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#CandidChronicle

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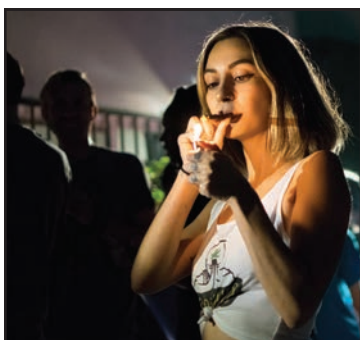
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## San Diego Approves Cultivation



By Janis Collins

California has been part of the "green rush." Entities from all over the United States and the rest of the world have been flocking to small towns throughout California to cash in on cultivation and testing.

San Diego is part of a handful of cities that have approved legalized local growing, manufacturing, and testing of cannabis under the new state medical and recreational laws that take effect in January. According to the NORML website, there are approximately 16 counties in the state that are moving forward with cultivation. On September 11, the San Diego City Council voted 6-3 to legalize cannabis cultivation and manufacturing.

The City Council encountered opposition from the police department. Chief Zimmerman implored City Council to "not allow any further marijuana facilities within our city." Zimmerman went on to claim that in three years there have been 272 calls for service related to medical marijuana including robberies, thefts, assaults, and shootings. However, this statistic didn't ring entirely true. The police chief may be adding in calls coming from illegally run pot shops. The legal medical marijuana dispensaries run extremely tight operations. They are required to have 24-hour security, security cameras, and close each evening at 9 pm. The cannabis community would like a complete comparison to how many calls the police have fielded in the last three years from liquor stores,

bars, and local cases of the nationwide opioid epidemic.

The majority of the City Council understood that by creating a local supply chain, they would essentially be keeping the money in our county. Approving cultivation and testing would also create more jobs and help boost the economy.

The Union Tribune quoted City Council member Chris Ward as saying "the decision was obvious to him. Having sound policy and regulations in place will allow the city to enforce its rules and assist the cannabis industry in regulating itself." His fair comparison with Ballast Point and Stone Brewery was spot-on. He asked, "would we tell Stone Brewery that

we wanted them to manufacture everything in Riverside County and truck it down? Would we tell Ballast Point they can only grow their hops up in Humboldt?"

The Council opposed two other proposals from staff. The first one that they eliminated was a proposed cap of two cultivation, manufacturing, and testing business per council district. The second one that encountered opposition required that cultivation and testing be more than 100 feet from each other. This is a huge win for the cannabis community.



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







Gina Austin speaking to the Lemon Grove City Council, as residents look on.

# Lemon Grove City Council Meeting

## 9/19/17

By Kathleen McLean

On Tuesday, September 19, Lemon Grove City Council overturned the city staff's denial of an application for a medical marijuana dispensary located at 6915 North Ave, Lemon Grove CA 91945. The 4-0 decision came after a lengthy appeal process.

During the initial approval stage, council staff became aware that the proposed dispensary was sitting within 1,000 feet of three alleged daycare centers and subsequently denied the application. This was in spite of the

fact that direct access from the in-home daycare locations was impeded by a series of barriers, both natural and human-made.

The applicant, Christopher Williams gave a passionate argument about a six-foot barbed wire fence that stretches for 2,000 feet, separating a residential area from an industrial one. Councilman Jerry Jones started off the conversation pondering the word "barrier" and what it means. As defined in Lemon Grove's Measure V, Jones questioned what would be considered a barrier when measuring distance by the path of travel instead of "as the crow flies."

The Lemon Grove City Council concluded they would rather consider the slope at the back of the city property and the on ramp/off ramp of the 94 freeway as a combined barrier that

would make them more comfortable approving zoning clearance for the Conditional Use Permit.

The decision makes this the third medical marijuana dispensary to be given the green light to pass through the zoning process. It seems that city council is

going to be extremely reluctant to approve any additional locations at this time. The Association of Cannabis Professionals would like to see more dispensaries opened in Lemon Grove. They are actively collecting signatures for a new initiative. The city council will then need to decide between holding a special

election to the tune of \$300,000 or adopting the new definitions which would make a special election completely unnecessary.



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Most people in the building looked at either the appellant or the video he was showing.

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- Don't be afraid to open the door. You have rights.
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- Remember, as an undocumented American, you may request any and all information they may have on you.
- If they insist on coming in, ask their reason and if you feel unsafe, close the door on them.\*
- If you are arrested, plead to a supervisor and remind them that no human is "illegal."

\*You may NOT close the door if you are not over 18, due to a loophole in current immigration law.





Image photoshopped by Benjie Cooper.

# California Legislature Urges Congress To Reschedule Cannabis

By Benjie Cooper

IG: @nuglifeneews

YouTube: goo.gl/DhgJv3

Senators Jeff Stone (R), Scott Weiner (D), John Moorlach (R), and Assemblymember Tom Lackey (R)

introduced a bill on February 21, 2017 known as the California Senate Joint Resolution 5 or SJR-5. As written, the measure requests that the United States Congress pass and the President sign legislation

to remove cannabis from its current Schedule I status and place it in an alternative category.

The document begins by highlighting the government's definition of a Schedule I narcotic; something that the Controlled Substances Act of 1970 defines as a substance that has a high potential for abuse and no accepted medical uses. Cannabis currently shares the same classification as heroin, methaqualone, GHB, and bath salts.

The authors explain that groups around the world have been studying and researching cannabis for years and have demonstrated that it has a wide variety of medicinal uses. They mention that California voters approved both recreational and medical marijuana and go on to cite conditions for which it provides relief including glaucoma, epilepsy, migraines, cancer, and other types of pain and anxiety.

The document goes on to express concerns about the criminality of cannabis on a federal level and the repercussions that can result from its cultivation, possession, or use.

The next item addressed is the issue of the cannabis industry's inability to access the traditional banking system that the rest of the country uses and the financial problems that the situation creates. Since marijuana businesses are not eligible for a banking routing number, they are usually forced to work with cash which creates hurdles and dangers of its own.

The bill states that by prohibiting marijuana businesses from using the banking system, federal laws impede state and local governments from "doing business with potential clients cultivating, researching, selling, or utilizing marijuana or cannabis and its derivatives, therefore making marijuana commerce very difficult." They go on to say that this also

prevents state and local governments from properly monitoring the industry and collecting taxes; costing them "hundreds of millions of dollars in lost tax income."

The last problem addressed is the issue of cannabis research. Due to the plant's Schedule I status, all marijuana studies in the United States are conducted exclusively within federal agencies. The bill points out that by prohibiting independent research institutes from studying marijuana, the federal government is preventing the discovery of new pharmacological properties of the plant which might improve some peoples' quality of life.

The authors of the bill conclude by urging the Congress of the United States to "Pass a law to reschedule marijuana or cannabis and its derivatives from a Schedule I drug to an alternative schedule, therefore allowing the legal research and development of marijuana or cannabis for medical use and allowing for the legal commerce of marijuana or cannabis so that businesses dealing with marijuana or cannabis can use traditional banks or financial institutions."

The bill passed through the Senate with a vote of 34-2 earlier this year and on September 14, 2017 it made it through the Assembly with a final vote of 60-10. According to the text, copies of the measure will be going to the President, Vice President, Speaker of the House of Representatives, the Senate Majority Leader, and to each Senator and Representative from California in the US Congress.



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



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## Laid Off & Happy

By Janice Payne

IG: @janiceandyke

As children, from the time we learn how to communicate, we quickly learn that life is going to expect a lot more from us than just naps. Our parents and teachers plant the seed that one day we'll have to be something or become someone. So, we opt into this perpetual cycle of wanting to achieve an identity that we currently do not have. As kids, we dream of becoming the president, superstars, firefighters, soccer players, etc. Then we grow older, and those dreams slowly grow BIGGER and more exciting. Who doesn't get a tingle when they hear "actuarial science" or "telecommunications?"

I thought I knew what I wanted to be when I went to college in Philly for Advertising & Business. I spent four years working hard to get good grades and scored the best internships at several advertising agencies in the city. All of these intentions I set out ultimately landed me a full-time job at an advertising agency only a couple months after I graduated. That was the goal, wasn't it? I graduated high school so I could get into college so I could then get the job... the steps after that were completely unknown to me. No one seems to talk about what happens after you land the job, and

frankly, I avoided thinking about it.

I was on auto-pilot for a year, working my 9-5 and "living for the weekend" like most people my age do. Scheduling happy hours to "spice things up" and taking trips I could fit into my ten whole vacation days. I found myself thinking all the time; damn, is this it? I wasn't exactly happy, but I also wasn't even sad, I was just going through the motions. I felt like a watered-down version of myself. Deep down in my gut, I knew I wasn't on my path.

