen-foot tall bamboo stakes. He looked tiny alongside the skinny poles. We had a good laugh. The first year they brought in the stakes the biggest ones were eight-footers. They only allow us to grow twenty-five plants in Mendocino at this time.

so we've learned how to grow big ones. No, huge ones!!! The strains that all the up and coming breeders are showering down on everyone are amazingly freaking good. Everyone's becoming a seed breeder! And a hash maker! And just about every other product you can think of... they're creating. I'm stunned and amazed at what's taking place in such a short time.

With that in mind we're making sure that the very best teachers join us at this year's Emerald Cup; to guide us, show us the ropes, and freely share the wealth of knowledge they've absorbed over the years.

We're taking over the entire fairgrounds, giving us room to expand for years to come. You'll find a different layout this year, one that you'll enjoy due to all the additional space and places to play.

With a couple of years under our belt at the Sonoma County Fairgrounds, we're more than ready to build upon last year's successes, which include fixing details we missed and providing many new elements we're adding to the show.

We're going to have a multitude of food options. You'll be able to eat world-class cuisine to your heart's content.

The most important part of the Emerald Cup is the competition. We had so many entries last year it kicked our butts. This year we're getting a running start, we're dialing in the contests and rules, and building a judges' team for

each contest, so that we're up to the challenges of dealing with so many contestants. A Special Thanks goes out to all of them!

After the Cup was over, I finally had chance to check out all the entries. The presentations themselves, from the quality of the products to the packaging and labeling, blew me away. Seriously, it brought tears to my eyes to ponder on such dedication and commitment. You all rock! I thank all of you from the bottom of my heart and look forward to truly having time to spend with you at this year's 2016 Cup.

The biggest personal reason I'm looking forward to the Cup this year is that I finally get a chance to really take in the event. Having my daughter Taylor, Michelle, Joshua taking over more of the responsibilities for the event will allow me the opportunity to mingle, learn a lesson or two, and get to meet some of my lifelong heroes.

We have become a family over the years; everyone bonding over all the joys, challenges, and tribulations of producing the past eleven Emerald Cups.

I look forward to seeing all of you this December.

Look for me. I'll be the guy with the biggest grin on his face

Tim Blake

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QR codes... What are these?

QR codes, or Quick Response codes, are barcodes for digital media. They have been popping up all over the place. They are commonly seen on banners, as profile pictures on different social media outlets, in print media, and even on clothing.

Having a barcode scanner on your smartphone allows you to easily scan a barcode and it will bring you straight to the webpage or a social media page that the code is linked to. Once you start scanning I guarantee you won't be able to stop; it is so unbelievably convenient.

Have you ever asked someone their Instagram name or SnapChat name?

Things can get somewhat confusing due to the users unique spellings for their profile names. Imagine if you met someone and asked how to find them on Instagram. Instead of them answering with, "LIZZAPIZZAMEEZA, that's l-i-z, as in zebra..." you just scan the QR code embroidered on their hat, or printed on their business card. See how streamlined sharing and connecting can be?

We, here at Candid Chronicle, place QR codes with their corresponding articles in the Candid Chronicle. When you scan one of our QR codes, you will be directed to the online version of the article that you are reading. QR codes allow you to share our articles on social media, or text/email the link to friends.

Download a QR Scanning app from the app store or play store. I suggest Bar-Code, which is Android and iPhone friendly.



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First Time Grower

By: Lawrence Yung

Growing your own cannabis is easier today than it has ever been. There is a wealth of information out there that can help aid you in the process. I recently moved to San Diego, and one of my goals was to learn horticulture to grow my own cannabis. Trust me when I say I am no expert. If you do your research and follow directions, it's a relatively easy process. As a first time grower, here are a few things you may want to consider before you begin your horticulture journey.

One of the first things to consider is where you are going to grow. This is an important decision because where you grow impacts the yield of the plant. Are you going to grow indoors or outdoors? What's your budget? How much space will you need for your grow? Are you going to set up more than one tent? Do you want to do a traditional soil grow? Conversely, do you want to do a hydroponic setup? These questions serve as a baseline for your grow but ultimately depend on your preference as a first-time grower.

Once you have selected where you want to grow, you will then want to decide the method of how you're are going to grow. The Internet serves as an excellent resource differentiating traditional soil grows, and deep water culture or a hydroponic. As a first timer, there can be information overload as to which route to take. I found most of my information at growweedeasy.com. This is one of the best informational sources out there in my opinion. This site breaks down these options for a novice, like myself, to better understand what was best for my situation. I was able to educate myself on everything I needed for my grow for a successful start. This site provided great insights that I had not previously considered. For example, will the area have access to fresh air? It highlighted the pros and cons of each method, some of which had not crossed my mind. The site referenced some great stuff on there. I highly recommend it.

I'll explain which route I took and why, and provide some examples of where to find the information. Growing can be financially straining. The acquisition of materials can be costly. Having a grow-

ing partner has its financial benefits. Lastly, what better bonding experience is there than to grow weed with a trustworthy friend to learn and grow with? In my opinion, this is a solid start to a successful grow. Winning all around!

You are probably wondering which route I took and why. Let me explain. We decided to do a hydroponic grow. We wanted to get a high yield but were limited with space. Many of us face this issue in small apartments. Networking with friends to see what materials you can borrow is beneficial as well. We were able to acquire pieces of equipment through friends. This alleviated the cost of buying other equipment that was necessary for our grow.

Like I said it's all about preference and this method made the most sense for us. There was a sale at San Diego Hydro, where we were able to purchase what we needed at a great price. If you are local to the San Diego area, I would check these guys out. The staff was very knowledgeable and helpful and gave some great advice. We were going to use clear tubing in our hydro set up, and a guy suggested that we use solid tubing to avoid algae build up. Whether you have specific questions on your grow or you are a novice just entering the industry, San Diego Hydro is an excellent opportunity to speak with someone in person and walk away with tons knowledge setting you up for success.

Do you want a kit or do you want to purchase each part individually? You can easily find a kit online; it will have everything you need, and you don't need to worry about compatibility. You can Google "grow kit", or check good ol' Amazon. However, this will probably cost a lot of money. Do not be fooled by price tags. A higher price tag of a product does not yield a more profitable product. In my experience, the cheaper products often times work just as well. I would lean toward researching what you need and acquiring the pieces individually. I think this is a good place to start.



