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Emerald

M A G A Z I N E

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Bud & Breakfast

*Highway 36 is Gearing up for a
Smoky Scenic Getaway p.12*

Cannabis Culture Review

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Written and devised by the Dell'Arte theatre company, the show was produced on the stage to great acclaim in 2011 and 2012. Now, working in collaboration with an Emmy-nominated filmmaker, it is being adapted into a movie. Fifteen original songs, written by artists and musicians living in the Emerald Triangle, will be interwoven with documentary footage of the real world of Humboldt County, telling the whole story of an industry, from the inside.



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For its three years of existence, *The Emerald* has admittedly shied away from the green elephant in Humboldt's room. Our thought had always been that we were promoting another side of our beautiful region but over time it began to feel as if we weren't truly reflecting the region we've chosen to call home.

So, why fight it? As of this issue, *The Emerald* will begin to embrace our local cannabis culture in all its forms. This is a big step in my personal journey. Three years ago, I started this magazine motivated, in part, by a marijuana-related arrest. On the morning of January 28, 2012, I awoke to pounding on my front door. Barely dressed, I opened the door to find officers with the Humboldt County Drug Task Force standing before me. They raided my house. I was hauled off and booked on the charges of: possession of marijuana, possession of firearms in the commission of a felony, and harboring a room for drug manufacturing. I'm still shaken by the conduct of the officers, which to this day, I feel was inappropriate.

Later I learned that, prior to my arrest, my then boyfriend had been detained (never arrested) on an Amtrak train with \$72,000 which led the police to our Arcata home, where an additional \$50,000 was discovered. The next nine months were agonizing. I endured public shaming in all its various current forms, a suspension from school, and the judicial process. My relationship with my boyfriend deteriorated. I lost a lot of weight. I was never diagnosed, but I developed something akin to post-traumatic stress disorder and a pain that has never quite gone away. Long story short: In the end, my charges were dropped, my firearms returned, and the court cut me a check to return the assets seized from my bank account.

Now what? My patience and strength were tested, and I wanted to prove I was more than a mugshot.

Perhaps in reaction to my personal trials relating to my proximity to the industry, when I launched *The Emerald*, I wanted it to chronicle a Humboldt County that was much more than the marijuana Mecca it's almost always portrayed as. And in that, the magazine was absolutely a source of therapy. I'd be lying if I said the anguish surrounding my arrest still doesn't get the better of me, but building and developing this publication has kept my mind busy and occupied. It's easy to become mired in hate for people you feel have wronged you. It's easy to resent your past. It's easy to lose sight of the future that's still ahead of you after reaching bottom.

Confession, Marijuana is a part of my life. It's also a part of this community. It's time for my magazine to acknowledge both.

The Emerald has allowed me time to heal, and in that spirit I want to try something. There are many residents of the Emerald Triangle that have had harrowing experiences with law enforcement as well as faced crippling repercussions for associating with a plant. Let's do this: If you've been raided, and would like to share your story, please don't hesitate to contact us. Maybe, if we get enough responses, we'll start a monthly feature called "My Bust." With our stories we can bring awareness, and hopefully closure, to those who have been effected.

Sincerely,

Christina E. DeGiovanni

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Letter from the Editor



The Emerald Magazine is Northern California's cannabis culture review guide for business, medical and lifestyle trends. The magazine is based out of Humboldt County, California and circulates through Del Norte, Humboldt, Trinity and Mendocino counties. The magazine features events in the Northwest, as well as regional and national news, travel destinations, laws, recreational use, product reviews and medicinal coverage.

The Emerald highlights change in the industry by bridging the gap between the cannabis community and the media. The magazine intends to educate and enlighten the public on social, medical and on-going advancements, and works to establish a public tolerance and awareness as we move towards the age of legalization.

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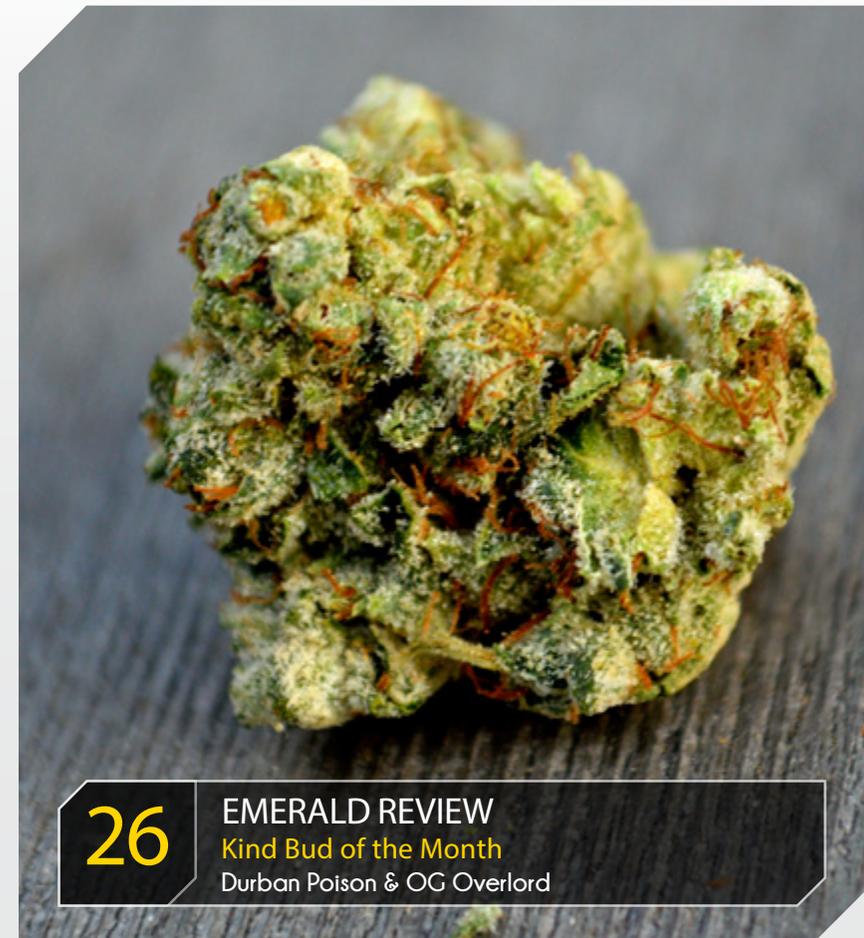
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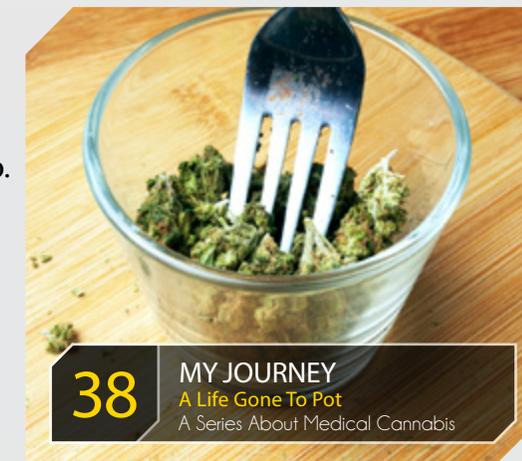
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CANNABIS CULTURE REVIEW



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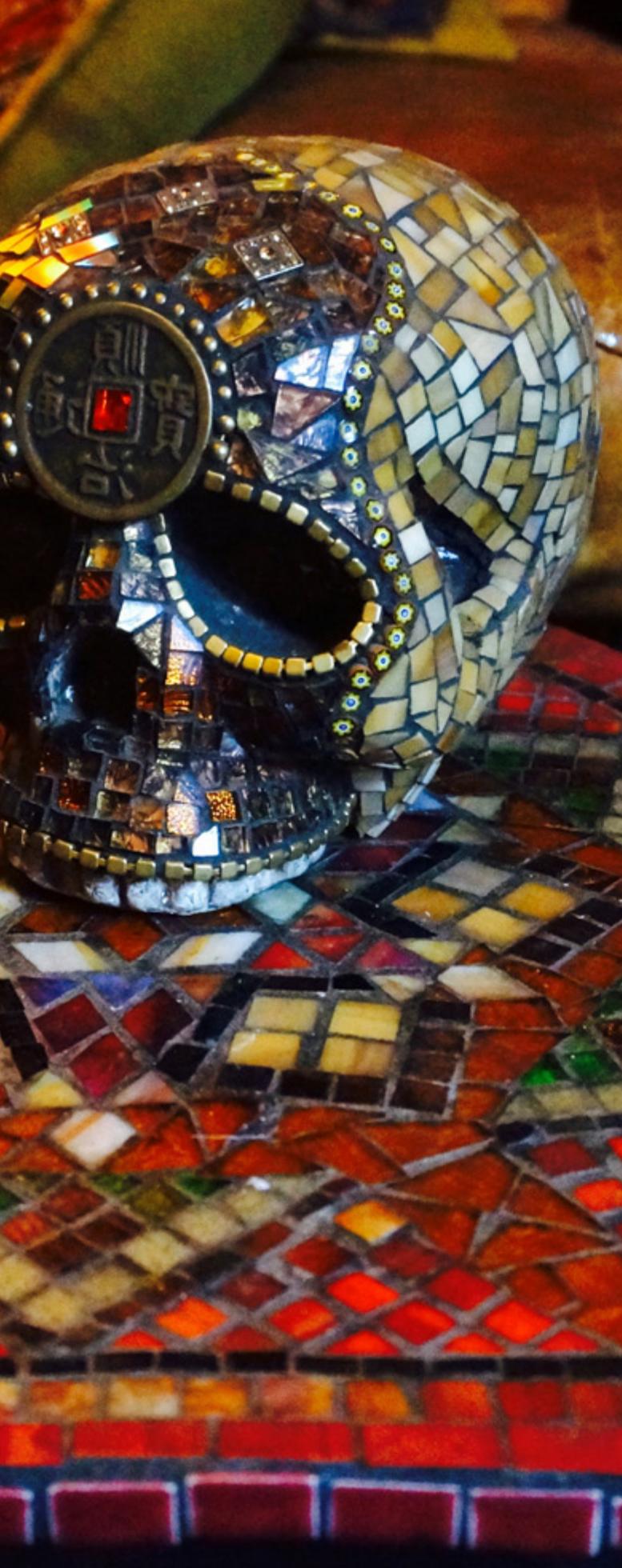
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By K. Wheeler
Photography by Bob Doran

The coastlines along the North Pacific Ocean have more than a few cities nestled between their dunes and coastal mountains. There is one, Arcata, that you can find on the ocean's eastern border, a little more than halfway to the equator from the North Pole. It is a wet, green locale. Some people are drawn to this place, as people will be, whether they know it or not. Traveling enchantment. Within this city there is a home that is a living, glittering, work of art: The realm of Our Lady of Mosaic.

