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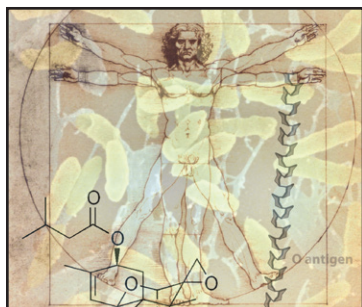
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Wrapping Up June, National Pride Month



By Cara Anderson

IG @carajojo

June is Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual Pride month. June commemorates the Stonewall Riots of New York City in June 1969. Although President Trump did not formally declare June as National Pride Month, it has been formally recognized as so since 2000.

The LGBTQIA community has endured criticism, violence, oppression, and deserves to celebrate how far they've come. Any-

one enjoying legal marijuana in California is celebrating a victory that would not have been possible without gay rights activists.

As a result of the HIV/AIDS epidemic, there were men in the gay community who were suffering as a result of no access to treatment or medication. In the 1980's and early 1990's being diagnosed with HIV/AIDS was an immediate death sentence, giving people about 18 months to live. Many people turned to marijuana to ease the pain of HIV/AIDS.

One particular case dealt with

the Father of Prop 215, Dennis Peron. In 1996 a San Francisco narcotics unit seized four ounces of marijuana from Peron, he was dealing weed. At the time, Peron's partner was dying from AIDS complications. To get him acquitted, Dennis' partner, who was using the marijuana to cope with his insufferable pain, went to court to testify that the marijuana was, in fact, his own. Peron's partner died from AIDS Wasting Syndrome two weeks later.

This devastated the San Francisco community and ultimately inspired people to vote in favor

of medical marijuana. Peron also became doubly inspired to promote marijuana's uses and push for legality. Prop 215 was passed in 1996 legalizing medical marijuana in California.

In short, if there weren't an AIDS epidemic there wouldn't have been legal medical marijuana.



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

Subpar Security Operations Will Be Your Company's Achilles Heel

By Warren Pulley, VP Project 7 Security Group

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I've been interacting with cannabis entrepreneurs to discuss can-

nabis security operations around the State of California in preparation for the commercial boom of marijuana sales in 2018. I am surprised at just how many of these entrepreneurs have already determined with whom they will be working. From which growers to purchase products from to which manufacturing plants will package their edibles and CBD's, as well as the labs and distribution locations that will feed their pipelines. Some have spent large sums of money on developing highly informative marketing plans to engage what is sure to be a vast and eager customer base.

see page 5 for more...

Pursuing CARERS in Congress

By Benjie Cooper

IG: @nuglifeneews

On March 10, 2015, Senators Rand Paul (R-Ky.), Kirsten Gillibrand (D-N.Y.), and Cory Booker (D-N.J.) introduced a new bill to bring about medical cannabis reform at the federal level. The bipartisan group of Senators rolled out a short piece of legislation known as S.683, the Compassionate Access, Research Expansion, and Respect States Rights (CAR-

ERS) Act of 2015.

The CARERS Act was written to move marijuana from Schedule I to a Schedule II status, respect states rights to enact medical cannabis legislation without fear of federal interference, remove cannabidiol (CBD) from the list of controlled substances, and remove banking restrictions and penalties for financial institutions. It was also designed to direct the Department of Veterans Affairs to "authorize VA health care providers to provide veterans with recommendations and opinions regarding participation in state marijuana programs"

see page 14 for more...



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Mexico Legalizes Medical Marijuana

By Benji Garcia-Reyes

IG: @themedimexican

The use and cultivation of medicinal marijuana throughout Mexico are now legal, but only for scientific or medical purposes as announced by Peña Nieto in an official decree. The official order eliminates the criminalization of the medicinal use of cannabis, THC, CBD, and all cannabis products, uses, and applications. It also legalizes the production and distribution of cannabis products for medicinal and therapeutic uses, as stated by La Cámara de Diputados (Mexi-

co's Lower House of Parliament).

The announcement came on June 20th, 2017 and stated that the Mexican government had legalized medicinal cannabis (a.k.a. marijuana or marihuana in Spanish) along with strong support from Mexico's congress and senate.

The decree came to a surprise to some since Peña Nieto had previously opposed medical cannabis use. That is, until April 2016, when he told the United Nations General Assembly that "So far, the solutions [to control drugs and crime] implemented by the international community have been frankly insufficient [and we] must move beyond prohibition to effective prevention." Peña Nieto believed it so much introduced a measure that would allow Mexican citizens to possess up to an ounce of cannabis with-

out repercussions, but Congress did not approve that measure.

The published decree states that the manufacturing of cannabis, specifically tetrahydrocannabinol (THC), and its various uses and applications will be evaluated closely by the Mexican General Health Council. 180 days after June 20th, 2017, they will begin studying and researching prior to implementing regulations and "public policies regulating the medicinal use of pharmacological derivatives of Cannabis Sativa, Indica, and Americana or marijuana, including tetrahydrocannabinol, as well as how to regulate the research and national production of them."



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Event freebies like these will no longer be allowed at events. Photo by Seth MacKenzie.

Senate Bill 162.. NO More Cannabis Advertising

By Kathleen McLean

FB: KathleenMcLean

Under the proposed California Senate Bill 162, the state would prohibit state-licensed cannabis business from advertising. This is all branded merchandise, "including but not limited to, clothing, hats or other merchandise

with the name of or logo of the product."

This would be catastrophic for the industry. According to today's measures, 8 in 10 people own a promotional product. Before receiving a promotional product, 55 percent of people had done business with the advertiser. After receiving a promotional product, 85 percent of people did business with the advertiser.

The majority of people reading this publication are patients and general consumers. If you've attended any cannabis event there's a good chance you have received free stuff. By this I don't mean medication, but, all the real fun every day merchandise, hats, t-shirts, bags, bumper stickers, pens, necklaces, water bottles; the list goes on and on. If this bill passes it will put an end to all of it in an attempt to reduce exposure to children.

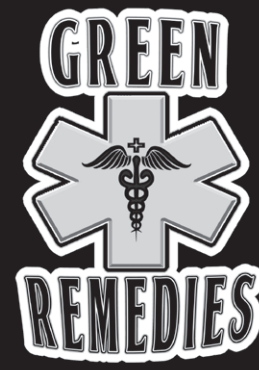
Just this past May, the Senate passed the measure unanimously, 40-0. On Tuesday, the Assembly's Business and Professions Committee passed it 12-0, sending it on to the Assembly Appropriations Committee.

Leafly's Ben Adlin spoke with Attorney Rebecca Stamey-White, a

San Francisco-based lawyer who works with the cannabis and alcohol industries. Rebecca Stamey-White was quoted as saying "SB 162 is broad enough in its language that it could cover branded merchandise worn by employees or even merchandise produced by an unlicensed third party if it was done so for the licensee."

This Bill does not fly with the Southern California Coalition, the largest trade group of marijuana businesses in Los Angeles. The organization's executive director, Adam Spiker sent an email stating, "to ban small businesses from advertising, marketing and branding is ridiculous. The bill would materially hamstring small business owners' ability to group in the land of opportunity."

Ultimately, Bill 162 is so broad in writing that legal dispensaries can't even have their staff in matching t-shirts.



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Image via thebaresprout.com.

Food Sensitivities and Making Peace with Your Body

By Tia Ohm

thebaresprout.com

IG: @thebaresprout

Many of you may already be well aware of what you should be eating and what you shouldn't. We know the common food sensitivities like dairy, wheat and sugar, but what about the not-so-common ones like eggs, nuts and beans? Are we fully aware of how we feel when eat eat these foods? If so, to what degree are we supposed to limit them? The problem starts when we assume because it worked for somebody else, it is what will work best for us. We are all different, and we all react differently to every kind of food. What bothers one person, may not affect the other. And what affects us now, may be completely different to say, five years ago. So let's take a mindful approach on

finding our food sensitivities and limiting them to fit our individual selves so our lives can be full of vibrancy and longevity.

I get stuck in the thought, "I used to eat [insert food type here] all the time and it never bothered me then." I have to constantly remind myself that is because my body has changed a lot over the course of the years. And guess what? Being "sensitive" to a food group is just your body's way of saying, "Hey, we don't need that crap anymore." Let's face it, it's pretty cool my body now knows to reject that food so it does not cause deeper and more serious inflammation. So instead of comparing yourself to someone else, or wishing we had this or that, let's embrace where we are now and what our body needs in this moment.

