



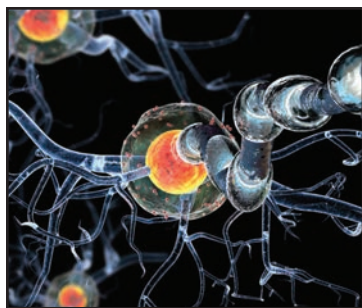
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By Katie Burke

July 27, 2017, was the deadline Attorney General Jeff Sessions had given Congress to respond to a list of changes and reversals on his agenda. Medical marijuana was at the top of that list. The senators have responded, with a rejection of his request for receiving federal funding to prosecute people in states where medical marijuana is legal.

According to Fortune and a number of other publications,

AG Sessions and The Task Force on Crime Reduction and Public Safety is expected to issue a report, sometime next week, trying to link violent crimes to cannabis. He is advocating for tougher sentences for users, sellers, and producers. This scare tactic will not fool the American people. The cannabis community will rally. He is relentless in his efforts to get Congress to remove all federal protections in place for the 29 states that recognize cannabis for medical purposes. With prescription drug overdoses amassing

more than cocaine, heroin, methamphetamine, and amphetamines combined it's astonishing that he's going after medical marijuana.

The filthy tactics he's using trickle down to local governments and infects the uneducated. A little over a week ago at a Lemon Grove city council meeting, city council woman Jennifer Mendoza had voiced her concern over an armed robbery at a dispensary in Encanto. There are no legal dispensaries operating in Encanto, no permitted dispensaries in all of district 4.

This is just one of many reasons why cities need to get with the program. Legal dispensaries must follow strict safety and security protocols. This ensures safe access for patients and communities. The point is, as a councilwoman we expect more from her. Since the city of San Diego began issuing conditional use permits and regulating dispensaries, not one of these dispensaries has been robbed. There is no room for comparison when referencing legal dispensaries to illegal dispens-

see page 10 for more...



A Win For Medical Cannabis In The Workplace

By Benjie Cooper

IG: @nuglifeneews

With some exceptions, the use of prescription medication isn't something that tends to cause

legal problems for people in the workplace. When someone obtains a prescription from their doctor, they can take it to a pharmacy, get it filled, and use the medication as prescribed without issue. Pharmacists across the country stock their shelves with a myriad of federally-approved medications for virtually every kind of ailment known to man, available and accessible with a condition and a prescription. But this sort of normalcy is not something that medical cannabis patients have necessarily enjoyed,

see page 2 for more...



Hollywood Hemp Museum Opening

By Brian Sweeney

IG: @sparked_interest_photography

On July 21st, 2017 there was a land mark event in Hollywood CA, Grand opening of The Hollywood Hemp Museum. First of its

kind in the USA and right in the heart of the Southern California cannabis industry. With exhibits honoring the pioneers that made our culture possible, like Jack Herer who's hemp scale and hash pipes are pieces of history that are being preserved. There are many reminders of the Hemperor all over the museum.

Jerry Krecicki has a dedicated wall with some of his amazing photographs. With all the crazy advances he has documented over the years, it will be wonderful to

see page 10 for more...



Cannabis and Sleep Disorders

By Montrel Grant

Email: montrelg87@gmail.com

29 states across the nation have legalized the use of medical marijuana, and this is not too surprising as researchers are continually finding numerous benefits that cannabis provides.

Cannabis is proving to be very much a panacea for many medical conditions. People who suffer from certain medical conditions and then given some form of cannabis (Medical marijuana, CBD oil, Indica Strain, etc.) have been shown to have either had their health condition healed or slightly improved.

There are many people who suffer from some form of sleep disorder with the major sleep disorders being insomnia, sleep apnea, narcolepsy, and night terrors. For a majority of these sleep disorders, many of them arise as a result of stress, anxiety, or PTSD. However, the use of cannabis has been proven to have many positive ef-

saries. It's just another example on why our local representatives should be issuing the permits faster

When people's rights are in question lawsuits ensue. It's not at all surprising legal action is currently being brought against Jeff Sessions, the Department of Justice, and the Drug Enforcement Agency. According to the New York Post, there's a group of five people, including former New York Jets defensive end Marvin Washington, filing a federal lawsuit against Sessions and the two federal agencies in regards to the

Cannabis for a good night's sleep... affects on a person's overall sleeping patterns - with many people reporting better sleep.

Certain types of cannabis can be used to help a person get a good night's rest.

Aged Cannabis

Aged Cannabis is one of the most efficacious forms of cannabis to help individuals get to sleep. For those who suffer from insomnia, the aged cannabis has been shown to significantly help many people get a good nights rest.

The reason that aged cannabis is effective in causing a person to fall asleep is that of a certain chemical compound that is found in aged cannabis. This chemical compound is known as cannabiniol or CBN.

This compound acts as a sedative and has the ability, when consumed, to make an individual fall asleep. However, for the aged cannabis to produce this chemical requires time, hence the name "aged cannabis."

Indica Strain

There is a growing community

1970 Controlled Substances Act which established federal drug policy and put narcotics into different schedules.

The group is challenging the constitutionality of the act, citing the law's racist origins. Criminalization, as explained in the lawsuit "arose out of the enactment of legislation underwritten by illegal racial and ethnic animus, and implemented and enforced at the federal level by those who have chosen to disregard its scientific properties and benefits, and have been motivated by hatred and outright bigotry...Classifying

that has greatly shared their opinion about indica strains, with many people praising the efficacy of this particular cannabis' ability to help individuals fall asleep.

Indica strains have been shown to aid many people who suffer from PTSD. This is because cannabis interrupts REM. This is salient as REM is the sleep cycle where dreams are formed and as a result what causes many people to have night terrors or wake up from horrible dreams.

With this particular cannabis, there has not been enough research into the chemical makeup as to why it causes a person to feel sleepy. However, there are theories that the terpine content that is found in cannabis may act as a sedative and thus causes a person to feel more relaxed; which ultimately leads to a person falling to sleep.

Although Cannabis does provide numerous benefits, it is equally important to know that taking cannabis for a long-term and then having taken cannabis taken away from you will greatly affect your sleeping pattern. However, researchers only studied a limited amount of people. So the long term effects are still somewhat inconclusive - but an interesting fact to keep in the back of your mind.

In the end, cannabis has been shown to have monumental benefits for many people who suffer from medical conditions, and in this particular scenario, those who suffer from some form of sleep disorder can 'rest assured' that if the use cannabis they will, at last, have a good night's rest.



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

cannabis as a 'Schedule I drug' is so irrational that it violates the U.S. Constitution." It is unconstitutional for the DEA to still use verbiage stating cannabis has zero known medical uses in the United States when 29 states have passed laws for its use as medicine.

With public pressure by caring people, education, and lawsuits the U.S should be able to legalize medical marijuana in all 50 states.



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...continued from page 1

even though medical marijuana laws have been passed in over half of the United States.

The California Supreme Court ruled 5-2 in 2008 that employers can reserve the right to fire employees for their medical cannabis use, regardless of provisions provided in Prop 215 and SB 420. According to Justice Kathryn Mickle Werdegar on behalf of the Court, "The Compassionate Use Act does not eliminate marijuana's potential for abuse or the employer's legitimate interest in whether an employee uses the drug."

In 2010, a quadriplegic man from Colorado named Brandon Coats was working for Dish Network as a customer service representative when he was fired after testing positive for THC in a random drug screening. The company keeps in-stride with federal statutes, holding a zero-tolerance policy regarding employee marijuana use; medical or recreational, on the clock or not. Even in states where it is legal. Brandon started using medical cannabis at home at the recommendation of his doctors after prescription medication became less effective over time at controlling the muscle spasms in his legs. Coats brought a wrongful termination lawsuit against Dish Network before the Colorado Court of Appeals in 2013 and again in the Colorado Supreme Court in 2015 where each time, the employer's policy was affirmed.

New Mexico resident Donna Smith was diagnosed with PTSD after serving in the military in the 1990's and later became a medical cannabis patient after the state legalized it in 2007. Smith got a job as a physician's assistant at Presbyterian Healthcare Services through the Advantage Locums staffing agency in 2014, but when she failed a drug screening, Presbyterian informed the company that they did not want her to finish her assignment there, and she was terminated. The healthcare facility released a public statement saying that "The use of medical marijuana is not recognized by federal law and Presbyterian has a mandate under federal law to provide a drug-free workplace." After being fired, Smith filed a lawsuit District Court in June 2014. But after hearing arguments from both parties, Judge Nan Nash sided with Presbyterian and upheld the termination.

The list of employees fired for medical cannabis is long, and the numerous attempts to resolve the situations in their favor are met with defeat in court time after time. Federal marijuana policy and how it relates to a company's

employee guidelines appears to be the common denominator in these firings, but a recent ruling in Massachusetts may have just changed things.

Advantage Sales and Marketing hired Christine Barbuto in 2014, but the company let her go on her first day after she tested positive for THC. In the interview, Barbuto disclosed that she suffers from Crohn's disease and irritable bowel syndrome (IBS) and that, under her doctor's recommendation, uses cannabis at home to help with her lack of appetite, a side effect of the condition. Barbuto brought her case before the Massachusetts Commission Against Discrimination and then retracted it to refile the case in Suffolk Superior Court in 2015. The judge dismissed most of her claims, but Barbuto appealed. A six-judge panel in the Massachusetts Supreme Judicial Court ruled in a hearing on July 17, 2017, that Christina could sue the company for wrongful termination on the grounds of handicap discrimination, stating that the organization could not be subject to federal prosecution for hiring a medical marijuana patient.

In the ruling, Chief Justice Ralph Gants writes that "...an exception to an employer's drug policy to permit its use is a facially reasonable accommodation... the fact that the employee's possession of medical marijuana is in violation of federal law does not make it per se unreasonable as an accommodation."

The Judicial Court's ruling is a significant one as it sends a message to Massachusetts employers that they cannot discriminate when it comes to their employee's reasonable medicinal cannabis use when it is outside of work and in compliance with state and local law. They may, however, be responsible for the wrongful termination of a good employee. The ruling may not be applicable in every case as each situation is unique, but it could help set a precedent for employers who might be unsure of how to approach the subject of responsible medical marijuana use by their workers.

Massachusetts now becomes the second state to apply workplace anti-discrimination protections to medical cannabis users in 2017. A Rhode Island Superior Court ruled in favor of the terminated employee in May in the Callaghan v. Darlington Fabric and the Moore Company case.



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Photo by Pablo Porciuncula (AFP)

Uruguay Sells Marijuana in Pharmacies

By Justin Samuels

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In 2013, Uruguay legalized marijuana. It was the first nation in the world to completely legalize marijuana. It was very contentious. The government in Uruguay legalized marijuana to take revenues away from the black market. The government also viewed all drug use as a public health and not a criminal matter. So the decision was made to legalize and regulate cannabis. A right wing movement lead by Luis Lacalle Pou that threatened to undo legalization in 2014 was defeated by the electing Tabare Vazquez, an oncologist who supported legalization. So with legalization's opponents defeated, the market was free to develop. Legalization allowed Uruguayans to grow marijuana at home or to join cooperative clubs that farm it. It set up a system of distribution that would ultimately allow marijuana to be

sold in pharmacies.