The eyes always recognize her powers, following the pieced-together colors and textured material. She is finishing murals on the Seascapes Restaurant for the Trinidad Rancheria. There are scenes on the trash cans at the Arcata Plaza, and mosaic murals fenced along Wildwood Music and Los Bagels. There is a turnaround thick with tile art just up a few blocks from there on 12th Street. But once a person walks onto 11th Street the residence is obvious, and the turnaround will wait. Light dances here; it winks, reflected in all sorts of subtle angles. It is caught up in infinite variation by pigment and material. There, at the very beginning of the lot, arrangements of tile, found treasures, and broken bits of everything come together as a piece. They fill neat rectangles mounted on the fence, '948' above the open passage in.

Soft water sounds come from ponds facing the street, the sidewalk, and the south. An intricately-tiled great blue heron stands, as they will, like a statue in the water. Koi dart under lily pads as visitors step across the bridge, monkey on the railing, to the partially enclosed front porch. A beautifully tiled bench and walls are recessed next to the front door. Our lady loves her steampunk screen in front. Most people miss it. Well, most people miss so much here, they are so busy finding and seeing. To the west of the ponds is a driveway for a car or bikes. It unrolls pavement into celebration, mosaic walls and statues and mountings and flowers. What was once a garage opens into the local classroom, lined with working surfaces, glitter, glam and color.

Laurel Skye has tended here for just shy of 20 years, Our Lady of Broken Pieces Put Together Anew. Our Lady of Encouraging Inspiration. You will find her still, giving intentional, special touches to every square inch of everything she lives in and finds, like weaving prayers, connecting, coming together. Her daughter, Marley, goddess of intricacies, lives and

Our Lady

LAUREL

SKYE

She is a writer, musician, sculptor, and portraitist, all contained behind dark lashes. Our Lady, Laurel, is all sorts of an artist. She is a natural host and teacher. "I like entertaining because I like people," Our Lady says. She is a believer. "Follow your own bliss and know what



you love to do. If you run out of rice the universe will give you noodles." A bit before the last mid-century she was born in the sign of Gemini in Chicago. Her family moved to Hollywood soon after. She tells of a mother who sang and a father who played sax. They met at a dance. Russia and England were their backgrounds.

A brother who was 10 years older than her meant so much to our Lady. He was a musician and a music producer. During her youth she loved hanging out at his house in Laurel Canyon, where people like Jim Morrison and Sly from Sly and the Family Stone would stop by. He brought her backstage at all his shows at the Troubadour and the Ash Grove, where she met countless artists. It was a time when people wanted to be a hippie, and hippie was a brand new thing to be. She loved to play guitar and sing in coffeehouses. Her life took a path of wonder and adventure as naturally as bees make honey. "What other way is there to live?" Our Lady muses. She holds her pointer finger and thumb a pinch of an inch away from each other in the air and says, "We have this much time." And, walking into her home, taking her classes, coming in contact with her spirit – a common person may chance to realize there is no common person. Yes, what other way is there to live? People from all over the states and all over the world have stayed in her home. A year ago, they became an Airbnb; guests come and stay in the upstairs suite, with rooms full of all sorts of art and instruments and mosaic creations. The phone is a rotary dial masterpiece of mosaics. There is a shrine from Brian Sprowl. Our Lady of the Tile's book, *Mosaic Renaissance*, is dedicated to him. Then there is the Diva Bowl made by Julie the Las Vegas showgirl, who passed on about two years ago. She was past 70. She had found Our Lady Laurel Skye and come to stay with her numerous times for workshops. She called and asked Laurel for a cremation box "for a friend". The next day the Diva Bowl was in a FedEx box on Laurel's front step, full of pres-

ents. Julie passed within the week. There are display shelves full of mosaic bottles, clocks, skulls, hats, shoes, boxes, and tape measures. The plates, pillows, walls, blankets, portraits, instruments, windows, floors, appliances, cremation boxes, sinks, toilets, silverware, mirrors, shrines, purses, furniture, light switch plates, if you can mosaic it... Dharma the friendly dog wanders around with a little ponytail so he can see from underneath his long hair. "There is an abundance out there. I truly believe everyone has the ability to make art," she says. "That we just get disconnected from that river of energy and juices flowing constantly in this universe, that's why I like being a teacher, because I can be a guide to reconnect you. It really isn't about mosaics. I just throw that in the cracks. You can start anywhere in mosaics and go anywhere."

Through the front room and kitchen, past the classroom entryway full of tiles, and along the hall under the mannequin, there is a deep alcove full of mosaic supplies. This is the store. When they are home it is open. "If I'm alive, I'm open," she says.

Our Lady of Mosaic is sought all over the world. Half the year is usually spent traveling. Every year they go to the Village in New York (their favorite place) to teach workshops, as well as Puerto Vallarta, Montreal, and a little hill town outside of Florence. They have their favorite venues for entertainment and shopping and food. Between their annual workshops are all the rest of the destination workshops they are asked to do. Everywhere they go they find regalia to add to the creations.

If a visitor were to pass through the hub of the house to the other side, a little-used greensheened brick walkway leads to the back third of the lot. Here is another, larger pond and a few big trees. There is a sense of a piece of another world set down in the middle of Arcata. That is how the house feels too, but from different worlds, glued together, real estate mosaic. This part of the property evades your attention, almost on purpose. Soothing, still, quiet, let be. Just as the home is full, moving, creation and production. www.laurelskye.com

ents. Julie passed within the week.

There are display shelves full of mosaic bottles, clocks, skulls, hats, shoes, boxes, and tape measures. The plates, pillows, walls, blankets, portraits, instruments, windows, floors, appliances, cremation boxes, sinks,



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HWY 36 When a traditional bed & breakfast just doesn't cut it, visitors will soon have the option to experience a magical getaway in the mountains of Humboldt County's Highway 36.



While the owner of this soon-to-be Bud & Breakfast wishes to remain anonymous until marijuana is legalized, the construction of the cabins are already underway. "This retreat will be built from within the structure of a self-reliant homestead," says the owner.

One of the more remarkable parts of this operation comes from the heart of the property, which is completely self-sustainable. "Guests can eat fresh fruits,

vegetables, and berries if they are in season, and can expect to go home with a basket of food that's been produced and preserved on the farm, which includes two or three different types of fruit or berry jam, homemade pickles, relish, chutney, pesto, a dozen eggs, home-pressed apple juice and possibly in the future homemade wine."

In addition to these delectable items, guests can expect to try fresh baked bread and locally produced



cheese, honey, and smoked salmon and/or sausage. "The walls of the cabins will be built with milled wood from the property itself. The floors will be lined with high-end tile and granite, and the retreat will run off of solar panels with a hot water system in place."

To say this property is sustainable on food alone would be an understatement. This rustic property successfully functions without the influence of mainstream society. If

Every guest will be provided with high-end organic marijuana.



image by © Paul Delmont / Stock Pot Images, LLC

camping is your ideal getaway and you've been searching for a one-of-a-kind experience, this Bud & Breakfast may be the answer you were looking for all along.

In addition to the food and accommodations, marijuana is also on the menu. Humboldt County is known for some of the finest green this side of the grass has grown, and the

Bud & Breakfast will provide visitors with multiple samples of fresh, organic herb, free of pesticides and other harmful chemicals.

To top the experience off, visitors will get a gift basket to take home with them. There will be a few brightly colored jars filled with the property's crop, allowing you to take part of the experience home.



(above) image by David Michaels / Stock Pot Images, LLC

Sherae O'Shaughnessy
Columnist

It is no secret that the dating pool in Humboldt County is shallow. When it comes to meeting a new, potential mate, it's slim pickin's out there. On top of which, everyone knows everyone. Rather, everyone has dated everyone. You can hardly throw a rock without hitting someone your best friend went on a terrible date or drunkenly hooked up with. I have plenty of single friends who openly share grievances and horror stories about their quest to find love in Humboldt. And although I can't force more eligible bachelor or bachelorettes to relocate behind the Redwood Curtain, I can make a few suggestions to those of you playing the dating game that may improve your chances of finding that special someone. Following is a list of do's and don'ts suggested to and by me. Pay attention, this is the important part.



The High Life The Dating Game

DO!

1

Take pride in your appearance. Bathe yourself, iron your shirt, put on your clean yoga pants with "Twerk" on the butt, rub a little extra patchouli on those dreads, wash your "Train Wreck" sweatshirt and aim to please. Let's not pretend that physical attraction isn't the first and more important aspect of catching a catch.

2

Use your manners. Open doors, "please" and "thank you", elbows off the table, take a breath and let the other person talk, avoid discussing politics or religion until after you're married when you're going to fight about everything anyway, and if I see you chewing with your mouth open I will call your mom!

3

Compliment! It's easy and it will make the both of you feel good. "Wow, I really like your Carhartt's. Those are nice Carhartt's." Or, "Are those new Uggs? Fantastic. They really make your calves pop." Now everyone is feeling confident and the evening is going swimmingly.

4

Give your date a fair shake. This town is rife with naysayers and gossip mongers. We've all made mistakes and we've all blown things out of proportion. Consider your past transgressions and how you'd like a chance to prove yourself before someone jumps to conclusions.

DON'T!

1) **Expect to have sex** on the first date. If it happens, cool. I'm not here to say you shouldn't do what you innately want to do but don't expect it. We've all told ourselves we weren't going to do it and ended up in the bedroom anyway. And, hey, if that's your jam- get it in. But the purpose of a date is to get to know a potential mate. The purpose of getting hamskied with your friends at a bar is to get laid. Two entirely different scenarios. Write that down.

2) **Talk about your ex.** Are you mental? Don't praise them because you could give your prospective companion an inferiority complex. And don't diss them because then it becomes obvious that you're a grudge-holding smack talker. Very unattractive. Just don't bring them into the conversation.

3) **Be a hot mess.** If you don't have your act together you probably don't have any business starting a love affair. No one wants a project. Under "hot mess" goes: Don't get wasted, don't over share, don't cry, don't talk about how many cats you have, don't forget to wash your Star Wars sheets and save the drama for the movies. Learn to mask your crazy like the rest of us.

4) **Don't drag your old** into your new. You may have emotional scars but that isn't this new guy/girl's fault. He didn't stand you up at the Wildflower Cafe and she didn't make out with your best friend at the Oyster Festival.



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The Singer

- Linda Stansberry

"I am actually, against all the odds, trying to make this my main income." Blase Bonpane is more than a crooner, more than a father, more than a music teacher. He's a Humboldt guy with a Humboldt style, and he wants to infuse your big day with some big groove.



Full disclosure: Bonpane is also my former highschool music teacher, and as such there might be a slight tinge

of cronyism to my review. But highschool is far behind, and when I stopped by to see Blase and the band at Redwood Curtain a few months ago, I was knocked off my almost-middle-aged feet by the funk throbbing across the dance floor.

With his dark brown eyes twinkling under his porkpie hat, Blase had the crowd tapping toes and nodding as he rolled out everything from classic soul to uptown funk. He has a sweet, smooth voice and understated style on the guitar, and a wide repertoire of songs from ballads to standards to reggae to protest songs. You can easily imagine him flirting your nana onto the dance floor.