But for the biggest plot twist in my life thus far...I got laid off from my job on June 2nd, 2016. I remember being asked to gather my things and leave that same day. It was a total blindside, I had rent coming up, and the thought of asking my parents for money at this stage in my life seemed shameful. I remember walking out, sitting in Dilworth Park, and bawling my eyes out while listening to Mac Demarco. Why? I don't even listen to Mac Demarco on a normal day.

As my bruised ego slowly started to heal; nce again, time reminded me that it always finds a way to reveal what is true. And at this point in time, I can wholeheartedly say that being laid off was the best thing that could have happened to me because that rejection was the catalyst for me to wake up from my auto-pilot. For the first time in a long time, I feel free.

Since leaving my M-F 9-5, my life has only been filled with the things that make me happy. I found a part-time job in the music industry where I get to combine my experience in digital marketing with my greatest passion, which is music. I'm working in a relaxed environment with like-minded music heads doing interesting work, and that has made the biggest difference for my morale. Sure, I'm making a lot less money than I was making at my last job, but it is so much easier getting up in the morning for a job I actually enjoy. More importantly, working part-time has allowed me to make more time for the things I enjoy like reading, writing, seeing live music, and traveling as much as possible.

In July, I was camping under the stars on Mount Rainier in Washington where I helped shave a gypsy fire breather's head and fed watermelon to a llama while wearing a black unitard that wasn't mine. What a trip that was. In August, I went to a music festival in New York where one of my best friends and I held hands as we were brought to tears inside Android Jones' spellbinding Microdose VR dome. At the same festival, I was able to witness A Tribe Called Quest's last show they'd ever play. In early September, I took my first solo trip back to China, where I was born, and climbed 268 steps on a mountain in Hong Kong to pray beneath a 112 ft. Buddha statue. Just this past weekend I went to another music festival in New York where I finally got to see the Gorillaz, one of my favorite bands of all time, perform. In a couple of days, I'll be taking a solo trip to California to visit old and new friends in Oakland, Los Angeles, San Diego, and Twentynine Palms.

My intention for taking this trip is to gain clarity on what area of California I'll be moving to in the winter. I've dreamt about moving to California since I was 18 and it's a goal that I've always suppressed because I've been afraid to leave what I know. My life in Philly is easy, in fact, it's wonder-

ful. I am perfectly comfortable in Philly, where I'm surrounded by the streets I'm familiar with and the people that I love. But being comfortable is as good as being numb. In my experience, it's only when I've stepped outside my comfort zone that I feel close to magic, and magic is lightning in a bottle.

It's crazy to think that the person I was at this time last year is almost unrecognizable to me now. I feel like I am living in color again and I can't begin to explain how refreshing that is. Routine isn't suitable for the human spirit; there is too much going on in the world to ever settle for complacency.

Do I have my life figured out? Absolutely not. But when you have the foresight to trust that the universe has a way of connecting all the dots, you'll start to see the positive side to everything; even in the things that feel like crushing rejection. Whether it's rejection from a job, a friend, a parent, or the guy you really liked, and so on. Sometimes our darkest moments put us on a direct path to the greatest things we have yet to experience. When you no longer fear any type of rejection, to me, that's freedom. Trusting that nothing meant for me will ever pass me has allowed me not to waste any time dwelling on rejection like I once did. With patience, time will bring you all the incredible things you never expected to happen, and you'll be grateful that anything else that wasn't meant for you didn't stand in the way.

So, the further I transcend away from an ordinary life, the more I realize that happiness is not a result of being someone or something, it is a consequence of doing. I realize now that I don't want to be anything, for I already am. Living our lives in hopes that we become something feels like a big waste of time to me. I think people sometimes put too much pressure on being whatever label they've decided they're willing to limit themselves to. Humans are too beautifully complex to be limited to just being one thing.

Why is it so easy for us to slap labels like "doctor," "teacher," "stay at home mom," onto one's identity? This sort of pressure was one of the reasons why I was so willing to stay at an office that I didn't actually want to be in. I was afraid that without my job as an account manager, I would have no label to attach to my sense of self. The problem is that a lot of people only know how to identify themselves by their professional success and not who they are as people, at their core. When I would meet strangers, a lot of them usually start small talk off with "So what do you do?" It was easy to hide behind that question by saying "I work in account management at an advertising agency." Yet, why did this answer feel like it had nothing to do with me as a person at all? I am a culmination of my passions, my music taste, what I choose to do with my free time, the friends I surround myself with, how I treat strangers, how I let go of heartbreak, the jokes I laugh at, the books I read, the cities I visit, and the list goes on.

Being laid off initially felt like I was being stripped of my identity or like I had failed at something. If that were true, why am I so much happier now than I was before? I believe that as long as you're moving in any direction that isn't backward, you're on your path. I'm not saying I'll never work as an account manager again; I could totally end up doing that. Or I could end up selling handmade friendship bracelets on some remote island somewhere. I'm not sure what's in store for me next, and that's the fun part. The uncertainty of life is the magic, because at least uncertainty feels a lot more like living than auto-pilot ever did.



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



## About the Author:

### Janice Payne

If the sun and a disco ball had a baby and you dressed it in leopard print and dipped it in honey.

Instagram: @janiceandyke

Janice is looking to move to California in the December/January timeframe. Please email Janice.mei.payne@gmail.com for any inquiries.





# Medical Marijuana Uses In Treatment of Mental Disorders

By Justin Samuels

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IG: @samuelsjustin

Marijuana's calming effect has long been known to users, but it had little to no recognition from the medical professional due to the war on drugs and prohibition. Now that legalization of both medical and recreational is expanding in the United States and abroad, more research is being done on the effects of marijuana. Now it's possible to research the mood changes caused by marijuana, and doctors can research using marijuana not only to treat physical illnesses

but mental illnesses.

A recent joint study by the University of Chicago and the University of Illinois at Chicago determined that low amounts of marijuana reduce stress and anxiety. High amounts of marijuana can increase stress. The study used capsules, which is different from inhaling marijuana so the effects aren't quite the same. Still, this study does show at the proper dosage marijuana can be used to lower stress. Jeremy Spiegel, MD notes anecdotally on how marijuana can be used to treat depression, anxiety, stress, and certain social disorders. Marijuana substantially improved the social interaction skills of patients that failed to respond to talk therapy.

It was taboo until recently to consider marijuana in the treatment of mental disorders because it was illegal, but with legalization spreading and more research done on the effects of marijuana usage, in general, more research is being conducted on using marijuana to treat

mental disorders, including addiction. Many of the prescription pills used to treat mental illness as well as many painkillers are fairly lethal if not used precisely as directed. Marijuana is now seen as a way to reduce the need for much more damaging prescription drugs. Associate Professor of Psychology Zach Walsh at the University of British Columbia in Canada is researching the use of marijuana to replace harsher prescription drugs.

A number of US states now list PTSD as one of the qualifying conditions to receive medical marijuana. Marijuana's use to battle mental illness is nearing mainstream acceptance. A lot more work needs to be done to understand how and why it's effective as well as to find the best methods to use marijuana in treating mental health disorders.



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

**1 TREATS MIGRAINES**  
Doctors in California report that they have been able to treat more than 300,000 cases of migraines with medical marijuana.

25% of women get migraines sometime in their lifetime.  
8% of men get migraines sometime in their lifetime.

**2 SLOWS TUMOR GROWTH**  
The American Association for Cancer Research has found the marijuana actually works to slow down tumor growth in the lungs, breasts, and brain considerably.

**3 RELIEVES SYMPTOMS OF CHRONIC DISEASES**  
Research shows marijuana can help treat the symptoms of chronic diseases like Irritable Bowel Disease and Crohn's, because it can treat nausea, abdominal pain and diarrhea.

The main psychoactive ingredient in marijuana, tetrahydrocannabinol (THC), was approved in 1985 by FDA for use in the treatment of nausea, as marketed under the trade name Marinol and synthetically formulated in sesame oil in gelatin capsules to be taken orally. Almost 100,000 doses were prescribed in 1989.

Infographic provided by Justin Samuels.



# Fertile Grounds For Medical Cannabis In Chile

By Benjie Cooper

IG: @nuglifnews

YouTube: goo.gl/DhgJv3

The country of Chile has a relationship with cannabis that dates back to the Spanish Conquest in the 1500s when European hemp seeds made their way across the ocean to be sown in the Valparaiso district north of Santiago for the first time. The crops flourished in the country's temperate climate and continued to be cultivated on farms across the land over the next 400 years. From the fiber produced on hemp farms that once covered much of the na-

tion to the medicinal marijuana tinctures made by locals, cannabis is a rich part of Chile's heritage.

The cultivation, processing, and sale of hemp remain legal in Chile because the country's laws recognize the distinction between hemp and THC-rich varieties of the cannabis plant. Because the law treats it differently, hemp is currently grown in the country as it has been for hundreds of years, but the cultivation, transport, and use of recreational cannabis can come with an array of penalties, depending on the situation.