On Wednesday, July 19th marijuana became available for purchase from pharmacies in Uruguay. Sixteen pharmacies began dispensing, and 5,000 users registered to be able to make pharmacy purchases. The national government has found a lucrative new source of income, and the pharmacy sector in Uruguay will grow as a result. Cannabis can only be sold to Uruguay citizens. Uruguay didn't want neighboring nations to blame it for drug tourism as their citizens would clearly be tempted to come where they can smoke freely. Of course, nothing is going to stop people from buying cannabis off the street; the tourists will come and find ways of getting cannabis. Of course, not everyone is happy with the way this has been implemented. The Uruguayan government essentially made itself the only distributor of cannabis. The cannabis sold in pharmacies is grown in government approved farms, and pharmacies are the only place where cannabis can be broadly sold. People can join co-ops where marijuana is grown and sold or can grow their own marijuana, but still, legalization was

clearly the government wanting to take the profits within the industry for itself. This is certainly much better than prohibition, but I would argue the industry needs more space to grow and that the private sector should be allowed to handle this. When you have private sector development, creativity, and innovation of use and products, including medical use is much more likely to take place than it would be if everything remained strictly done through government channels. Still, this is a project in the works for Uruguay, and of course, activists will be fighting for change.

There is some innovation in Uruguay's cannabis industry. Yerba Mate is a beverage consumed in southern South America. One puts the dry yerba mate in a gourd or cup, pours water into it, let's it soak and drinks the tea using a bombilla. Yerba mate is a stimulant, and it contains alkaloids related to caffeine and cocaine. Yerba mate is legal throughout the world. Uruguayans are now prepared to sell yerba mate drinks infused with cannabis.

Ultimately this has enormous implications for the region as a whole. With Uruguay legalizing recreational marijuana and putting in a formal distribution center, the region will be watching Uruguay to learn how they can implement these systems. Medical marijuana is legal in Colombia and Mexico.



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



\$18 Shatter Dispensary was recently cracked down on

\$18 Shattered

By Benjie Cooper

IG @nuglifeneews

On the morning of July 19, the City of Vista pulled the plug on the latest dispensary to be caught up in an ongoing string of crack-downs on unzoned medical cannabis shops. Sheriffs' COPPS enforcement officers executed a search warrant at \$18 Shatter (previously Green Star Collective) on the corner of Vista Village Drive and Hillside Terrace after receiving a number of complaints about the dispensary's location.

The plain-looking dispensary is located across the street from Vista Magnet School and Wildwood Park and only about a block away from city hall. The shop has had incidents with law enforcement in the past but has always managed to reopen. Dispensaries are like hydras in that sometimes when one of them is shut down, two or more will open to replace it.

During the raid, police seized over 15 pounds of cannabis flower, 16 pounds of concentrates, 4 pounds of pre-rolls, edibles, and more than \$3,500 in cash. Officers also took other products such as scales, pipes, bongs, vape pens, and other accessories. The Vista Fire Department was called to the location as well because of wiring that officers claimed to be an immediate fire hazard.

One unnamed employee was arrested and cited for maintaining a public nuisance and continuously violating Vista's ban on marijuana outlets of any kind.

The shutdown of \$18 Shatter marks the 15th dispensary that Vista has raided in the past twelve months and the 39th since the beginning of 2014. An average of about one raid a month. Since 2013, the city has spent more than \$1 million raiding unzoned dispensaries instead of taxing and regulating them. The result is a seemingly endless parade of asset and record seizures, employee and patient arrests, and destroyed personal property.

The subject of dispensary taxation and regulation was debated at length in meetings earlier this year during which council members discussed possible solutions and heard testimony from many medical cannabis patients, some

of them with severe and debilitating conditions. At a meeting on May 9, the Vista City Council commissioned a \$35,000 survey to try and get a better picture of residents' feelings on the matter.

Vistans for Better Community Access is currently circulating and now close to gathering enough signatures for a citizen's initiative that would allow for at least ten medical marijuana dispensaries to be licensed and zoned for operation within city limits. The group submitted a similar initiative with the required number of signatures earlier this year, but a clerk deemed it invalid after noticing a titling discrepancy in the document. In response to the VBCA initiative, and dovetailing with the citizen poll they've conducted, the Vista City Council has their own proposal which would allow two heavily regulated dispensaries of the city's choosing to open their doors and operate in town.

The City Council has made it known that it is in favor of taxing and regulating dispensaries, but it now faces a dilemma. With the way the laws work, the city would not be able to collect taxes from their two medical marijuana shops under the terms of their own proposal. But under VBCA's citizen initiative, a voluntary 15% tax would be paid to the city by at least ten dispensaries. The council must decide whether they want to squash outside medical marijuana shops to run their own, or license them and collect the tax money.

\$18 Shatter is the latest but may not be the last casualty of Vista's ongoing series of dispensary crackdown episodes as neither VBCA nor the council's initiative is quite ready for a vote; so the shops still can't be zoned for operation. Council members are on recess at the moment, and the citizen initiative still needs more signatures. Until the dispensary owners are able to obtain proper licenses, the city will likely continue to shut them down. Which may turn out to be all of them if the council's proposal is the one that ends up being used. The council is expected to vote on the matter in early August.

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of the airline but suitable for the circumstances regarding the situation. Hyken went on to say "As a customer there are right ways as well as wrong ways to voice a complaint. I would use social media as a last resort. Use this resort sparingly; you always run the risk of looking foolish if you take things farther than they need to go. Try to use traditional methods first; this will appear to be magnanimous on your part. First, try a customer service rep. These people are usually very helpful, and they serve as the first line of defense. Send an email, make a phone call, or write a letter. Now as for the side of the company in question, never appear to be arguing with a customer, and never argue a complaint publicly, it serves no real purpose, and you only end up looking bad. Remember the world is watching to see how you handle the situation. Let the public and the customer see that you care and are making every effort to resolve their problem." Source: Forbes Magazine.

How does Ann Coulter feel about Delta Airlines now that some amount of time has passed? She tweeted rather unfavourably in regards to Ann Coulter's dust up with Delta.



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

Ann Coulter Delta Dust Up

By Michael Pylant

Twitter: @MICHAEL05042834

It seems Ann Coulter is again in the headlines. From her outspoken bravado to her stance on illegal immigration she has yet again made the headlines if only in a modest way. The syndicated columnist/attorney's latest rants were aimed squarely at Delta Airlines when they gave her seat to another passenger. But the issue didn't stop there. What should have been a minor problem resolved from Coulter and Delta in a quiet and calm and meaningful manner without drama went on to tweets from both sides the more aggressive levied by Coulter herself, resulting in a social me-

Ann Coulter's Twitter is a mess!
dia tirade and insults to Delta her crew and passengers. In addition to her tweets, she posted photos from her media device. It seems Delta's response to all of this was quite congruent and appropriate, states Forbes magazine. First Delta extended an apology to Coulter as well as refunding a 30 dollar upcharge for the seat. The response from Delta came back almost immediately stating the comments made by Ann Coulter following the incident were both unacceptable and unnecessary.

Shep Hyken, who is a customer service expert in his field as well as being a keynote speaker and working with many companies to have better relationships with their customers, said kudos to Delta for standing up to Coulter and standing up for their crew and passengers. That could have been a risky move on the part

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Image by @snowleppy.

What's up with Shia?

By Jayna Anderson

IG: @snowleppy

I was curious. He is just so cute, unpredictable, passionate, and yes, problematic. I was googling my boy today only to *Gasp*: Shia LaBeouf was recently arrested for drunkenness, disorderly conduct, and obstruction in Savannah, Georgia. After a drunken encounter with someone over a cigarette, he spewed profanity in front of

women and children, becoming aggressive towards an officer. Google his name, and you can read the reports yourself.

Ok. Hold up. Let's back this up a minute. He spewed vulgarities in front of women. WHAT! Shall we marinate on that for a moment? What a terrible day it must have been that a woman was subject to hearing profanities! Those poor, feeble minded women!!

Why do popular media sources feel the need to emphasize mentioning women and children as if

they are two innocent, easily persuaded groups of people. Upon hearing vulgarities, women must be shaken to the core, upset with the terrible cuss words spewed from Shia's drunken mouth. Was he at a women & children only event? Nope, just on the streets of Savannah. Presumably, men were around as well, but the media didn't bother including them. Why? Because women are feeble citizens of the United States; if they aren't transformed into vulgar beings after this encounter, then they surely were bedridden for days after witnessing the drunken terrors of Shia.

Why are we still lumping women in with the children? Children have developing brains that act like sponges, soaking in every little bit of information going on around them; are women the same? Is that how we are viewed?

My eyes hurt from rolling around in my head. You might be rolling yours too, wondering why I chose to dissect such a seemingly harmless statement.

Microaggressions are often times harder to detect, unpack and ad-

dress than blatant aggressions. Covert sexism perpetuates stereotypes of women as lesser than. Less capable of witnessing a drunken mess yell cuss words, less capable of withstanding trauma, less capable of throwing a shield up, less capable of protecting themselves from erratic behavior exhibited by a stranger, less capable of having agency. Did Shia get physical with any women & children? No, he just yelled words at an officer, while in the presence of them. Were the women at risk by the cussing and yelling? Honestly, no. If you haven't seen somebody flipping out on the street, you're not living.

Of course, I can see how a child might be upset by yelling. It is loud, aggressive, and it disrupts the expected behavior of "civilized people". But, don't grown women know by now that behavior shifts majorly when people start drinking? Does this disrupt their perception of a grown white male? Could it possibly?

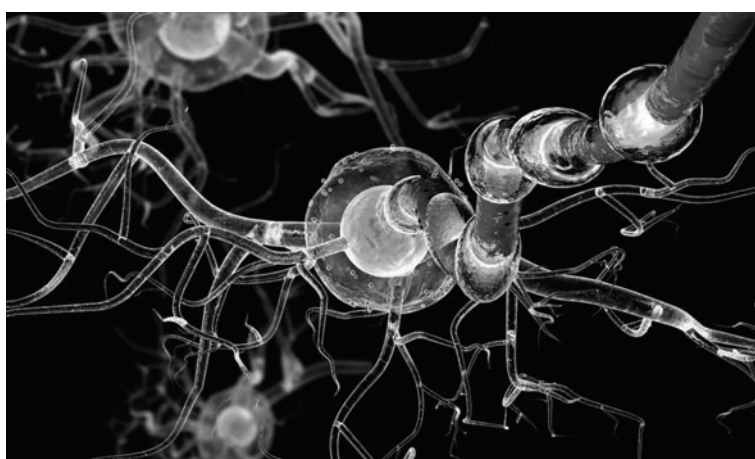
Shia's outburst is just one of many that happens everyday all over the United States. Drunken people are entitled and aggressive, loud and

obnoxious. No shocker there. Despite speaking out on his sobriety and how he has to avoid alcohol, and publically apologizing for his awful behavior, Shia surprises no one with another outburst.