Currently Blase performs with a few different groups, including a "Blaze and Blue" (jazz) and "The P-Town Freaks" (classic funk) The group's motto is "Inner Funk from Outer Humboldt." In case you were wondering, P-Town stands for Petrolia, where Blase resides along with his lovely wife and three children. Blase isn't just a wedding singer, he's the wedding singer, and as such his contact information can be found at thecaliforniaweddingsinger.com



Photo by Anna Villagomez

HM: If you had to sum up your advice about choosing a photographer in one sentence, what would it be?
LV: Know what kind of wedding you're planning and what you want. You can hire a good photographer but they may not do the kind of photography you're envisioning for your event.

HM: It sounds like good communication is important.

LV: Yes, there are many wedding photography styles: traditional, illustrative, portraiture, photojournalist, fashion, etc. Mine is photojournalist with a touch of conceptual photography. I always ask potential clients to look at my work so they know what to expect. For the most part my clients are appreciative of quirkiness and a more conceptual technique.

The Photographer

- Linda Stansberry

Leon Villagomez won't let us sing his praises. When speaking about his work, he often says the "photographer should be invisible." But all of the Humboldt Made members he's photographed have glowing things to say about his work and his personality and, well, we think he's the best. Originally from Guadalajara, Mexico, Leon earned an undergraduate degree in Finance and a Masters in Administration before returning to a lifelong passion for photography. Wedding season is the busiest time of the year for him, but he was nice enough to sit down for a few minutes and give our readers his best advice about how to pick the right photographer for your big day.

HM: Your work is great, but of course I know some people might want something more traditional—or something really wacky. Wedding photography has definitely changed a lot since the days our grandparents posed shoulder to shoulder standing perfectly still.

LV: Social media has become so important. We're showing part of our personality in whatever we share, so people want to make sure they get the right shot. Sometimes, though, people have expectations that they get from social media that their photographer can't meet.

HM: What do you mean?

LV: Well, unfortunately, Pinterest exists. So people will see something on there they like and they'll ask for that, instead of finding something unique. And sometimes the photographer can't deliver. The setting or the light won't be the same. And, honestly, you get what you pay for. If you hire someone for not a lot of money, they probably won't give you something that looks like an award-winning photograph you saw online.

HM: How do you work around these kinds of issues with your clients?

LV: My clients usually want me to do the kind of work I do best. I always say that brides should appreciate the uniqueness of their wedding, not get fixated on a certain way that someone else did it.

HM: Humboldt County is a great place do outdoor weddings, which is what a lot of couples seem to choose. Is that a particular challenge for photographers?

LV: I love it, but I often need some extra time to scout locations and plan photographs if I'm going to do something special. Any photographer you hire should be really honest and clear about what they need to do their best job.

HM: What if the bride cries during the ceremony? Can you still make it look good?

LV: Like I said, my style is that of a photojournalist. I'd rather have a photograph that looks real. Showing the moment is more important than a "pretty" photo.

HM: Well, your photos are beautiful. It seems like you really love what you do.

LV: I do. Weddings give you a story. There are a lot of emotions. That, for a photographer, is a dream. People will spend a lot of money on the cake or the location but, really, the photographs are the only part that last. They're a visual legacy.

Have more questions for Leon? Visit his site at Leonvillagomez.com
Are there other professionals you'd like us to interview for our Event Guide?

Email jodie@humboldtmade.com. www.theemeraldmagazine.com 15



Kind Solutions

Written by Janet Riddle

On a seemingly very long and dry Tuesday afternoon, I decided to place my very first 215 delivery order from Kind Solutions delivery service. The easiest way to describe ordering from Kind Solutions is that it's similar to ordering a pizza: Call, give an address, and place an order with a \$40 minimum and legal 215 prescription.

I have to admit, after my first purchase from Kind Solutions, I couldn't wait until my next delivery.



Customers, please be aware that certain areas outside of Eureka do have a delivery charge, and, just like any delivery service, please do not make them stand outside in the rain. And, don't do what I did and wait until the last the minute to look for your prescription.

Kind Solutions is based on satisfaction, for the patient and by the patient, so please be a patient. Not all customers have transportation or a convenient location to pick up their medicine, and many have serious medical conditions which prevent them from leaving the home. Kind Solutions works with each individual patient and is dedicated to providing

them with a quality experience.

Once you become a member, Kind Solutions takes the time to answer any questions that you might have. Questions could be about something as simple as a new strain or potency. Have you ever felt nervous or timid when there is a line at the dispensary? Being in the comfort of my own home allowed me to feel more inclined to ask questions.

As a traditionalist, I enjoy smooth-hitting Indica strains. Kind Solutions has a variety of medical choices, from the basic flower and

“ This is the loveliest service ever. Thank you for serving the community with integrity. ”

- Karen of Eureka

wax to delicious edibles. All of their pharmaceuticals have appropriate labeling, with a clear indication of CBD (cannabidiol, which has medical applications but less of the 'stoned' feeling) and THC levels. Some even reach as high as 20 percent. Compared to other dispensaries, Kind Solutions did have a smaller variety of strains, but higher quality products than other providers. Kind Solutions delivery also

blessed me with the best recommendation in town: I was able to sample their product, and was satisfied with my order.

Yeti OG is a light and whimsical high that induces creative activity and is great for gaming. The cannabis was definitely top shelf bud, available in Indica, Sativa, and hybrid strains.

Lastly, Kind Solutions is not a taco truck or an

ice cream truck. They are not going to jingle past your house and hand you something from the back of a van. Kind Solution 215 delivery service is discrete. To become a member of Kind Solutions, simply visit their site, KindSolutions.org, and fill out the Membership Agreement and Patient Registration forms. You may also call in at 707-599-6519 and request the forms be mailed directly to you.



WheresWeed.com lists over 20 marijuana delivery services in Denver, Colorado:

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- The Farm
- The Chronic Courier
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- Red Eye Relief
- 422go
- Chills on Wheels Boulder
- Natural Remedies
- Marijuana Now
- Mile High Dispensary
- Kind Love

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SEX DRIVE ON DRUGS

It's a consumers market out there, and many cannabis companies are in the race to come in first. Foria lubricant has made a splash amongst women across California, Colorado and Washington.

- Victoria Voss -

If lube typically came in a spray bottle, I'd be more eager to use it. There's nothing like the scent of sex on your hands topped off with gooey lube. Yes, I know some lubes are water based and the gunky feeling wears away quickly, but what about lube that is specifically designed to go on women versus greasing up the ol' pole?

Foria is boss when it comes to cannabis lubes available on the market. It's designed for women (medical patients specifically, unless you're in a legalized state) with instructions to "apply 4-8 sprays directly onto the clitoris, inner and outer labia and inside the vagina." Foria is vegan, gluten and sugar free, leaving your body purified, stimulated and exhilarated.

For centuries, women's libidos have been neglected beyond belief. While pills like Sildenafil (viagra) have been in the developmental works for quite some time, in 2014 an external answer was created.

Foria hit the ground running and gave women a new and exciting chance at having even better sex. My first try with the cannabis infused spray lubricant was one to remember and had me moaning for more, literally. While I've been conservatively raised to believe my vagina should be locked behind a chastity belt - think Maid Marian from Robin Hood: Men in Tights - I branched out like the black sheep I am and lathered my love spot with this marijuana miracle.

It's no secret that drugs and sex go well together. Foria introduces a warm tingle that only cannabis can create. You know that initial 'high' you get after smoking when you've taken a couple days' break? Yeah. It's like that. Only your vagina is tingling with excitement - because it's high. You're not high, but your vagina is.

While Foria has made waves in the sex industry, there are a few stipulations that come with the product. First, you need to be a medical marijuana patient of Foria's collective, The Aphrodite Group. You can register on their website with your prescription at foriampleasure.com.

If you're in Colorado or other legalized states you can obtain Foria at local dispensaries and sex shops. Since Foria is so new, no dispensaries in Humboldt County carry the product. Care By Design is a Bay Area company that produces tinctures which can be used for the same effect as Foria. The Humboldt California Association, located at 601 I St. Suite B in Arcata, CA carries the product at prices ranging between \$25-\$50.

For those that are hindered by Foria's price (yes, it can be expensive), fear not! While Foria was a great experience, there is one other alternative that doesn't carry a hefty price tag. Well...there is a price tag, but it depends on who you get your trim from. Behold, a DIY project for your own at-home cannabis lubricant. It works just as well as Foria, only it's much more affordable.

The great thing about making your own cannabis lube is that you can experiment with different strains. Different strains have different effects. Maybe you want your vagina to feel more relaxed than ever; go for an indica, such as Grand Daddy Purps (GDP), OG Kush, Mr. Nice or Northern Lights. If sex is an emotional experience for you, maybe you'd like to try a Sativa such as Purple Haze, Sweet Tooth, Very Berry Haze or Super Silver Haze. Regardless of which route you and your vagina decide to take, remember experimenting with cannabis lube is a fun, natural and all-around wholesome experience.

Enjoy! And let us know how it goes!
- Info@TheEmeraldMagazine.com -

SEX DRIVE ON DRUGS (CON'T)

Create Your Own *Cannabis Lube!*



- What You'll Need -

Coconut Oil • Cannabis • Mesh Cloth

- Preheat your oven to 280 degrees Fahrenheit for one hour and stir occasionally.
- Get a saucepan (that can eventually be placed in the oven) and add 2 cups of organic extra virgin coconut oil.
- Begin by completely melting the coconut oil over a low-heat flame.
- Grind up the 2 grams of cannabis to a fine power. Different strains create different sensations, so feel free to play around with a strain that works best for you.
- Add the ground cannabis to the warm liquefied coconut oil.
- Mix the coconut oil and cannabis together entirely.
- Place the saucepan into the oven
- After the hour has passed, remove the saucepan from the oven and allow the substance to cool.
- Once the contents have cooled, take your cheesecloth or mesh strainer and strain any cannabis remnants out from the coconut oil into a mason jar or other container.
- When your lube is not in use it should be placed in a dark, cool place to help preserve the cannabinoids.
- If your coconut oil returns to a solid form, place it in your hands to soften and liquefy it for your personal use.
- When ready, apply up to one hour prior to use for maximum results.



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“ Women Grow was created to connect, educate, inspire and empower the next generation of cannabis industry leaders by creating programs, community and events for aspiring & current business executives. Founded in 2014 in Denver, Women Grow serves as a catalyst for women to influence and succeed in the cannabis industry as the end of marijuana prohibition occurs on a national scale. ”



Women Grow

- HUMBOLDT CHAPTER -

Women Grow is officially going on in Humboldt County!

Written by Liesl Finkler

Personal connections are the key to professional success, not only in the traditional business world but in the cannabis industry as well.

Through Humboldt's chapter of Women Grow Networking Events, women are able to have face-to-face interactions and establish business relationships with one another in the cannabis industry. While our events are women-focused, our networking series attracts (and invites) both men and women.

At the networking events, you'll meet women (and men) at many different stages in their cannabis careers. Members that attend the events have a range of knowledge about the cannabis industry. Some members are just in the beginning stages, while others have dived right in and bring with them decades in the movement. Everyone who attends is sure to gain something special from the connections made.