The production, transportation, sale, and public use of marijuana are illegal in the country, but private consumption has been legal since 2005 when the Chilean government decriminalized private consumption after they passed Law 20,000. Minor fines, community service, and rehabilitation program enrollment replaced the previous criminal penalties. This is not to say that the government completely abolished harsher

penalties for marijuana infractions; trafficking and non-personal cultivation can still result in years of jail time.

In December 2015, President Michelle Bachelet removed cannabis from the country's dangerous drugs list. The presidential decree allowed medical marijuana patients to obtain cannabis-derived medicine from a pharmacy and consume it freely without fear of consequences.

Since the removal of cannabis from the dangerous drug list, medical marijuana farms have begun operations in different locations across the country. Authorities opened a farm in Santiago in 2014 for medical and research purposes, and in 2016 Latin America's largest medical cannabis farm began operations in Colbun, a small town about 170 miles south of the nation's capital. At the time of the facility's inauguration, they had already begun the cultivation of 6,900 plants, intended for the roughly 4,000 pa-

tients across the country.

In addition to the farming that is happening inside the nation's borders, medical marijuana products from foreign companies like Tilray are also becoming available at pharmacies in Chile. The Canadian medical cannabis manufacturer announced in February that they had obtained regulatory approval from Canada and Chile to begin exporting products to Chilean pharmacies. Tilray President Brendan Kennedy said the announcement marked "Tilray's entry into Latin America and expands our international reach to a fourth continent. We are proud to be able to offer patients in need access to high-quality, pharmaceutical-grade medical cannabis products." The GMP-certified (Good Manufacturing Process) company also exports products to Australia and the European Union.

The Chilean Ministry of Agriculture (SAGE) is awarding medical cannabis cultivation and research

licenses not only to domestic firms, but outside entities are gaining the government agency's approval to take advantage of medical marijuana's legal status there as well.

In March 2017, Australian cannabis-focused biotech firm, Zelda Therapeutics Ltd announced that, along with top Chilean scientists, they would be launching clinical trial programs in Chile to target eczema and insomnia. In April, the company issued an ASX release stating that they would be working with non-profit group Fundación Daya to expand the program to include autism. Most recently, Zelda announced on September 13 that they were making significant progress in all three areas of research.

Their decision to operate in the country was due to the "efficiency of its legal and regulatory framework, cost effectiveness and its market access into the large South American pharmaceutical market." They state that "the Chilean government granted permission for the first cannabis crop to be planted for medicinal purposes in 2015, and has subsequently allowed the sale of medicinal cannabis in pharmacies...Zelda has capitalized on this, forming strategic alliances with world-class researchers and physicians, and has access to valuable patient data which will assist in the development of robust clinical trials."

Hundreds of years ago, cannabis plants made their way across the seas from Spain to be planted and flourish on South American soil. In the modern day, people are crossing the oceans to Chile once again, but their focus is on medical cannabis instead of hemp fiber. With long-standing laws

Continued on pg 6...





Oh cannabis, oh Canada!

## Ontario Government to Harsh Private Sector's Buzz

by Maggie McCutcheon

IG: @magininka

By July of 2018, marijuana consumption will be legal across Canada with each province being left to decide the best way to proceed. The Ontario government has proposed to extend the reach of the LCBO, or Liquor Control Board of Ontario, to accommodate the distribution of cannabis and its by-products. The plan is to unfold 40 locations and online ordering by the July 1st deadline and for 110 subsequent locations to open by 2020.

The LCBO currently controls the majority of alcohol distribution and importation for the province of Ontario, making it one of the largest purchasers of alcoholic beverages in the world. Meanwhile, the private dispensaries Ontario pot smokers have been frequenting have essentially been given a year before they will be forcefully shut down—a rude surprise for small companies that have been working to introduce accessibility to marijuana and marijuana products.

Provinces like British Columbia have already moved to embrace and regulate open dispensaries rather than shut them down. But these businesses haven't been problem free. Not only are they largely cash businesses but the risk of operation—which is still completely illegal in every other province—has been shouldered by precarious workers in what is amounting to be an outrageously

profitable industry. Following raids, which happen frequently enough, not only are their current employees left completely stranded but they are quickly replaced by other part-time, minimum wage workers.

However, the proposed alternative amounts to a monopoly on production, distribution, and profit. Though workers will be unionized and some 2,000 jobs might be created, the government is choking out farmers and current marijuana marketers. It would be easy enough to weave a compromise allowing current dispensaries to option licensing agreements and, instead, consumers are forced through government doors. The generation of traceable tax dollars will help fight the province's deficit, but the model will ultimately be cultivating a new class of interest groups sitting in the government's pocket as a way of ensuring their product's inclusion within it.

With a budget of almost \$275 million reserved at the federal level for enforcement, the Ontario government's health and safety M.O. is flimsy and transparent. Yes, product will be regulated in a new and consistent way, but this model is not about accessibility for medical users—particularly evidenced by the ban on public consumption, a constraint placed neither on alcohol nor tobacco use.

Further, the experts in the field are the ones who have been subject to the law and criminalized. Only a handful of farms are currently licensed to produce medical marijuana, and it would be unrealistic to expect them to fulfill what will undoubtedly be an endless demand for the product. Ignoring that concern, approximately 80 dispensaries are currently open in Toronto alone—already twice the storefronts than what is slated to be opened across the entire province—with each needing trained staff knowledgeable in strains and consumption, who can help customers in a meaningful way.

Though businesses have been raided, the province hasn't managed to keep them from re-opening. There is a mounting concern the province's proposition will not be enough to curb the 'black market' and that it will be met with considerable resistance at every step. There is, as of yet, no information available on how they intend to price the product.

"Fertile Grounds for Medical Cannabis in Chile," continued from pg 5...

that recognize the difference between hemp and THC-rich cannabis, the Chilean hemp industry has had time to grow and become one of the largest in the world. Now, with a functioning medical marijuana system in the country, Chile is quickly becoming fertile ground for cannabis research. cannabis-research/



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## Marijuana Industry Prepares for Big Expansion in Metropolitan New York

By Justin Samuels

IG: @samuelsjustin

Twitter: @screenwriter32

There is currently a strong push to make recreational marijuana legal in New York. Assemblywoman Peoples-Spoke and State Senator Krueger have written a bill to legalize recreational marijuana and will push hard for it next January when the state legislature returns to work after their annual six-month break. As public attitudes in New York have changed, the state has already legalized medical marijuana. After first only allowing medical marijuana to be used for very few conditions, New York in the middle of

2017 expanded the list of medical marijuana certifications. Recent polls have indicated the majority of New Yorkers are now ready for marijuana to be legalized. The medical profession in New York is now doing research on medical applications of cannabis. Past prohibition of marijuana and other drugs meant that the medical profession could not do research on the medical applications of these drugs in treating a variety of physical and mental conditions. As prohibition ends, the medical profession is now free to expand research on the use of cannabis (and eventually on other drugs that are decriminalized or legalized). This research will save lives and improve the quality of lives for many people. And as marijuana is easily grown and processed, it is a cheap drug to use to treat a variety of conditions.

The legalization of medical marijuana in NYC was problematic, as initially there were too few licenses dispensaries and astronomical prices made the use of medical marijuana not viable for the majority of New Yorkers. Peoples-Spokes and Krueger wish to have recreational marijuana so New Yorkers can purchase safe marijuana for recreational and medical usage. Allowing legal purchases of recreational marijuana (and for that matter other drugs) takes money away from organized crime and gives states tax revenues.

Already New York has expanded the number of companies that

may sell marijuana, and each company approved to sell marijuana may now operate up to four dispensaries. Though the sale of buds is technically still illegal in New York, a number of new smoke and vape shops are now opening in New York as marijuana use comes out of the closet into the mainstream. The pending legalization of recreational marijuana isn't just limited to New York. New York's neighboring state, New Jersey has a state legislature already interested in legalizing medical marijuana. Governor Christie, who is opposed to legalization, has six months left on his term. Assuming the Democratic candidate wins marijuana will be legal in New Jersey. This has enormous economic and political implications through metropolitan New York, as many towns in New Jersey are suburbs of New York City. Both states stand to gain considerable tax revenues, and both states will save money in the criminal justice reform as marijuana users are not subject to arrest. New Jersey's bill on legalization is inspired by Colorado's. Legalization of recreational use, along with expanded use of marijuana as a painkiller is seen as a way to reduce opioid abuse and overdoses.