What really surprised me here, was the unnecessary victimization of women that witnessed him yell at an officer. Over victimization of women in situations where they were not a victim, perpetuates a stereotype of frail women. This stereotype turns in on itself in situations where a woman truly was a victim, making her case for justice harder sought.



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MS are using cannabis and it's working.

Cannabis and Multiple Sclerosis

By Frank G. Shineman

The National MS Society poses the question- Should medical marijuana be used for MS? It is my opinion that the question is very presumptuous and laced with an arrogance that I find very distasteful. The answer should be- of course! Why would we even think seriously about not considering it? If we are an organization that we are presenting ourselves to be, that would be as some say- a no brainer. Or are we a large national organization just serving as a front for the multibillion dollar pharmaceutical behemoths that want to appear to care about all the people worldwide who suffer from this disease or do we only care about our overflowing corporate bank accounts? Myself, I believe it is the latter! I also believe that they pretty obviously expose who they are. To me that is obvious, especially because of one of the categories of information/discussion listed at the very top of the page is entitled- How to live well with MS. The thought processes of the execu-

tives and the corporate should be- "Let's hire the scientists, marshal the necessary resources, have our Facilities Department set aside the necessary space and let's get at it! But you see, dear reader, it is not that way at all! Another proof of what I am saying, you will witness in their overall negative attitude. That is, they cast medical marijuana in a very bad light. Well, you might ask why they would do that? The answer is simple- they want to protect their massive profits from the sale of pharmaceuticals. They are just giving lip service to the idea that there might be something better out there. But as I mentioned I will give you the results of some of their tests. You may arrive at a similar conclusion.

On effects of cannabis on cognition/cognitive function in people with MS:

Their conclusion- the cannabis group performed more poorly on the more demanding tasks.

Their conclusion on the second study was: "The study confirmed for the first time that cannabis can worsen cognition."

Writer's note: "I ain't

buyin' it"

The world famous Mayo Clinic (www.mayoclinic.org), thankfully brings us leaping and shouting with joy into the bright sunlight of real possibilities for real hope for the multitudes of MS sufferers around the world!

No longer do we have to trudge through the muck and mire of the heavily biased responses and ill-informed conclusions of the previously revealed source of information.

In response to the question of an MS sufferer, Dr. Dean Wingerchuk of Mayo Clinic stated "Studies completed in the recent past found that an extract from cannabis (capsule form) can help relieve MS symptoms. These symptoms showing significant improvement include:

- Muscle stiffness
- Spasms
- Reduction of pain
- Reduced bladder urgency

Dr. Wingerchuk goes on to explain that though we are thrilled with these improvements, there still exists the possibility of minor complications. The writer notes that the complications appear when using extracts.

If I had the opportunity to speak with Dr. Wingerchuk, I would ask- Might it not be a better use of our collective wisdom and experience to devise a different method of testing? Here's my idea- Let us do the necessary research to determine whether an Indica or Sativa strain would hold out as the superior strain for this purpose.

Then under appropriate controls, provide the MS patients with the medical marijuana to smoke and diligently note their responses as to how their symptoms were affected and in what way. I would go on to ask the test administrators- "Why do you feel the need to develop extracts?" I suspect that some of the problems lie in the fact that they are consuming extracts! Let's focus on the proper strain's plant properties and throw out the idea of extracts.

The well known ultra-liberal website, Salon(www.salon.com) reported on their website on January 19, 2017, that marijuana could improve common MS symptoms. They are reporting that MS sufferers using cannabis are finding out that they are experiencing greater physical activity levels, more strength and less fatigue

Based on several studies, The American Association of Neurology states that there is strong evidence that cannabis is "effective for the treatment of pain and spasticity." In addition, The Integrative Neurophysiology Laboratory at Colorado State University is studying MS patients who began consuming cannabis on their own volition to determine the different effects they are experiencing.



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Two Perspectives of Cannabis and Pregnancy...



Look on top page 7 for a mother's experiences with smoking while pregnant.



nabis during pregnancy. This is according to the American Congress of Obstetricians and Gynecologists. However, this number can be as high as 28% among young, urban and socially disadvantaged women.

Effects of cannabis use in pregnancy

Doctors have for a long time linked cannabis use by pregnant women to increased risks of pregnancy-related complications. Marijuana use is also harmful to baby's health because anything a pregnant woman eats, drinks, inhales or absorbs through the body can affect the unborn baby.

Some of the complications that may arise due to marijuana use include:

- Still birth
- Premature birth

- Low birth weight
- Small length
- Small head circumference

According to the CDC, the Center for Disease Control, the use of marijuana during pregnancy can be harmful to the baby's health and may increase the baby's risk of developmental problems. Even then, more research is needed to better understand how cannabis use may affect an unborn child. Just breathing cannabis smoke is just as bad for a pregnant woman and the unborn child. Babies whose mothers smoked cannabis during pregnancy may experience problems as they get older. They are likely to suffer problems with memory, class performance, impulse control and maintaining attention.

Recent research findings on marijuana use and pregnancy

A new study by a team of researchers led by Dr. Shayna Connor indicates that use of recreational marijuana in moderation during pregnancy may not be as harmful as previously thought. The findings of this research were published in the October 2016 Journal of Obstetrics and Gynecology and can be accessed online. The researchers basically found that there was no statistical correlation between marijuana use and negative birth outcomes. The conclusion was that use of maternal marijuana on its own does not constitute an independent risk factor for adverse neonatal outcomes. Adverse outcomes may be attributed to other confounding factors such as tobacco smoke.



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

Pregnancy and Cannabis

By Jason Marcuz

Marijuana is a drug that is obtained from the plant cannabis sativa. It is a popular drug with medicinal value but is also widely used for recreational purposes. When used medicinally, cannabis can significantly reduce moderate to severe pain and helps in the management of stress and anxiety.

There is little data available on the effects of cannabis on a fetus. However, the research available is strongly against the use of recreational marijuana during pregnancy.

Cannabis is known by many other names including weed, pot, marijuana or bud. Recreational marijuana causes several effects on the body. These include relaxation, enhanced sensations, and euphoria. However, its use is prohibited in many US states.

The challenges of pregnancy

Pregnancy can sometimes leave a woman so nauseated that they are unable to eat even a favorite snack. Pregnant women sometimes get anxious, worried and apprehensive. Pre-baby jitters are common and many are willing to do anything to feel better.

Using cannabis can help relieve some of the problems that pregnant women face. Marijuana is also now legally available in many states. It is believed to be a safe cure for anxiety and morning sickness. There are midwives who recommend occasional marijuana use to decrease anxiety and reduce morning sickness.

It is estimated that between 2 to 5% of pregnant women use can-



Cannabis consumption isn't proven to be detrimental to pregnant women or their babies.



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Anatomical drawing by Da Vinci.

To Toke or Not to Smoke While Pregnant

By Marieval Yebra

One of the biggest issues surrounding the medicinal marijuana movement is whether or not smoking marijuana during pregnancy is a bad thing. Does it have negative impacts on the health of the fetus or growing child? I know there have been numerous studies on whether or not toking up is harmful to the baby. One of the reasons I wanted to write this article is to not only inform you about the potential risks surrounding smoking herb while pregnant but to share my personal experience surrounding this topic.

Before I share my experience, I would like to get technical for a second. So we all know that the active chemical in marijuana is tetrahydrocannabinol or THC.

We all know that this is what gives us the euphoric feeling and gets us stoned. Well not only does it get us stoned but it also brings us to one of the biggest factors when determining whether or not it's safe to smoke when you're carrying your little one. See THC stays in our systems for an extensive period of time (around 30 days, depending on how frequently you smoke and your weight). Exposure in utero becomes one of the biggest concerns when it comes down to whether or not smoking during pregnancy is safe. Research shows that prolonged exposure to marijuana during the development of the brain can cause irritability, emotional, and cognitive problems as well. There are also some findings that show that later on in life children can show lower scores when it comes to being tested in memory exercises, though it does not affect intelligence. Comprehension has also been found to be an issue alongside memory.

I am a mother to three beautiful children. All of my children are six years apart and couldn't be more different. Now, I would like to say that I smoked weed with all my pregnancies the entire time. I didn't. I decided to take the super healthy route with my oldest. When I mean super healthy, I don't mean I went to yoga every day and took my prenats religiously. Let's face it, towards the end of my pregnancy I was so big I couldn't even see the stairs in front of me as I went down them, so bending in compromising positions was not going to happen. Plus the prenats were so big I could barely swallow them. I did quit smoking cigarettes, drinking coffee, or caffeine of any kind. I stopped eating chocolate and fried foods. I lived off salads, sandwiches, and water. Oh yeah, and

I quit smoking herb, but I didn't quit it all until I was almost four months pregnant. I had a fainting incident that scared the crap out of me and said screw it. Only to start smoking again towards the end of the pregnancy when my back was in unbearable pain, and I couldn't sleep due to horrible insomnia. So my son only spent around two maybe three months not exposed to herb. I have read that there are extensive studies to show that smoking most of your pregnancy can lead to early labor and low birth weight. Well, my son was a week late and weighed 9lbs 3oz. Yeah, not such a low birth weight.

Not only was my son a week late and weighed 9 lbs but he has also



Women consume marijuana during pregnancy for pain and nausea.

been talking since he was ten months old and walking just as long. He is also one of the smartest kids I know. He has been tested, and his comprehension scores are for someone in 12th grade; he is going to start 8th grade this fall.

With my second pregnancy, I did smoke the entire pregnancy. I couldn't eat anything without throwing up, and weed helped immensely. Sadly I didn't want to smoke with my second pregnancy; I wanted this baby away from any smoke. I mean yeah marijuana isn't proven to lead to

cancer like cigarettes, but it's still smoke and not the best for the baby's lungs. Well, it didn't matter that I didn't want to smoke since that was the only thing that made me feel better. Yeah, they have medication that will help you with morning sickness, but I didn't like the headaches you get as a side effect.

Let me tell you though that it was my last resort for the unbearable "morning sickness." I tried it all. I tried ice, crackers, water, etc., and I threw it all up. I was losing too much weight so alas mary jane was there to save the day and the rest of the pregnancy.

Now this pregnancy was already a lot different. With my first, I had

no morning sickness and my second was not morning sickness... it was all day sickness. Not only was I sick but around the 7th month when I stopped being sick at all, I ended up on bed rest. I started going into early labor, and my baby girl was at risk for the NICU, which is a commonly described risk associated with marijuana use. Luckily though, she waited until the right time to make her debut. She ended up being a week late.

She didn't weigh as much as her brother, but she wasn't small ei-

ther at almost 8 lbs. She, unlike like her brother, didn't talk and walk before she was one but still sharp as a tack.

My last pregnancy was a whole lot different than the other two and twice as rough. I smoked up until I was five months pregnant and decided to quit. I would like to say I decided to quit out of my own accord but that wasn't the case. I decided to quit to keep any problems with Child Protective Services at bay. I had done a drug test during one of my lab visits. Now they test everyone for everything; drug test happens to be one of them.