Women Grow hosts professional networking events and local social mixers. We focus on education, where aspiring horticulturists can connect with current cannabis

professionals. Continuous knowledge is critical to success in the cannabis industry. With local city, county and state regulations constantly shifting, timely and accurate information is crucial to maintaining a successful business. Women Grow provides members with relevant information from experienced community leaders regarding current trends in the cannabis industry.

Women Grow connects aspiring newcomers to experienced producers. Monthly meetings help members develop bonds and knowledge through personal connections and business networking. Those who are experienced in the cannabis industry attend meetings and share their knowledge on the subject. These are quickly becoming not-to-miss events!

As the cannabis industry grows, not only in Humboldt but on state, federal, and even global scales, women have the opportunity to build a new cannabis industry and redefine our place in the workforce. It is now our chance to create an environment in which we can thrive and brand our future.

Women Grow Networking Events occur on the first Thursday of every month. The plan is to rotate meetings to different locations throughout Humboldt in order to give people from all over the county an opportunity to attend.

For more information about Women Grow and the Humboldt County chapter please visit Women-grow.com

GREAT REASONS TO WEAR HEMP

RIMA GREER



“One acre of hemp produces as much fiber as 2-3 acres of cotton.”

Sure, it's cool to wear hemp. We're Humboldt people after all, and Hemp kind of stands for our very special way of life up here. But there are a zillion other great reasons to wear hemp besides proclaiming your Hum Heritage and possible recreational imbibing or farming activities.

I believe it's also a big part of Humboldt culture to care about the environment. That's why we have such a fabulous co-op, a plethora of farmers' markets, and (I'm guessing) more organic coffee houses than just about anywhere else on the planet. And care for the environment is the first great reason to wear hemp.

HEMP FIBER HAS THE LOWEST IMPACT ON THE ENVIRONMENT

Hemp needs no pesticides, no herbicides, no chemical fertilizers, and very moderate amounts of water. It also requires less acreage than other fibers: One acre of hemp produces as much fiber as 2-3 acres of cotton. By contrast, cotton requires huge amounts of water, pesticides and herbicides. Fifty percent of the world's pesticides and herbicides are used in the production of cotton. And with climate change putting most of the U.S. in drought conditions, we really have to decide how to use our water resources.

HEMP IS DURABLE

Twice as durable as cotton. So if you're out hiking, rock climbing, farming, or working with heavy equipment, your hemp jeans will last you twice as long as your cotton ones. You may not think of clothing as something that goes into landfills, but, according to eartheasy.com, 12 million tons of textile waste goes into landfills every year in North America alone. That's five percent of our landfill. When your hemp jeans don't wear out, that's one less pair in the landfill.

HEMP FIELDS PREVENT TOPSOIL LOSS AND ACTUALLY REVITALIZE THE SOIL

Unlike other crops which can deplete topsoil of all its nutrients, hemp is the perfect fallow crop. It leaves your fields healthier than ever. And it's safe and easy to process; it doesn't require any harsh chemicals or large amounts of energy to extract the fibers.

Photo: Taken at Cannifest, in Eureka by Madison Rueda

HEMP HAS ADDITIONAL USES

When the fiber is extracted, some is fine quality and can be used for clothing, but the lower quality fiber can be used for everything from rope to insulation to carpet padding. In Germany, where they require every car manufactured to be 100% recyclable, hemp fiber is used as soundproofing. Yes, your snazzy BMW's doors are stuffed with hemp. And that hemp fiber can be recycled. One of the most popular items in my shop is a recycled hemp fabric. It's probably made from those very BMW soundproofing pads. Not to mention the benefits we can all derive from hemp seed oil, whether you're adding it to your diet or making everything from shampoo to organic plastics from it. Hemp is kind of a Wonder Plant. It should probably be wearing a cape and a utility belt.

HEMP IS BEAUTIFUL

Hemp is a bast fiber - a distant cousin of linen - at least as a textile, if not botanically. Hemp fabrics are produced in a large variety of styles and weights, from heavy canvas

to lightweight muslin. It can be a shimmery charmeuse or a soft stretchy jersey knit, by blending it with silk or cotton, respectively.

Manufacturers know that folks buy hemp at least partly for its enviro properties, so if it's blended with cotton, it's universally ORGANIC cotton. Organic cotton doesn't use harmful pesticides, herbicides, or chemical fertilizers, as conventionally grown cotton does. It's still a bit of a land and water hog, but if you want the softness of cotton, you can cut down on cotton's impact by blending it with hemp. Conversely, you can increase hemp's softness and drape by blending it with organic cotton. It's kind of a match made in textile heaven.

Find your hemp and organic clothing at Green Living Center in Fortuna, Solutions in Arcata, and Castlewear in Eureka. Find hemp and organic fabrics at Eureka Fabrics in Old Town Eureka.

Rima Greer owns Eureka Fabrics and heads the costume department for North Coast Dance.



The Emerald Review:

POT TALK

with *Emily Hobelmann*

DURBAN POISON

“... irresistibly pungent and powerful aroma.”



OVERLORD OG

“... sexy and it’s super intoxicating.”

The Emerald Review is a new monthly showcase for locally-sourced, high quality medicinal cannabis. This edition features flowers from Loompa Farms, a group of boutique growers located out Highway 299, near the Humboldt-Trinity county line.

Loompa Farms is an Emerald Triangle brand established by a community-oriented group of farmers. A couple of the Loompa folks are volunteer firefighters. One is a California Cannabis Voice Humboldt board member. Loompa Farms sponsored the recent Humboldt Homebrew Festival, a fundraiser for our local chapter of Engineers Without Borders. And Loompa Farms works with the Weed 4 Warriors Project, a group advocating for veterans to have the freedom to use medicinal marijuana as an alternative to psychiatric drugs.

Together, the members of the Loompa Farms collective have on the order of 150 years of cannabis farming experience. They offer a variety of concentrates and flowers, and they are active on social media, effectively engaging in the modern medicinal cannabis market. Loompa farmers actively experiment with genetics and they use modern technology to ensure that their breeding programs produce desired results. Their full-sun outdoor Yeti OG seed strain took 11th in the 2014 Emerald Cup -- that is a desired result.

DURBAN POISON

Loompa Farms provided me with Durban Poison, a classic sativa that was light-depped from clone, and Overlord -- the hydroponic version of Loompa’s Underdog, their prime OG Kush strain. The Durban has a famous name and an unassuming appearance -- it’s like a warm, soft brunette with a killer intellect. The Overlord is more like a flashy platinum blonde with an

outgoing personality. It’s super OG in appearance and smell, a clear contrast to the muted earthy look of the Durban.

In spite of its modest appearance, the Durban has an irresistibly pungent and powerful aroma. It smells hashy and sappy, with hints of honey, lemon, eucalyptus and pine. Squeezing a nug to release its aroma is akin to catching a whiff of a freshly opened lemon-lime soda. The smell is soothing yet captivating, heady yet grounding. “It’s like being bitch-slapped by a tree climber with sappy hands,” one friend says. The Durban smell made another friend nostalgic for wood shop.

The nugs marble-size and well-formed. The trim job is nice, not too tight. Its darker shade inspires the lyric, “purple mountain majesties,” although the nugs aren’t purple. They are more of an army or olive green, very matte. And when you break a nug apart there is a glittery forest of trichomes on the inside. It’s dense and pliable. I’d prefer a bit more snap.

The flavor of the Durban is a near perfect balance of bitter, sweet and spice -- it just has a slight astringent edge. The taste was of lime basil, of a much-needed gin and tonic with lime. It’s a pleasantly textured composite of citrus, pine and earthy botanicals. The cannabis oil came through the joint and coated the inside of my mouth, which sounds gnarly, but this was in a light and pleasant way.

I shared a joint of the Durban with a friend and we both felt higher than normal -- the Durban is potent. Our conversation was quick and lively. The high was cerebral and nostalgia-inducing. We gabbed and swapped old stories. It was an excitement and eagerness to talk that thankfully didn’t carry over into bedtime.

Loompa’s Durban Poison is an uplifting lemon-lime-pine blast to the past, an earthy sativa with a pleasantly exotic aroma and a functional smoke, a real treat for any connoisseur.

OVERLORD OG

The Overlord OG is all business. It’s a knockout -- a full-figured indica super model with a fresh, rich and spicy smell -- diesel fuel with a hint of ginger and citrus, a sharp and zesty shot of grapefruit with peppery overtones, like fresh bay leaves. The aroma brings on a calm, open sensation.

The manicure is flawless; the chunky, pyramid-shaped nugs sparkle like precious gemstones. And the nugs are nice and snappy. The color is a washed out, faded lime green, a pale sage-silver green, like the piercing eyes of the Yeti as seen through a snow storm in the Trinity Alps. The cannabis is dense, not that hairy and totally awash with trichomes.

It has a rich musky flavor with hints of horse manure, mustard and berries. The aftertaste is rich and chocolatey. The effect is an instant and powerful body high. I smoked with a friend. After a couple hits she announced: “I feel my feet in my high heels... I have a heightened awareness of my body, in a sexy way.”

Yes, the Overlord is sexy and it’s super intoxicating -- my friend and I were incapable of voicing coherent thoughts after smoking a mere third of a joint, and we’re not rookie cannabis users, either. We’d gather momentum with our dialogue, and then the Overlord would knock us off course, much to our amusement.

I found the strong Overlord high to be uplifting, not couch-locking. It’s a good dance party, stretch session, feel-that-body kind of high that brings on a good night’s sleep. “It’s really good weed,” my friend said. I agree. I think it’s fine cannabis -- pretty much perfect, if you are down with a robust hydro OG.

Big thanks to the folks at Loompa Farms. You can find them online at www.loompafarms.com. On Instagram and Twitter: @LoompaFarms.