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

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# MJ INDEX AS OF 09/21/17 3:00 pm PST

## INDEX TRENDS

### TOP GAINERS

Name	Symbol	Price	\$ Change	% Change	Share Volume
MassRoots Inc	MSRT	0.354	▲ 0.027	▲ 8.09 %	403,466
CV Sciences Inc.	CVSI	0.310	▲ 0.020	▲ 6.90 %	509,116
MCIG Inc	MCIG	0.181	▲ 0.009	▲ 4.93 %	911,662
Naturally Splendid Enterprises Ltd	NSP:CA	0.180	▲ 0.005	▲ 2.86 %	21,500
Cannabics Pharmaceuticals Inc	CNBX	0.915	▲ 0.014	▲ 1.55 %	145,814
Emblem Corp	EMC:CA	1.790	▲ 0.020	▲ 1.13 %	108,166
Invictus MD Strategies Corp	IMH:CA	1.210	▲ 0.010	▲ 0.83 %	96,577
The Hydrothecary	THCX:CA	1.570	▲ 0.010	▲ 0.64 %	185,393

### TOP LOSERS

Name	Symbol	Price	\$ Change	% Change	Share Volume
Americann Inc	ACAN	1.960	▼ -0.120	▼ -5.77 %	59,314
CanniMed Therapeutics Inc.	CMED:CA	9.630	▼ -0.430	▼ -4.27 %	13,866
Maricann Group Inc.	MARI:CNX	1.380	▼ -0.060	▼ -4.17 %	429,712
Golden Leaf Holdings Ltd	GLH:CNX	0.185	▼ -0.005	▼ -2.63 %	247,450
Solis Tek Inc	SLTK	1.320	▼ -0.030	▼ -2.22 %	19,378
Abcann Global Corporation	ABCN:CA	0.880	▼ -0.020	▼ -2.22 %	370,398
Aurora Cannabis Inc.	ACB:CA	2.750	▼ -0.060	▼ -2.14 %	1,868,764
Kush Bottles Inc	KSHB	1.960	▼ -0.040	▼ -2.00 %	84,726

### MOST ACTIVE

Name	Symbol	Price	\$ Change	% Change	Share Volume
Terra Tech Corp	TRTC	0.210	▼ -0.001	▼ -0.44 %	2,596,277
Aurora Cannabis Inc.	ACB:CA	2.750	▼ -0.060	▼ -2.14 %	1,868,764
Canopy Growth Corporation	WEED:CA	10.470	▼ -0.170	▼ -1.60 %	1,523,006
Cannabis Wheaton Income Corp.	CBW:CA	0.980	▼ -0.020	▼ -2.00 %	970,180
MCIG Inc	MCIG	0.181	▲ 0.009	▲ 4.93 %	911,662
Aphria Inc.	APH:CA	6.610	▼ -0.130	▼ -1.93 %	738,331
OrganiGram Holdings Inc	OGI:CA	2.680	▼ -0.050	▼ -1.83 %	603,124
CV Sciences Inc.	CVSI	0.310	▲ 0.020	▲ 6.90 %	509,116





Magnets can be used to improve your grow!

## Supercharge Your Grow

By Anthony Ussery

For the cannabis world, these are exciting times in California. With the legalization of marijuana in the state whose population is bigger than all of Canada, marijuana cultivation is going to rise in astronomical proportions.

It is estimated that there will be thousands of industrial growers and at least 200,000 private growers in California, all of them wanting to maximize their yield. “Whether you are a farmer growing for distribution, or a private citizen growing for your own need, you are going to want to get the most production out of your plants that you can,” says Jay C., a cultivation expert from The Cannabis Farmers Market who has been growing for the last 20 years.

There will be enormous purchases of water filtration systems, fertilizers and other plant vitamins and growers will be looking for the edge. But like a gamer, what if you were given the cheat code to marijuana growing? If you could grow bigger and healthier plants that give you higher yields (bigger buds) from the start, would you want it?

Well, there is a company that says they have the cheat code for grow-

ing marijuana. Agro Innovations, Inc., a Nevada corporation working in conjunction with Enviro Conservation Solutions, knows that their 4:20 Accelerator Grow System will give the growers exactly what they need to maximize their growing.

“Our system has been used on other crops with incredible success for years,” says President Anthony Ussery, “It’s been used on corn, alfalfa, tomatoes, hops, wheat and dragon fruit, just to name a few...We have been waiting for the day that the largest growing market of marijuana became legal. Since legalization we have been testing our system on many strains of cannabis with phenomenal results.”

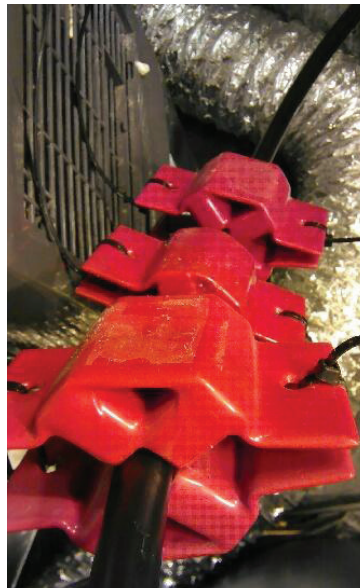
What is the 4:20 Accelerator Grow System? It is a system that uses specially designed, patented magnets to treat the water, making it more soluble so the nutrients can be more efficiently delivered to the plant being treated.

“The best water you can use to grow plants is rain water,” says Johnny Smith, a Water and Magnet expert in Texas, “The simple short explanation that when rain water hits the soil it is positively charged and the soil or ground is negatively charged. Like a giant magnet, the water is absorbed by the ground and the nutrients which are picked up in the air by the rain remain in a soluble state

and are ingested by the plant as efficient as you can get.”

So, what has changed that? Man has. Because water has to be carried from place to place utilizing conduits, which changes the charge of the water molecule from positive to negative. “This in fact causes the water to release the nutrients, which is now attracted to the conduit and loses its soluble make up, says Smith, “That is why you see calcium build up in the pipes. Also, the ground tries to repel the water because of the negative to negative charges between the ground and the water.”

So the bottom line question is what is the benefits for using the Cannabis Enhancement Grow



Above: 4:20 Accelerator Grow System.

System. Jay breaks it down for us:

- 1 - You get 10% to 40% more yield**
- 2 - Trichome production is increased**
- 3 - Trichome density is increased**
- 4 - Terpene production is increased**
- 5 - Decreases bug infestation**
- 6 - Decreases mold and fungus**
- 7 - Increases cellular wall density**
- 8 - Increases nutrient uptake**
- 9 - Decreases water and nutrient usage**

When asked if it works with every strain, Jays said, “Definitely, it’s a plant and the system helps plants grow. It’s not voodoo or witchcraft, it is pure science. It is definitely the cheat code when it comes to growing marijuana.”

The bottom line is, according to Agro Innovations you get bigger, healthier, and better yielding marijuana plants while cutting your cost to grow them. Ussery says “The beauty in our system is that it uses all-natural material. No extra power source is needed and it never wears out...Ok so maybe in 50 to 100 years the magnets lose their power.”

Agro has a system for the industrial grower called the Cannabis Enhancement Grow System, and a system for private grower called the 4:20 Grow Accelerator System. “Personal system covers up to 6 plants. One version is for

people living in a condo or apartment, and another for homes.” says Ussery.

If you are interested in seeing more information on the product or making a purchase, check us out the 4:20 Accelerator Grow System online.

Pricing:

Home: \$695.00

Condo/Apartments: \$595.00

**Special deal for all readers: Mention this article and get \$100 off the regular price.**

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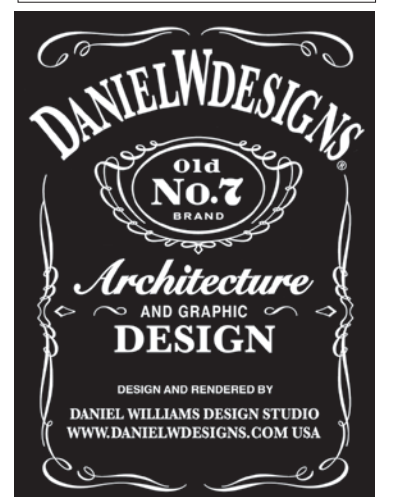


Image provided by the author, Jason Marcuz.

## Are Farmers in California Ready for the Rush Come January?

By Jason Marcuz

Residents of California will, from

the 1st of January 2018, be able to buy marijuana for medicinal or recreational purposes legally. Anyone above the age of 21 years will be allowed to purchase an ounce of pot. It will come with a tax rate of 15% per ounce. Currently, only those with medical marijuana cards can legally buy marijuana in any kind.

### Regulations not in place yet

Back in November of 2016, California voters passed Proposition 64 which legalized recreational marijuana. The passing of the proposition also set a deadline of January 2018 for the start of retail sales. Residents will from January be able to go to a marijuana access point to buy weed. However, the system is probably not yet ready to oversee this transition. The regulations necessary to manage, administer and monitor the recreational sale of marijuana are not yet in place.

According to proposed regulations, there will be local restrictions on the number of dispensaries that can exist in any given area. And the local authorities in California’s 482 cities and 58 counties have yet to come up with the necessary regulations, ordinances, and procedures of the sale. Currently, there are volumes of regulations and rules that involve tens of government departments.