For example: I used to drink beer freely. It was never a thought beer would bother me. Sure I knew alcohol wasn't "good", but I wasn't about to remove it from my diet because there was nothing noticeably bad happening. I had even done gluten-free diets, but kept the beer because I didn't think it was causing a problem. Fast forward a couple years, after having spent a month without alcohol of

any kind, my body immediately showed signs of rejecting beer when I tried it again. I can drink wine without an issue, but beer immediately makes me feel bloated, and the next day I tend to be constipated. What's up with that? I thought I could drink beer and it wasn't an issue? After having removed it from my diet my body was able to adjust to not having it. So when I tried to introduce it again, my body said, "Heck no, we felt what it's like without it, and we like how we feel better than if we drink it."

Since finding my sensitivity to beer, I avoid it for the most part. I keep trying it secretly thinking it won't bother me, but yet again, it does. My body is smart, and it knows when it's done with something. Even just knowing that may be one of the most freeing feelings you can have. Knowledge is the first step. Then comes implementing it and putting it to practice. Don't be afraid to make mistakes. After all, we are human.

I have since been playing with truly being mindful about what I eat and how I feel after. Quinoa bothers me and I can immediately feel a stomach pain after. I know I should avoid corn, because after I

eat it, my stomach hurts. Despite many others freely indulging, I know my body doesn't handle it very well. Same goes with gluten in general. After eating a slice of bread, despite it being homemade sourdough (which I believe is the best bread you can eat), my stomach becomes bloated and uncomfortable. I become constipated and cannot poop. Another food is yogurt. I love yogurt. God do I love yogurt. Especially because our family is blessed with homemade fresh yogurt. But every time I eat it, I notice a change in the way I feel physically. I can tell it's a struggle to digest it, and I feel uncomfortable.

At what point do we say, enough is enough? I really do enjoy yogurt, corn chips, and beer, but I like the way my body feels without those things better. I believe it is time we come to terms with our self, put our ego aside, and finally give our body the nourishment it deserves.

For many people it may take more of an investment. Try removing the food group for at least a week, and re-introduce it by itself. When you eat it, try to sit with it for a bit after you are done. Usually if it bothers you, you will notice right away. Sometimes you won't have a "symptom" or "reaction" for a day or two. Keep it in mind

and pay attention. Within those next couple days, try not to eat anything that may bother you or else it will be hard to tell what the culprit is. The hard part isn't finding out what the foods are you are sensitive to. The hard part is getting to a point that you want to.

It's a learning curve for everyone, and that won't ever stop. Don't forget that your body is constantly changing and fluctuating. We will never reach the ultimate state of "healthy". It simply does not exist. All we can do is be conscious of how we feel on a daily basis, and make changes that are in accordance with our own bodies. In the end, you are unique and you must find what works best for YOU. Only then can we begin to feel what it's like to live in accordance with our soul purpose and body's unique and natural design.

"And I said to my body softly, 'I want to be your friend.' It took a long breath and replied, 'I have been waiting my whole life for this.'" -Nayyirah Waheed



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Riley Cote of Hemp Heals

By Jordan Gesko

IG: @jordangesko

Jordan Gesko: How long you been doing Hemp Heals and what is your mission?

Riley Cote: The Hemp Heals was founded in 2011 as an educational platform to promote hemp as a viable agricultural crop. Helping people reconnect to the natural world through one amazing sustainable plant.

JG: What is the Pennsylvania Hemp Industry Council and who is in it?

RC: The Pennsylvania Hemp Industry Council seeks to accelerate the return of the Industrial Hemp Crop to the Pennsylvania agricultural landscape. To achieve our aim of broad adoption of Industrial Hemp as a rotational crop by farmers, we will build a vital and

Riley Cote, former NHL player.

effective collaboration of agencies, individuals, and the general public. PAHIC is made open to anyone that is or wants to be in the industrial hemp space. From farmers, processors, product manufacturers to small hemp startups. It is a platform to help facilitate creating a Pennsylvania hemp industry.

JG: What are you most excited about now that hemp is being grown in Pennsylvania again?

RC: I am excited that we have finally taken a big step in changing our agricultural practices here in PA. Is it where we want to be? No, but it's certainly a start and after being outlawed for 80 plus years, reintroducing this age-old crop will be a process. While pilot programs serve their purpose, building an actual Pennsylvania hemp industry will require a supply chain, processing and decortication facilities, and time. I am hopeful that in the next two years, you will see a ton of positive change.

JG: What would you suggest to people who want hemp farming legal in their state?

RC: If you are looking to get into legal hemp farming in your state I would seek that state's version of the PAHIC, Hemp Industries Associations (HIA), or The Farmers Union for more information on the laws and regulations within that state specifically.

JG: Are you doing more events this year?

RC: Our next big event is August 4th which is the 6th annual Hemp Heals Festival ft Reblution, Nahko & Medicine for The People, Collie Budz, Irie and DJ Mackle. Great music, hemp vendors, speakers and much more.

JG: Can you share all the vendors and people you'd like to thank for being part of the celebration?

RC: Yes. Many to thank for sure. PA Department of Agriculture, Pennsylvania Hemp Company, Cannabates, Hempzels, Suburban Sensi, Secretary Russell Redding, Senator Judy Schwank, and Senator Mike Folmer.

Find out more about Hemp Heals Foundation on their site hemphealsfoundation.com!



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The Hangover

By Katie Burke

Most people have experienced some hangover in their life. The most common type of hangover is experienced by consuming too much alcohol but, due to this being a cannabis newspaper we will explore the weed hangover.

The weed hangover is very much controversial. In part due to the lack of studies and research on it. For example, when doing due diligence, I came across a few studies done on the weed hangover ranging from 1985 to 1995. For every study stating the weed hangover was real there was a follow-up study completely disputing it.

The symptoms of a weed hangover may include a headache, drowsiness, concentration problems, dry mouth, dizziness, and fatigue.

A weed hangover may vary depending on how one consumes cannabis. For example, I could

smoke 3-4 blunts in an hour and feel stoned but not crazy awful. On the other hand, I could eat 3-4 She'z So Waxy brownies, become mute, and dissect everything I've said for the last day. It's because the high of edibles is so intense I won't even go near dabbing. However, if I do, I'll be sure to feature it on Facebook live. Most smokers contest that weed hangovers only occur as a result of edibles.

I'm no scientist but, this is a fact I can stand by, weed dries you out, i.e., cotton mouth, and dry eyes. Both can be cured fairly quickly with water. Stay hydrated while you get stoned to avoid both symptoms, no big deal. I'll take a weed hangover over another type of hangover any day. One last note, weed helps alcohol hangovers, if you aren't on that tip yet, catch up!



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"We must move beyond prohibition to effective prevention."
- Mexican President **Enrique Peña Nieto**
(JUNE 2017)



Image provided by Project 7 Security Group.

Continued from Page 1

However, most of these cannabis entrepreneurs have overlooked the single most important link in a highly profitable business model for owners. This overlooked link will also create a boom for the organized criminal element that can pick off the business owners who have yet to develop effective, State of California approved security plans and operations.

Assembly Bill 266 requires the Board of Equalization to adopt a system for reporting the movement of commercial cannabis and cannabis related products. It provides for fines and civil penalties for any business attempting to op-

erate outside of this posted guidelines. Business owners can be assured that the State of California will heavily regulate the security operations of each marijuana establishment simply because of the likelihood that these locations are will attract less than desirable patrons and criminal elements on par with licensed liquor sales locations. Marijuana and cash on the premise will attract the criminal element, and any business owner not currently preparing for this reality is already a step behind. I encourage you to find every legal way to stay in compliance with state mandates.

2018 is right around the corner,

cannapreneurs should begin in earnest the process of selecting, vetting, and hiring security professionals who are knowledgeable in the cannabis space. Security guards to assist them in the development of practical, physical, transportation and storage security options. Your operating budget should have a line item set aside for "security operations" as this will, in short, order become the lifeline of your business. Ensure that you are selecting a reputable, licensed and insured security company in the State of California, who is authorized by the State of California, through PPO issuance to perform armed security, transport, and guard services.

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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The Top 5 Ways Marijuana Affects Women vs. Men

By: Brittany Morgan Williams

Many medicines affect men and women differently, but due to the inherent sexism in the medical field (and nearly every other industry), there is nowhere near as much information on what works best for a woman's body compared to what works best for men's bodies. Naturally produced hormones and estrogen greatly impact both a woman's reactions to various drugs and hinders some of the value found in cannabis for men.