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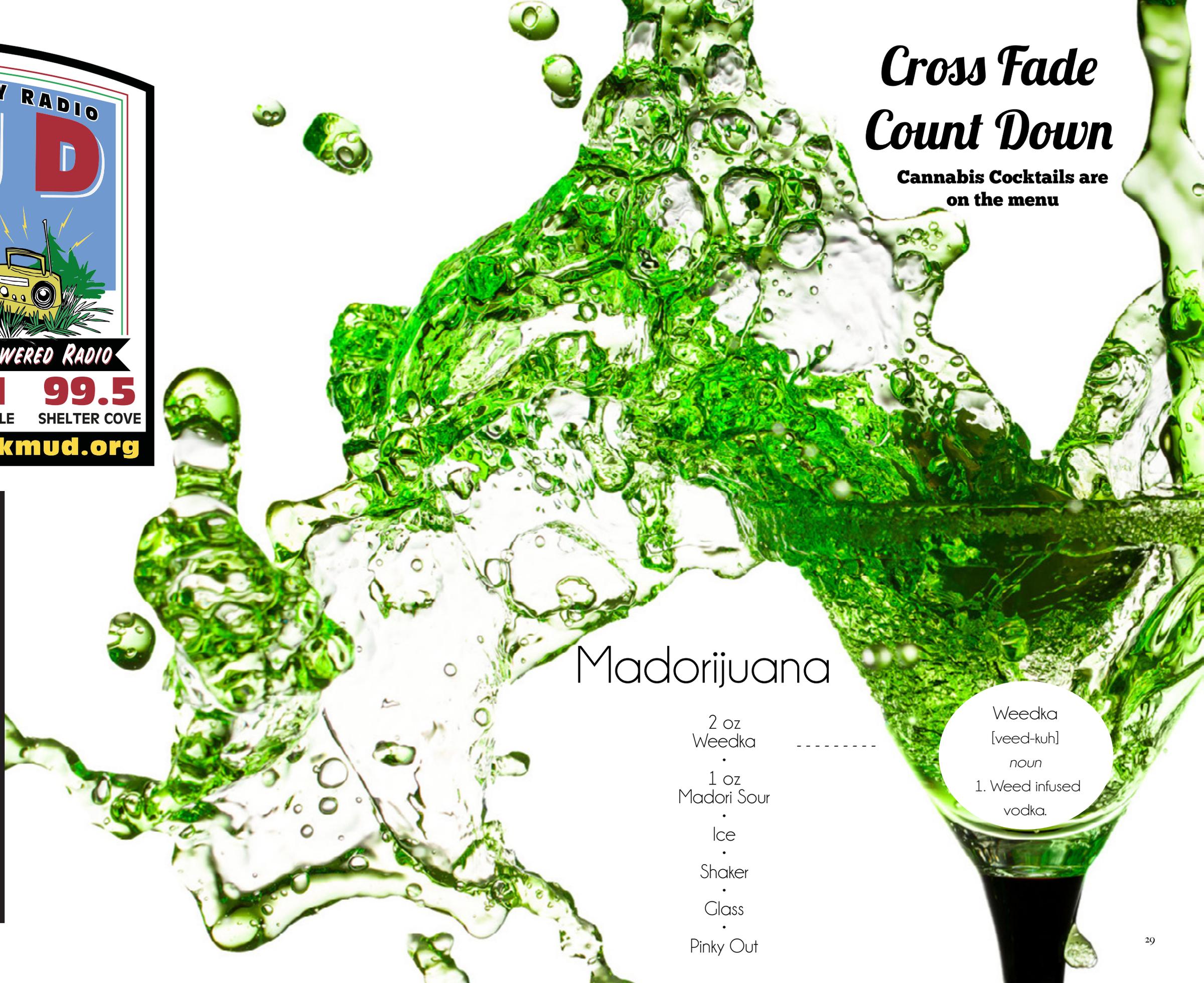
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Cross Fade Count Down

Cannabis Cocktails are
on the menu



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Madorijuana

- 2 oz Weedka
-
- 1 oz Madori Sour
-
- Ice
-
- Shaker
-
- Glass
-
- Pinky Out

Weedka
[veed-kuh]
noun
1. Weed infused vodka.



Cannabis, hemp, or tinctures can be quite fun to experiment with. The key to any great cannabis cocktail is to infuse marijuana into the liquor. I allowed my cannabis [trim] to ferment in a vodka bottle for one week prior to consuming it. You can decide for yourself how long you'd like to ferment your marijuana and liquor for. Once the concoction is done, you'll taste a smooth, slightly cooled, cross-fade. No chaser necessary.

Begin by deciding which bottle of liquor you'd like to use.

Second, obtain cannabis leaves and infuse it with the liquor in a bottle. Allow the cannabis to infuse in with the liquor overnight, if not longer.

Finally, get a cheese cloth or food strainer (nylon stockings work great, ladies) and begin to pour the liquor through the strainer. Make sure you have another bottle handy for the strained liquor.

Take a shot. You deserve it.



Liquid Marijuana

1/2 oz Rum
1/2 oz Blue liqueur
1/2 oz Coconut rum
1/2 oz Midori
12 oz pineapple juice
1 splash sweet & sour



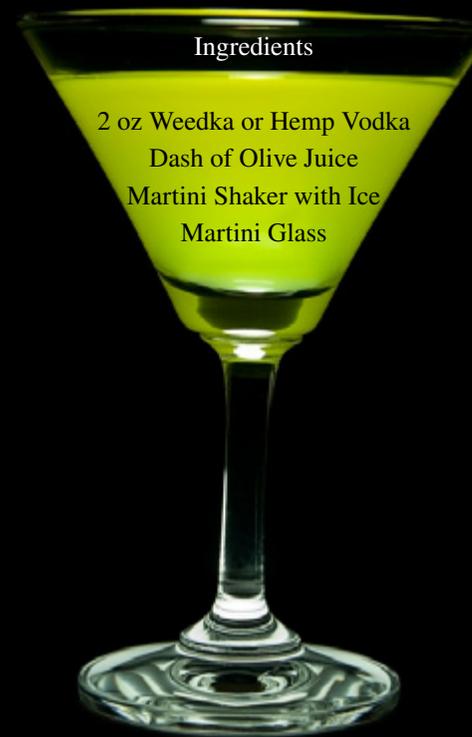
Captain Cannabis

2 oz Bourbon or Rye whiskey
•
2 dashes of bitters
•
1 tsp sugar
•
Splash of water
•
Olives
•
Lemon Wedge

The Canntini

Ingredients

2 oz Weedka or Hemp Vodka
Dash of Olive Juice
Martini Shaker with Ice
Martini Glass



Bloody Mary Jane

Ingredients

1-1/2 oz Weedka or Hemp Vodka
3 oz Clamato Tomato
2 tsp Lemon Juice
Bit of Tabasco Sauce
Worcestershire Sauce
Garnish: Celery

all in a Cocktail Glass



Marley Juice

(right)

1/2 oz Weedka or Hemp Vodka
1/2 oz Pomegranate Juice
1/2 oz Lemonade
Shot Glass



You can obtain the layering effect by pouring the ingredients into the shot glass over the back of a spoon.



Combine weedka & lime juice in a glass full of ice. Top it all off with a splash of club soda.

Blueberry Bong

(right)

2 oz Weedka or Hemp Vodka
1 oz Lime Juice
8 Blueberry
Club Soda
Garnish: Blueberry
Cocktail Glass



Redwood Coast · California

HUMBOLDT MADE

Cassaró's Catering

Interview by Linda Stansberry

For the first installment of our event planning series, we sat down with Chris Cassaro of Cassaro's Catering. Chris is fondly remembered by at least one visiting film crew as "the towel lady." When Cassaro's catered a shoot in Redwood National Park she had a supply of warm lemon-grass-infused towels on hand to give to the chilly crew. The towels were a big hit and so was Chris. Little details like that, she says, make a big impression. Chris has been in the business for over twelve years and, with the help of a crew composed mostly of family members, caters to a lot of local weddings and company parties. On the day we met she was nice enough to bring us this lovely salad and a couple of Mason jars of her delicious homemade salad dressing. We quizzed her on behalf of all of you planning your big day.



HM: So, when do you let the caterer go home?

CC: I never abandon anyone. There's no cap on my job description. Generally we clean up and pack up when the party's done.

HM: You must stay pretty late sometimes!

CC: I don't mind. I really like dotting on people and taking care of their needs.

HM: Do you have advice for someone hiring a caterer?

CC: Ask questions. Ask the caterer what they're willing to do. Caterers can help with a lot of things you didn't expect.

HM: Do you have any advice for weddings in general?

Have you seen any wedding disasters?

CC: (laughs) No, no wedding disasters! I would say that some clients have such a stringent timeline—down to the second—that they're setting themselves up for failure. It's important to have some flexibility. Changes always come about and you have to modify your actions.

HM: What about meal time?

There's always that lag between when the ceremony ends and when the meal begins because the photo shoot takes forever.

CC: Time of day is a big thing. If the ceremony is around lunch or dinnertime people might be really hungry. Maybe you can serve

some hors d'ouvres. But I'd never advise a couple to open the buffet before the photo shoot finishes. The couple should eat first, otherwise they'll never get a chance.

HM: That's right, they're always interrupted from eating by people congratulating them. So would the caterer be able to put aside some food just for them?

CC: Of course!

HM: What about menu planning? A lot of weddings in Humboldt take place in the summer, when it's pretty hot.

CC: Well, that definitely influences the kind of food that I prepare. We're really blessed to have so much locally produced food here, and that's really been a trend I'm seeing with clients. They want things that are local and organic. I'm lucky that there are so many local vendors that can get me what I need. I can do pretty much any kind of food, including special dietary needs, as long as the client lets me know what they need.

HM: So you haven't had any crazy, demanding clients?

CC: You mean like that show Bridezilla? No, I've never had a Bridezilla situation. Part of the job is anticipating people's needs. I'm happy to accommodate people. I have always been impressed how my clients trust that we will get the job

done. They rely on our expertise as I'm sure it is true for other vendors such as photographers, bartenders, etc. I would never claim to be an expert in a pompous way, but with many years under my belt, I have a confidence how things should unfold. It's always nice when people allow you to do that.

HM: What do you say to people who are feeling stressed out about their wedding?

CC: A lot of the time I find myself saying, "It's a process. Enjoy the process. This day is going to come and go so fast, it's just going to happen and you're going to wonder what it was all for."

HM: That's very soothing.

CC: I aim to please.

Do you have more questions for Chris? Check out Cassaro's Catering website, Cassaroscatering.com.

Do you need help planning your big event this event season? Let us know who Humboldt Made should interview next!

Email
jodie@humboldtmade.com

25TH MAD RIVER FESTIVAL

How It All Got Started

Written by Dell'Arte International's Founding Artistic Director, Joan Schirle

Blue Lake's Dell'Arte International has been called "The artistic gem of Humboldt County," bringing original entertainment to local, national and international audiences for 40 years! As one of a handful of rural, professional ensemble theatres in the United States, Dell'Arte is internationally recognized for its unique contribution to American theatre and is proud to call Humboldt home!

2015 marks the 25th anniversary of Dell'Arte's annual summer Mad River Festival, which began as a festival of local, community-made plays and grew over time to include international companies like Brazil's Lume Teatro, popular favorites like *Los Payasos Mendigos*, as well as Dell'Arte's signature 'theatre of place' original productions.

EARLY YEARS

The Mad River Festival was first conceived by Dell'Arte's co-founder, Jane Hill, who in 1989 staged Barry Manilow's *The Drunkard*, based on the world-famous melodrama by W.H.S. Smith. Singer-songwriter Manilow used audience participation to spoof 19th-century melodrama in this rollicking version. The show transported audiences to an infinitely less subtle day in this deliciously coy and exag-

gerated musical. It was performed on the original outdoor stage, funded by a donation from the Rooney family. It was hand-built by the actors and technicians of the Dell'Arte Company who, under the direction of actor Donald Forrest, poured piers, nailed planks, and re-graded the backyard with recycled concrete to allow for more visibility for the audience.