Farmers expecting increased de-

mand

Even then, demand for legal marijuana is projected to skyrocket in January of 2018. Will California farmers be ready for this demand? According to regulations, large farms that produce over \$500,000 worth of weed annually are expected to be in compliance by January 26th, 2018. However, smaller farms will have additional years to comply.

### Regulations

Smallholder farmers are fortunate because they are not under immense pressure to immediately comply. However, they will encounter challenges in other areas. For instance, the fee amounts have yet to be determined. Most regulations are expected to be in place by January 2018. So if anything will slow down the farmers, it is the government.

Other regulations for production and sale of recreational marijuana are still not ready. These rules

pertain to manufacturing, distribution, cultivation, and testing. Canada and other US states have successfully legalized recreational weed, but California is a large state with scores of farmers and consumers. So while farmers may produce the weed needed by consumers, they may be slowed down by regulations, rules and slow roll out by the authorities. It is hoped that things will largely be ready by January 2018.



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







## THC Chewing Gum: Annoying habit or new found pain relief

By Marieval Yebra

Photo via weedfinder.com

So most of us have had our share of edibles by now; brown-

ies, cookies, wedding cake, the newly popular gummy, etc. What about gum? Yeah, not the most daring edible and probably not the most original, but what makes this gum so different is that it is time released. That's right. Time released. That's why this gum is mostly made for patients that suffer from AIDS and for those receiving chemotherapy.

This new time released contribution to the edible menu is putting many in need of pain relief at ease. Typically, patients with these ailments take medication that sedate patients, that's where the THC comes in. That company releasing is AXIM Biotech. AXIM Biotechnologies Inc. is a company that focuses on the research, development, and production of cannabis-based pharmaceuticals and other cannabis-infused products. AXIM Biotech's chewing gum is called Can-

Chew Gum.

So why is this small piece of gum such a big breakthrough in cannabis pharmaceuticals and pain relief? Well, AXIM Biotech's chewing gum is infused with a synthetic THC medicine used to treat the side effects of chemotherapy that is known as Marinol.

Even though Marinol is effective, it's highly sedating side effects cause patients to have impaired thinking and reactions. For the most part, patients would like to get the relief if cannabis without the high, and this chewing gum will do just that. Since Marinol cannot be processed entirely through in the body in its active form, it is administered in a gel capsule form. The gel capsule usually hits the patient at once since it's metabolized the liver, which causes the impaired thinking.

This is why CanChew will bypass being metabolized by the liver and which will have more of the relief and not as much of the high. The time release is key.

If you or someone you know has a condition or ailment that causes you to get treated with marijuana or other cannabis-infused products but you tired of being high all day and just want the pain to be at ease, I would definitely check CanChew Gum out. Why not? Not only do you get the minty fresh breath but you'll be pain-free without the side effects, sounds like a pretty good deal. Let's just hope it's sugar-free and made for fillings.



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# Abuse Feeds Abuse

By Cara Anderson

IG: @carajojo

**Advisory: This article covers sensitive topics such as domestic abuse and substance abuse.**

My heart heaves each time I hear the story of someone who has been abused or hear about yet another person sacrificing their future in order to continue denying their substance problem. I have experienced both, and although that reality may make you uncomfortable, I share that to let you know that I am not judging; I know how it works first hand.

There is a strong and direct correlation between substance abuse and domestic abuse. 75% of people convicted of abusing their partner were under the influence of some substance at the time of the abuse. Again, this is a strong and direct correlation. Point blank. ---

I use the word "abuse" in multiple ways. Domestic abuse can be physical, sexual, psychological, and financial. Physical abuse is physically hurting a partner, oftentimes leading to murder. Sexual abuse is forcing, coercing, or attempting sexual acts with an unconsenting person. Psychological abuse is verbal or emotionally abusing someone; berating, belittling, withholding communication, insulting their intelligence, threatening them, etc. Financial abuse is withholding someone's economic resources. "Abuse" is also used as "substance abuse" wherein someone's consumption of a substance poses harm to themselves or others.

Fifty percent of transgender people encounter domestic abuse in their lifetime. According to the CDC, one in four women has been the victim of intimate partner violence or domestic abuse. One in seven men has been the victim of domestic abuse.

In the United States, a woman is beaten every fifteen seconds. So, if you read as quickly as I do, seven women have been abused in the time it took you to get to the end of this sentence.

Rates of domestic abuse are higher for people who abuse drugs and alcohol. When both the partner and abuser are drinkers and drug users, the risk of domestic abuse increases. Furthermore, a person who uses alcohol is less likely to leave an abusive partner. Experiencing domestic violence can also lead to victims becoming dependent on drugs and alcohol. It's a vicious cycle.

Substance abuse oftentimes coexists with mental illness, can exacerbate mental illness, or can otherwise cause the onset of mental illness. Cocaine, for example, can cause psychosis and is additionally largely used by people who display narcissistic behavior. This is relevant to domestic abuse as many abusers have co-occurring drug addictions and mental disorders.

"Narcissistic men are also more likely to commit domestic violence because of their egocentrism and lack of empathy, although many men who commit violence are not narcissists," says a study by Kent State University. (The majority of reported domestic abuse cases deal with men as the abuser. Male victims of do-

mestic of abuse are likewise considerably less likely to report an incident of abuse.)

The displays of narcissistic behavior can be lack of empathy, obsession with power, unrealistic views of self as "untouchable," exploiting others, lack of appreciation for others, arrogance, controlling behavior, manipulation, and requiring the spotlight at all times. Considering this, and the psychological effects of cocaine, it makes perfect sense why narcissism and cocaine abuse are tied so tightly.

The ability to discard someone else's well-being, the belief that one cannot be stopped, the compulsive behavior that risks the well-being of oneself and their partners, friends, or family. These are the reckless behaviors I have witnessed and heard accounts of that are detrimental to our communities and selves. The effects of substance abuse and a denial to address these problems leads to violence. Once again, in cases of domestic abuse, 75% of abusers are under the influence when they lash out. Alcohol and cocaine are the most common substances linked to domestic abuse.

Speaking out against domestic abuse, telling your friends honestly and earnestly when they have a substance abuse problem, and removing yourself from abusive or potentially abusive situations can and will save lives. For people with substance abuse problems, treatment is necessary if you wish to proceed with a joyful life; putting your health, career, and loved ones at risk are all signs that you have a substance abuse problem.

Not all alcoholics drink every day; alcoholism can be either alcohol

dependency or alcohol abuse. When someone drinks alcohol and their personality changes, that is a telltale sign they have a "problem" with alcohol. It is proven that alcohol is one of the most commonly linked substances to domestic abuse.

Likewise for other drugs, like cocaine; not everyone who has a "problem" with cocaine uses every day. It is proven however that cocaine creates feelings of hostility, paranoia, anger, and depression. Cocaine is known to increase the production of Cortisol, the stress hormone. Research conducted on athletes that use alcohol or cocaine showed a decreased level of strength and endurance. It is proven that cocaine is yet another of the most commonly linked substances to domestic abuse.

Drugs inhibit euphoric feelings and dopamine production. That's why people throw away their entire lives for them. That's why you see substance abusers sacrifice what they love most for the drug. Does the temporary euphoria negate the after effects for you? ---

I grew up around substance abusers. I have seen, from a young age, the detriment of continued substance abuse. I have lost friends and watched family wither from substance abuse. I learned that the only way to show someone that you care about their problem is to make it apparent. Telling someone you think they don't have a problem because you're scared of how they will react to the truth will only enable them to keep hurting themselves and others. Honesty with ourselves and people who truly matter outshines all else.

Everyone I've told, essentially, "I think you have a problem," has gotten upset. Either embarrassed, sad, or angry with me. No one wants to be told about themselves or criticized for their behavior. Anyone I've told that to who has taken it upon themselves to change, (taken control of their impulses, erratic behavior, and substance abuse,) has forgotten the anger they felt towards me in those moments.

I implore you if you think your friend is abusive; whether abusing a person or abusing substances, do not be afraid to tell them. You do not want to know the sinking regret of not telling them, and watching them crash. Chances are, if you don't help them, you may see your friend spiral out of control, hit rock bottom, hurt someone, hurt them self, end up in jail, lose their job, lose their family and loved ones; the list goes on.

If you are a victim abuse- know that I, and many others, stand to support you. You are not alone. You are not at fault for what you have experience.

I am not a doctor, therapist, counselor, nor do I regard myself as a perfect person. We all have flaws; I am not passing judgment. As I stated before, I have experienced both domestic abuse and substance abuse. I simply care, and I have the utmost desire in my heart to help others who are going through the throes of abuse.



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





All photos taken by Brian Sweeney, find him on Instagram @sparked\_interest\_photography

## Trippy Treez Workshop With Yoga

By Shay Chisholm

IG: @shay\_c\_

As you walked into the Hitman Coffee Shop, you could see everyone sitting at the long picnic tables, rolling their Backwoods with cannabis provided by Agris Farms. Trippy Treez was at the head of the class, with cameras and students gathered around. This was a great opportunity to learn how to roll a Backwood. It is truly an art to roll any but is substantially more difficult to roll a Backwood into a nice baseball bat with a Raw filter.