Women are more sensitive to the THC found in marijuana. This means that they derive more pain relief from smoking weed than men do, according to Washington State University lead scientist Rebecca Craft. She found, in rodent test trials, that women

get 30% more pain relief. Thank goodness whatever created THC realized how much pain women are in monthly.

Psychologically, women and men experience cannabis differently, including some of the negative consequences. Men are much more likely to suffer from induced psychosis, which is when THC doesn't allow the brain to let it figure out which stimuli matter. Remember that guy who ate his best friend's ear a few years back? That. Women, on the other hand, seem to have decreased visuospatial memory from cannabis use. Visuospatial memory helps you recall directions in your head and even helps you remember to grab your phone before you leave the house.

I'd always heard that marijuana enhances the sexual experience. Apparently, that's only partially true. In women, their libido heightens with small doses, but with more usage, their estrogen (and libido) crash. Men get a nice testosterone rush, which spurs the libido along for a short while and then drops to lower than pre-toke levels. Cannabis also decreases sexual appetite and sperm production in men according to a study from Columbia and Johns Hopkins University.

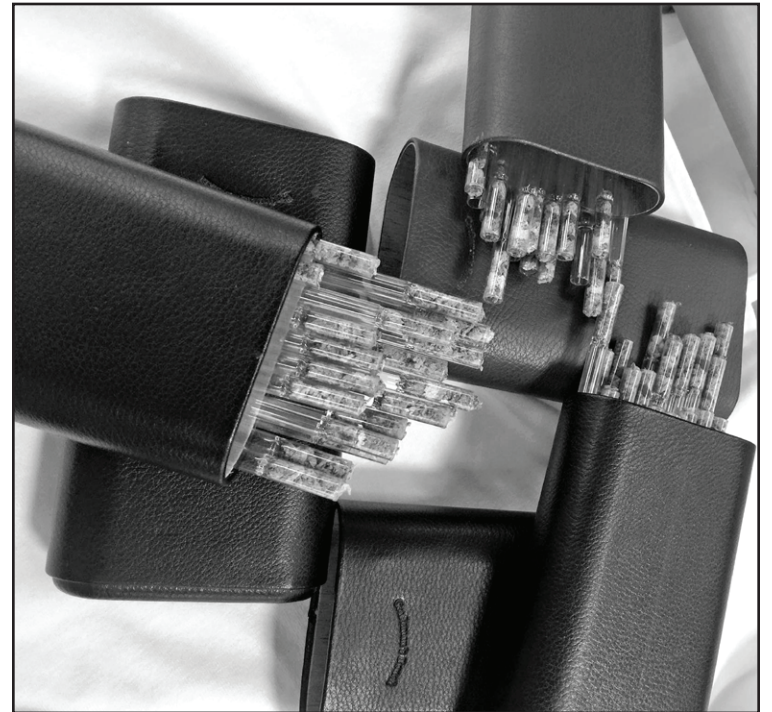
A female's menstrual cycle can greatly affect how high they get. According to Craft, the high is the most intense when it can interact with a lot of estrogen. So, when estrogen has peaked and begins its descent is when women can achieve the highest high.

Women are more likely to develop a tolerance to weed and likewise have more severe cannabis withdrawal symptoms. How could they not, with marijuana's high level of pain repressor that a large portion of women need. If I was on Vicodin for six months and then tried to stop cold turkey, there would be definite consequences, believe me, I've been there.

So, overall, yeah, it's rad to smoke with friends (especially as it's still legal in California!). But when your female friend asks for another hit, don't look at her and ask, "Dude, how can you smoke that much and still be conscious?" She's a woman. We were just made more resistant.



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Party Phaverz Pre-Roll Pipes.

Review: Pre-Made Rolls: Party Phaverz Disposable Pipes

By Benji Garcia-Reyes

IG: @themedimexican

I love science and medicating efficient and effectively. I also appreciate a good cannabis pre-roll. Both because of how they medicate and that they are disposable. Just in case you can't hide or keep it.

When experienced patients hear "pre-rolls," they expect the worst of what's left. Granted, it's because those are the free ones. There are companies that have "premium" pre-rolled joints and blunts, those are usually much better tasting, medicating, and have better overall presentation and packaging.

The most successful pre-rolls are made with the best materials and top-shelf bud, oil, and kief. Bahjow 420 Superstore's Party Phaverz, is not your typical "pre-roll," it's a Virgin glass pipe; one of its main features is helping patients experience the true potential of their medicine while protecting their lungs. Plus it's disposable.

The Party Phaverz disposable pipes come in several versions, ranging in donation and ingredients. Some with bud, BHO, and kief, others have had products such as Exclusive Reserve Flowers and concentrates. Some combina-

tion has included, XJ13 Full Melt Hash, Pineapple Jack Crumble, Green Remedies Ramona's Gorilla Glue #4 Crumble, Fruitloop Live Resin, and Gorilla Glue #4 Moonrocks. Some are available on via "special order."

Other features that make a Party Phaverz disposable pipe special are the effectiveness and versatility, allowing the meds to be vaped and or smoked. When vaping, the range and taste of the flavors are mind blowing. Additionally, the number of combinations give this product a variety of flavors and donations. In some cases, trade show process allows patients to enjoy a fantastic product without breaking the bank.

What always impresses me about the Party Phavers disposable pipes is they can cost as low as \$8 (\$3 at a trade show). Even if they disposable pipes feature premiere product combinations, the highest they go is \$25 (\$15 at a trade show).

The Bahjow Superstore Party Phaverz disposable pipes are one of my favorites. It's practical, efficient, economical, and everywhere. At trade shows, seshes, and shows, they usually sell out, and it's never a surprise. The combination of caring and compassionate customer service, great work ethic, and top quality of meds and product allow the Party Phaverz disposable pipes to give you "more taste and less waste."



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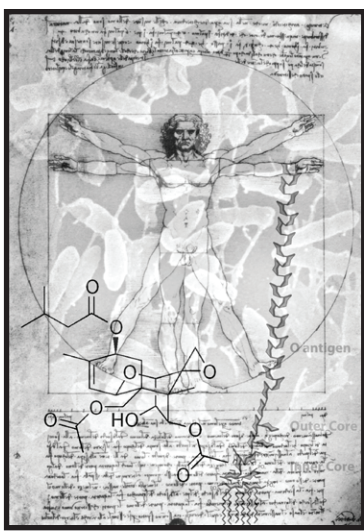
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Endotoxins and Mycotoxins

By Kevin She

During a recent conversation with a Cannabis/Medical Marijuana industry consultant, we again heard about another licensed operator whose facilities had become contaminated with mold and other microorganisms. Despite lengthy, costly, and downright Herculean efforts to remediate their facilities, the infestation had become endemic and could not be eradicated, and every crop that they produced could not pass inspection. The industry consultant then told us that the only recourse that company could take was to only produce Cannabis extracts.

My response was, “So they found a wholesale source of clean feedstock from another company to make their extracts with?”

Their response was, “... uh, no.”

There are some factors here; endotoxins and mycotoxins are not tested for, the methods that are used to detect microbial contamination, the methods that Cannabis products and natural health products can be treated to pass microbial load inspection, and the long-term occupational safety of people who work in contaminated grow operations.

Firstly, what are toxins – and specifically what are endotoxins and mycotoxins?

Toxins are substances, typically

small molecules produced by living organisms that can cause disease by interfering with enzymes or cell receptors or otherwise cause harm to the host. In contrast to venom, which is defined as a toxin produced by an animal for the purposes of causing harm, endotoxins are typically components of bacterial cells that our immune system recognizes and reacts to; usually appropriately, but sometimes not (for example, food poisoning). Mycotoxins probably fall somewhere in between.

Figure 1: Shown here are the structures of several common aflatoxins, which are a particularly nasty type of mycotoxin.

Endotoxins are components of bacteria that our “primitive”/“first-line-of-defense” innate immune system recognizes as danger signals, first proposed as Pathogen Associated Molecular Patterns (now called Damage Associated Molecular Patterns) by the wonderful Dr. Polly Matzinger. Endotoxins include bacterial cell wall components like lipopolysaccharide (LPS) and peptidoglycan; flagellin, a component of some bacteria’s locomotive flagellum; and even bacterial DNA, among others. While endotoxins can elicit very strong immune responses, these components typically did not evolve to cause harm to a host organism but rather the host organism has evolved to recognize these highly evolutionarily conserved small molecules. Virulence factors, on the other

hand, are evolutionary adaptations that some microbes have developed to actively harm their host organism in various ways to gain a survival advantage for themselves.