Yeah, I knew I was going to come up dirty. I smoke weed. Yeah, I'm not going to have a clean drug test. I just didn't what exactly they would do. With my other two, it had never been an issue. I tested dirty for both of my children before and never had any problems with CPS or anything. With this one, it would be a little different. I was told that I going to be tested at delivery and then my son would be tested and if it were positive they would call CPS. I decided I didn't want any of that and just quit. In the event of me testing positive at delivery and CPS getting called I would have to participate in possible surprise home visits and future drug testing. So no they don't take away the baby...

To read the rest of Marieval's story, view it on our website by scanning the QR Code.



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Wanda James: First Black Woman To Own A Dispensary in the US



By Andrea Smith

Twitter: @JeopardyQueen

Wanda James has two distinctions: the first black woman with a retail cannabis operation and her specialization in edibles. These sweet things include chocolate bars, gourmet cooking oils, and wedding cakes. This is a major milestone for the black community as they are overlooked with a stigma attached when it comes to the plant. Wanda is a woman in a male dominated business.

There is an increase of women-owned businesses in the cannabis industry. This phenomenal woman and her husband Scott Durrah make treats for terminal patients and celebrations. As the owner of Simply Pure Medicated Edibles, Scott's the chef, and Wanda's a former Navy lieutenant. Her husband had a cooking school for how to prepare cannabis. Wanda's start began with restaurants in Denver, Colorado and Santa Monica, California.

If you consider the war on drugs and black people being unfairly targeted on marijuana charges, it is a major accomplishment. Add to this that minors and young adults are getting hit with drug charges. There are no lenient sentences, and Wanda James has a personal stake in legal matters.

Her motivation sprung from her brother's ten-year sentence for four ounces of marijuana. The ten-year sentence was to pick cotton in Texas for free. Her outrage turned into action. She is vigilant of the social injustice towards black and brown people.

the arrests of youths under 21 for small amounts of the plant.

Among her accomplishments are being the first in her family to graduate college, a corporate executive in two Fortune 500 companies, and being seated on President Obama's national fi-



Photo from Wanda's twitter, @WandaLJames.

Since 2009, Wanda has been fighting the good fight. She makes no apologies for preferring a joint over a drink. She declares to be a pothead. She hasn't suffered any negativity in her vision. She had to fight to extend her business hours, and she has improved her community. She is proud to employ black people.

Her mission is building an environment of jobs in Colorado. The consequences of legalization are

nance committee.

Wanda encourages other black entrepreneurs to stake a claim in this industry. People are willing to invest. James is part of the Cannabis Global Initiative.



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PharmaCielo invested in growing MMJ in Colombia.

Canadian Cannabis Companies Invest Big in Colombia

By Justin Samuels

IG: @samuelsjustin

Twitter: @screenwriter32

As Canada prepares for recreational legalization next year, Canadian companies have become massive investors in global cannabis markets. Canadian companies have purchased or made significant investments in Australian and German medical marijuana companies. Canopy, a Canadian cannabis company, has also expanded to Brazil and Chile. The most interesting overseas Canadian cannabis investment is that of PharmaCielo in Colombia.

Colombia legalized medical marijuana at the end of 2015. This was a part of Colombia's strategy of phasing out the war on drugs and giving rural people legal ways of earning income. Legalization also takes revenues away from organized crime and guerillas while supplying the government with needed income. As Colombia legalized marijuana, it attracted attention from foreign investors. The Colombian government issues licenses to legal growers of marijuana and coca. PharmaCielo is the first foreign investor to gain approval from the Colombian

government for the cultivation and the export of medical marijuana. PharmaCielo is prepping up for massive production and export of cannabis oils and other cannabis products.

Why would PharmaCielo have invested in growing in Colombia? Colombia has a warm climate with abundant rainfall. Meaning marijuana can be easily grown year round outside, and this keeps the costs of products down. In Canada, legal marijuana is grown indoors at great expense as the climate doesn't allow year round outdoor cultivation. Climate controlled greenhouses also use up considerable energy, and this isn't good for the environment. Also, the cost of labor due to the low Colombian peso is low, so PharmaCielo has decided to have both cultivation and manufacturing of marijuana products in Colombia. This brings legal income from Canada, and from other countries where cannabis is legal, into Colombia. PharmaCielo is anticipating a shortage of marijuana when it becomes legal in 2018 in Canada, and in Australia and Europe which have their own legalization movements. PharmaCielo has wisely established themselves as the first foreign grower of marijuana in Colombia. By positioning itself in Colombia, as more interest in ethnobotanicals increases around the world, PharmaCielo may be able to bring other products to the market.



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Civil-Asset Forfeiture is no joke.

The Cannabis Cash Crunch is Back In Session

By Warren Pulley, VP Project 7 Security Group

www.project7securitygroup.com
twitter: @p7securitygroup

California is preparing to open up its marijuana business market in 2018 and reduce the fear of the police state in and around the cannabis industry. However, the Federal Government and U.S. Attorney General Jeff Sessions, in the form of the Department of Justice, has decided to take a different approach by ramping up the ability of Federal and local

law enforcement agencies across the country to continue and expand current Civil-Asset Forfeiture practices.

If you are unaware of exactly what Civil-Asset Forfeiture is or how it works, it can be best explained with a quote from the Atlantic's Matt Ford. Matt stated that asset forfeiture is "a controversial process through which state and local police agencies can seize assets, then transfer those seizures to federal control. In doing so, local agencies can skirt some state-level regulations limiting forfeitures. Law-enforcement officials like Sessions defend modern civil forfeiture as a way to limit the resources of drug cartels and organized-crime groups."

Keep in mind the Federal Government still considers Marijuana a Schedule I drug. Therefore, the DOJ under Jeff Sessions (who has already stated his intent to continue enforcing Marijuana prohibition) has placed a bulls-eye squarely on the backs of cannabis cultivators, producers, and sellers even in the States that have created laws to allow legally operating cannabis businesses to thrive.

Our position is that although The State of California has opened up

markets and has begun to educate local law enforcements agencies across the State on how best to interact with the fledgling cannabis industry, business owners in the space should not be lulled into complacency. Especially when it comes to dealing with the Federal Governments right to seize, disrupt, and enforce Federal laws against the very statutes that States like California are seeking to codify. Statutes that qualify cannabis as a legal industry within the State.

You can expect that the DOJ under Jeff Sessions will invoke Article VI, Clause 2, and The Supremacy Clause under the Constitution and continue to enforce the Federal Marijuana prohibition currently in place.

The Supremacy Clause states very simply that "This Constitution, and the Laws of the United States which shall be made in Pursuance thereof; and all Treaties made, or which shall be made, under the Authority of the United States, shall be the supreme Law of the Land; and the Judges in every State shall be bound thereby, any Thing in the Constitution or Laws of any State to the Contrary notwithstanding."

Simply put, Federal Law super-

cedes California State Law.

In the interim, it is in your company's best interest to ensure that you are in strict compliance with all State of California laws regarding the cultivation, packaging, sale, distribution, and transport of any and all cannabis related products. I recommend that you hire and retain licensed, insured and competent security professional to help you navigate the coming uncertainty.

No law enforcement scrutiny is good scrutiny.

Business owners should ensure that these security operators are licensed PPO operations in the State of California and employees with a background operating in high threat, high stress, and high-tempo security operations.

If you would like information on how to engage Project 7 Security Group in your security protocols, feel free to contact us at (800) 560-3103, www.project7security.com or wp@project7securitygroup.com.



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

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Nevada's going through normal growing pains with legalization.

The Green Gold Rush in the Silver State

By Benjie Cooper

IG: @nuglifenews

Recreational cannabis is currently legal in eight of the United States as well as the nation's capital, Washington D.C. But there almost seems to be an inevitability when it comes to its availability after legal sales initially commence. It's practically a given that product will initially run short or completely sell out when non-medical users first take to the dispensary floors

en masse. Of the legal locales, Washington, Alaska, Washington D.C., Colorado, and now Nevada have all experienced shortages when marijuana has first become available to legal adults. Oregon dispensaries suffered shortages in 2016 after strict product standards led to a backlog at testing facilities, and Maine, Massachusetts, and California have yet to begin recreational sales.

When Nevada's 47 licensed dispensaries were first allowed to open their doors to adults 21 and older on July 1, weekend transactions totaled more than 40,000; nearly twice as many sales as retailers were anticipating. The mad grab for legal herb resulted in dispensaries running out of product to stock their shelves with, and

governor Brian Sandoval endorsing emergency regulations to try to help ease the situation.

As part of Question 2, the 2016 bill that legalized recreational cannabis use in Nevada, alcohol distributors have first pick when it comes to distribution licenses. Additionally, for the first year-and-a-half, existing medical marijuana establishments will be the only ones licensed for retail sales. According to the measure, alcohol wholesalers were to be the only transporters of recreational marijuana for the first 18 months, but when the first day of legal sales came around on July 1, the state had not been able to hand out any licenses. Out of the roughly 70 or so that operate in Nevada, only seven of them applied. Out

of those seven, Crooked Wine Company in Reno, and Rebel One in Las Vegas were the only two applications that were accepted. Crooked Wine has ties to Reno-based medical cannabis distributor, Blackbird. Crooked will hold the license, but Blackbird will be handling actual on-the-ground operations.

Following the governor's endorsement, the tax commission board held a hearing where both dispensary owners and alcohol wholesalers debated as to whether or not state liquor distributors could adequately handle the state's needs. At the end of the hearing, the commission unanimously approved a measure to extend the availability of distribution licenses beyond the alcohol industry. Alcohol distributors may challenge the decision, but for now, the Department of Taxation will follow the situation and determine how many licenses they believe are needed for the market.

Even amidst the statewide cannabis crisis, some Nevada dispensaries have been able to keep their shelves sufficiently stocked. Silver State Relief, Nevada's first medical marijuana dispensary in Sparks, runs their own production facility and was able to handle the recreational shortage with relative ease. Cannabis flower and concentrates have been readily available at the shop since legal sales began, but management says that edibles are what they have been running out of because they rely on outside sources to obtain them. Nearby Sierra Wellness Connection in Reno, also says edibles are the thing that they've not been able to keep in stock. The dispensary

runs a cultivation facility as well, but pre-rolls have been unavailable as of late.

With legal sales starting in California in 2018, efforts are underway to ensure that the state doesn't experience the same shortages that others have. In light of the recent situation in Nevada, Chief of California's Bureau of Medical Cannabis Regulation, Lori Ajax says that the agency will be ensuring that there are an adequate amount of licenses awarded when legal sales begin on January 2, 2018. Temporary four-month licenses will be available to some businesses, including growers. Massachusetts was originally scheduled to begin recreational marijuana sales in January 2018 also, but the rollout date has been pushed back to June to allow for more time to prepare.