Trippy Treez made rounds with her tray, showing it to each group, helping to perfect everyone's roll with tips and tricks. For some attendants, this was their first attempt at rolling a Backwood, and like snowflakes, no two were the same. All over the room you could see people helping one another, from installing the filter to breaking up the cannabis. Everyone in attendance received a

rolling tray, Raw filters, cannabis, Backwoods and every smokers favorite, stickers.

When you work that hard rolling one, smoking it is so sweet. The flower garden at the Hitman Coffee Shop is the perfect place to relax, which is why it filled up quickly, like one big circle. Blunts were coming from every direction. There were big ones, small ones, long ones, short ones, fat ones, skinny ones, just wrong ones and The Hollywood Hemp Museum quality ones. No matter the size or shape, everyone was rolled with love and enthusiasm.

Up next was Elevated Yogi and meditation with Krysta Danai, a cannabis-enhanced yoga experience. The team at Hitman transformed the coffee shop into a yoga studio in minutes. Students set up to be enlightened spiritually, mentally and physically. Yoga is a healing practice for your entire vessel and soul. There was music playing in the background as Krysta walked through making sure everyone was comfortable. As the class began the mood in the whole coffee shop was calming, and all the students were smiling and enjoying themselves. The longer the class went

on, more and more students kept showing up. When yoga ended Wook Flame dabbled everyone out on their lightsaber rigs with a Darth Vader e-nail.

Attendants received a gift bag with a variety of products from multiple companies including Humboldt Solutions' Trinity Gold with eight premium per-rolls, a vape cartridge, and a full gram dab syringe. Raw, as always, donated shoelaces, lanyards, rolling papers, hemp wick and so much more. Moxie also added a little surprise to every bag, while Locally Baked Glass supplied character metal dabbers and Backwoods. This is an event that The Cannabis Council would recommend attending, whether you're experienced or learning to roll for the first time, everyone can learn something new while there. I am happy to say that this is the first but not the last Trippy Treez workshop. Make sure to follow her on social media to see what other fun and informative events she has upcoming next.



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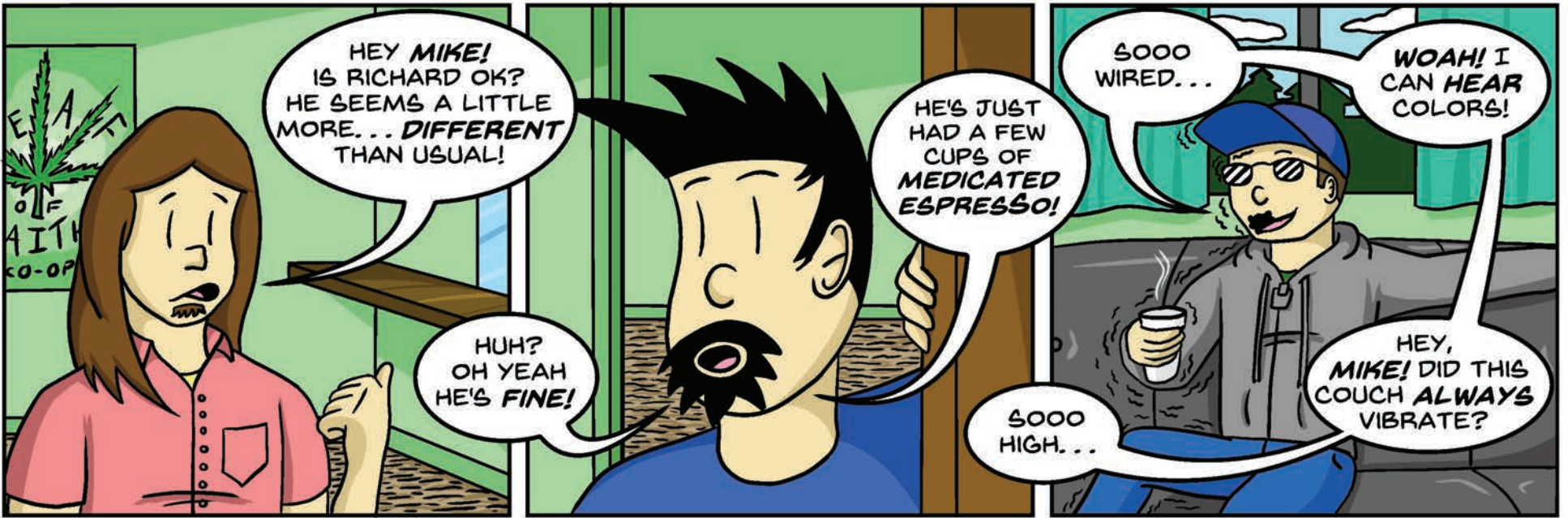
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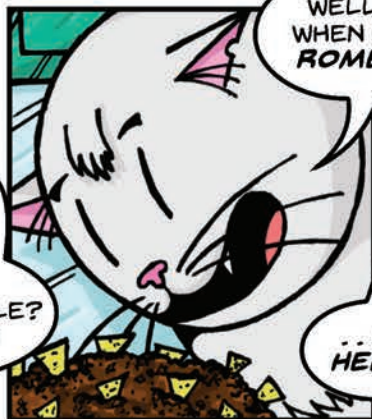
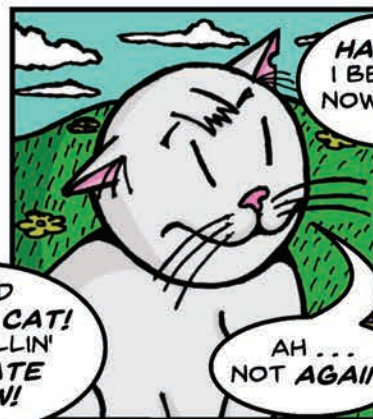
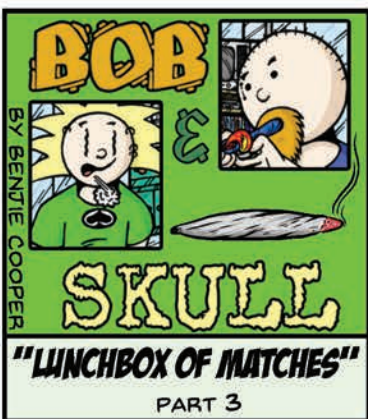
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I AM MY BROTHER'S KEEPER



# Ashes to Ashes; Dust to Dust

By Coral Ceiley

Photo caption: Visiting Mom with her dogs and some M & M's



I have experienced death; it came knock, knock, knocking on my door in 2008, when I was forty-four. I was walking around my classroom at Fairfax Middle School when I noticed a voice-mail from my Father's roommate – very unusual. I called the number and was informed that my father had passed away in his sleep, and the Burbank Police Department wanted to know where they should take the body.

I said, "Hello, Death, I have never met you before," and prepared myself for the tasks that were laid out for me down the road. Tasks like informing my family, preparing the final arrangements, and dealing with the estate, which in this case included one hundred fifty dollars and a room filled with porn.

My first introduction to the phenomenon of death was a hard one. My father, who was in his 60's had died unexpectedly. I lived in Bakersfield; he lived in Burbank; my brother lived in New York. This event started a period of time when I was completely and wholly responsible for taking care of all the arrangements for the people in my family who passed away. The death of my father hit me hard; opening up my eyes to the vastness of a person's complete life, like when I stumbled upon by dad's high school yearbooks. Apparently, in the 12th grade, he was most likely to go out and become

a country-western singer, and I never knew it. Things like that enrich and also harden our souls.

In 2008 my beloved grandmother also died, and even though my mother was present, it was me who carried us through, making sure all the little details were tended to. As I went through all the keepsakes and belongings, my heart broke a little more each day.

In 2010, my favorite uncle died while crossing the highway in front of my house after drinking a pint of vodka. It was tragic; it was horrific; in the morning there was still blood on the street. My mother told me she would never be able to come to my house again or drive on that road. I accepted this, feeling a little bit guilty about

being alive.

So Greg, my uncle, who was six foot six and larger than life, had been staying with me after completing an 18-month rehab program in Santa Barbara. I loved him. I had loved him since I was a six year old, and he was my babysitter. But by this time I had learned how to "not feel." I never felt a thing at the passing of Greg; however, I wrote a song to commemorate him:

"Go softly unto that good night,  
Go softly don't put up a fight,  
Don't be afraid,  
Just take her arms in the dark."

Just take her arms in the dark."

By this time I could envision my grandmother and other relatives reaching out to grab him and bring him through the veil of illusion to safety.