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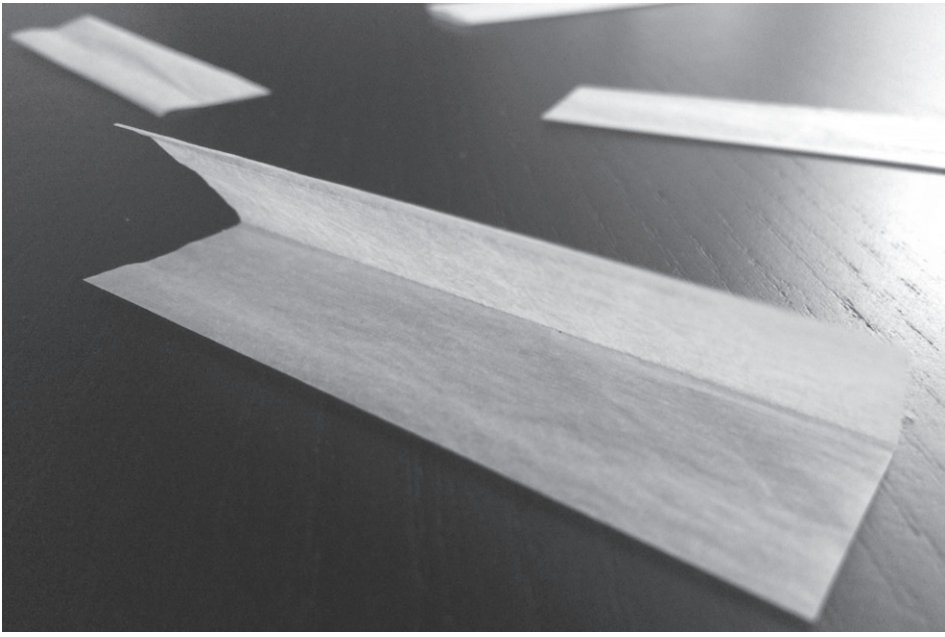
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History of Rolling Papers

By: Marla Garden

The technology of smoking continues to advance with vapes and pens; many people continue to love good, old rolling papers. People have likely been rolling things up in paper and smoking them since the creation of paper in the 1100's. However, papers made specifically for rolling are concretely linked to being created in 15th century Spain.

Peasants in 15th century Spain used to pick up discarded cigars, cut them open, and re-roll them with newspaper scraps. The cigars that the peasants were finding were brought to Spain by Christopher Columbus's crew. When Columbus and his crew returned to Spain from an excursion, they were smoking tobacco rolled up in tobacco and palm leaves. These were early cigars and caught on quickly with wealthy people.

While smoking a cigar, the tobacco tar builds up inside the cigar, "turning" it or making it taste bad. Naturally, when a smoker's cigar turned, they would toss it in the street. This is when the peasants would come in, scooping up the cigars to harvest what was left. The newspapers that these peasants were smoking were printed with ink that contained lead, cadmium, and surely some other harmful chemicals.

Papermakers noted how disgusting it

was that peasants were smoking repurposed litter. To be candid, they likely didn't care about the cleanliness of the matter but rather saw an opportunity to make money. So, paper mills started making rolling papers. They used processed white paper and marketed the rolling papers as hygienic.

You really could cut out a piece of The Candid Chronicle and rolled a joint with it. It might not be the best joint, but it would be nothing compared to the 15th-century newspaper cigarettes that these peasants were twisting up. The Candid Chronicle is printed with soy based ink.

Originally, rolling papers were created in large sheets. You'd simply cut off whatever piece you needed. As time went on, pre-cut rolling papers became popular and cut down on preparation time for the consumer. The first rolling paper booklet was created by a Dominican monk to protect the papers. The booklets eventually made it to Alcoy, Spain where they were reproduced.

Now, there is a wide variety of rolling paper options. Transparent cellulose papers, fruit flavored, 24k edible gold papers, hemp papers, pre-rolled cones, and papers of all sizes. It's amazing what ingenuity can blossom from a little trash picking.



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Next Big Crop

Next Big Crop was formed in 2014 as a provider of consulting services to the cannabis industry. Since then, they have provided top-notch consulting and management in an industry that, until recently, has lacked standardization and adoption of large-scale agricultural principals. Next Big Crop has taken an uncompromising stance towards safety, compliance, product integrity, quality, and service. Their team boasts decades of cannabis operation experience ranging from outdoor California farms and advanced hybrid greenhouse structures to some of the most sophisticated warehouse cultivation facilities in the United States.

Next Big Crop worked with Green Leaf Medical to secure stage 1 approval in the Maryland cannabis licensing process, submitting the highest scored grower application. The facility will be

a 42,000 sq. ft. state-of-the-art warehouse grow, utilizing sophisticated automation systems. Next Big Crop will advise throughout construction and provide operational oversight thereafter.

Mayflower Farms is 40,000 sq. ft. of indoor cannabis production, accompanied by a 10,000 sq. ft. cannabis extraction lab, located in Aurora CO. Next Big Crop designed, managed and implemented the entire renovation project and are currently overseeing their production.

Next Big Crop draws from years of experience managing compliant, commercial cannabis facilities across the country. Utilizing this experience, they are able to reduce production costs while exceeding yields and quality expectations. This is done through the implementation of the most current industry-best practices and utilization of advanced equipment and systems borrowed from traditional large-scale agriculture. Next Big Crop possesses the know-how to offer proven turn-key solutions for any cannabis business.

Check out their website, <http://www.nextbigcrop.com> to learn more about their services.



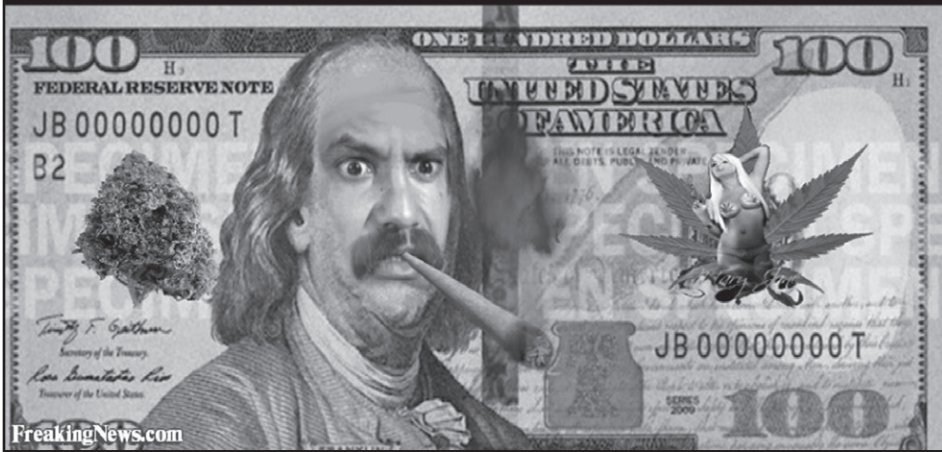
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CONTAIN AND MAINTAIN





Latinos & Cannabis: The Future

By: Benji GarciaReyes

There are 56.6 Million Hispanics that make up 17.5 percent of the United States, which makes them the Largest minority group in the U.S. (2015 U.S. Census). Currently, there are 28 States that have some form of legalization for medical marijuana. Both are already a huge demographic in culture, society and more recently business. The future symbiotic growth of the two will generate billions of dollars in the next 45-50 years.