Outside of medical use, legal cannabis is a new industry in Nevada. It will take some time to work out initial problems with the system and require ongoing efforts to ensure that it works efficiently. While not perfect, other states have enacted successful recreational marijuana laws, and they demonstrate that even though things might not go right at first, with some time and effort, and as long as the federal government stays out of it, a functioning legal cannabis system is attainable.



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Continued from pg 1...

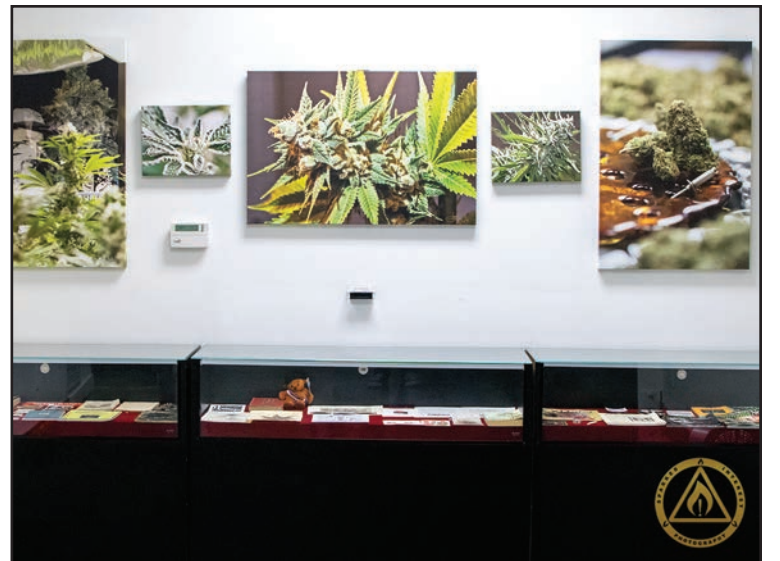
relive it through his art. Trichome Art Studios was displaying their fantastic view on cannabis with micro photography. Meeting and speaking with activist Richard Eastman and grower/ activist Kiwi Ras, receiving an education you cannot pay for; this is why The Hollywood Hemp Museum was established. Looking at history while setting standards for the future.

Dr. Brokleg out did himself, this is just the beginning, and it's amazing. It is encouraging to know future generations will benefit from all of the knowledge being maintained at this museum. The works of art in joint form were breath taking, everything from the now standard twist and cross joints to more complex designs like a mini ak47 to an Egyptian scarab. Membership is available, and I'm told it has its perks.

The Cannabis Council/ California Cannabis Review



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Portal diptych series by artist Jayna Anderson. www.snowleppy.com | IG: @snowleppy

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Pot Plant Problems

By Maggie McCutcheon

IG: @magininka

Growing marijuana plants can be a challenge, especially if you're growing outside. In addition to maintaining proper levels of sunlight and water, the outdoors is home to insects and animals who may want a piece of your harvest. Here is a list of some of the more common critters out there who may be drawn to your crops by the alluring fragrance and what you can do about them.

Common Pests:

Spider Mites

You may recognize these little guys if you've ever tried to keep a Majesty Palm. They sap the chlorophyll from the leaves, causing them to yellow. They leave white spots which are eggs. To protect their offspring, they weave gummy webs that are particularly hard to get rid of on a pot plant. If the webs get on the flowers, it could contaminate your harvest and waste your product.

They can be treated with a high powered hose (not recommended during flowering) or with neem oil if they are already a problem. You'll want to repeat the treatment for a bit until you're certain the mites and eggs are eradicated. However, it's best to avoid them completely by using sterilized soil and sanitizing your tools, hands, and air supply.

Aphids

Like mites, these little, yellow,

Spider mites are a nightmare for growers.

winged bugs consume minerals in your plants causing yellow and wilted leaves. They reproduce incredibly fast, giving live birth as often as a dozen times a day. In addition to eating the plants, their excrement attracts ants causing another infestation issue and they have been known to carry viruses from near-by plants.

Aphids can be treated with a solution of garlic or tomato leaves and mineral oil soaking in water for 12-24 hours. You can also try introducing ladybugs or parasitic wasps to fend off the little guys. There are a variety of species of aphids and specific species of wasps to counter them.

Fungus Gnats

Fungus gnats are little black bugs that crawl and fly around the lower portion of your plants. They love the moist soil and, although they won't touch leaves and flowers, they can do some damage to the root system and reduce drainage. This will make your plants more vulnerable to further damage and infestation.

A good method of prevention is to keep screens on windows and doors and to keep them shut when possible. It is recommended to put a cloth on the soil around your plants to prevent females from laying eggs and to keep the top layer of soil as dry as possible. You can achieve this from watering from the bottom if your planter allows it. Another solution is to sprinkle your soil with anti-fungal, aromatic cinnamon. Since you probably already have some in the cupboard, it's a cheap and easy solution to the problem.

Algae is a wonderful breeding place for fungus gnats so use an

algicide in your water if you spot the slimy growth on your growing medium.

Mealybugs

These are rarely a concern for indoor plants but, in outdoor plants, can pose a serious threat to your crops. They are tiny, soft-bodied, and ovular in shape. They are coated in a white, powdery wax to protect themselves, and some may have little bumps on their bodies that look almost like legs. They move slowly but, once settled, form clusters. They attack your plant by piercing it and sucking the sap out of stems, leaves, and flowers. Their excretions can cause sooty mold to grow.

Like aphids, you can introduce insects to counter their presence and prevent their spreading by spacing your plants out. Additionally, you can remove parts of the plant that are already damaged and use a mixture of equal parts water and alcohol on a cotton cloth to wipe them away. Neem oil is an effective solution as well.

Thrips

Thrips are small, fast moving, and are either worm-like in appearance or dark and winged depending on their age. Like mealybugs, they pierce your plant and suck away at all the nutrients, leaving shiny or slimy-looking, silver or bronze spots where the leaves were attacked. The leaves will eventually start dying off if left untreated.

Neem oil effectively fights off thrip infestations as do Spinosad products, which are organic and harmless to pets, children, and plants. Spinosad can be sprayed heavily on leaves and roots with hardly any negative effects. Spinosad can be added to your water to get thrips via the roots.

Fungi

Cannabis plants are susceptible to many common garden concerns. Different fungi, like Alternaria and Fusarium, can take siege on your crops. You can identify Alternaria by leaf necrosis (dark, dry spots on the leaves), which in serious cases can cause the plant to die. It frequently attacks the stems of seedlings causing spots towards the base of the stem. Fusarium causes rotting at the base of the stem, nutritional deficiencies (leaves turn yellow and necrotic without falling away), root

rot, and stems cut open reveal brown vascular bundles.

Alternaria can be stopped by a natural fungicide like Horsetail or Potassium soap applied every 10-15 days. But fungi are hard to identify and treat so prevention is your best bet. For instance, Fusarium has no effective treatment so a strict hygiene regime should be your main concern. Dispose of your affected plants as soon as possible if you suspect Fusarium to avoid its spreading.

Mildew, another fungus, shows itself by leaves drying out, becoming necrotic, and falling away. It can be prevented with a chamomile broth (made from 50g of flowers per liter of water and diluted with 9 liters of water per 1 liter of broth), garlic broth (50g of garlic per liter of water diluted in 4 liters of water per 1 liter of broth), or horsetail. Fungicides are also available. And, as with Fusarium and Alternaria, sterilized soil, trimmers, irrigation, pots, etc. are important but so is removing rotting debris from around your plants and avoiding over-watering.

Root rot is a common gardening concern, and cannabis plants are no exception. Growth slows, leaves wilt, and the plant's condition rapidly deteriorates. Once it sets in, there is precious little you can do to save your plant so good drainage, air circulation, and appropriate levels of sunlight are important. Always disinfect everything.

Grey mold is an annoying fungus that commonly strikes indoor plants. It appears on buds as blue-green hairs resembling lint. It turns to dark spots and leaves buds feeling slimy. Infected stems turn yellow, and any growth past the infection will wilt. Remove affected buds with sterilized scissors at least an inch below and destroy it outside of your grow room. Wash your hands and sterilize your scissors after removing the grey mold because it spreads very, very easily.

Companion Plants

Another solution to prevent and eradicate pests and disease is to intersperse your marijuana garden with naturally repellent plants. Your weed plants will love hanging out with some of this cast.

Basil

Basil's strong fragrance keeps away thrips, beetles, aphids, and flies. Some growers report an increase in oil production and flavor as well. As an added bonus, you'll have tons of basil around to eat.

Beans

Another edible, beans also absorb nitrogen from the air and deposit it into the soil as nitrites. It just so happens that marijuana plants love nitrites and, in the company of beans, grow stronger and are protected from nitrogen deficiency (which can be fatal for your poor plants).

Garlic

Garlic is wonderful for keeping pests and molds away as it's a natural fungicide. As mentioned above, it can also be used out of the ground in a solution to treat pests like aphids.

Marigolds

More for outdoor growers, marigolds are a great way to distract pests away from your cannabis plants. Many animals attracted to your plants will skip the cannabis and go for the marigold instead. You can even create what is virtually a forcefield by planting marigolds all around your crops.

Mint

Another fragrant herb, many pests hate the smell of mint and avoid it entirely. It also does a wonderful job of hiding the fragrance of your crops to preserve your privacy. Mint spreads rapidly and can overrun your garden, so it is recommended to plant it in a pot and keep it near your plants instead of in the ground.

Peppers

Spicy peppers are formidable at keeping away larger animals for outdoor growers. Deer, mice, and rabbits are all threats but conveniently hate chili peppers. Furthermore, the root system of the peppers emits a chemical that protects your weed plants from rot. This is great if drainage or high precipitation is an issue.



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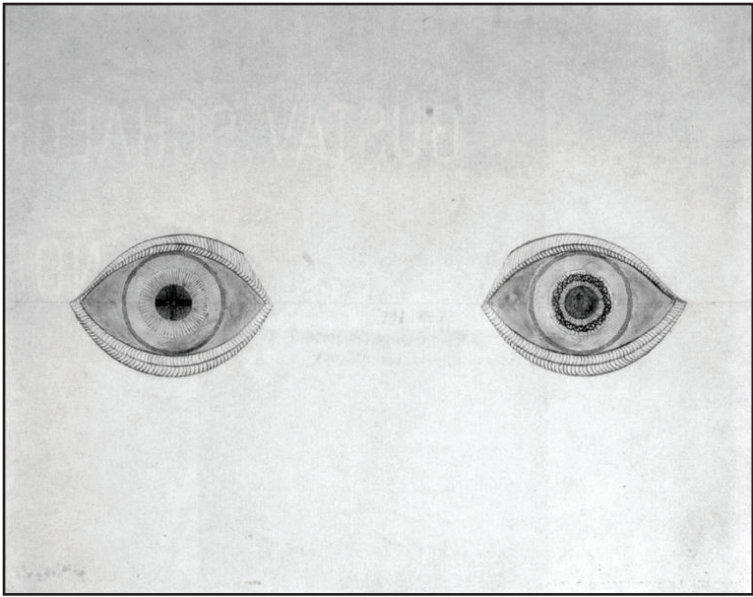


Illustration by August Natterer, a German artist who had schizophrenia.