One of the major lessons taught in food industries is that you can’t get rid of endotoxins in contaminated food; cooking contaminated food – even carbonizing everything (Weller 2014) – will not get rid of endotoxins that cause food poisoning. Indeed, studies in cigarettes show that LPS from bacteria contaminating tobacco leaves not only survive the burning process (Pauly 2011) the LPS in smoke remains bioactive, contributes to chronic inflammation, and can be present in levels comparable to levels of LPS that causes byssinosis

(Hasday 1999), a chronic inflammatory lung disease that affects cotton, hemp, and jute workers (Shi 2010, Lai & Christiani 2014).

Endotoxins are not part of the required testing panel for medical Cannabis in Canada. In the United States, only California specifies testing for Aflatoxins B1, B2, G1, G2, and Ochratoxin A. For natural health products regulated by the Canadian NNHPD; only certain raw materials have to be tested for LPS.

Mycotoxins are difficult to define in a few words. In general, mycotoxins are small molecules that are produced by filamentous fungi. However, they are not required for the growth or survival of the fungi under most conditions, and many of their pathological effects in humans and animals do not necessarily benefit the fungi directly. The structures of different mycotoxins are highly diverse as are their methods of action (Bennet & Klich 2003).

Some of the most important mycotoxins associated with human and veterinary diseases include aflatoxins, citrinin, ergot alkaloids, fumonisins, ochratoxin A, patulin, trichothecenes, and zearalenone.

Aflatoxins are a particularly carcinogenic mycotoxin. The liver has enzymes that break down aflatoxins (and a wide variety of other secondary metabolite small molecules); however, the breakdown products intercalate (gets stuck inside strands of) DNA and causes genomic damage when the cell divides, leading to cancer where these breakdown products accumulate – in the liver. Mycotoxin toxicity from moldy grains has been recognized since antiquity (Richard 2007), and the ancient Romans were well aware of liver cancer (Papavramidou 2010). Recently, archeological excavation of an ancient Roman site consisting mostly of the remains of poor working-class Romans revealed that they died young (around 30) and had extraordinarily high incidences of bone cancer – possibly a result of metastatic liver cancer (livers are soft tissue and are not preserved whereas bones can survive millennia). Interestingly, similar excavations of much more affluent

citizens of Pompeii who could presumably afford non-moldy food were free from bone tumors. Aflatoxin remains an important risk even today; it is estimated that aflatoxins contaminate approximately 25% of agricultural products worldwide and continue to contribute to liver failure and liver cancer (Yard 2013).

Fumonisins are a diverse family of mycotoxins produced by various species of *Fusarium*, a mold that is extremely common in improperly operated Cannabis growing facilities, that disrupts lipid metabolism in animals. Additionally, *Fusarium* contamination has been implicated in esophageal cancer (Sydenham 1991, Peraica

1999), acute effects similar to severe food poisoning (Bhat 1997), and may cause neural tube defects (grossly defective brain development in fetuses) (Hendricks 1999a, Hendricks 1999b).

Aflatoxins, but not fumonisins, are required to be tested for in medical Cannabis under the Canadian MMPR program, but neither are required to be tested for in jurisdictions where medical and/or recreational Cannabis are legal in the United States. For natural health products regulated under the Canadian NNHPD, only certain raw materials – for example, roots like ginseng or valerian – require testing for aflatoxins.

Medicinal Cannabis in Canada, under the MMPR, and medicinal and recreational Cannabis in legal United States jurisdictions do require microbial load testing. Acceptable microbial loads mean no endotoxins or mycotoxins, right? Not so fast.

Microbial enumeration testing methods approved by the European Pharmacopoeia and the United States Pharmacopoeia (and indeed, all standard methods used for all microbial enumeration) can only test for live and cultivable microorganisms. A sample to be tested is ground up and mixed in sterile water. A series of known dilutions of this mixture, along with positive and negative controls, are plated onto selective media (a mixture of nutrients that promote the growth of particular kinds of microorganisms and inhibits the growth of others, for example, there are media that promotes the growth of yeasts and molds but not bacteria, and there are media that promote the growth of bacteria but not yeasts and molds and there are media that is mostly specific for *E. coli* or mostly specific for *Salmonella*).



Figure 2: Aflatoxin producing molds are a very serious problem in many other industries including the immense corn industry.

Live and viable microorganisms grow and divide and over the course of 1-3 days form “colonies” that can be counted by eye. The number is called CFU (colony forming units) and is calibrated by the mass of the material that was tested (usually 1 gram, although for some tests it has to be demonstrated that there are zero CFU per 5 or 20 grams of material tested).

There are ways around high microbial loads, though. For cannabis, there are commercial drying machines that quickly dry cannabis flowers at high temperatures (instead of curing the flowers

more slowly in a controlled environment). The desiccation of the flowers and the high temperature can decrease viable microbial counts – but it doesn’t get rid of the microbes nor the endotoxins and mycotoxins that they produce and are still present.

Another common treatment is gamma irradiation – some Canadian MMPR licensed producers tout their use of gamma irradiation as a positive – where the material is exposed to a high powered gamma radiation source. The amount of gamma radiation that is used is calibrated to be sufficient to cause enough DNA damage that no cells remain viable (able to successfully divide). Like with high-temperature drying, although this treatment reduces viable microbial counts, it doesn’t get rid of the dead remains of the microbes nor the endotoxins and mycotoxins that are already present.

So, back to the reported company that couldn’t get rid of their mold problem.

The production of extracts (“waxes,” “oils”) concentrates the cannabinoids from Cannabis plant parts into a much smaller volume and discards most of the plant material. Aside from the “cold water method” (dry ice), most extraction/concentration processes use organic solvents.

Since the extraction process is non-conductive to microbial survival, microbial loads are not required to be tested for (but residual solvents are).

However, most endotoxins (including LPS) and most mycotoxins (including aflatoxins and fumonisins) are all very highly soluble in the same solvents that are used to concentrate cannabinoids from Cannabis plant material (Bennet & Klich 2003). As the cannabinoids are concentrated into waxes and oils, so are any endotoxins and mycotoxins that are present.

Endotoxins and mycotoxins are not required to be tested for in Cannabis extracts in the United States. Aflatoxins, but not fumonisins, are tested for under the Canadian MMPR program.

Buyers beware, and hope for your sake and for the health of the people who cultivated and prepared the product that the producer grows clean!

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Image by @themedimexican

NFL Commissioner and Marijuana

By Benji Garcia-Reyes

IG: @themedimexican

Roger Goodell. Some people have described him as "the most powerful man in sports." He is synonymous with terms like "Spygate," "Bountygate," and most recently, "Deflategate." He also surfed through the 2011 NFL lockout and then, the 2012 Referee lockout. Since August 8, 2006, when Roger Goodell was chosen to succeed the retiring Paul Tagliabue, he's believed that his primary responsibilities as commissioner of the National Football League are to protect the integrity of the game and to make it safer. Or, as he says it, "protecting the shield," which is a reference to the NFL's shield logo.

Roger Goodell is a very smart person; which is why he is com-

missioner of the NFL. He follows protocol; he is strict. He's also a lawyer, a good lawyer. Good lawyer's don't breach contracts, they protect clients' interests. If a contract says "you can't see blue, even if you see it," he won't see "blue." Such as the "Anheuser-Busch Beer Goggles" effect on Goodell's approach and views on Medical Marijuana and Opioids. Even though "the NFL has long stipulated that its players cannot endorse alcohol brands," individually, "Budweiser" is still "the league's" official beer sponsor. There are least 250 million reasons a year, which makes for some expensive "Beer Goggles." The 250 million reasons are the 250 million dollar-per-year "shades," that have impaired Goodell's judgment, clouded his visibility, and affected and limited his decision-making ability.

Alcohol is known to be addicting and often referred to as a disease. Former Chicago Bears quarterback Jim McMahon has been very public on how he turned to medical marijuana to help cope with alcoholism and addiction to prescription painkillers, which were all a result of injuries he suffered

during his NFL career. He's not the only one, and more players are speaking out and supporting similar claims and results. Which automatically makes medical marijuana a threat for both alcohol and pharmaceutical companies supplying the addictive opioids and other painkillers. Roger Goodell, while wearing those pricey goggles will "protect the shield" from medical marijuana, and he has.