According to the 201 U.S. Census, 119 Million Latinos are estimated to populate the U.S. by 2060, and the marijuana industry is expected to set explode to \$20 billion in revenue by the year 2020. The more Latinos join, innovate and add to the Industry, the more likely it is for those numbers to grow exponentially. That's a boost of over \$100 billion in the next 20 years.

Ironically, both the cannabis industry and Latinos have been underestimated, overlooked, and hampered by negative stigmas, but both, now set to combined, are sure to succeed. With Food products like Mexican Candy, Soda, Tamales, and tacos, just to name a few. Latino food and snack already do well and are very popular at most lunch time or leisure events. The add-

ed medicinal value allows for the Hispanic demographic themselves to get over internal cultural stigmas that have plagued them for decades. Including reaching out, connecting and breaking stigmas to older Hispanic generations, with edibles that are not just delicious, it also helps them with various type of ailments, previously dealt with pills & other prescriptions, that left most useless and groggy.

The state of California is one of three that will seem to benefit the most, they are home the largest Hispanic population in the U.S. Having high population cities like San Francisco, Los Angeles and San Diego, they will surely only grow.

There is nothing that can stop this trend, although there are a few things that can help expedite and solidify the Cannabis and Latino Explosion surge: the continuation to push for cannabis legalization, education and the emergence of the Latino leaders.

Because both Cannabis and Latinos are on an upwards trend, you can safely say "the money is in Cannabis and Latinos". They can do a lot of good, are only growing and we are all starting to find out.



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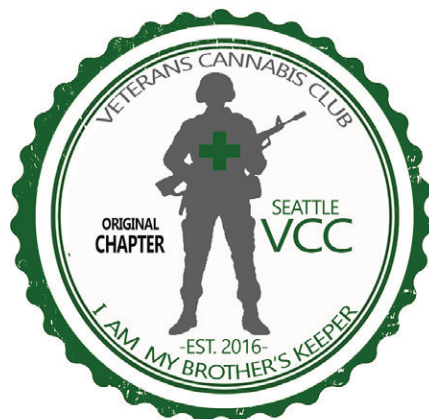
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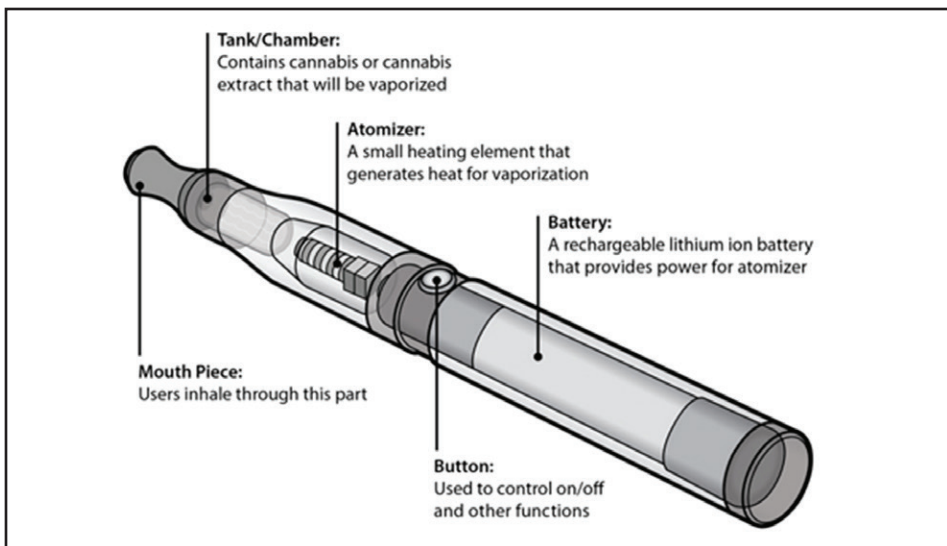
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Vape Pens... Love 'Em?

By: Katie Burke

This article is a tad bit challenging as there has been very little research done on vape pens. Due to the lack of studies, there's no real way anyone could responsibly report the long-term effects of smoking marijuana out of a vape pen compared to a blunt, joint, pipe, or bong. There are, however, hypotheses based on suggestions and popular beliefs. For example, most reports suggest marijuana is "safer" than smoking cigarettes, but there haven't been enough long-term studies completed to come to a definite conclusion. Short-term studies (60 days or less), done on habitual marijuana smokers showed increased lung health when a person switched from smoking a joint to smoking a vape pen. Participants claimed to have stopped coughing up phlegm and were breathing more clearly than when smoking blunts, joints, pipes, or bongs daily.

Vape pens give people the freedom of smoking marijuana anywhere without engulfing yourself and the people around you in burning weed. The smoke that comes from a vape pen is a more clean, white smoke with much less odor. Vape pens are great for someone on the go. When I go to a bar, event, or nightclub, I can conveniently take a hit off the vape pen without tons of people looking around and asking me for a hit. It's not that I don't like sharing but, when I'm trying to be discreet, and people are asking if they can get in on my blunt, damn it, they blow my cover. Because I'm not a famous rapper or even an Instagram bathroom model, I don't have the freedom of walking

around the nightclub without getting blown. Discretion is entirely necessary, and vape pens come through every time.

Did I mention vape cartridges are also way cheaper than buying flowers? I would consider myself a habitual marijuana smoker. I smoke on average two times per day, seven days per week. I wouldn't say I'm a loner stoner, so it's accurate to say I go through about a half ounce per week, which is approximately \$100-\$125 per week on marijuana. The cartridge that contains pure THC and goes into a vape pen only cost \$25. I could go through a max two of those per week, while some weeks it's just one. Using vape pens make it a lot easier for me to stop smoking once I achieve the desired effect, instead of smoking a whole blunt.