Marijuana, Psychosis, and You

By Maggie McCutcheon

IG: @magininka

It wasn't until 1910, following the Mexican Revolution, that recreational marijuana use came to the US. Then associated with Mexican immigrants, domestic xenophobia helped cast a shadow and soon after that propaganda connecting the use of the drug and the heinous crimes blamed on the new diaspora started to appear. Resentment intensified during the Great Depression and looking for something or someone to blame; marijuana was criminalized in 29 states by 1931. And though,

by 1943, American farmers had harvested a full 375,000 acres of hemp to support the war with parachutes, rope, and other products, the 1956 Narcotics Control Act made it so a first-offense marijuana possession charge came with a mandatory 2-10 year sentencing and a maximum fine of \$20,000. It seems Mary Jane has had to battle for the last century to be given the credence she so deserves.

Though most people acknowledge potheads aren't necessarily criminals, losers, and sex fiends, a single claim has lingered like smoke in a crowded room ever since: marijuana can make you crazy. Studies on studies have been published linking cannabis use with Schizophrenia Spectrum Disorders and other forms of psy-

chosis. But few studies manage to rule out phenomena like self-medication or to discriminate between causation and correlation.

So, what is psychosis exactly? To most people, it's a terrifying word conjuring images of straight jackets and padded walls. In layman's terms, to be psychotic is to be out of touch with the real world. First psychotic episodes and psychotic disorders — like Schizophrenia — are most likely to surface when an individual is in their late teens to their early twenties. A psychotic episode is characterized by symptoms like a change in thinking patterns, feelings, mood, perception, behavior, and unusual or false beliefs. They may not be able to follow a train of thought or conversation; they may develop paranoid delusions. Hallucinations are possible as are intense mood swings and inappropriate emotional responses. There could be a risk of self-harm or suicidal thought patterns.

In 2015, a study at Yale School of Medicine connected the consumption of THC to an increase of "neural noise." Basically, the regular way of functioning and processing information is disrupted; thought patterns get lost in the confusion of other random thoughts circling the brain. If the effects of marijuana sound kind of similar to some of the less serious symptoms of psychosis, it's because it can create psychomimetic experiences or experiences that mimic those of psychosis. According to this study, the more

neural noise a consumer is experiencing, the more information is being distorted in the individual's brain and the more psychomimetic symptoms they can experience. It's not psychosis people are experiencing but psychotic-like states of being. Just because cannabis use doesn't cause psychosis, it doesn't mean everyone is going to interact well with it or even enjoy its consumption.

The concern, of course, is for groups of individuals who have a family history of Schizophrenia. A 2008 study published in World Psychiatry made a connection between smoking weed and an increased risk of "schizophreniform psychoses." Though the authors repeat that "the relationships did not seem to be explained by cannabis being used to self-medicate symptoms of psychosis," they do acknowledge it could be a viable explanation.

People with oncoming psychotic issues are more likely to turn to marijuana to assuage their feelings — emotional and psychosomatic. Marijuana is a known analgesic: it's soothing to somatic symptoms like headaches or muscle pain. It helps with depression: certain strains can have an uplifting, euphoric effect on their consumers. People commonly use it to self-medicate. And if marijuana use—recreational or to self-medicate—increases neural noise, it could follow then that individuals vulnerable to psychosis might experience higher levels of noise and this way more psychomimetic symptoms.

right in line with wagging fingers everywhere. But are we not exactly where we started? This class of smart self-medicators are more likely to experience less comfortable psychiatric conditions and are also more likely to dabble in the pharmacopeia. Alcohol particularly is almost universally accepted as therapeutic. What's that bit about drowning your sorrows?

There is something on the market to be concerned about, however. Synthetic cannabinoids can be fatally toxic. The list of symptoms sounds like a roll call from old pot propaganda: agitation, chest pain, tremor, paranoia, vomiting, irregular heart beats, hallucination, seizures, acute psychosis, brain damage, and even death. Chemically it may look like its natural counterpart, but synthetic cannabinoids are a far cry from actual marijuana.

The substance binds and acts on the brain more efficiently. A known toxicologist, Jeff Lapoint MD, explained how this works in a Forbes article: "I drink a cup of water, and I'm fine. I drink gallons of it in some college contest, and I could have a seizure and die. Synthetic cannabinoids are tailor-made to hit cannabinoid receptors—and hit it hard." This is additionally worsened by the fact that cannabinoid receptors are everywhere in the brain. Further, as our bodies metabolize drugs in the system, they deactivate. But this doesn't really happen with synthetics.

Every once in a while someone will 'green out' and experience adverse effects from consuming natural cannabis, but it's an entirely different story. An overdose of synthetic cannabinoids looks more like amphetamine use: people become agitated, angry, sweaty. Because there is no quality or dosage control on the off-market products, it's like the fentanyl of cannabinoids—and all the more reason to legalize cannabis.



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Kind of a hole in the wall with mediocre food.

The Rabbit Hole

By Kathleen McLean

I finally had no kids and wanted to go somewhere different. I live off the 94 and didn't want to go all the way downtown so I figured North Park/Normal Heights would be perfect. I went on Yelp to look up happy hour specials. The Rabbit Hole came up. I read through the reviews, which to be honest weren't bad. They boasted of a cool atmosphere and decent food. They do have four stars so red flags should have been raised.

I decided to give it a try. My husband and I headed over on a

Wednesday at 530. The place had a moderate crowd with plenty of seating available. The Happy Hour Menu was decent. I grabbed a Pilsner, and he got a basil bunny cocktail suggested by our waitress. His drink was made well. I do not like the taste of hard alcohol, and I didn't taste the Titos in his at all. The drink was damn good!

We settled in and took in our surroundings. It was a decent atmosphere, nothing to write home about, but that was because all the long tables in the front with the huge windows were taken. We were seated in the back to the right. We started with the fire in the hole wings. They were great. Super duper crispy, like east coast Chinese food wings but, spicier. For dinner, I ordered a steak

sandwich, and he ordered Dead Presidents Mac and Cheese and added brisket.

My steak sandwich didn't have enough cheese on it. I was disappointed because I love a good steak, cheese, and pepper sandwich. However, when I went back and reread the menu the title of the sandwich said Steak Sandwich, not steak and cheese, so to be fair, I suppose the sandwich rang true to the title. My husband's Mac and Cheese was not good. There was ZERO flavor to it. It was completely tasteless.

The service was decent. The waitress was prompt taking orders and getting us our drinks. The place was ok; it was like any other bar. Except for the flies and outdoor patio. The flies were insane, and I know it's not their fault, but there was no way I could write a review without mentioning them. The patio, I didn't know they had one until I was looking up the name of the cocktail on their website to write this review. I love bars with patios and wish we were informed upon entering. I don't imagine I'll be back, but, for people living in the area, this place would be a convenient hang out spot.



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So, should you be using cannabis to self-treat the little bumps and scrapes that are starting to occur with more and more frequency as you're hurtling towards a significant psychotic episode, it would be possible for a concerned parent or confused teen to quickly make a correlation between the two and mistake it for causation.

The British Medical Journal published a study in 2011 linking a high childhood IQ to future illicit drug use, particularly among women. And there are established links between a high IQ and the onset of Bipolar Disorder and with elevated IQs and family histories of psychiatric issues. So it would seem it's a more complicated equation than people have assumed in the past.

To make any kind of landmark discovery, longitudinal studies are required. A longitudinal study is when the same group of individuals is tested again and again over extended spans of time. In April of 2016, one such study surfaced from JAMA Psychiatry. It found, by analyzing roughly 35,000 respondents over the age of 18 every three years, there was no causation between marijuana use and mood or anxiety disorders. It did, however, conclude there was a correlation between marijuana use and other substance abuse.

Often known (and mocked) as the "gateway drug," these findings fall


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Image provided by Nate Whitsell.

Talk With 3D

By Nate Whitsell

IG: @sdloveshiphop

I hope you enjoyed the latest visual release from SD Hip Hop representative, tattoo artist and member of the Red Lotus Klan, 3D, produced by Ethyx and directed by Platform Collection curator and photographer, KillcREY. One thing our genre is always reminding us of is that we are seconds, inches, just a few decisions away from watching all we work for - whether family, faith, fortune or fame - slip away. Hip hop culture is a culture created in response to struggle, to strife, to the slipping away that is sure to take place in this life and has become an outlet for many of us to wrestle with that adversity, be it internal demons or external forces. In all honesty, we each have a measure of both internal struggle and external hardship dealt to us, and honest music broaches those realities with steadfast sobriety. As you may have guessed, and will be convinced of after spending time with 3D and his catalog, he is an artist committed to this kind of honesty, both in life and art. With his inner demons and his outer obstacles on his sleeve (literally, in some cases - he is "Tatted up and Blasted" with symbols of his story), 3D shares a bit of his journey with us here. Enjoy.

Nate Whitsell: Who is 3D?

3D: A father, an emcee, and a tattoo artist who loves to create in

all forms.

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

3D: Hip hop has changed how I view life! It's a culture where I found my place, where I'm accepted for who I am. I get to express myself with artistic freedom. From being a young b-boy, to a growing emcee. Now, the influence of graff and art helps to shape how I create tattoos. My lifestyle is music and art!

NW: Let's begin with your beginnings. In an interview from about five years ago, you share that your big brother was your mentor, your rabbi in hip hop. What was that moment when you were seeing his involvement in the culture, and you thought, "this is me, this is what I'm about"?

3D: When I started seeing people's reactions after I would rhyme or spit. I wanted to keep getting good at my delivery and patterns, just so I would stick out as an emcee in any cypher. Also, being a young Mexican with soul, my music was not your typical "Chicano Rap." I wanted to be the next Qtip, Nas, Big Pun.

NW: Once you began taking steps to be a contributor to the culture and not simply a fan, what was one of the first experiences you had that encouraged you to keep making music?

3D: I was put on vinyl in early

2000 by Madd Joker. We won Best Hip Hop Album of the year! That made me realize anything is possible and it taught me to hustle independently as an artist.

NW: Here we are, decades later, and you continue to build your catalogue, and to grow as an artist. What keeps you motivated to create?

3D: The people! They won't let me give up! Also, with so much wack shit out, it's almost my duty to keep dropping music with substance. I'm always having fun doing music and getting out of my comfort zone. Don't wanna keep doing the same shit over and over. I have to grow and think out the box.

NW: Before I get too immersed in the present, I want to look back with you a little more. You have roots in a very well respected San Diego hip hop collective, the Red Lotus Klan. Can you explain how you became a part of the RLK, a bit about the dynamics of the group, and what we can expect from RLK moving into the future?

3D: RLK is Big!!! From NYC to CA! My boy ScvttterBrvin is the founder. He actually brought me in. I owe him a lot; he took the time to produce me, vibe with me, and spent countless sessions in Logan Heights and Sherman in his lab. We have so many talented emcees, producers, and graffiti artists in RLK. It's where I feel at home!!!! Also Dablin Souls is my actual group (myself and Vernon Bridges)

NW: It seems like the member that you are most actively involved with right now is one of the producers, Infinity Gauntlet; what about his production draws you to it? What does his production pull out of you?