He's suspended several players who have tested positive for marijuana, which is a violation of the NFL's substance abuse policy. For example, Seantrel Henderson, who in 2016 was suspended for ten games for a second violation. Henderson admitted that he used marijuana to deal with Crohn's disease and two intestinal surgeries from earlier in the year.

The Crohn's & Colitis Foundation of America (CCFA) Patient Education Committee stated the following in Jan. 2012, "several small studies have shown that a significant proportion of patients with IBD report smoking marijuana to relieve IBD (Inflammatory Bowel Diseases)-related symptoms, particularly those patients with a history of abdominal surgery, chronic abdominal pain, or a low quality of life index."

In terms of how the number of players suspended because of marijuana, the NFL punishment is harsher than the NBA's, even if the two disciplinary structures look similar. In the long run, the NFL's penalties for marijuana have ruined, derailed, and ended several careers.

Marijuana Policies Comparison:

NBA

First infraction: Mandatory completion of substance abuse program

Second infraction: \$25,000 fine, no suspension

Third infraction: 5-game suspension

Fourth infraction: 10-game suspension (5 more games for each positive test after that)

NFL

First infraction: Mandatory rehabilitation program

Second infraction: 2-game fine (can play unpaid)

Third infraction: 4-game fine (can play unpaid)

Fourth infraction: 4-game suspension

Fifth infraction: 10-game suspension

"Protecting the Shield" and wearing "beer goggles" can sometimes limit what you can or want to see. Topics like Chronic Traumatic Encephalopathy (CTE), which is a degenerative disease found in people who have suffered repeated blows to the head, or opioid addiction and abuse were denied until recently. On August 30, 2013, the NFL reached a \$765 million settlement with the former NFL players over head injuries. However, in January 2014, U.S. District Judge Anita B. Brody refused to accept the agreed settlement because "the money wouldn't adequately compensate the nearly 20,000 men not named

in the suit." Until that day, they denied or ignored CTE, or it's warning and results. Yes, when it comes to marijuana, Goodell said in an ESPN interview, "There are a lot of compounds in marijuana that may not be healthy for the players long term." That does not include how his marijuana suspensions and fines have and will affect players' careers or lives "long term," maybe he was referring to the CTE settlement in 2013.

Both the commissioner and the league are following advice from "independent medical advisers" who have "not recommended marijuana use" for medical uses. According to Goodell, they had "been studying that through [their] advisers," and added, "To date, they haven't said, 'This is a change we think you should make that is in the best interest of the health and safety of our players.' If they do, we're certainly going to consider that. But to date, they haven't really said that." It is not known whether the medical advisers were supplied with their own set of beer goggles.

Roger Goodell says marijuana "may not be healthy to the players long term" but is "open to the use of medical marijuana if recommended." His openness to medical will be most likely be when it is legal to take money to wear "Cannabis Shades," "Marijuana Specs," or "CBD Glasses" while "Protecting the Shield."



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Image via @culinaryanarchy.

Disposable Vape

By Seth MacKenzie

IG: @culinaryanarchy

When I first heard about the disposable vaporizer cartridges, I was a bit skeptical since I consider myself an old school smoker who prefers his spliffs to anything else.

Dabs and wax scare me, they're too heavy and too hard, and while I see the appeal, it's not for me. At the same time, a super discreet way to get high that didn't have a massive smell did pique my interest, so, in the name of "research" I bought a cartridge and a battery and put it to the test.

Right off the bat, I'm thinking, "Oh, how long is this going to last before it dies out?" but it turns out

that with a full charge they last longer than I anticipated. I ended up getting a spare just in case.

I'm writing this from Seattle, so things might be a bit different in Cali, but for \$50 I was able to get a half gram cartridge and battery with a charger. It doesn't look like much, but once you take the first hit, you learn that a little goes a long way. Since vapor doesn't taste as strong as smoke, it's real easy to over do it at first by mistake. You will cough, and you will learn to take smaller hits, as I did.

It's a much different high than smoking buds, but it's just as fun. I'm trying to figure out how to explain it, but honestly, I'm pretty stoned right now. In the name of research, of course.

The discretion and ease of use are the main appeals. You don't have to grind anything or worry about having a lighter or covering the smell. I can skate down the beach with ease and take a toke at my leisure without having to fumble around hitting a bowl. I can walk down the street and take few puffs on my way to work without the worry that I smell like a hippy or that the odor lingers. It's the perfect way to pregame before the big meeting to help you relax and focus.

Again, I'm writing this from Seattle, and we're lucky enough to have an extensive menu out here with most shops carrying at least a dozen types of cartridges. Most run in the half gram range and are roughly the equivalent of an 8th ounce of weed. Some of them do come in 1 gram versions, but I no-

lice that those start to taste burnt towards the end.

While I'm not a connoisseur by any means, I know what I like and what I'm looking for and the lemon haze that I had, while not the strongest I tried, had a great taste. So did the blueberry. For those of you needing a more medicinal effect, they also offer CBD cartridges that don't really get you "high" but are great for things like pain relief and anxiety.

In fact, the only real drawback I've found with these is the simple pen design and the risk of it breaking in my pocket where the battery and cartridge connect. That, and they tend to want to roll off my desk. Yes, I can keep them separate in my pocket but then I have to screw it back together when I want to take a hit, and this starts to get annoying after a while. At the end of the day, it's a minor thing.

Will this ever replace smoking flower? Not for me at least. Is it a quick, efficient way to discreetly catch a buzz without catching hell from those less liberal? Absolutely. While I didn't think that I would become a fan of these, it solves a lot of problems in a convenient, simple to use package.



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La Yerba es Buena por Mexico

By Benjie Cooper

IG: @nuglifenews

On August 21, 2009, Mexico began a reversal of domestic cannabis policies that had been in place since the 1920s when the country first banned the plant's export, production, sale, and recreational use. The change came when President Felipe Calderón signed a controversial law that decriminalized, among other substances, up to five grams of marijuana. The new law specified no penalties other than individuals being encouraged to seek treatment, which became mandatory on the third offense.

On August 17, 2015, a federal judge ruled that the Mexican government could not prevent the parents of 8-year-old Graciela Elizalde Benavides from bringing cannabidiol (CBD) into the country from the United States. Graciela suffers from a severe form of epilepsy called Lennox-Gestaut syndrome. After drugs and surgery had been ineffective at treating Graciela's condition, her parents sought an amparo, or an injunction, to authorize the importation of the medicine. The judge agreed with the evidence that the family and their lawyer presented and granted them permission to import the cannabis-based medicine.

A year after starting her on the CBD regimen, Graciela's mother described the drastic improvement in her daughter's condition on the Por Grace Facebook page.

She wrote that "Today marks not only the first year since she started her treatment but also the year in which her life changed, as well as ours. She's now a little girl who's more aware of her surroundings and who can even interact with her own sister. I would like to thank God for this opportunity he has given us to provide a better life for our daughter and to be able to share her story with so many people who've shown us nothing but support and are so happy to see the positive results. Thank you, everyone who've helped make this happen."

In November of 2015, Mexico's government once again demonstrated an increasingly progressive stance on marijuana when the Supreme Court's criminal chamber declared by vote that people should be allowed to cultivate and distribute cannabis for personal use. The ruling did not supersede existing drug laws, but it did set a precedent for future marijuana legislation in the country. The vote was a response to a 2013 case brought forth by four members of the Mexican Society for Responsible and Tolerant Personal Use seeking permission for cultivation. The group stated that they had no intention of growing cannabis, they just wanted to help encourage the government to legalize it.

The most recent step forward was taken on June 19, 2017, when President Enrique Peña Nieto signed a bill legalizing medical cannabis in Mexico. The Senate approved the bill with a decisive 98-7 yes vote in December 2016. It easily passed through Mexico's lower house of Congress in April with a 374-7 vote before finally coming to the president for his approval. Nieto was formerly a staunch opponent of legal can-

nabis but changed his stance after holding a nationwide public debate on the subject in 2016. He even introduced a bill to legalize possession of up to an ounce of cannabis, but the measure stalled in Congress. He says, "So far, the solutions implemented by the international community have been frankly insufficient. We must move beyond prohibition to effective prevention."

With the president's approval of the new law, the Health Ministry will begin creating the regulatory framework for Mexico's new medical cannabis industry in December after they have had a chance to research marijuana. For now, the law allows for products that only contain 1% of THC or less.