I was totally blindsided by my mother's death in April of this year. She was supposed to live forever. Her grandmother had reached 100, her mother had reached 86, and my mother was only 75 years old. She was five foot ten and was still good looking. She had a mind like a steel trap but was hindered by the pain issues associated with fibromyalgia. I thought for sure she would outlive me.

One day, she had a cough, and I told her it didn't sound good. She insisted that her fibromyalgia was responsible for all her symptoms. Within a couple of days, she was on a ventilator with full blown pneumonia – poor thing. My step dad and I had to decide to put her into a coma to save her life. She was on a ventilator and never recovered consciousness. She was in ICU for a month.

This time I employed an old friend to help me through the hard times. First of all, there are two strains of marijuana that fit two purposes. The Indicas are for reducing stress, insomnia, and anxiety. The Sativas help with fatigue, depression, and mood disorders. So, I needed to smoke,



eat, or otherwise consume both of these strains on any given day.

And trust me, I did! I was alone in a beautiful house (my mom's) with no transportation or local friends for months. I had started a crop of Gangsta Mix early in the spring and was able to start harvesting it in July, which gave me a source of beautiful, home grown, Indica. Meanwhile, I relied on Green Crack, from the local co-op, which is a Sativa with 15% THC.

The funny thing was that during this time of mourning and funeral planning and stuff, I became closer to my step dad. Can you guess how? Because we both enjoyed smoking weed, and that created a bond where there hadn't been one before. So thanks to the weed, thanks to the medicine, I still have a family. Marijuana... is there anything you can't do?



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

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## Since 1975 Dark Chocolate Review

By Cara Anderson

IG: @carajojo

The Since 1975 Dark Chocolate bar is classy. From the sturdy navy packaging to the dimpled gold foil inside the box, and the reasonable bite sizes stamped into the chocolate bar. I love that the box says to enjoy this chocolate as one would enjoy a glass of wine.

The unwrapping experience felt special and carefully planned. I felt like Charlie discovering my golden ticket. The chocolate itself is smooth with a mellow cannabis flavor. I keep my chocolate in the freezer; I must've taken 8 minutes unwrapping the box and reading the package, by the time I got to taste the chocolate it was the perfect temperature and texture.

I think the packaging is lacking some information. The front of the box has no mention of cannabis, for children who may not be inclined to read the back of a chocolate bar, this could present a problem. Additionally, the packaging has no information about how much THC is in the chocolate bar.

I looked it up on their site, 1975since.com, and the candy bars are infused with 160 mg of pure THC. The THC is derived from Since 1975's signature strain. As the chocolate bar is divided into eight pieces, each square should have 20 mg of THC. I broke one of the squares in half to keep myself at 10 mg. I like to microdose with edibles. In other words, I have a very small tolerance. I feel nice, at ease, exactly how I hoped to feel.



The golden wrapped dark chocolate bar.



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



## Farmers Table La Mesa

By Kathleen McLean

FB: Kathleen McLean

A few Saturdays ago my husband, for the first time in a long time, chose a restaurant. This doesn't happen often. Usually when we have decided to go out we both say, well where do you want to go? His response is almost always, "it doesn't matter." This is not what happened on this particular Saturday. We got in the car and he said he found a new spot.

We headed in the direction of La Mesa. La Mesa is a quaint main street. The city has done an amazing job keeping it clean and fresh. It's the type of place that the yoga studio will have a dog water bowl outside of the door for the com-

munity. We parked and headed to a fairly new restaurant called Farmers Table. The restaurant advertises itself as an inventive New American eats in a colorful space with a spacious patio.

When we walked up the place was full of patrons. It was clean and vibrant. The decor was country farm, as it is a farm-to-fork restaurant. We sat at the bar closest to the street seating. It was a chill vibe. The other people sitting at the bar were all friendly and looking for conversation.

We ordered two Butcher Block Bloody Mary's. This was a serious drink! The presentation was fantastic. It had bacon, braised short rib, sage fennel sausage, and olives all dripping in BBQ sauce. The bloody mary really did look phenomenal. I can't say it was my favorite. I should have asked the bartender to hold the BBQ sauce. I do like BBQ sauce but, just not in my drink. Other than that one

small request the drink would have been able to compete with the Breakfast Republic bloody mary any day of the week. They had an extensive breakfast menu. I wasn't in the mood for a big meal so I opted to eat what came in the bloody mary and it was enough. The braised short rib was tender and extremely tasty.

My husband ordered the egg sandwich. This is unusual. Normally he orders a large breakfast, with eggs, pancakes, hash browns and a muffin. Today the bartender suggested the egg sandwich and he went for it. He enjoyed the sandwich. It wasn't anything to write home about and he wouldn't order it again but, he didn't have any real complaints.

I enjoyed this eatery. Their menu had an array of fresh food choices. It included many options for people with food allergies and they definitely accommodate people seeking gluten free choices.

We will be back. They have a bloody mary called the Barnyard. We need to have four people if we want to order this special drink. It boasts a whole roasted chicken, roasted seasonal veggies, bacon wrapped shrimp, pickled veggies, fresh mozzarella, and cherry tomato skewers. I can not wait to take a picture of that drank!



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



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Budda Ru smiling big.

## Interview with Budda Ru

By Nate Whitsell

I never would have guessed that sitting on a futon in YG's room, interviewing the then-budding West Coast rapper, would be the moment when all of life seemed to fall into place, to line up, to come full circle. My wife and son were fast asleep in our Long Beach apartment. I took a magical drive through Los Angeles to YG's home, a bit nervous to conduct my first face-to-face interview with such a popular newer artist. He and Mustard commented on how dope of a process the interview was as it came to a close and we settled into casual conversation.

"You know Budda!?" I asked, not expecting the emphatic "yes!" in response, followed by "Budda sleeps right there on that futon [you're sitting on]!" The conversation wrapped up with us laughing about how small the world is, and connecting the dots as far as how each of us knows Budda Ru.

Five years prior to interviewing Compton's YG, I was teaching English in a small alternative high school in CPT, near Willowbrook and Rosecrans. Freestyle Fridays were like our (me and all of my students who rapped) reward for making it through a long week, a moment to exhale and simply pour ourselves singularly into something we loved - thirty minutes of reprieve. There were a few young emcees I encouraged to take their art seriously, to record the songs they shared; one of the three best rappers to come through my class was a

young man who went by Budda. His smile was infectious, and his disposition was able to smooth the rough edges of the life he lived outside of the school's protection.

That night at YG's reconnected us and we have been in touch since, sharing stories of then-to-now, and I continued to echo what I had told him all those years ago, "You need to record your music, put something out." About a month ago, roughly nine years after we first met and I first bugged him about recording and putting out his music, Budda Ru dropped *Better Late than Never* - a fitting title.

I couldn't be more honored and proud to share this interview, an integral piece of a puzzle where multiple aspects of my life - hip hop, writing/blogging, teaching, and a sincere sense of gratitude to know people like Budda - come together and interlock, taking seemingly disjointed events and making sense of them.

Budda Ru is as complex as the gamut his pen runs on *Better Late than Never*. His smile is inarguably pure, as are his words when he speaks about his young son. That purity is juxtaposed with the grittiness of his true to life in the Hub City lyrics, creating a necessary dissonance, a tension that is, at least in part, fleshed out in the booth and then shared with listeners, with me, with you. Budda took some time away from his son, his songs, and his role in YG's entourage to spend with us. Read. Enjoy. Share.

Nate Whitsell: Who is Budda Ru?

Budda Ru: I'm an up-and-coming

rapper coming out Bomp-ton, a local celeb. lol

NW: How has hip hop changed your life?

Budda Ru: Hip hop has changed my life in many ways, it's brought me from negative to positive situations and I've learned a lot about the game. Going state to state with YG on his tours let me see and meet all types of people. Hip hop's been good to me.

NW: Man, it is really an honor to be able to interview you, Budda. It feels like yesterday I was bugging you, in the back of my classroom in Compton, to record some of your music. Can we start on a personal note? Be real for my readers - what was it like to be a student in my class?

Budda Ru: Honestly, at [school] you was really into teaching the students, the only teacher that said something to me when I came to school high. lol. I even stopped smoking when I had you first period; it was a pleasure to be in your class, we actually learned something and you know for Compton/Bomp-ton students, it was different ... you made the school a better place.

NW: Thanks for the kind words; it's scary to put myself out there like that. On that same note, and very much related to the tape's title (*Better Late than Never*), I am curious, why did it take ten years for you to release your first official project?

Budda Ru: Over and over, the homie Slim400 would tell me, "Drop yo tape!" and I used to be on some, "I don't care about rap-

ping," but I knew how to rap. I just sat back one day like, "Man I'mma drop it, better late than never." Kinda ran with the name.

NW: That's dope. I'm glad your team is pushing you to use your gift with words. I know that I am being super sentimental, but I was seriously taken aback while interviewing YG some years ago, only to find that the futon I was sitting on during the interview was your bed! How did you and YG link up?