3D: He produced the REAL LOW KEY album I dropped a few years ago. Incredible production. He is like theatrical with the ways he puts music together! The entire project he hand picked samples specifically for me and my style. He brought out the 3D, the emcee, with the unorthodox style I'm known for. Very RAW, GRIMEY, PROJECT INDEED. Very blessed to have him in my corner.

NW: That being said, you also just dropped the for "Slippin Away,"

produced by ETHYX. First, what's the track about, what's it saying? Second, how did you and ETHYX link up, and what makes him an exceptional producer? Finally, does this release mean that there is a bigger body of work we can expect from you in the near future?

3D: Yes. This song is available on our album Being Human Is Boring, which dropped in 2016. It's available on Spotify, Bandcamp, etc. Ethyx is incredible! He produced this song "Slipping Away" which is about my relationship with the mother of my kids. Reality music! Very personal song about our relationship, the ups and downs. A lot of people in relationships can relate. And yeah, this song is all singing; I decided not to rap. Crazy thing is, the entire album is boom bap and underground hip hop. I wanted to throw this song on the project to kind of catch people and listener's off guard!

NW: I want to go a little deeper into your answer to the first part of the previous question. Are there demons that you wrestle with that cause thoughts like your beautiful family slippin away? If you're comfortable sharing, what are some of those demons, and how do you deal with them?

3D: Yes, I got demons. I have hate in my heart from others doing me dirty in the past. It puts me in a bad place, a dark place. Almost like fuck the world type shit, but then I see my kids and my lady trying to put a smile on my face and I can snap out of it. Love over hate.

NW: Thanks for sharing a pretty personal piece of your story. Now, set's take a little lighter, surface approach to the song. Stylistically you make a ballsy move and sing/melodically rap as you mentioned earlier, which isn't necessarily what you're known for. What about the content made this delivery more appropriate? After recording it, what were some of the thoughts that went through your head?

3D: I did it in melody fashion. Felt natural to me. I did it in one take. Wasn't going to release it; I was kind of shy about it. I didn't want to be judged. But I finally said, "F*** that, it's me and I'm honest with it. Drop that now!"

NW: Alright, now let's transition to what you have coming up. In the lead up to this interview, you mentioned you have a project dropping soon. Can you tell us a bit about it? Is it going to be produced by some of the names we've become familiar with as you've shared?

3D: Actually no local producers. I'm dropping kind of an EP - 6 songs with my good friend and engineer, DJ SLAYER (Vizion Records). I consider this my 1st mixtape. All of the rhythms are reggae or ska tunes from records, live recordings, or bands. We will be releasing it as a free download. Basically, it's an experimental project we did together. Dropping on July 21st, this SUMMER! The project has a California vibe, well if we were an island. Low riders, palm trees, BBQs, and energy, it is all good vibes. I feature only two emcees on this: Chuuwee and Max. Unfortunately, it's still untitled, so stay tuned!

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

3D: I respect honest people and honest music - honesty goes far with me.

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 artists who you see as comrades and who you also see as helping to progress the scene?

3D: VEKS from my crew stays hungry and building. Also Ryan Anthony. My Boy Obnoxious. My boy Don Julio from The Avenue (PUSHN CLOTHING); he always supports local music: TheAve sells local cds, still to this day. A lot of talent in San Diego. I don't pay attention to the hate in the city, I'm too busy having fun making music and laughing.

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

3D: IG @3dtat2artist



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LOL Edibles

1800 MG Choco Krispie.

By Cara Anderson

IG: @carajojo

My mom recently moved to California, and her perceptions of weed have without a doubt changed. I took her to her first dispensary the other day, albeit an illegal dispensary, but that didn't bother us in the least. We signed up for memberships and ended up leaving with two snacks by LOL Edibles, as well as two pre-rolls. The shining star of our haul was an 1800 mg Choco Krispy, and we also snagged some Chilli Cheese Fritos.

My mom and I have been cracking up every day; LOL Edibles is appropriately named.

The LOL Edibles Chilli Cheese Fritos packaging is busy but in a pleasing way that is still attractive. The bag is so small, which is a sensible move. I can't be the only one that turns snacking on chips into a full blown meal. The Fritos were all broken, disappointing presentation.

Anyways, the chips were crummy looking, but they taste just like Chilli Cheese Fritos with a tinge of weed. These Fritos were made with 300 mg of Liquid Coke Indica. I feel lovely so far.

You may be wondering why a rice krispy is the shining star, and it's mostly because it's ignorantly huge. It took the Budtender a few times to understand that I wanted the Choco Krispy, not the regular krispy, and not a chocolate brownie, I digress. The giant Choco Krispy looked unloved in the glass case; situated beneath a regular rice krispy treat, I expected it to be stale, but it tastes perfect and isn't dried up. The Choco Krispy packaging is simple and plain, and the type of weed that was used in the krispy treat isn't listed. I feel light and fluffy from bites of the Choco Krispy; no paranoia and no sluggishness.

I suggest buying a bag of non-medicated Fritos to munch on if you're anything like me. I'd love to kill the bag of Fritos right now, but I'm trusting my better judgment. Tomorrow, I'm going to sprinkle the rest of the Fritos on a kale salad. Life is all about balance; yin and yang, kale and Fritos.

*Disclaimer: My mom makes me laugh when I'm not high, too.



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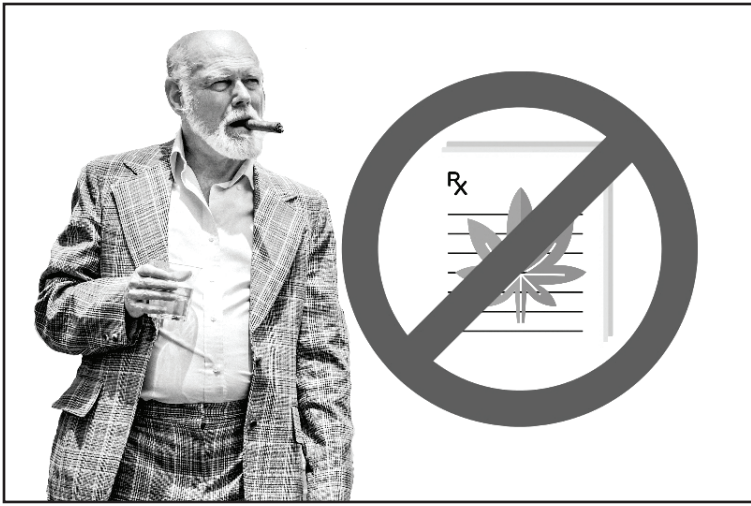
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The author's dad could be a fake news reporter.

Dad Facts 2

By Maddie Allard

IG: @bad_elyn

In my last article, I made one thing pretty clear – I've spent most of my adult life disappointing my father. I know it's a pretty heavy statement, but trust me. It gets even more interesting than that.

Not too long ago, he gathered the family together to talk about my "alcohol problem." They all sat there with concerned looks on their faces, telling me how worried they were, and how I should consider AA. Apparently, it's unacceptable for a twenty-something to engage in social drinking and share the highlights of those experiences with their parents. We all drink wine while watching the Bachelorette, right? Isn't that the whole premise of the show?

Either way, I exploded.

In a fit of anger, I stormed out of the house, leaving my family be-

hind in the tornado of my emotions. It wasn't until days later when my dad was admitted to the hospital for serious and unknown health issues, that we finally talked. We came to an agreement that no, I do not have a problem. I'm actually just a normal 24-year-old who enjoys the occasional margarita or ten.

I understand the root of my dad's concern. At 20, I was diagnosed with depression. My condition peaked post grad when I would dissociate to the point where I was having bi-monthly breakdowns. As bad as my condition was, I somehow knew the right moment to call my parents – at three o'clock in the morning – while resisting the urge to break any objects I could find to cut myself open. I wasn't feeling, and I needed to feel.

As horrifying as this is to experience, I can't image how awful it must have felt to be my parents on the other end of the phone during those moments

Ever since those calls, my dad is

concerned that every decision I make will be bad for my depression, especially those he is morally opposed to.

- Vegetarianism = is horrible for depression.

- Bisexuality = bad for depression (I'm now dealing with twice the rejection).

- Weed = SUPER terrible. Like the absolute WORST for anyone who even thought they might be depressed at any given moment in their life.

This brings me to the point of my article.

Dad Fact 2:

Marijuana Is Horrible for People With Depression

It's a miracle I haven't jumped off a building in a raging fit while stoned. Caffeine may make me disassociate, but one puff of Mary Jane sends me straight to Beelzebub.

Did you know that every time you breathe in marijuana, you are causing your brain to produce less dopamine? It's so bad that if you smoke one joint every month for 12 months, it's equivalent to the demeter's kiss. That's right kids. Puff the magic dragon and watch your soul leave your body while you become a human bowl of Jell-O.

Honestly, it wasn't the weight of joblessness right after graduating college that sent me down a depression spiral. I wasn't feeling inadequate or helpless. It was all

that weed I was smoking. That's a simple fix!

Those who medicate themselves with marijuana? Why, they are just misled by the queen hippie of California herself, Nancy Pelosi (I told you everything was her fault.)

Hearing all this from my dad makes me wonder: if marijuana is so bad for people with depression, then why do so many states allow it for medical use for a similar disorder?

The Reality of Things

This time I began my Google search (reliable I know) looking up what each state lists as medical conditions that can be treated by marijuana.

Although depression didn't specifically pop up, a condition that I've experienced did. This condition is Post Traumatic Stress Disorder (PTSD). This disorder is mental/emotional stress as a result of injury or severe psychological shock. People experiencing PTSD can suffer from flashbacks, anxiety, and depression.

So how does marijuana help people with PTSD, and can the same effects be applied to depression? As of now, MAPS (Multidisciplinary Association for Psychedelic Studies) is working on a study, despite previous government roadblocks, on the effects of THC on those who suffer from PTSD.

One thing that MAPS found is that those who suffer from PTSD have lower levels of anandamide, an endogenous cannabinoid compound. By consuming THC, these

levels can be raised.

When it comes to depression, although it is a different condition from PTSD, it affects the same area of the brain. This endocannabinoid system can be treated faster with cannabis.

Now, it's important to remember that everyone's chemistry is different, so different treatments are (and aren't) as effective. Personally, I'm going to stick with my meds. They've improved my life immensely, and I'm not about to change that. Will I partake in some canna-business once and awhile? Yes, and I'm not going to worry about it effecting my condition.

The reality of things is, I will keep up with being a mostly-responsible twenty-something who suffers from normal twenty something problems. You know – crippling student loan debt, finding where all the gay girls are hidden, the fact that our coral reefs are dying at an exponential rate, and that there is a large population of my peers who want to do nothing about it all.

At the end of the day, I'm still going to go to my parents' house and bitch about these issues. My dad is going to respond with a series of "dadternative facts," and I'm going to storm out in frustration. But, I'm still going to keep coming back. After all, I'm glad he is there for me to talk to.