Whether or not the bill's passage immediately affects the illegal production of marijuana in the country, the handwriting is on the wall. In Mexico, cannabis is the most commonly used illegal substance and accounts for an estimated 60% of the country's prison population. With new legislation in place to help protect the medicinal use of cannabis, that number should decrease.

Recreational use laws tend to follow medicinal marijuana legislation, and with the way that things are going, full legalization looks to be a real possibility in Mexico's future as they join the growing list of Latin American countries who are taking cannabis off of their list of banned substances.



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CBD oil purchased in Pennsylvania. Image by the author.

Try CBD

By Cara Anderson

IG: @carajojo

I grew up in a suburb outside of Philadelphia, Pennsylvania where the stigma of marijuana hung as thick as the canopies of deciduous trees. Weed is just now becoming legalized in Pennsylvania, so you

can imagine that among my parents' demographic, the rhetoric surrounding marijuana there is quite different than California.

Once I got to college, I realized that there was a portion of my large family who had been enjoying cannabis but were relatively private about it. I used to make edibles in college and I ended up giving some to my dad. He didn't want his friends and family to

know that I was the baker, so that part was secret, but he did give them out. I didn't get why it was such a big deal to keep it under wraps and have to sit at a family gathering and not ask my uncle how the oatmeal, chocolate chip, craisin cookie my dad gave him was. It was ok to use marijuana just as long as you didn't talk about it.

Now I'm open about where I work, what I stand for, and I fully promote using cannabis to my family members. Open honest communication about non-addictive, natural treatments. I understand that many people aren't down for THC; especially living in a state like Pennsylvania where marijuana is still overcoming taboo. I'm sure that will change in due time.

With that, more and more of my family members are becoming interested in and utilizing CBD. An antioxidant, pain relieving, stress reducer that doesn't have psychoactive effects? Why not. If you don't want to get high, but you want to improve your quality of life, try CBD.

There are legal, affordable, easily accessible options for consuming CBD if you can't walk into a

dispensary. If you aren't down to smoke flowers, don't have access to buy marijuana, and say, you live in a state like Pennsylvania, you can head to health food stores and buy hemp derived CBD oil or CBD oil capsules. Burmans Health Shop in Delaware County Pennsylvania, for example, sells CBD oil.

Starting to use CBD may be confusing if you live in a place where you aren't being educated about the benefits and dosages. In short, CBD can be used for Epilepsy, PTSD, Multiple Sclerosis, Bipolar Disorder, Anxiety, Arthritis, Depression, Insomnia, Tourette's, Alzheimer's, pain, and eating disorders to name a few. Cannabidiol is an analgesic, or pain reducer, as well as an anti-inflammatory. If you have an ailment and you aren't sure if CBD can reduce your discomfort or symptoms, look it up or consult a doctor. CBD doesn't alter blood pressure, body temperature, or heart rate.

CBD is non-toxic to humans and pets. Companies like Canna-Pet create cannabidiol products for aiding your pets' joints, digestive system, anxiety, epilepsy, aging, skin allergies, and general pain.

The dose of CBD that you take is

dependent on who you are, your BMI, your tolerance, and your ailments. Someone with epilepsy may require a higher dosage of cannabidiol than someone administering CBD for anxiety or generalized pains.

It's been reported that an adult human can tolerate up to 1,500 mg of cannabidiol, and as many capsules start as low as 5 mg per dose, it would be hard to overdo it. Start slow, and build up to a higher dose. Keep a journal where you record how many milligrams of cannabidiol you take each morning and how you feel at the end of the day. It's important to track your progress and levels of consumption.

Consulting a doctor before starting a CBD regiment is suggested. A doctor can help you calculate the proper dose for your ailment. If you live in a state where you can't find a doctor that will support CBD use, take to the internet and do thorough research.



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Continued from Page 1

But as promising as the bill sounded, it stalled when Senate Judiciary Committee Chairman, Chuck Grassley (R-IA) refused to hold a hearing on the measure. Chairman Grassley stated that “I oppose moving marijuana from a Schedule I to a Schedule II drug, based on the current science on the risks and benefits. For children suffering from severe epileptic seizures, the anecdotal evidence says components of the marijuana plant might help. I want to help those children. The key is aggressive medical research.”

Grassley wouldn't be the first politician on Earth to say one thing and then do another, but voicing support for medical marijuana research while at the same time, refusing to hear a bill that would facilitate cannabis studies does appear hypocritical. Moving marijuana to the Schedule II category would put it in the same classification as codeine, morphine, oxycodone, and a lengthy list of other opiates, opioids, stimulants, hallucinogens, and depressants. It's not the proper designation for cannabis, but it would be a step up from the Schedule I rank that's been its home for the past forty-seven years. That change alone would allow for, among other things, the possibility of greatly expanded research. With great research comes greater possibility.

But even in apparent defeat, the sponsors of the CARERS Act were not about to admit it. On

June 15, 2017, Senators Booker, Paul, Gillibrand, along with Al Franken (D-MN), Lisa Murkowski (R-AK), and Mike Lee (R-UT) reintroduced a revised edition of the bill. While the measure carries the same title, there are a couple of fundamental changes that have been made to it since its last introduction in 2015 and should be noted. Language regarding the rescheduling of marijuana disappeared from the document, and protections for financial institutions that work with the medical cannabis industry are also absent from the text.

The CARERS Act calls upon the federal government to recognize modern medical research that has proven the efficacy of cannabis for a variety of mild to severe conditions that affect people of all ages. The document does not request that the DEA reschedule marijuana, but it does ask that states be allowed to make their own policies regarding the medicinal use of the plant as it's demonstrated that for some, it can be an effective part of their regimen for treating their condition and bettering their quality of life. The newly revised edition of the bill covers four main points.

Recognize States' Responsibility to Set Medical Marijuana Policy & Eliminate Potential Federal Prosecution

While over half of the states in the U.S. have enacted medical cannabis legislation, the threat of federal action is always loom-

ing. It's a large reason why some are hesitant to move forward with medical cannabis and associated activities. Just ask the Del Mar Fairgrounds Board of Directors. But as time goes on, and despite saber-rattling from some officials, the federal government seems less likely to step in regarding states who allow medicinal access, especially when their boss-in-chief supports state rights for medical marijuana. In addition to the Rohrbacher-Farr amendment, which removed DEA raid funding, the CARERS Act would finally give much-needed peace of mind to medical cannabis states.

Allow States to Import Cannabidiol (CBD), Recognized Treatment for Epilepsy and Seizure Disorders

CBD continuously proves itself to be an effective remedy for patients of all ages who experience seizures from any number of associated neurological conditions. To deny patients this very powerful, non-psychoactive medicine that lacks the dangerous, numbing side-effects of other seizure medications makes no sense. Removing CBD from the Controlled Substances Act would allow very needy patients in all states to obtain the very possibly life-saving medicine.

Provide Veterans Access

Due to the often violent nature of military jobs, Post Traumatic Stress Disorder (PTSD) can be a common condition among sol-

diers. The number of veterans affected by PTSD varies by era and other factors, but marijuana is becoming a more commonly used treatment. Because the Department of Veterans Affairs is under federal jurisdiction, they cannot prescribe or recommend medical cannabis to patients whether it is legal in their state or not. This provision of the CARERS Act would allow VA doctors in legal states to recommend medical cannabis to military veterans.

Expand Opportunities for Research

Due to the plant's Schedule I status, the federal government currently controls all of the cannabis research in the United States. This last part of the bill points out that the federal government is “lacking woefully behind the majority of states when it comes to how it treats medical marijuana.” The act would help spawn new research by eliminating unnecessary and complicated bureaucratic roadblocks and create a system for the Secretary of the Department of Health and Human Services to encourage research.

On the state level, the medical cannabis movement has achieved such a momentum that federal government now sits in a position where, they could come down with the full force of the Controlled Substances Act, but aren't likely to. Aside from the fact that federal raid funds are all but nonexistent, medical marijuana prohibitionists are becoming

an increasingly unpopular group in modern society because they are viewed as uncompassionate toward sick and dying patients. When over half of the states have voted for something they feel is right, Washington D.C. needs to sit up and take note. These states aren't rebelling; they're reforming.

As countless activists and advocates across the fifty United States continuously strive to bring about change in medical cannabis laws, four Republicans and two Democrats are leading the charge to begin bringing about medical cannabis reform in the federal government in 2017. Two years have passed since the original CARERS Act was rolled out and the country has changed in that time. Chuck Grassley is still the Chairman of the Senate Committee, but perhaps with revisions to the document and relevant research published since the measure's 2015 Congressional debut, perhaps he'll be inclined to give it a hearing this time around.