In 1991, Hill figured if one melodrama was popular, maybe more would be merrier. So she proposed a festival of original melodramas based on local history, created by local communities and with assistance from Dell'Arte artists via acting and writing workshops. Willow Creek developed *The Poison Oak Club*, about the failed attempts of the FBI to infiltrate a supposed local 'communist cell.' Redway contributed a play by local author Ray Raphael about the founder of the State of California: *Floundering Father—and Mother Too! An Evening with John and Jessie Fremont*, with actors from Redway's Pure Schmint Players, directed by Hill. "A cause for celebration ... a wickedly clever script"

— Eureka Times-Standard

THEATRE OF PLACE

In 1992 the Dell'Arte Company wrote its first Humboldt soap opera, *Ko-*

rbel, about a fictional town where the decline of the timber industry has brought hard times and family drama to the Dugans of Korbel—the brothers, Tommy and Terry, and their mother, Dorothy. When presented at the 1993 MRF, *Korbel: The Funeral* was an instant hit. The family's downturns echoed the region's economic decline—from jobs lost through mill closings to their inability to pay the electric bill—familiar enough to local audiences that they not only laughed at the comic Dugans but empathized with their plight. The Dugan family of Korbel achieved iconic status through another four episodes—*The Wedding* (1995), *The Birth* (1996), *The Accident* (2008), and 2014's *The Secret*, by Lauren Wilson.

The Korbel series typifies

Dell'Arte's pioneering approach to 'theatre of place'—"which means plays about and for the community where you live," explained Founding Artistic Director Joan Schirle. Dell'Arte has been producing such work since its first eco-thriller and touring success, *Intrigue At Ah-Pah*. The MRF became the primary place for the company to develop its original local plays, like *Wild Card* (2002) and *Wild Card 1.5* (2003) by Producing Artistic Director Michael Fields, imagining the possible impacts of the casino then under construction on the Blue Lake Rancheria. Another example was Schirle's script for *Shotgun Wedding* (2000)—a Moliere one-act updated to Korbel with Fields' character Tommy Dugan stuck in the middle of a nest of local politicians, sidewalk philosophers, and a family of rural con-artists. Continued Schirle, "Our summer festival evolved to become a place where we could hold up a mirror to our own community and our own lives here, and cre-

MAD RIVER FESTIVAL 2014

AT THE OPENING NIGHT OF

KORBEL V: THE SECRET IN

DELL'ARTE'S ROONEY

AMPHITHEATER.

PHOTO BY JANESSA JOHNSRUDE.



MARY JANE: THE MUSICAL 2012
PHOTO BY CAROL ECKSTEIN



FESTIVAL VENUES

The initial seasons of the MRF comprised mainly outdoor work, and audiences loved the open space of Rooney Amphitheatre, spreading their blankets or camp chairs on the ground and enjoying picnics or Dell'Arte's food concession and full bar. When surveyed, audiences overwhelmingly voiced their preference for the grass seating, instead of the original plan that called for Greek theatre-style bench seating. In 2014, the amphitheatre was expanded to double its grassy area and a big-top tent was purchased to add yet another venue to the expanding festival.

Over a decade ago, indoor shows became part of the MRF, which allowed for dramatic, more intimate productions, as well as the annual sell-out Red Light in Blue Lake late-night adult cabaret, featuring local musicians, Dell'Arte Company actors, alumni, and sometimes local burlesque troupes. In partnership with the City of Blue Lake's Annie & Mary Day celebration, Dell'Arte staged several "Blue Lake Pageants" that included a parade and spectacle traveling from Perigot Park to the street in front of the Odd Fellows building. A continuing MRF partner is the Humboldt Folklife Society, which has held its annual one-week festival in Dell'Arte's backyard since 2004.

2015

This year's 25th anniversary festival is a true celebration of the festival's commitment to bring one-of-a-kind performances from 'around the world and down the block' to the sunny city of Blue Lake. The 2015 MRF offers a multitude of performances including original Dell'Arte Company work, a week of international theatre, a family big-top series, an experimental theatrical laboratory, a saucy late night

cabaret, a week of local music with the Humboldt Folklife festival, and more. Dell'Arte International continues to present the work of talented alumni from around the world, aided by a fellowship from the family of late alumna Nancy Jacobs Lafrenz.

The 2015 Mad River Festival begins up in smoke with The Dell'Arte Company's original fan-favorite Mary Jane: The Musical III. The Queen of the Emerald Ball and first generation grower Mary Jane, played by Dell'Arte's Founding Artistic Director Joan Schirle, is back blazing up the stage along with a cast of 14 singers, actors and musicians. MJM III runs June 18 - July 5. The original MJM,



2014 Mad River Festival. The Blue Lake Rising Grant Parade blessing of the center of the universe. Photo by Janessa Johnsrude.

developed and directed by festival producer Fields, premiered in 2011 to sold-out crowds, quickly becoming Dell'Arte's hottest selling and highest-grossing show on record. Due to popular demand, the Prima Donna a la Ganja and superstars of sativa lit up a reprise in 2012 with Mary Jane the Musical II: The Diva Returns. Now that Humboldt's cannabis culture is more visible than ever and states' debates on legalization are national news, Mary Jane is back to light up the current scene, with original songs from a dozen local composers. MJM is a unique musical event, part concert, part show, and reflects the broad spectrum of our community's attitudes, beliefs, fears, hopes and dreams about the herb.



The MRF Pageant in 2004 with the Carpet Bag Brigade and Anson Smith in Blue Lake.

"Around the World Week: International Performances" welcomes talent from Japan to San Francisco in a 7-day performance extravaganza featuring family shows, musical shows, readings and tent shows. In addition to marking the Mad River Festival's 25th year, 2015 also marks the 40th anniversary of the Dell'Arte International School of Physical Theatre. July 5 - 11 is homecoming week for DAI alumni, former staff, and faculty, with a grand reunion celebration with performances, workshops and reflections back on the years. DAI will be releasing a limited number of tickets to the public for several July 6 -11 shows. Check www.dellarte.com for a full roster of events, including the Red Light adult cabaret, family shows, and the week of music from the Humboldt Folklife Festival.

THANKS TO OUR SUPPORTERS!

The Mad River Festival would never have been possible without the Blue Lake community plus generous support from local businesses, among them Pierson Building Center, Pacific Gas & Electric Company, Wildberries Marketplace, Stephany Joy of RE/MAX Realty, KIEM TV and many, many others. A list of 2015 festival sponsors can be found at www.dellarte.com. The MRF is also supported by the National Endowment for the Arts and the California Arts Council.

June 18 - July 19. Tickets online or at our Box Office: (707) 668-5663 x 20. See you at the 25th!

ate plays that had bigger casts and a different local bent than our touring work."

INTERNATIONAL FLAVOR

It was the Dell'Arte Company's international touring work that brought to their attention some ensembles they thought would delight Humboldt audiences. In 2000 the Festival presented the American debut of Brazil's Lume Teatro, in both a lively street show and a virtuoso clown show, Cravo, Liria y Rosa (Carnations, Lilies & Roses). Ensembles from Sweden, Denmark, Canada, and Australia have also been presented at the MRF, as well as many repeat performances by those 'Spaniards in Spandex,' the hilarious Los Payasos Mendigos. Members of this comic acro quartet—all Americans—began as local favorites (three were graduates of Dell'Arte School) and parlayed their popularity into two international tours. For the '94 MRF, they even presided over a mortgage-burning party for Dell'Arte's Odd Fellows building; for another they created an ambitious comic version of Don Quixote.

Mad River Festival audiences love comedy and it has never been in short supply. Through 25 years the popularity of clown and vaudeville has produced some zany revues plus wild treatments of great classic comedies like Moliere's Tartuffe, Goldoni's The Coffee House, and Shakespeare's The Comedy of Errors in 2013.

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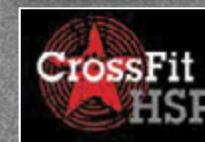
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My Journey: A Life Gone to Pot

— Sharon Letts —



I grew up in the 60's and came of age in the 70's on the beach in Southern California. Drugs were no stranger to the cultural environment, with drinking being the social norm of the day. At times our home was one big cocktail party, but thankfully, alcohol wasn't a draw for me. Nor was tobacco at 13, mushrooms at 15, acid and assorted uppers and downers at 16, or cocaine at 19. I was and am a pot smoker, period.

The first time I smoked a joint was in the wee hours of the morning in a gas station bathroom with my sister and a friend on our way to high school. It was 1975, I was 16, and when that bathroom door opened it was as if I was seeing the world with different eyes - with my third eye fully opened for the first time. Up until then school had been difficult for me. An undiagnosed processing problem went unchecked as I appeared to be a good student, but could barely pull a C in most classes. After smoking cannabis I did better in school, as my concentration improved drastically. It was as if I was ADD and weed was my Ritalin. I began reading like an alphabet-hungry animal, wrote haiku and poetry, and was first published at 19.

As a bonus I no longer needed to take liver-damaging Midol for menstrual cramps, but did not realize how badly I actually needed it for emotional issues until menstruation turned to menopause in my 50's.

When I became pregnant with my daughter in the late 80's I stopped smoking the herb altogether, thinking it was the responsible thing to do. This decision was not based on the benefits of the herb at all, but on the stigma of the day.

When my daughter was an adolescent I lied to her about my past use, thinking it would give her permission to use drugs - a common belief held by fellow moms at the time. When California State Proposition 215 was on the ballot in 1996 I voted for it and was happy it passed, but didn't rush out to get a card.

Throughout my daughter's life I'd partake if it were offered at a party or friend's house, but I never kept any in the house. It wasn't until my daughter was 16 that the herb came back into my life in a positive way. She had been diagnosed with fibromyalgia at 13 and had suffered terribly when a friend acquired a

small amount on the black market for her to try. I rolled a joint and we sat in the garden, passing it back and forth.

My daughter was a straight A student, an All-Star softball player, and a D.A.R.E. kid. She wasn't interested in drugs at all and did not enjoy the euphoric feeling from the THC. That afternoon we spent a full three hours thrift shopping until the effects wore off.

That night I made her a cup of tea before bed, hoping she could just go to sleep and get the benefits of the plant as she slept, but again, she did not like the psychoactive effects of the THC, which is activated with heat.

If I had known about juicing leaf with no psychoactive properties I would have made her a smoothie, or cut some leaf up for a salad - as she was used to eating from the garden. But that was more than 10 years ago and non-psychoactive deliveries weren't commonly known or shared at that time. Today my daughter has overcome her ailments and is a nurse, helping others. Her first degree was in Plant Sciences and she has a good understanding of homeopathic medicine, making her own tinctures

and tonics out of medicinal plants.

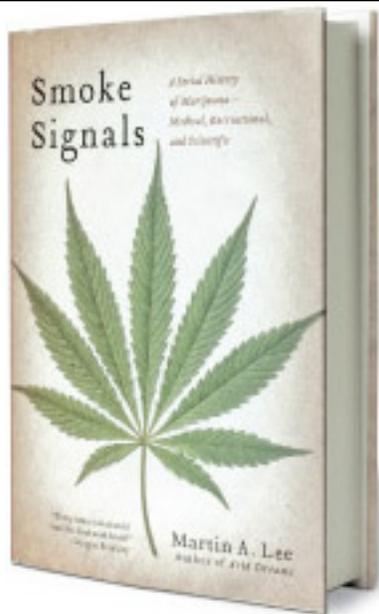
Would I encourage parents to help their children with Cannabis? Yes I would, and do often. It's a harmless herb, albeit for the strength of the THC, but that fades with time as the patient gets used to its effect. And just as we as a species have upped the THC count through hybridization, we are now bringing it back down again, with CBD-rich strains more readily available, and good medicine to ingest being made all over the world.