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Ario Portable Dab Rig

By Seth MacKenzie

IG: @culinaryanarchy

I'm just going to sum it up; the Ario Portable Dab Rig is the equivalent of a sawed off shotgun for heavy cannabis users on the go. This portable dab rig is a true one hit wonder for even those with the highest of tolerances as well as a great way for people to try concentrates without having to use a nail and torch.

Honestly, wax, shatter, etc. kind of scare me. I prefer flower and have recently been getting into the disposable vape cartridges.

Portable dab rig by Ario Vapes.

Those pack a punch but are nothing compared to this. I see the appeal and have a lot of friends who would swear by this device since it's both reliable and portable. The other nice feature with this is that the bottom unscrews to reveal a silicone stash jar that easily holds over a gram of wax which is more than enough to get you stupid high all day.

When I first got it, I was both a bit intimidated and impressed. Appearances matter and this unit arrived in a sturdy little box that makes a great case for it when not in use. You get a coil in the unit, two back up coils, a USB charger, and an instruction manual. I've never owned a cannabis consumption device that required the

need for an instruction manual, but this did, and I had to read it.

Ultimately it's a battery, a coil, a magnetic dabber, and a cover. Out of the box, it comes with enough battery power to get you stoned while you wait for it to charge fully. To use, you simply unscrew the top cover and pop off the dabber, load it up and put it back on with the cover. Hold the power button down for a few seconds and hit it slowly at first until you get used to it. If you hit it too hard, it will put you on your ass as it did with me.

Fully charged I have no doubt this unit with easily outlast even the heaviest of users and I can only think of one person for whom battery life might be an issue. No big deal since it charges via the same micro USB you probably have sitting next to you.

It's a solid, well-built piece that isn't heavy or bulky at all and weighs only 3.2 ounces or half as much as my cell phone. In terms of appearance, it's clean, minimalistic and doesn't stand out. At the same time, it's sleek without being flashy. It looks confident, not cocky.

This is not something I would bring to work. I love cooking stoned, but this thing could easily

make me worthless after one too many hits. That being said, after a long night when I want to get stupid more or less instantly, this device does the job.

While it's marketed as a portable unit, which it is, this is also a great stand-alone device for people who want to try concentrates without the torch and nail. It works well and is easy to use and is perfect for both the heavy and casual users.

The only drawback that I've found with this unit, like every other unit of its kind, is that the coils burn out at some point and need to be replaced. This is a minor issue, however, and the coils are high-quality ceramic, built to be used. I'll update this after I burn through the three that came with the unit but they will most likely have a better model by the time that happens.

Overall I wasn't looking forward to reviewing this, but it was able to change my mind about concentrates. It's easy to use and is much better built than other, similar units I've tried. It's clear that the people at Ario Vape are more interested in building a reputation as a solid brand with reliable products than making a quick buck. It won't get used daily since I

have to be at least semi-functional sometimes, but when I want to become one with the couch for a few hours, this does the job.



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

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Edibles Magazine 4th Anniversary Party
 July 28 @ 8:00 pm - 11:00 pm
 The Federal Bar 5303
 Lankershim Boulevard Los Angeles, CA 91601

710 College Cannabis Cultivation & Oil Processing Workshop
 July 29 @ 10:00 am - July 30 @ 4:20 pm
 Hitman Coffee Shop 659 S. La Brea Ave. Los Angeles, CA 90036

Cannabis Capital Networking San Diego
 August 1 @ 6:00 pm - 10:00 pm
 La Jolla Brewing Company 7536 Fay Avenue, San Diego, CA 92037

Highlarious Comedy Night: Medi Mike pre birthday
 August 2 @ 8:00 pm
 Hollywood Hemp Museum

HempCon: Canna Games
 August 4 @ 4 pm - 10 pm,
 August 5 @ 11 am - 9 pm,
 August 6 @ 11 am - 7pm
 Cow Palace 2600 Geneva Ave, Daly City, CA 94014

Skyline Sesh: Barnyard Edition
 August 5 @ 3:30 pm - 9:30 pm
 Barnyard Nursery TBD day of event

Sol Comedy Night: 18+
 August 10 @ 8:30pm
 49291 Grapefruit BLVD
 Coachella, CA 92236

City of Lemon Grove City Council Meeting: Appeal hearing for 3 Dispensaries
 August 15 @ 7pm
 Lemon Grove Community Center 3146 School Lane, Lemon Grove CA 91945

Cannabis Community Carnival
 August 19 @ 11:00 am - August 20 @ 9:00 pm
 San Bernardino, CA

Cannabis Cooking Experience - Los Angeles Edition
 August 25 @ 7:00 pm
 Los Angeles, CA

Cannabis Science Conference
 August 28 @ 8:00 am - August 30 @ 5:00 pm
 Portland, Oregon

Cannabis World Congress & Business Expo
 September 14 @ 8:00 am - September 15 @ 5:00 pm
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By Medicinal Mike Boris

IG: @medicinal_mike

Aries

The guy handing you a joint doesn't have a smile on his face. When people send negativity, you can choose not to accept it. Live life for yourself and make sure every puff comes with a smile.

Taurus

Watching a friend ruin their garden when you have the knowledge needed to help them is just

as bad as ruining it yourself. Lend a hand it feels good whether they deserve it or not

Gemini

You keep taking dabs from that nasty rig; then you choke, then you dab, then you choke. The only way you're ever going to stop choking is to stop hitting that nasty rig that isn't treating you right. Have some respect for yourself.

Cancer

This is the week to not hold that hit in. Let it out no matter who coughs from your exhale. Holding it in only makes you hurt inside. Clean those lungs.

Leo

Happy Birthmonth! When you give the world such potent edibles without warning, some may not have the chuckle in common with you over this event. Make sure you take medicating friends responsibly.

Virgo

Get out and tend to those plants.

You crop is where you get your love from and neglecting them will only shorten your time with them. Grow every day like it is the last and every day will grow with you.

Libra

You took a dab way too big but time to pony up and clear that bong. It may hurt a bit, but the hard work will pay off in the long run.

Scorpio

Just saying you can grow and hiding behind that badge will do nothing for your garden. You can't talk a plant into budding. You have to get your hands dirty again because... what have you done lately?

Sagittarius

Dang, you taught your buddy how to make some delicious medicated cookies. You spent all your time in their kitchen going step by step over the process. What a beautiful turn out... until you get home and you have no cookies of your own.

Capricorn

Some days it seems like no matter what edible you try your tummy doesn't agree. Don't blame the brownie; it is your tummy that needs the attention. Sometimes you have to care for yourself and don't rely on cannabis for everything.

Aquarius

Hey, somebody switched your good herbs for some schwag! You may want to blame a partner, but it wasn't them. Sometimes you just get too buzzed and forget where you put things. Think before you react.

Pisces

You tend to hold the joint all day and tell the greatest stories. Sometimes people just want to get medicated and not listen to your version of Pineapple express. Clam it up and pass the doob you are wasting the day away.



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



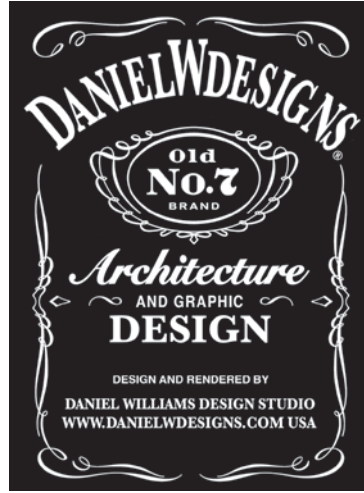
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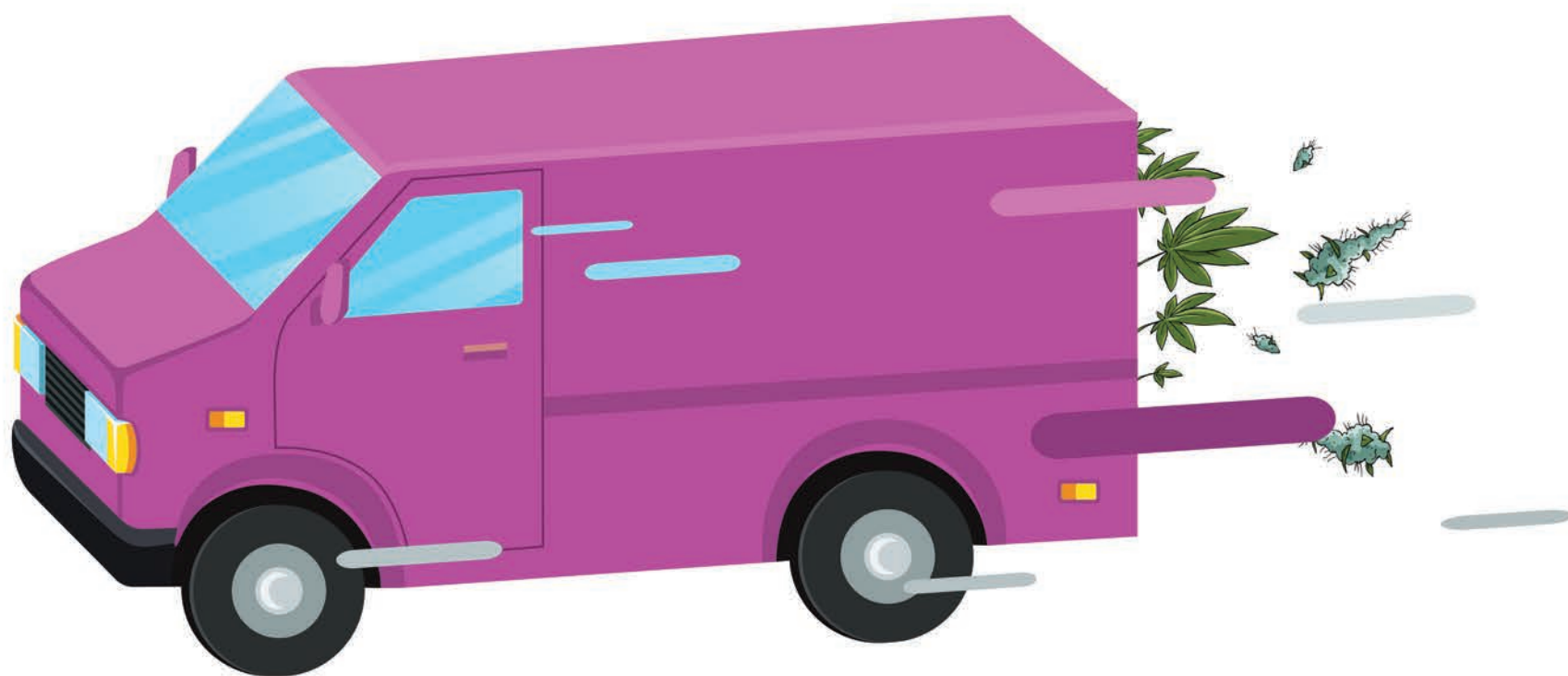


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