In the meantime, interested citizens can call or write their Senator and encourage them to support the CARERS Act. The Capitol switchboard can be reached at 202-224-3121.



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By Medicinal Mike Boris

Instagram: @medicinal_mike

Libra

This week you will feel like there are a million joints being handed to you at the same time. Only one has any quality, though, so you must choose wisely. Life's best gifts are always earned.

Aries

I know you think that you can grow the best pot in the world. I know because you tell everyone. Never mind that you have never grown a plant; the one that lives in your head is beautiful and should be shared with the world

Taurus

Be excited this week! All that patience is about to pay off. You sowed the seed, watered the pot, and now it is time to harvest. Your achievements make others model your excellence.

Gemini

You say Indica they say Sativa! This week is going to be some clashing for you but stick to your guns. You know what

you're talking about this week.

Cancer

You have your hand out this week expecting something for free. Well, bad news. Anything in life worth having is worth working for, so get off your butt and put some time in.

Leo

They are all going to laugh at you, and thank goodness. What kind of a funny man would you be if they didn't? So take another toke, your jokes are gold this week.

Virgo

You got a little too high this week, and things are feeling hazy. The good news is plans are made to be broken, and you will do just fine so go with

the flow.

Scorpio

You spend a lot of time feeling ignored, but this week they are finally listening. A smoke circle is a powerful place so choose your words wisely.

Sagittarius

You have managed to compile mass amounts of cannabis knowledge but know you can't think of what to do with it. Worse yet, nobody seems to have any helpful advice.

Capricorn

You are forgetting to exhale this week. You can't just keep that perfect dab moment held in forever. Life is about change. Embrace the new and let it out.

Aquarius

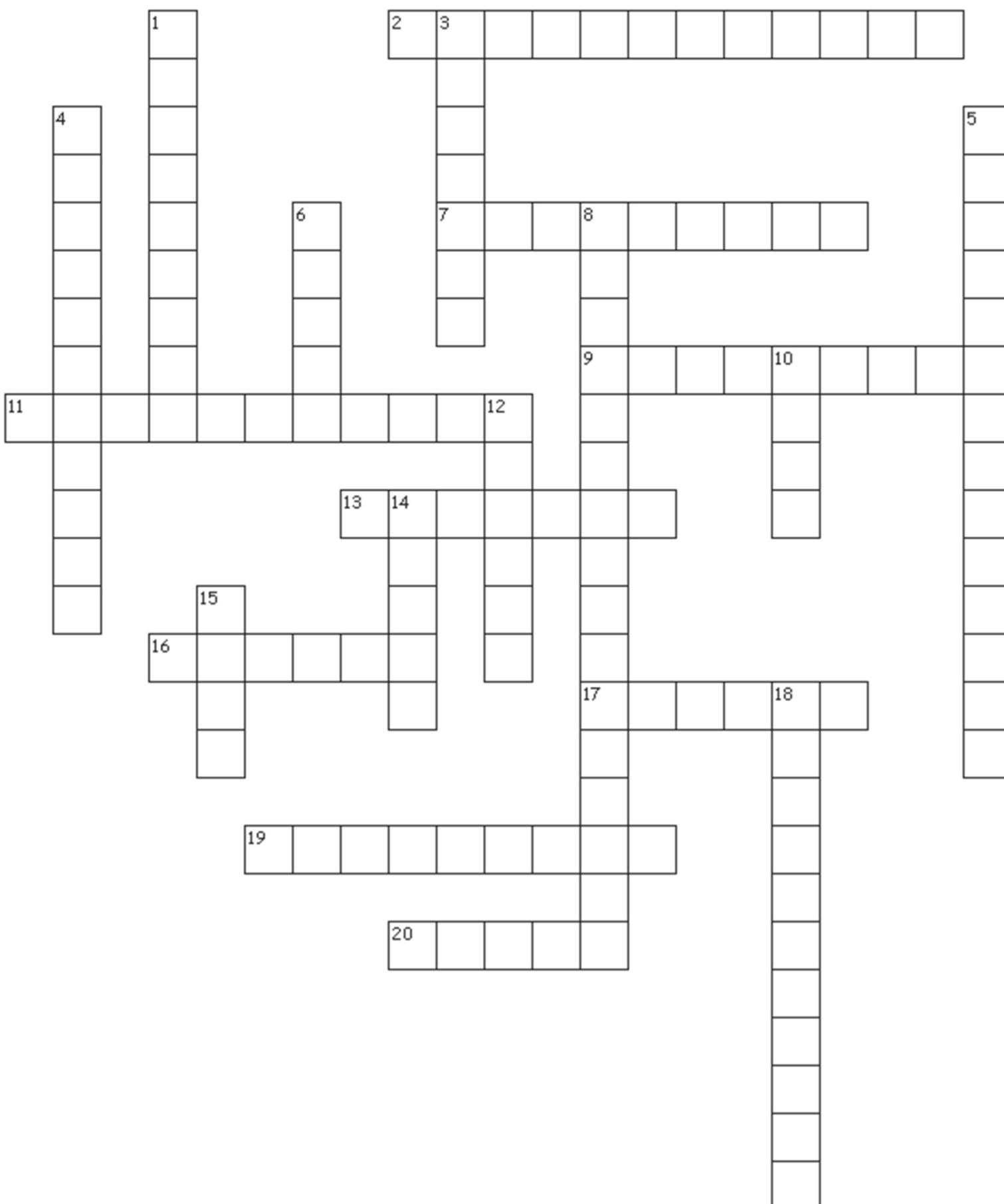
You just finished a delicious brownie; the world keeps handing you another, and another, and you aren't resisting. Set a pace and you will find much more enjoyment in every little morsel.

Pisces

Your canna family is there for you this week. When you feel overwhelmed then just reach out, and they will be there with a joint and a smile. Compassion is in the air.



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



Across

- 2. THC and CBD are types of these
- 7. An insulation product made from hemp hurds and lime
- 9. Cannabis resin glands
- 11. Soil-less growing method
- 13. Brittle cannabis oil
- 16. Quartz cup used for dabbing
- 17. Cannabis species known for its sedating effects
- 19. A low-THC species of cannabis discovered by Russian botanist D.E. Janischevsky
- 20. Cannabis concentrate produced with heat and pressure

Down

- 1. Famed San Diego cannabis strain
- 3. Sometimes combines with salt, used to dissolve cannabis resin
- 4. Device for forcing marijuana smoke into the lungs
- 5. Process by which plants convert solar energy into chemical energy
- 6. Bat waste product sometimes used as a fertilizer
- 8. Process by which hemp removes radiation and heavy metals from soil
- 10. Concentrated cannabis product made through a process involving bags and ice
- 12. Energizing cannabis species
- 14. Major player behind the Marihuana Tax Act of 1937, Anslinger
- 15. Dabbing tool, commonly titanium
- 18. Light-absorbing pigment found in plants

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Cannabis Capital Networking Temecula

July 11 @ 6:00 pm - 9:00 pm

Cautious With Cannabis

July 13 @ 6:00 pm - 8:30 pm
UnitingCare ReGen- 26 Jessie Street, Coburg, VIC 3058, Australia

Cannabis Compliance Summit

July 19 @ 8:00 am -
July 21 @ 5:00 pm
Hotel Indigo Los Angeles Downtown 899 Francisco Street Los Angeles, CA 90017

Blunt Talk: "The Future of Cannabis"

July 20, 2017 @ 6:00 PM - 9:00 PM
Expert Dojo- 395 Santa Monica Place, #308, Santa Monica, CA 90401

Cannabis 411: Build a Cannabis Business in California's Legal Market

July 29 @ 10:00 AM - 4:00 PM
San Diego, CA

Cannabis Professionals Business Mixer

August 16 @ 6:30 PM - 9:00 PM
WeWork Fine Arts Building- 811 West 7th Street, Los Angeles, CA 90017

Wine & Weed Symposium

August 3 @ 7:45 am - 4:45 pm
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Interview with JTreel

By Nate Whitsell

IG: @SDLovesHipHop

JTreel is like Lauryn Hill – a mad scientist who experiments on himself first, to make sure that his science works. He has found the right formula and is moving forward, bearing wisdom to share with those ready to go to the next level. JTreel has been on multiple national tours as one-half of the San Diego-based, SDMA nominated and awarded, loved and respected duo, Day-Go Produce and is also the founder, owner-operator, engineer, manager and more, of Six9Teen Studios in San Diego. Jordan, aka JTreel, has taken his experience as major label engineer, national touring act, and studio owner, and made it available to independent artists at any stage in their journey ready to take the next step. Treel's humility is only overshadowed by his impeccable ear and meticulous attention to detail, making him an ideal choice for artists looking to find and create, maintain, or grow their sound, their brand. JTreel took off each of his many hats to spend some time with us and to tell the story of how he came to be, not a jack, but a master of so many trades. Enjoy.