It seems as though a major con to smoking a vape pen is they can explode due to their lithium-ion batteries. From my research, I have surmised that lithium-ion batteries have a strict operating window that people would want to adhere to. Whether it's a hoverboard or a vape pen, these batteries have a small window in which they should operate. The batteries are best kept between 50 and 115 degrees Fahrenheit. These temperatures workout perfect for us San Diegans because our temperature averages 70 degrees. However, in the winter, 90% of the United States will get colder than a mere 50 degrees. I would advise people to learn more about the brand they are buying and to adhere to the warnings of vape pens.



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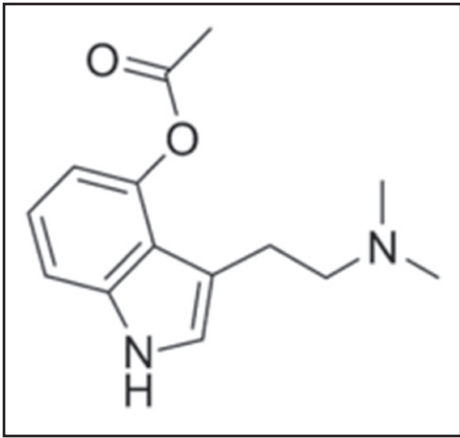
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Don't Spice Up Your Life

By: Gus Tovar

We are currently seeing an explosion of new drugs, or research chemicals, which are being mass produced all over the world. Research chemicals are, for the most part, a crafty way for people to catch a specific high without having to fear prosecution for possessing a controlled substance. Most people in the medical marijuana community are familiar with synthetic cannabinoids sold as “spice” or “potpourri” at head shops. The purpose of synthetic cannabis is simply to provide the user with a THC-like high. Unfortunately, there are people who, due to lack of safe access, or simply due to ignorance, ingest synthetic cannabis thinking it is as safe to use as the real thing.

Unlike traditional cannabis, “spice” has proven to cause many physical issues which can eventually lead to very severe physical addiction. While cannabis (along with chocolate, pho, cuddling, tacos, and just about anything that feels good) can become psychologically addicting, there is never an actual danger for severe physical withdrawals, which are present with harder drugs such as opiates. A severe case of drug withdrawals is a complete shock to the system which can, unfortunately, lead to death in the worst of cases.

It is truly a shame that our government has created a culture where people fear persecution from law enforcement and their peers, to the point where they are willing to take a technically unknown chemical to reach a high. While all drugs will eventually have some negative effect on your body, we have years and years of research on the traditional drugs, and therefore can perfectly predict our personal outcome if we continue to abuse the drug. With research chemicals, we truly are taking a guess, as most of these drugs are being created and then slightly modified, in order to avoid falling into illegal standing with the DEA or other drug enforcement agencies. There is currently a Federal Analogue Act that aims to make all research chemicals illegal, but we are yet to see their plan make a dent in the markets.

The current marketplace for research chemicals and just about any other drug is quickly moving towards the darknet. The darknet is essentially a heavily encrypted “internet”, while it is accessed through a regular internet connection. There are specific prerequisites needed

to enter the sites. The darknet has become a way for people to not only sell drugs, but also trade information. In many parts of the world where internet access is extremely controlled by the government, such as North Korea, and other dictatorship countries. This is the only way people can gather information from outside of their country, or to communicate with outside sources. Most of the daily life accounts we have from countries such as North Korea or Syria (before the fall), has been filtered out through the darknets, something that would have been impossible to do only a decade ago.

With private companies and good citizen coders being miles ahead of the government's efforts to crack down. Darknet markets have a promising future, especially with bitcoins and other crypto-currencies taking hold all over the globe. While it is fantastic to see an open source currency and open source market offer true anonymity to both sellers and buyers, it does create an interesting supply chain in the current drug world. With the darknet offering extremely cheap research chemicals being mass produced in China, we are seeing many street dealers selling illegitimate chemicals to their clientele since they produce a similar effect. Please remember, always test your drugs before ingesting them.

While the concept of a darknet might sound a bit chaotic and threatening, it does offer freedom of speech to those who have never known it. But most importantly it has offered a way for Psychonauts and other drug enthusiasts to explore new drugs that are becoming part of the “traditional” drug culture. Being able to share experiences with new substances without fear of incrimination has allowed for clandestine research of these new chemicals. Thanks to the darknet we are seeing an explosion of psychedelics such as 2C-B and 4-ACO-DMT along with many of their analogues.

2C-B has been around since the mid 70's but it has not been until recent years that we have seen an explosion of 2C-B use. With the easy availability of the drug, people can share their research and we can find a safe way to use the chemical. 2C-B is described by many as the love child of alcohol, LSD, and MDMA.

Most people describe the onset of the effects to be felt about 45 minutes after oral ingestion of the chemical. The initial effects are similar to MDMA in the way that skin sensitivity and tactile feelings are extremely enhanced. There is then a very present uplifting mood enhancement which occurs, many people relate this to the social lubrication brought on by alcohol. Lastly, the psychedelic visuals begin to propagate themselves, a special shimmer and meltiness to textures can be seen all over, depending on dosage amounts the visuals can range from slight to overwhelming.

Effects usually last about 6 hours, with a peak around the second hour, the drug

can be re-dosed without any buildup of tolerance, like LSD would have. Also, the drug does not cause the “headspace” which would be felt on a traditional Psychedelic, it is very difficult to have a negative trip on the substance. The drug has not proven to be neurotoxic such as MDMA can be. While the chemical has been around for decades, the darknets have put the chemical in the hands of more people allowing for more research. This has all ultimately lead to safer use of the chemical.

4-ACO-DMT is another very popular up and coming research chemical which has been around since the early 60's. It came from the same company which brought us LSD, Sandoz Ltd. Labs. Albert Hoffman who we can thank for LSD was also involved in the first synthesization of 4-ACO-DMT. This chemical has been described by many as a true substitute for Psychedelic Mushrooms as the chemical is processed into Psilocin by our system, which many of us are familiar with thanks to Psilocybin mushrooms.

The administration of this chemical is also usually through oral form. The chemical takes about 45 minutes to take effect with a peak being felt around 90 minutes into the experience. The effects of the drug are described to mirror those of the familiar Psilocybin mushroom, this means the usual body dopiness and intricate Mayan-like fractals that fill the vision. Unlike 2C-B, 4-ACO-DMT acts as a traditional psychedelic in the sense that it offers a heavy “headspace” which can be deeply altered by the mindset of the user and their physical setting. Some users, however, report that there is a bit of a heavier body load feeling while on the drug, compared to a traditional Psychedelic such as LSD or Mushrooms. Additionally, there is a constant fluctuation of body temperature which can lead to discomfort in inexperienced users. Once again, this is all information which can be backed up by users research thanks to the availability, and anonymity offered by darknets. This information share is something that would have been impossible not too long ago.