I'm sorry I could not help my daughter at the time, but grateful her ailment brought the herb back into my life. Since then this old stoner has learned a few new tricks about the ancient herb that turned my life around at 50. From recreation to medicine, that's the story of cannabis in my life. Who knew a stoner from the 70's would be helped so much? Stay tuned for more sharing, caring, and loving the herb. For this Cannabis Evangelist is ready to puff, puff and pass some pretty dank knowledge.

Writer Sharon Letts was raised in Southern California and now lives in Humboldt County. Her work can be found internationally in magazines advocating for Cannabis as good medicine.

By Molly Cate
Cannabis Columnist

The Best Book on THE UNITED STATES History of Marijuana



Welcome to our new cannabis book column! With so many states (and the District of Columbia) passing medical marijuana laws, decriminalizing or even legalizing the stuff, we thought to provide some guidance and information about this rapidly changing social scene. So, check in here each month for reviews, information on advocacy and counter-advocacy groups and even culinary tips. Yes, cooking with cannabis. In fact, it can be good for what ails you as '215 card' holders can attest. We begin with the review of a primo book on the topic.

Winner of the 2012 Duke Award for Excellence in Botanical Literature, *Smoke Signals: A Social History of Marijuana – Medical, Recreational and Scientific* is by far the best book I've yet found on the history of cannabis in the United States. From the engaging drawl of Texas police detective Howard Woolridge traveling the USA on his horse Misty wearing a T-shirt emblazoned with the message "Cops Say Legalize Drugs. Ask Me Why," to two-year-old brain cancer patient Cash Hyde, then

the youngest cannabis patient in America, this gem of a book comprehensively brings to life all aspects of cannabis with the exception of industrial hemp, which is mentioned but not exhaustively covered. That limitation may be forgiven, since it keeps the book to about 400 pages and under \$20 in cost. Throughout *Smoke Signals* you will find cutting edge research, gripping, poignant personal stories and heroes and villains enough to fill a megastore worth of comic books. But these heroes and villains are real.

In the first two chapters, author Martin A. Lee succinctly recounts the global history of cannabis up to the 1960s, from archaeological finds (cannabis has been an essential plant in human use for millennia) to the Beat Poets of the 1950s. I found several eye openers. Here's a startling example: New York Mayor Fiorello La Guardia's 1944 commission which debunked every "voodoo pharmacology" claim from Federal Bureau of Narcotics commissioner Harry Anslinger, a man who was not above playing the race card in his quest

to demonize pot. He and newspaper owner William Randolph Hearst borrowed the Mexican nickname marijuana (Mary Jane) to link pot to those scary brown and black people leading "our" white youth down the road to ruin. They were so effective that most people still use the word rather than the plant's botanical name, cannabis.

Chapter Three onward the pace of the book fans out like a river delta, allowing Lee to unhurriedly unfold the sorry history of fear, deception and distortion from 1960 to nearly the present day. With humor, clear writing and moral indignation, Lee chronicles the scientific, medical and recreational struggles over cannabis use. We meet heroes of the broad legalization movement such as Jack Herer, whose 1985 book *The Emperor Wears No Clothes* told the lost history of hemp; Dr. Tod Mikuriya, physician advocate and co-author of Prop. 215; Brownie Mary, the San Francisco elder who distributed thousands of homemade pot brownies to cancer and AIDS patients; and 90 year old World War Two vet and 'ganja geezer' Joe Schwartz in his SoCal retirement home.

Smoke Signals is especially strong in exploring spectacular scientific insights from research around the world, not including the U.S.

where almost all cannabis research is still banned. Tetrahydrocannabinol, THC, the psychoactive component in the plant, was first isolated by Israeli chemist Raphael Mechoulam in the 1960s. Researchers in Europe and Israel continually find a great many health benefits. Most exciting have been lab and clinical studies finding that cannabis actually protects the brain from injury. Here we come back around to two-year-old Cash Hyde, mentioned above. Treatments for his malignant brain tumor were killing him. In desperation his dad started slipping a cannabis oil extract into the boy's feeding tube without telling the doctors. Within two weeks the child was eating and playing again, to the doctors' astonishment. Children with supposedly untreatable epilepsy also respond well to cannabis treatment, so much gentler than standard pharmaceuticals.

Of course, *Smoke Signals* is full of decades worth of political maneuvering too. We have President Richard Nixon to thank for the illogical and still internationally embarrassing pharmacological ranking of cannabis as Schedule I, meaning dangerous and utterly without medical benefit, right next to heroin. Even Nixon's advisors knew this was incorrect. In fact, in 1972 Nixon's hand-picked hard-liners on the National

Commission on Marihuana and Drug Abuse, the Shafer Commission, found no evidence that cannabis use caused physical or psychological harm. They recommended removing all criminal penalties for personal use. Nixon rejected the commission report entirely. Lee includes quotes from Oval Office audiotapes that make it clear Nixon was fighting a cultural and race war more than a drug war. Perhaps saddest of all and definitely most ironic was Nixon's use of Elvis Presley as his star anti-drug spokesperson. Presley's body was awash in dangerous psychoactive pharmaceuticals at the time, as we all found out later. Also during the Nixon era, Dr. Tod Mikuriya began his crusade for medical cannabis use and research. You'll find Dr. Tod's list of medical conditions effectively treated with cannabis in an appendix at the back, part of the book's full documentation - index, notes and bibliography, even the full text of Prop. 215.

Decade by decade, Lee chronicles the targeting of cannabis and its users as representatives of a supposedly un-American mindset. Perhaps now that so many of us 1960s counterculture types are in our 60s a social and political amnesty is possible. This marvel of a book is a great contribution to that idea.

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by Connor Challahan

SPRING TIME PUSH

There is an old saying in the growing community,
"You can't come back from a bad start."

As the days get longer and the nights get warmer, marijuana farmers are racing around the hills of the Emerald Triangle laying the groundwork for their season of growing yet another billion dollar crop. In case you haven't noticed, diesel trucks are congesting the 101, 36, and 299 and they are out there with a purpose. Spring is an important time of year for any kind of farmer, as it is during this time that the

foundation for one's season is established. While many people take the view that marijuana farming is about counting big stacks of cash, there is a lot of work that goes into it. There are many challenges when working in remote areas of the Triangle. For most growers, trips to town and back are a four-hour affair, god forbid you forget something. Finding reliable and knowledgeable labor to help with the workload is a difficult prospect for any business, but especially so for marijuana production. How someone can fail at watering plants is a mind-blower, but it happens all the time. Also, it is important to keep in mind that any agricultural endeavor is a labor-intensive task, especially so in the beginning of the season.

There is so much work to be done, it can seem

overwhelming at times. Greenhouses that have lain dormant during the winter have to be prepped. This means pulling 250 lb. tarps over 18 ft- tall frames, which usually takes around five guys and a whole day to do. Solar powered exhaust fans that are used to ventilate them have to be installed and re-wired in. Soil has to be re-amended to provide the ideal conditions for roots to flourish. This requires thousands of

pounds of amendments; worm castings, chicken castings and bone meal to name a few, that all must be spread out by hand and then rototilled in. You really don't want to be downwind of someone who spent the day doing that. The list goes on and on, but these are some of the tasks that have to happen before the crop is planted. Also keep in mind how cash intensive this is. Those amendments and man hours don't come cheap and it is up to the grower to budget accordingly, as his nest egg must last the entire season.

It's called weed, but it doesn't always grow like one. It can be fickle and susceptible to insects and varying kinds of molds. There is an old saying in the growing community, "you can't come back from a bad start." There are important timetables that must be adhered too in order to have



a successful crop or a multitude of successful crops. Plants must be a certain size by a specific date. That means clones must be taken or seeds germinated at a specific time. This is important because once June hits, if you don't have established plants that are in full vegetative mode there is no way of planting a clone or starting a seed that will replace that. It's

surprisingly easy to limit a plant's potential or flat out kill it.

The most common issues growers have with their plants are various pests and molds. They are easy enough to avoid when taking proper care and precautions, but when mismanaged can ruin a season before it even begins. One of the saddest moments I've witnessed firsthand in the marijuana

industry occurred this time of year a few seasons ago. If you have never heard of broad mites, then let me tell you all about them. Not to be confused with spider mites, which are relatively harmless and easy to manage, broad mites are the bane of any grower's existence. A few years ago a friend had 99 plants in a grow room and these pesky critters were introduced via an infected clone and proceeded to literally kill every one of his plants. Now, if you remember, plants that are three feet tall can't be replaced in June, you can only start over with a new clone or seed and reap a rather lame harvest. It was like he CAMPed himself (CAMP - law enforcement that eradicates marijuana). Which is why it is so important to take proper care of plants during all times of the growing season, but especially in the springtime when plant

size dictates the quality of one's harvest.

Below is a textbook example of what excellent starts look like. Shown are some of a few hundred plants ranging from 6 inches to 1 foot tall. The leaves are just beginning



to touch and there is not a speck of mold or mite damage. Some of the strains shown are OG Kush, Blue Dream, Green Crack, and Girl Scout Cookie to name a few. This right here is the most important part of the springtime push to prepare for the season. Without healthy plants in June there will not be a healthy harvest

in the fall. Some important things to note about what you are seeing: Plants are transplanted from 4 inch cups into 1 gallon pots before they are root-bound, which accounts for the varying size of pots in the photos. This promotes faster and healthier growth. When plants are left in containers and get overly root-bound, they lose vigor in that they grow more slowly and are more spindly. There is not any one thing that a grower can do to have a successful season, rather it is the attention to every detail that separates master growers from everybody else. With starts like these in May plants can easily achieve a yield of five-plus pound each, or in other words are worth about \$5,000 dollars a pop after trimming expenses.

The Springtime Push is about being organized and prepared for the tasks at hand. As the season progresses different challenges present themselves, but these are issues that will be covered in subsequent articles. For now there is a lot of work to do, so all you demon growers (just kidding) get out there and till some soil, plant some plants and get it on because you have a long season ahead of you. For all you non-marijuana growers, make your way to the local farmers' market



(below) A rooted clone start.

and grab some veggi starts. Gardening is therapeutic and there is nothing wrong with harvesting some homegrown greens of your own. Good luck and I'm sure it will be another exciting season of growing in the Emerald Triangle.

PS: This year is a mega drought, and as an avid fisherman I care very much about the health of our streams and rivers. Get a well installed on your property, they are not that expensive and can help keep our fish swimming, not floating.

Follow Connor every month as he guides us through the season with his series of gardening tips.