NW: Who is JTreel?

JTreel: Many things: a music engineer, national touring artist, SDMA winner, and studio owner.

NW: Can you tell readers a story about how hip hop has changed your life?

JTreel: I was supposed to be an electrical engineer, wrestling in college and after school. Instead, I am successful in many sections of music and haven't ever really had to work, because music pays for everything – my passion became my job.

NW: Music is in your blood, and I want to get into that a bit. Did the music start with you, or were there members of your family who passed it down to you? If music was passed down, what is one memory that stands out as formative or transformational?

JTreel: Music was passed down to me from my older cousins back at Rols Room Productions and from my Uncle Roddie, who plays a lot of the live bass in earlier Day-Go Produce music. I remember being in my cousin's garage when I was like 8 or 9, watching them rehearse for talent shows around town or house parties, thinking, "man this looks so fun." The creative energy was contagious so I started learning and watching and taking classes in high school.

NW: Your brother and DJ, Alec "Tramlife", and you, formed a group called Day-Go Produce together (which you mentioned earlier). First, did you two get into music together, or separately? Second, how did Day-Go Produce come to be?

JTreel: We actually got into music separately. He was a DJ doing house



parties and events around town; I was just there having fun when I was young and he would be killing it. When I started, I was in the Bay Area, where I got signed to a major label as an exclusive engineer for a rap group signed under Hitman Records. I moved back from the Bay and me and my brother wanted to start working together. Day-Go Produce was supposed to be a production team where we showcase what we could do for you if you come work with us [at our studio], and then it turned into its own monster where we ended up being a powerhouse group.

NW: What are some of the accomplishments Day-Go Produce has achieved? Can you tell us the play-by-play story of one of those moments?

JTreel: Day-Go Produce is a national touring act; we have played and toured with some of the biggest. Rocked many big festivals (SxSW multiple years, Desert Rocks), we are award winners and nominees in multiple genres (Hip Hop & Reggae). The first year we went to SxSW, we went with Project Blowed where we spent the week with Aceyalone, opening for him doing multiple shows together. It was crazy because we all stayed together and I was able to gain so much knowledge talking to him and rocking some really dope showcases.

NW: In Day-Go Produce, you are the emcee, with Tram' on the beats and DJing, right? What about being an emcee, a showman, do you enjoy most? Writing? Recording? Performing? Why?

JTreel: Yeah, but our production actually started with our cousin Rolando of Rols Room Productions making our beats, then we evolved into what we are today: a live performance duo where Tram handles the beats and I rap to what I hear – everything is live on the fly. I love performing so much. Not being in anything competitive for a while, it filled that void by letting me go up on the stage and completely give my all and show

my passion for the art.

NW: That's rad. Ok, I want to wrap up this segment of the interview by asking, what's that one song that you feel readers should check out to get a good feel for who Day-Go Produce is?

JTreel: To this day I love the song we made called "The Swells" because we use beach terms to describe situations in life; we grew up by the beach, and we wanted to find a new way to fuse the same thing everyone talks about with what we were around in a different way. I still think that was one of the songs that put us on.

NW: I wanted to know a bit about your story as an artist first, but now I'd like to transition. I'd like to give you an opportunity to share a bit about what you have going on right now. What is JTreel's focus as we enter 2017?

JTreel: Six9teen Studios is my main focus; it's my baby. I always wanted a place where I could create and mold new sounds and artists and be the catalyst between underground and major labels. A place to create freely, where I can find a new sound that has yet to be heard. For the past year, it's been a success.

NW: Needless to say, you spend a fair amount of time in Six9teen Studios, right? Can you tell us the history of how Six9teen came to be?

JTreel: That's an understatement. All of my time pretty much is spent there. We started in a garage like eight years back in North Park, where we would pretty much just record ourselves and some friends. Then we got to the point where major label artists were trying to record with me, and I had to go storefront, best move I made with it.

NW: Can you share your vision for the studio, from top to bottom? Why does Six9teen Studios exist?

JTreel: It is the artist boot camp that prepares underground, local rappers with the experience and skills needed to take the next step. I wanted a place where I could develop the artists who were serious about music. Give each person their own original sound, while in return creating a new unmatched sound for the studio. I am a project-based studio that caters to major labels and local artists who are ready.

NW: How did you get into the producer, engineer, manager, entrepreneur, etc., role that you now inhabit like second nature?

JTreel: Being in the industry professionally for the past 12 years gave me a lot of knowledge and experience. I figure if I utilize the network I've built and the connections made with the hungry artists, I can not only protect them from the snakes in the industry but make sure they get what's owed for the job done, no problem. It's very hard to try to out talk me in numbers; I'm like a human calculator, might as well capitalize on it.

NW: What's the number one lesson you have learned as you have taken on this very entrepreneurial venture?

JTreel: Music is full of so many opportunities and revenue streams that you can make a living off that most people don't know about or will never see. My network isn't just music, but business, marketing, programming and much more, and they have opened my eyes to many new types of cool opportunities while still dealing with music. I have some moves I'm excited to make this year.

NW: Let's get into what's going on at the studio musically. What are some of the projects you are currently working on? Which project are you most excited about right now? Why?

JTreel: Well, I started off the year mixing and mastering some of Suga Free's new singles one of them being "I'm a MF Pimp" ft. Snoop Dogg and Versace, which did very well, the new Luni Coleone single "G Shit" ft. Obnoxious and Versace; been doing a lot of work for artists such as Lil Niqo: "Crush" and "Really Real", and some more SD heavy hitting artists. But some projects I'm excited about are Audio Card by Stanz, I'll Do It Myself by ATO Worldwide, the new Skinny Veny EP, and the new 1019 Project, as well as the new singles I have been recording with Tru7h.

NW: I want to give you a chance to plug the studio. Why should aspiring artists consider Six9teen Studios as their home base for recording, mixing, mastering, etc.?

JTreel: Because we offer the full package, a one-stop shop that completely caters to the artists and their goals. My main goal is to get the artist willing to put in the work and then to place her/him in the best position possible to take the next step. We offer everything from engineering, to production, to artist development, to artist management, and so much more. You work with me; you take a step forward.

NW: Let's take a look at the bigger

picture and your role in it. With everything going on in American society in 2017, how/why is hip hop culture important? Does hip hop really have the ability to make a meaningful difference? Earlier I asked you to share about how the art and culture has changed your life; now, I'm going to ask something much more difficult of you – can you share an instance where you have seen your music/studio make an impact on another's life?

JTreel: Definitely. It does because music should be based off what you see in your life, what's around you. Not everyone has the same life, but everyone raps about the same thing which gets monotonous; if we could get everyone to open up a lil bit and get more personal, it would be refreshing. If we could find a way to make that sink in, it would give everyone a better understanding of people and the way we think, as opposed to us being saturated by no-content music. Some of the best, true old school hip hop rappers have heavy content and a message of reality, compared to fantasy. I've seen my studio change someone's life from lost and very dark to bright with a path and a goal, achieving great things on the way. It makes me proud to see the hard work pay off.

Thank you for that. I know that sharing things like that is difficult because it almost feels like self-worship, but I really believe in the power of this culture, and want readers, near and far, to feel what I already feel.

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

JTreel: Keep doing ya' thing! We are bubbling right now. When the eyes are on us, we got to capitalize like the Bay, or Atlanta did. No one can say we are being overlooked because I see more touring artists now than I did when we were touring. Stay hungry and collaborate, power in numbers is always better in this industry.

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

JTreel: Yea I see people like Poodeezy and Dolla Bill Gates touring with big artists, I see people like Johaz and Dirty Science touring Europe, Face Card Camp making moves as well, and Odessa Kane with the RTC crew doing good things for the communities out here. There are a lot of artists bubbling right now it's our job as music lovers to stay up to date and support. I've worked with 90% of those people, and they are hungry to put on for the city.

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

JTreel: SIX9TEEN STUDIOS // DAY-GO PRODUCE



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