All in all, we must understand that we live in a constantly changing world. Every aspect of our environment be it physical or spiritual is in constant fluctuation. The state of the drug world must be carefully watched by those involved within, as it is very easy to get caught up in the wrong crowd with the wrong chemical. Please do your research when looking into trying a new drug, don't believe that these new alternatives will give you the desired high without any consequence. Just because they are “legal highs”, does not mean they are good for you. Most of the times you will find that it is preferable to stick to the traditional drugs, but there is definitely room for the some new chemicals to bring something new to the table.

Stay Safely Medicated.

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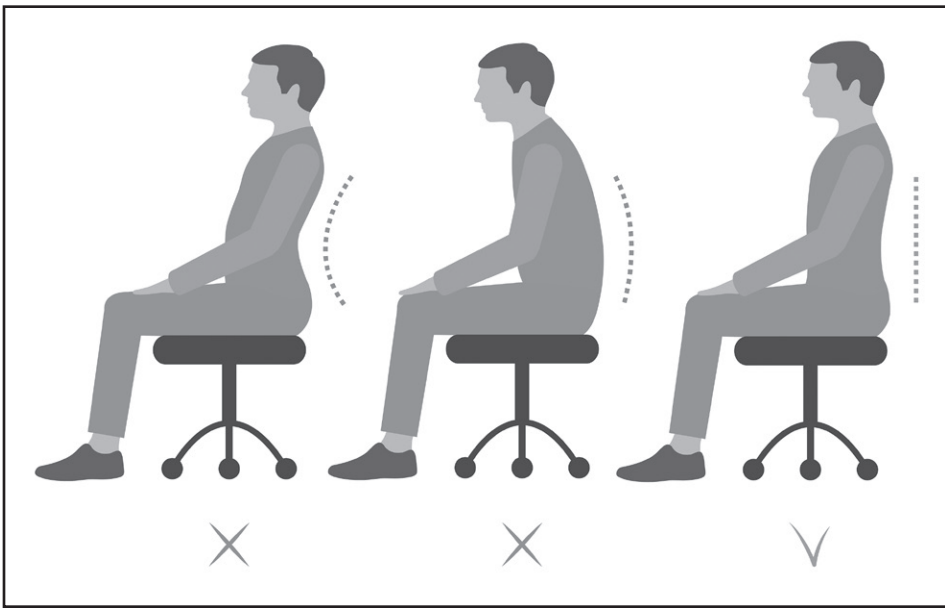
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Bad Posture and an Orange Shirt

By Heather Rozen PT

Alignment beats everything. Forget about what you were told about good posture. Telling people to sit up straight has only made things worse. I typically follow the philosophy of Gray Cook, a physical therapist who created the FMS, which is “first move well and then move often.” But with a lot of my clients, I would like to take it a step further and tell you to sit well first and stand well first. There are traditional societies out there today who do not have back pain, or any chronic pain for that matter. They sit differently, they stand differently, and they move differently than we do here in this cul-

ture. Esther Gokhale is a woman who lives now in California and has developed the Gokhale method for treating pain. She developed debilitating back pain and was on a quest to find the root cause of back pain. She traveled to parts of the world to live among people in cultures who do not have chronic pain but who do perform physical labor and in fact sit for different types of work. She lived in Burkina Faso, rural parts of Portugal and also fishing villages in Brazil. Her insights helped her develop a step by step guide to help people suffering from back pain, but more than that has transformed what we know as good posture.

In this culture, over the years we have developed very poor sitting and standing posture. Gokhale believes that the changes started in the 1920’s as the fash-

ion industry took hold. A slouched, relaxed posture became vogue, and even furniture started to change to accommodate a slouched relaxed sitting posture. If you notice paintings or photographs taken prior to the 1920’s in America, you will notice a much different sitting posture.

We typically tell our kids to “sit up straight” so they sit straight for a short time into a very upright rigid, tense position which becomes very uncomfortable, so they return to slouching. Furthermore, children are programmed to take their cues from the adults around them. In other words, they already learned their poor posture from watching you. They USED to have good posture when they were toddlers but then took on the postural habits that their parents have (and were also then put in a chair in school to be bored to death for hours at a stretch).

I’ve been working in the healthcare field for 20 years, and I can assure you that collectively we have not done a very good job with understanding posture although it does seem to be turning around. We took the average poor posture and called it normal. It’s not. Most of our car seats, lumbar support cushions and even the braces that we use for people with back pain exacerbate our misalignment by increasing the curvature in the upper lumbar spine and flattening the natural lumbo-sacral curve (in the lower lumbar spine) as well as forcing our heads into a forward position.

As you can see with orange shirt guy (why an orange shirt with green pants?) in the picture in the middle he is relaxed and slumped in a c-shape which is how a lot of us sit. Our butts are tucked under us. In the picture on the far left, he is arched and tense, overcorrecting and trying to “sit up straight.” He ends up flaring his ribs and exaggerating the curve in his back. Esther Gokhale has found that the pain-free societies tend to sit like the picture on the far right which is more of a taller, lengthened spine. The pelvis is slightly rotated forward and more importantly the ribs are flush with the abdomen vs. being flared up or down.

Another way to look at the ribs from the side view is to see them in the shape of a bell as explained by Julie Wieb, another posture therapist. The picture on the far left shows “bell rung up” and the picture in the middle shows “bell rung down”. Ultimately, you should be able to eventually relax into a tall, lengthened position (orange shirt far right) without exaggerated curves in sitting or standing. It does take some getting used to but I’ve seen great results with people who decide to work on improving their posture. There are other things to think about with posture but the pelvis and ribs are a good place to start.