Budda Ru: YG always come to the set as we was younger, and as we got older, he became one of us. And that's just been my dog for a minute, beyond rap, just a motivational person. But we always been in the mix or in the set - "That's my little homie from the set, lil Budda Ru."

NW: One more personal question, and then we will transition to the music. How has becoming a father affected how and why you make music? What's one unexpected lesson fatherhood has taught you so far?

Budda Ru: Man, being a father honestly has taught me so much. It's like caring for a whole different person than yo self, from providing to changing pampers to dealing with certain things. Sh-t, I never had a real job till I had my son to be honest; I used to work my ass off, and still do, but for him I gotta make it. Taught me how to be a man. Made me wanna make music again, like gave me that push that I needed.

NW: That's rad to hear. Alright, let's jump into the music. "Either they don't know, don't show, or

*Continued on pg 16...*

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Continued from pg 14...

don't care about what's going on in the hood. They [the news] had all this foreign shit; they didn't have shit on my brother..." Why did you choose to start Better Late than Never with a quote from Doughboy (Ice Cube) in Boyz in the Hood?

Budda Ru: Well, that's one my of favorite parts in the movie to be honest, but that's something that we dealing with today [too]. I also lost my brother to the streets, so it just all made sense. Took it and ran with it.

NW: Since the opening quote comes from one of the West Coast's most loved rappers, it begs the question, who are some artists who have inspired you? Who are some current artists from the West Coast who push you to want to get better?

Budda Ru: Suga Free, DJ Quik, E-40, Too Short, Snoop Dogg, Kurupt, Dazz, and The Game just to name a few out the west. I'm sure I forgot some, but it's all love.

NW: While we are looking back, and since your album has a very traditional West Coast sound, who are some producers who inspire you to write? Who produced the beats for Better Late than Never?

Budda Ru: My boy, Jay P Bangz produced most of the beats on the album/mixtape. Tom Ford also another producer, he did one track.

NW: Your lead-off track, "Tired of It" carries the intro's sentiment forward into the album. What are you tired of?

Budda Ru: The first track on the mixtape is basically me telling a story of me being tired of fake shit, fake friends, but I wrote the song about 4 years ago to be honest. I just had to drop it tho. Not really a story to tell, just put the pen to the pad and come up with that.

NW: On "I Ain't Mad at You", you do a good job of describing how the notion of love gets tainted for a lot of guys. I have to ask, how and when did that happen for you?

Budda Ru: The girl from yo class I used to love a whole lot, but honestly I like to tell stories in my music, I like to paint pictures or describe things that I seen or went through. Just a lot of jumping all over the board, different relationship stories. I wouldn't say the song is about her, or anybody [in particular], just the pen to the pad. Boom. lol. But I'm sure you know, you was there back then, lol.

NW: In "Pray for Me" you mention your mom. Did you have her listen to Better Late than Never? What was her reaction to the album? In general, how have people been responding to the album?

Budda Ru: In general, a lot of people's starting to tune in and I noticed that the songs I don't like, others might like. The one I thought was gonna do the worst is doing the best, as in views, but I don't know if my moms listened to it. I'm pretty sure she heard that song, my little sisters used to play it for her.

NW: I feel like there is so much emotion in your voice on "Soldiers". Do you think you really turned up on that track because you knew that Slim 400 and YG would be featured on it? Were you all in the studio together to write and/or record "Soldiers"? Do all three of you push each other to grow as artists?

Budda Ru: We was all in the studio when I recorded my verse . I honestly didn't know if YG was going to hop on at that time, just Slim. I liked the beat and I came with the verse that was for another song, and I thought about maybe not putting it out, but I asked YG one day like, "you fuck with it?" He like, "Hell yea!" YG dropped his verse on it and it was slappin'. Terrance Martin also told me I should drop it, so we dropped it. We all pushed each other from them spruce kids, to watching [YG] do shows across the world; it's a dope situation.

NW: I noticed that "Brazy" has the most plays on SoundCloud. Why do you think that track has connected with your audience so well?

Budda Ru: I'm not sure why that

track has a lot of plays, guess they messing with it. I seen that too the other day. But shit, they like it. I love it. "Brazy" really bang tho, tune in and turn it up!

NW: I am super intrigued by "Curtains". The sound of the track feels like the perfect end to the album, and Shakiya Monnea's voice and lyrics only strengthen the nostalgic vibe that wraps up Better Late than Never. I am just curious, why did you decide not to rap a verse on the last track? I thought you were going to come in right after the producer is given a little time to flex and shine, but it transitioned right back into Shakiya's vocals. Why did you decide to end the album that way?

Budda Ru: It was more like, "let a vibe come in like just let the beat bang." On that track, Shakiya did her thang. It was only right that I let the album end like that. But the song was set up for me not to rap, just a vibe for the ending.

NW: As we begin wrapping up, what's something you'd like to share with West Coast Hip Hop?

Budda Ru: I'm working on Better Late than Never 2. Keep y'all eyes and ears out for that. Coming soon.

NW: One emphasis of these interviews is to see a heightened level of unity in the Hip Hop community. Can you point to some other artists who you see as comrades, and who you also see as helping to progress the west's scene?

Budda Ru: Slim400, RJ, AD, the whole 400 team. The west coast got hitters; I f-ck with 'em, but that's just to name a few.

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

Budda Ru: Twitter: @buddabaddazz, Instagram: @bud-daru



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## Buddha Bliss

By Cara Anderson and Kathleen McLean

IG: @carajojo

FB: Kathleen McLean

Candid Chronicle headquarters received a package of 805 Buddha Bliss products. This glorious package came full of karma candles, lip balm, balm, cannablist oil, and their lotion. We were impressed with the labeling of each product. We were also impressed with their products being tested at SClabs, a reputable testing laboratory that developed the industry's first testing standards. Each product contains variations of THC, CBD, and CBN. The products all have an underlying smell of cannabis, which makes sense seeing they are made with whole weed flowers. We sampled each product and the only improvement we would encourage, was the lotion was a tad oily and too thick. It actually couldn't be pumped out of the dispenser. Other than that,

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I, Cara, spent some quality time driving in the past two days and this balm is helping immensely. I applied the balm to my wrists and twenty minutes later the I noticed

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### DACA UPDATE

## 5 THINGS TO KNOW ABOUT TRUMP'S ANNOUNCEMENT TO END DACA

On September 5, 2017, U.S. Attorney General Jeff Sessions, on behalf of the entire Trump Administration, announced an end to the DACA program. Here are the top 5 things to know about his announcement:

#### 1. YOUR DACA IS VALID UNTIL ITS EXPIRATION DATE.

DACA and work permits (Employment Authorization Documents) will remain valid until its expiration date. To determine when your DACA and work permit expires, look at your I-795 Approval Notice and the bottom of your Employment Authorization Document (EAD).

#### 2. NO NEW DACA APPLICATIONS WILL BE ACCEPTED.

United States Citizenship and Immigration Services (USCIS) no longer will accept or process first-time applications after September 5, 2017.

#### 3. DACA ISSUANCES AND WORK PERMITS EXPIRING BETWEEN NOW AND MARCH 5, 2018 MUST BE SUBMITTED FOR RENEWAL BY OCTOBER 5, 2017.

If you have a permit that will expire between now and March 5, 2018, you must apply for a two-year renewal of your DACA by October 5, 2017.

#### 4. ADVANCE PAROLE TO TRAVEL ABROAD IS NO LONGER AVAILABLE.

The Department of Homeland Security (DHS) will no longer grant DACA recipients permission to travel abroad through Advance Parole. Any pending applications for advance parole will not be processed and DHS will refund any associated fees.

#### 5. WE ARE UNITED IN THIS FIGHT.

You are not alone. We mobilized, organized, and marched five years ago for DACA, and we will continue to do everything in our power to protect immigrant youth and their families across the country. Visit [weareheretostay.com](http://weareheretostay.com) for resources to help you and your loved ones take care of yourselves in this difficult time as well as information on what you can do to take action now.

visit [WeAreHereToStay.org](http://WeAreHereToStay.org) to Take Action



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Pull in between the two buildings and cross 3 speed bumps. We are the last unit on the right.

A promotional banner for the 'SKATE n BAKE' event. The banner is green and features a central circular logo with a cannabis leaf and a skateboard. Text includes 'SAN DIEGO Cannabis Farmers Market PRESENTS', 'SKATE n BAKE', 'OFFICIAL EXHIBITOR', 'CHINBON SKATEBOARDS', and 'OCTOBER 14, 2017 | SAN DIEGO | 11AM-5PM'. The background shows images of people skateboarding and smoking.

Don't miss this event!

The Candid Chronicle team will be there.

Head out for an epic time.

OFFICIAL EXHIBITOR

CHINBON  
SKATEBOARDS

OCTOBER 14, 2017 | SAN DIEGO | 11AM-5PM