Do you have any gardening questions for Connor? Send him an E-mail at Garden@theemeraldmagazine.com

Emerald

Product Review

Grow With The Pros

Dr B's Green Trees Growth



Spring has finally arrived and with it the promise of another fun year working in the garden. So with that in mind we at The Emerald Magazine wanted to review a product that would help all growers, experts and novices alike, to have a bit more success in the garden. With so much conflicting information about what to amend old soil with and in what

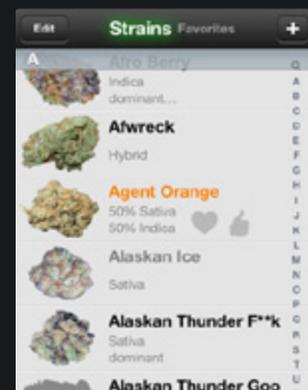
ratios, the professionals at Dr. B's Green Trees solved this problem once and for all. They take the guesswork out of dirt work with there simple yet effective Nature-Based Product line. It is a pre mixed all purpose amendment that combines the best of what the Skies, Oceans and Land provide in order to maximize the potential of your plants. After having used it for the last two years myself I can say without a doubt that it has increased the vigor with which my plants grow and is something I would recommend to all growers. The other great part of this product is how it simplifies the amending process. Instead of buying four or five different things I only have to reach for one, Green Trees.



Emerald

APP - PIRE

Phone App Review



iPhone App: FrWeed



FrWeed is an Apple smart-phone app that helps connect patients to certain strains of marijuana. FrWeed is free to download and has several helpful features that include listing over 100 common strains. Under the "strains" tab the app lists the Sativa and Indica percentages, and provides background information like the number of days in the strains flowering cycle, origins, smell and medicinal uses. The app also informs users about each particular strain's effects. For

example, the effects of AK-47 are, "Felt immediately with a strong cerebral high followed later by a good body buzz that comes on gradually. The strain has a long-lasting high that ranges anywhere from 1.5 hours to 2 hours." FrWeed provides a picture of each strain and allows users to take personal notes on the app. Next to the strains button is an icon titled "Uses." Once clicked, the app allows you to choose "Medicinal Uses" or "Activities." After selecting an option the app allows you

to choose a sub category. For Medicinal Uses the sub categories are Digestive System, Diseases, Neurological, Psychological etc. For the Activities option the subcategories are Art, Eating, Creative, Musical, Party etc. After selecting a subcategory the app lists the strains best suited for your desire.

On a scale of 1 - 10, the Emerald rates FrWeed as an 8 for it's overall appearance, information, and functionality.

In My Humboldt Opinion...

Q: Many fear the legalization of marijuana for a number of reasons. What are our elected representatives doing to ensure that growing marijuana will be feasible in Humboldt County once legalization occurs?

There was a recent meeting of the minds at the University of California Los Angeles (UCLA) hosted by our Lt. Governor Gavin Newsom in regards to the pending legalization of marijuana in the state of California. Based on polling data it is likely that in 2016 some kind of legislation will be passed by voter's to legalize and regulate the marijuana industry as a whole. How our local representatives in Humboldt handle that will determine our place at the table when it occurs. I think every reasonable minded person wants to see regulation in regards to growers here in our back yard, and that includes growers themselves. Many farmers shell out in excess of \$250,000 a year on expenses and would like to do that with out the fear of getting CAMPed or their private property invaded and seized by the local Drug Task Force.

My only concern is that our Humboldt representatives may drop the ball and fail to take a pro-active approach. Legalization is a gift wrapped opportunity for

this economy and I'm going to outline a few things that can be done so that once legalization occurs, Humboldt growers can do what they do best - produce the world's best herb and keep our local economy rolling.

An obvious move to be made is to trademark goods from Humboldt County. It is important to establish and protect the brand from a le-

“Legalization is a gift wrapped opportunity for this economy”

gal stand point. Humboldt growers have worked diligently to establish a brand of high grade marijuana the world over. Only marijuana grown in Humboldt should be allowed to invoke the Humboldt name on their label.

Water, a critical issue for years to come was also mentioned during the forum in Los Angeles. Where will this water intensive cannabis crop be grown, and does it mean California grows less produce for it to happen? The valley grows over 8% of the U.S.'s produce in terms of agricultural value.

It remains to be known if the State will approve fields used for food production to be used for marijuana production, especially when so many lay fallow due to the drought. Since the closure of two pulp mills, Humboldt only uses only 12 million gallons of the 75 million gallon per day of water right it currently possesses on the mad river water shed (Times-Standard). While

some may see coincidence, I see provenance. Humboldt County Officials could easily re-purpose this water for marijuana production. The only issue in the short term is that because Humboldt is not using the full extent of its water right the state could allocate the leftover 63 million gallons to a different district at any time. With the current state of the drought this is not an unlikely action the state might take against Humboldt County. In my opinion, it's imperative that county officials find a way of retaining its rights.

My final point to make is that the Planning and Zoning commission should invest time in preparing for legalization. For instance, establishing a basic criteria for what will be ideal locations for marijuana related businesses. This will speed up the investment process for entrepreneurs as they can evaluate real estate based on such criteria and know whether it would be approved for marijuana related activity or not. The same goes for out door grow spaces. Which watersheds will likely be approved or disapproved for agricultural activity? What will be adequate water storage for growers?

By taking a pro-active approach and working on behalf of the local growers and entrepreneurs in the marijuana industry, Humboldt's economy will continue to flourish post-legalization. Thus ensuring that when the ball gets rolling, it's mostly Humboldt weed that get's rolled up.

- Connor Callahan



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RIVER RAT

MADISON RIVER

Sean Jansen • Travel Columnist

When you are used to being around the ocean your whole life, it is obvious that it stays with you and you constantly think about it when you are away from it. However, being away from the things you love can sometimes be the biggest blessing, it can also be extremely difficult to find happiness and to be creative with that happiness.

Living in Montana is amazing, but like I said, for me growing up in California then moving here, it is difficult to find activities with the same relativity to what I am used to growing up. Bringing my SUP up here is what makes living here tolerable. Nothing against Montana and I have no desire to thrash the state by any means, it is just difficult to comprehend coming from where I grew up. But with that tolerance comes creativity, and with creativity there's adventure.

Now I completed a first successful trip to Yellowstone National Park with ease and success doing the same idea, on a lake from point A to point B and back again. But a river however, raises its own complications and hurdles that need to be jumped over. Like A to B and back again for example, you can't really do that on a flowing river unless you find joy in paddling against a river back to your car however far you floated. Or shallowness and rocks, a lake has depth, a river not. And rapids, they possess their own challenges. While watching kayakers dance through a section of rapids with joy, does not mean at all that me on a SUP with camping, camera, and fly fishing gear strapped to it will have the same outcome.

The weather in Montana is nothing short of unpredictable. Especially in spring. We had days in February that were 60 plus degrees with sun and not an ounce of wind.

Then the very next day, it was minus three with 25-knot winds. So to see a three-day forecast with 55-degree weather with sun and little wind was something to get excited about, but also to raise the caution flag when appropriate.

So I set off at about eight in the morning and began taking in the steady flow of the clear water watching trout scatter below my board and eagles flying overhead. It was slightly overcast, which surprisingly enough, makes for some better fishing than during direct sunlight during the springtime. So simply floating and taking in what is the beauty of Montana, and stopping on an island or good bank with a deep hole to fish, the ten-mile stretch I chose came to go by much faster than I initially anticipated. I somehow, ended up doing the first five miles within two hours of floating.

The wind began to pick up slightly, luckily for me however, the wind was at my back and therefore was pushing me down the river for the most part. I would occasionally come across a shallow section where my fin would drag along the rocks of the riverbed and try its best to launch me forward off of my board and into the water. I was wearing what is known in the fishing world as waders, which keep you completely dry while standing in the water fishing. However, if I was to fall in head first, water could simply rush in from the top, fill up the waders, and drown me. So needless to say, when I hit a shallow section of the river, I went onto my knees and held on until the section was up.

I arrived surprisingly fast, however I was relieved for the days are rather short, and there were certain sections of the river that were braided. Meaning, the river split into different sections and tributaries were everywhere. So if I were to take a wrong path down the wrong section of river, I would lose my friends vehicle support and would have no idea where to meet up if he couldn't find me. There was no cell service. So I was thrilled and relieved to have floated that section of river safely. But, it raised some more plans to do longer sections of the river and to be able to do multi-day trips down it.

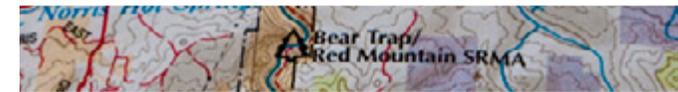
As I said, the weather forecast was to predict 50 plus degree-days with sun and to

have a low for the nighttime of around 32 degrees. However, as the sun began to set and the whiskey and beers around the campfire began to do their charm, my friend and I had little notice of what was to happen. When we ran out of booze and the exhaustion of paddling and fly-fishing told us to go to bed, we put the campfire out, and crawled into our tents.

I remember walking away from the fire and noticing that it was cold, but didn't realize what the actual temperature was. I had some beers and whiskey so my thought process was slower than usually, but as I was unzipping my tent to crawl into it, it wouldn't open because of a very thick layer of ice that decided to nestle on my tent. And as I turned my headlamp on, I couldn't even recognize the color of the tent from the amount of ice on it. So I broke the ice shelf off of my zipper and crawled into my 0 degree rated, very expensive sleeping bag that is aptly named the, "Snow Shoe."

However, the, "Snow Shoe," for certain did not live up to its name. Either my sleeping bag and sleeping pad, and tent were all defective, or it was so cold that the equipment decided that even they were cold. So with drunken mumbles coming from Adrian's tent going something like, "SSShhhhaaawwwww," I could tell he was simply so cold that he couldn't even say my name. His gear was less rated in temperature than

THE TRIP





mine so I knew he was colder than me. So we had no choice really other than to grab our sleeping bags, and run to the car and blast the heater.

I walked over to my tent and was immediately grateful at our choice to sleep in the car. I unzipped my tent, and inside my sleeping pad and the entire inside lining of the rain fly was covered in ice. Our waders hanging from the car were petrified, and our wading shoes were frozen to the ground. We quickly gathered some of the dry firewood we had left over in the car and blasted it with lighter fluid and got a fire going as soon as we could. But with the sun rising, and every minute it took getting higher into the sky, the temperature warmed and the ice melted almost as though it should have never have been there in the first place.

We boiled water from the river to drink and to make our Mountain House breakfasts and coffee's with, and thawed our bones to get ready for another epic day of fly-fishing. With a morning beer, which were surprisingly cold, and a splash of whiskey in our coffees, we packed up camp, set up our rods and hit the river. I caught a few fish and shot photos of Adrian bringing in quality trout after quality trout. I was stoked that I survived a cold night, a first time SUP Madison River float, and a newfound idea to partake in more similar adventures of its kind. And not to mention when I got back home and jumped online to see what the temperature was that night, it got down to 3 degrees. Got to love the spontaneity of spring in Montana.



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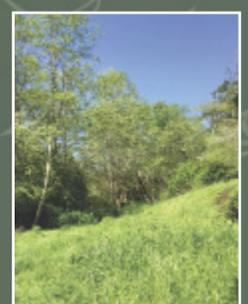
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