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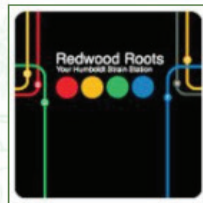
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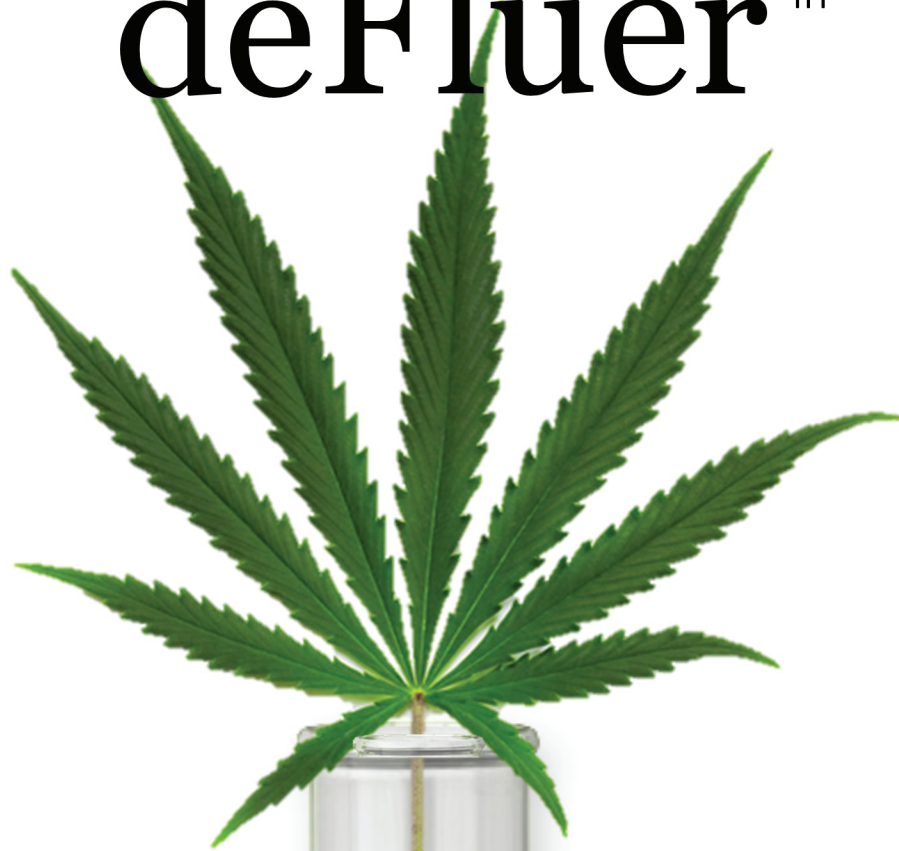
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Dear Dabby

Dabigail Van Buren is an advice columnist here to guide you through your predicaments, cannabis or otherwise.

Dear Dabby,

My boyfriend smokes weed all the time and I don't smoke. He says he's medicating, but I swear he just wants to get high. I love him but I feel like he never gets anything done. When I leave for work, he's smoking and when I get home from work, he hasn't moved. He goes days without doing dishes, even though he spends most of his time at home. How do I get him to chill out on the smoking and start helping out more?

-Bummed on Boyfriend

Bummed on Boyfriend,

You could try writing a list of things that you would like him to do while you're at work, some people need prompts! If he can't handle the list, you should definitely tell him that you

think his smoking is getting in the way of his productivity.

It's a tough call because weed might not be your boyfriend's problem. He might just be lazy. If you aren't okay with someone being a couch potato and never cleaning up, you probably shouldn't live with them. It's difficult to tell someone that their weed smoking is a problem because for many of us it's just what we enjoy to do. It can be hard to get someone to change their lifestyle habit, but if he wants to make your relationship work, he will do something to change!

Dear Dabby,

I've been trying to clean up my act, so I quit drinking and everything else. I even quit smoking cigarettes. I've been saying I'm sober. Before I stopped drinking, I wasn't much of a smoker. I went through some phases of smoking pot in high school and college, but it hasn't been consistent. I want to start smoking, especially since I learned that weed can reduce anxiety. Cannabis is a plant, and I know I can't overdose from

it but if I start smoking weed, will that mean I'm not sober? What do I tell people? Is it a drug? Do I need to tell anyone?

-Sober Sally

Sober Sally,

I guess in this day and age, it's not uncommon to feel like everything we do needs to be publicized, but it doesn't. You don't need to tell anyone if you don't want to. You can say you're "clean", as opposed to sober. So, is cannabis a drug? It depends how you use it. If you're medicating, no, it's not a drug. If you're using it to get high, then yes, it's a drug, but there's nothing wrong with getting high. Now, whether you are medicating or getting high, marijuana can definitely reduce stress. I suggest smoking an indica to relax your mind.

Dear Dabby,

My mom has never been cool with me smoking. In fact, she's been strictly uncool about cannabis for as long as I can remember. She recently got surgery on

her knee and is in constant pain. I'm concerned about her using prescription pain meds. I wish she were down for medical marijuana, but I can't imagine her getting over the stigma of it. How can I get her to understand that CBD is way better for her than prescription meds?

-Help Me Convince Her

Help Me Convince Her,

It's probably a long shot to get your mom to take a rip from a bong. Instead, start by bringing her attention to marijuana topicals. Marijuana topicals, such as salves, oils, and creams relieve pain and don't have psychoactive effects. In other words, her pain will go away, she won't get high, and she won't become addicted to any harmful substances! Don't underestimate the power of persuasion.



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Meditations with Marijuana

By: Doctor Christina

The following are ideas and concepts that came to me working in the garden of life and smoking marijuana. Ideas come and go, remembering the good ones is what keeps life interesting.

ACCEPTING YOURSELF

If you let other people define who you are, you will never be you.

If something in your life is not working, try doing something different.

Today is the first day of the rest of your life.

Change begins with you!

YOUR POSSIBILITIES

Your possibilities are endless its all up to you.

Pick one option, one thing you want to do, make a plan and follow through.

Do not expect anyone to do this "thing" for you.

Your life is all about you.

ASKING PERMISSION

If you are still asking permission from your friends, family, dog, and cat, ask yourself why?

If your answer is I don't know, or you are, thinking I'm not sure.

Why not, start Trusting your judgement.

Give yourself the permission to think and decide for yourself.

Try something new!

EXPLORING THE GREAT UNKNOWN

Exploring the great unknown takes courage, confidence, and bravery.

Start exploring the great unknown by reading your local telephone book either on the

The Internet or hard copy yellow pages.

Become an expert on the community you live in.

Find out where the best deals are at best prices.

Enlighten yourself.

FLEXIBILITY

Being flexible shows your strength.

Meeting someone halfway means you will give and take and not break.

Being flexible can make you a better communicator and negotiator

CLUTTER

Clutter causes confusion and confusion causes more clutter.

Boxes and bags filled with the questions such as, why am I keeping this?

Where did this come from or why do I have this?

Take some action, do something, get rid of the stuff you don't want.

If you have not used it, or worn it for over one year, perhaps you should let it go.

Create a course of action for yourself.

Get rid of clutter give it way, throw it out or sell in thirty days,

Freeing yourself from the things that cause clutter will give you a sense of release.

Doing this will give you a feeling of completion and accomplishment.

Free your mind from clutter by writing things down.

LOVE

Love is beautiful!

It can last a lifetime or just for a moment in time.

Love is a fascinating word.

The word love does not mean, sex, marriage, commitment or abuse.

These are all very separate words with different meanings.

A bowl of soup is not a cup of tea.

Love is life.

MEN

Men are different from women.

Men think differently, act differently and look differently than women.

Men can be kind, sensitive, loving and considerate.

Men need to be told they are gentle and kind.

This is crucial for the balance in a relationship.

Men are often much more sensitive than women.

WOMEN

Women are the Queen Bees of nature.

Women can sometimes be headstrong, overly sensitive and funny.

The best way to win a woman's heart is to listen to whatever she is saying.

Women love men who listen.



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



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Hempy Hashmas

By: Khadijah Khalifa

T'was the dab before Hashmas and all through the house, not a stoner was burning, not even a half ounce.

Those tokers were burned out all snug in their beds, while visions of doja nugs danced 'round with dreadheads.

Then out near the bong, there arose such a clatter. I sprang from my bed to see a glob of clear shatter!!!

It was Dank Skunkius with his little stash of baked hash, his fatty joint that shook when he laughed droppin' remainders of hash ash.

He spoke not a word, but went straight to his work and filled all the bongs. Re-loading Wacky tabacky, wax pens, dabs all the night long.

The ganja leaves were all smoking by the bongchimney with care, in hopes that each stoner would hotbox and get lifted straight up in the air.

Then replacing dead Bics and rolling up fresh wax and kiefer dipped joints, he twisted up his fat stash sack of stoner cool points.

And I heard him exclaim as he toked and pulled the Cannabus out of sight, "HEMPY Hashmas to all and to all a good flight!!!"



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InkNDabz on 12/2/16

By: Benji Brown

California Medical marijuana patients are celebrating the passing of Prop 64 and our InkNDabz event was certainly that. We got a chance to hang at the third instalment of "CrazySanDiego.com's: InkNDabz" at Karma Tattoo & Piercing in Lemon Grove, Ca, one of the newest cultural venues in the South San Diego. Seasoned artists Dom Dillinger & Lito Quiroz, and a few of Southern California's up-and-coming canna-businesses & products make California's first concentrates, canna-bis, and tattoo expo a place to be.

Karma Tattoo, a staple in the Lemon Grove community has grown into a safe haven for many artists throughout the years; their experience, professional services, and expert knowledge

efficiently reflect on their core staff Lucy, Lito, and Dom. From the outside, it might seem like a small shop, but it's big enough to host one of San Diego's hottest, unique, and entertaining 215 events to date.

CrazySanDiego.com's InkNDabs is the brainchild of Natalie Villaseñor, event producer and talent manager. The idea was to create a chill environment, where people can medicate, mingle, and get some professional ink done. Four hours, a rotation of cannabis games, sponsor raffles every hour, and a blind-taste-test product challenge all combine to create top-notch, non-stop, dab-tertainment.

Like on every InkNDabz, Natalie, who is considered one of Southern California's most in demand event/brand promoters and producers, carefully selects each business to be sure they fit into the chosen dates, to maximize business for each vendor. Everything I experienced was relaxed, fun and friendly. There were plenty of dabs, ink, and vendors. Plus all vendors offered trade show prices and discounts. There were prod-

ucts such as Don Panchos Medicated Mexican Candy, #TheOriginalMedicatedMexicanCandy, and BXtracts who won 2nd & 3rd in the InkDabz Concentrates Challenge. Also, we saw Tasty High Creations who has the widest selection of medicated artisan candies and snacks, The Honey Flower and their top notch edibles, and finally, the winner of the InkDabzConcentrates Challenge, Green Remedies 92065, with the Gorilla Glue #4.

Although the sound was a tad loud, we enjoyed a music rotation of reggae, hip-hop, and game show sound effects. Many smiles came via winners that received plenty through raffles and "The Wheel of Mota". We look forward to the next InkNDabs and to what the dedicated and stylish CrazySanDiego.com will bring to the cannabis community in the future.



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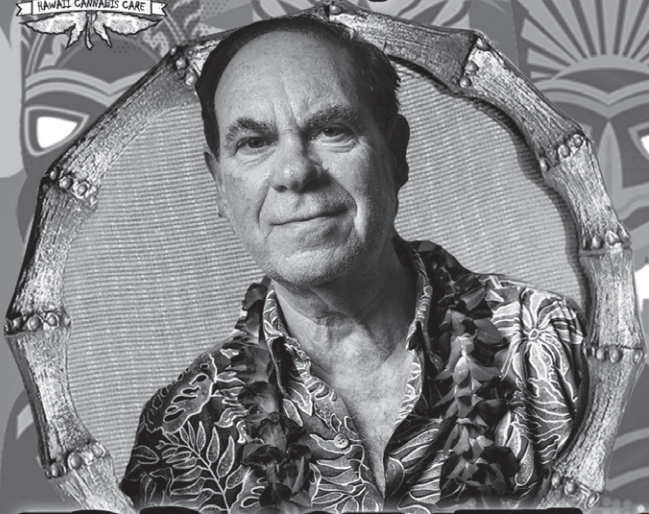
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15X Cup Winner
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Cannabis Coconut Oil

Put the Weed in the Coconut

The first and hardest step to cooking with cannabis is to make the oil or butter. When heated with butter/oil the THC in weed activates and binds to the fat, thus infusing the butter/oil with THC. Traditionally, we hear about weed butter but when it comes to which fat to use, go for coconut oil. Since coconut oil has a higher quantity of saturated fats than butter and olive oil, more THC can be absorbed.

You can substitute your cannabis infused coconut oil into any recipe calling for coconut oil or butter. Substituting coconut oil for butter is a 1 to 1 ratio.

Ingredients:

- 1 cup of virgin coconut oil
- ¼ ounce of cannabis

Directions:

1. Preheat oven to 290°F.
2. Grind the weed finely to create more surface area and extract the most THC.

3. Decarb (or decarboxylate) your weed. This step is sensitive, so keep an eye on your weed to make sure it doesn't burn. Basically, you're toasting the weed to heat activate it. Put your weed on a pan or in a tinfoil pouch and then pop it in the oven for 7 minutes. Don't burn it!

4. Take the toasted out, and turn oven down to 250°F. Give it some time to cool down.

5. While the oven is cooling off, melt the coconut oil in the microwave.

6. Mix your decarbed/toasted weed with the melted coconut oil in an oven safe dish. Cover with foil and put in the oven for 60 minutes.

7. After 60 minutes, remove the dish and let cool for a few minutes. Filter out the weed bits with a strainer, coffee filter, or cheesecloth. You can use the oil as is or let it solidify in the fridge.

Note: Make your cannabis coconut oil as potent as you'd like! The amount of cannabis I listed is merely a suggestion.



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Hortiscope

By Medicinal Mike Boris

Libra

OMG someone just handed you the wettest, lip washed joint ever! Usually, your kinder nature would be more responsible in its response to these situations but this is the third time in a row and you're fed up. Go outside and do some primal screaming this guy doesn't realize he's spitting all over your day.

Aries

This week Aries you are smart enough to know how little you know. Instead of destroying your grow with bad knowledge and technique it's time to assemble your super team! Show the world your mass intelligence by channeling all the homies into this project because

together you are an awesome team of growers.

Taurus

Someone made you a brownie that smells like a shoe! Do you dare eat it? Usually, I would say "No, get that out of your mouth!", but this is your week to eat Nike! Slap that nasty home-grown treat into your mouth and you will learn it is the most delicious piece of crap you will ever taste! Yum! Stop judging the package the message comes in and trust a little.

Gemini

When most people get a bad idea to wait six hours behind a 7-11 for a twenty sack. You tend to be a bit more advance and only wait for two of those hours before flipping out. Luckily flipping out has given you time to focus on the situation and your smart enough to figure out where the legal dispensary in your area is without too much trouble.

Cancer

This is going to be one of those weeks where no matter what you want to smoke someone wants the opposite. You want Indica, they want Sativa. You want a nice big smoke circle and they want to stay home and watch "Pineapple Express." This is your week to compromise. Try and do both everyone wins!

Leo

The joint continues to circle the crowd

when suddenly it disappears and nobody will admit to its loss. Arguments ensue and ruin the smoking karma that a circle inspires. A diplomat is what's needed here and luckily that's right up your alley...Check under Joe's shoe he's a tricky fellow.

Virgo

When you try and follow everyone's directions for the perfect "Dab" you are bound for communication breakdown. It's time to be your own stoner and assess the situation. Do you feel like you're supposed to put pepper into fire OG to create the fire part? I think not! Way to be smarter than the next guy! Smoke at your own pace.

Scorpio

You took a massive bong rip on life and have been holding in that cloud for way too long. Letting it out this week will not only allow your body to breathe a sigh of relief but it will ultimately improve your life experience. Now that you can breathe again it will be easier to move forward.

Sagittarius

You have completely screwed up your cannabis budget and now you're deciding between paying for that next joint or your cable television package. There is a friend offering to help you with this problem but you are being coy. Time to let them lend a hand if you want to catch up on 'Game of Thrones.'

Capricorn

You are all about the bullsh*t it this week. It is time to come clean and start doing what you keep saying. If you are going to be an hour late dropping off that next cannabis order, then stop telling the customer you're just up the road! Honesty will only get you honesty and you can start to repair that integrity you crave so much.

Aquarius

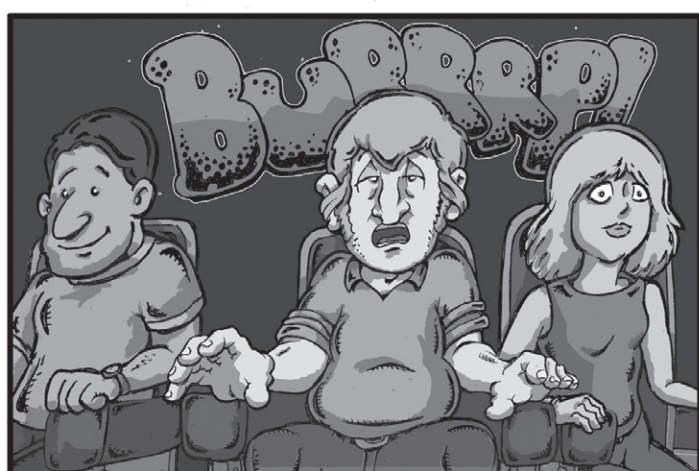
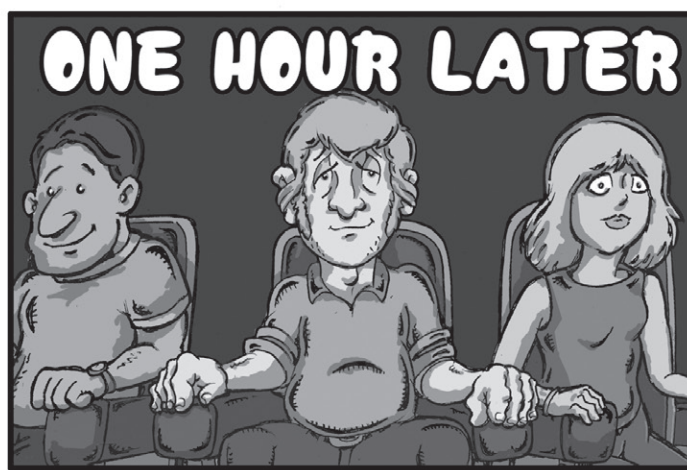
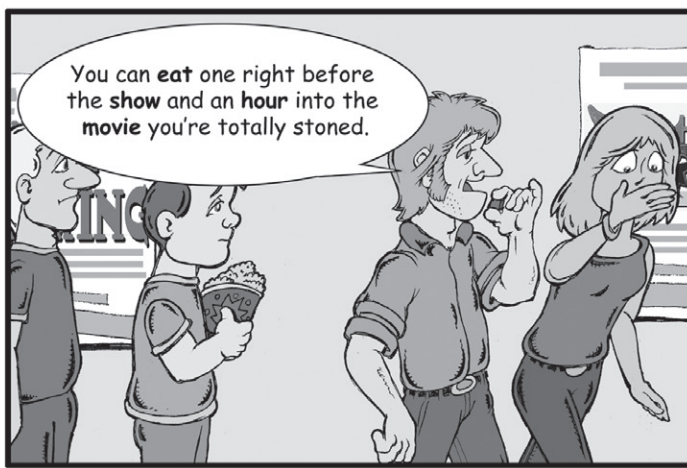
Just because you think that guy/girl is hot doesn't mean you need to smoke massive dabs to garner his/her attention! Hey, you've never dabbled before and curling into the fetal position contemplating how fast time moves is never a good move for a first impression! Take your time and be who you are. That's the person they will adore.

Pisces

Now most people never offer you anything for free but a grow opportunity has arisen and it seems too good to be true. Go for it! You are finally getting that break in life you so deserve and the only thing in your way is fear and common sense. Abandon those concepts and harvest!



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