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9| Sun Kissed Farms • 14| Lawrence Ringo • 55| Lost Coast Botanicals

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The CBD issue

California



Dear Reader,

It wasn't until we put together September's CBD issue that I realized just how groundbreaking this compound is. My mother, a non-smoker, was diagnosed with lung cancer in September 2014. At that time, the *Emerald* didn't cover cannabis. One night, as I slept in her hospital room after her surgery, I asked myself, "What is all the commotion about cannabis and cancer?" Now I truly know, and you will too.

It is with high hopes that collectives such as Lost Coast Botanicals (p. 55) in Southern Humboldt continue their research and provide the ill with natural solutions, tested and proven effective.

May many more canna-businesses sprout up over the next few years to provide users with the relief pharmaceuticals cannot.

September 2015 marks a big push of the *Emerald Magazine* to publicize the efforts of the Emerald Triangle beyond our borders. This magazine is going traveling! Throughout California first, and by January 2016 the *Emerald* will be in every legalized state, and those soon to be.

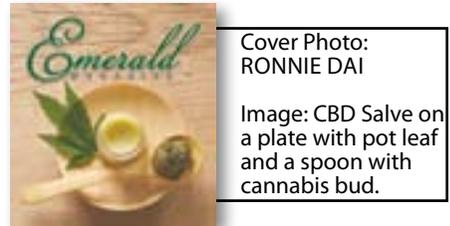
What better issue to send outside the Redwood Curtain than this CBD one.

Sincerely,
Christina DeGiovanni, Publisher



• 417 2nd St. #201, Eureka, CA 95501 •
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Cover Photo:
RONNIE DAI

Image: CBD Salve on a plate with pot leaf and a spoon with cannabis bud.



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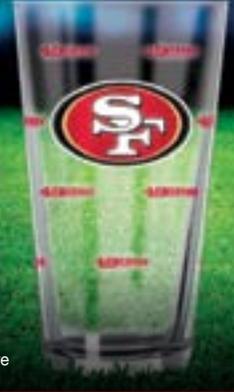
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Guide to CBD Cannabis Without The High

Cannabis contains many compounds, with THC (tetrahydrocannabinol) being one of the more popular and well known. However, a new cannabinoid is stepping into the spotlight – CBD (cannabidiol). Where THC provides a psychoactive effect (the “high” feeling), CBD has been shown to have anti-inflammatory, pain-relieving and anti-anxiety properties without the “high.”

Some of the more popular CBD strains are: Harlequin, ACDC, Trident and Charlotte’s Web. As with all cannabis products, different strains have different characteristics. Various CBD strains also interact best with different health conditions. As of right now, the main producers of CBD strains keep it small and produce mainly for family and friends with medical needs. There is no one producing CBD on the scale needed for it to be studied, therefore little information is available.

CBD has been shown to have anti-inflammatory, pain-relieving and anti-anxiety properties without the “high.”

Guide | Jami Eiring
Photo | Derek Nickell

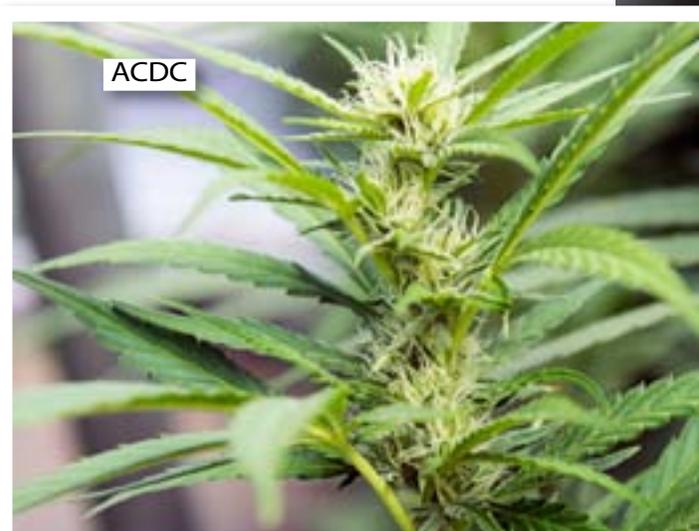


Image by Mark McKenna



Image by Ron Goldman



Image by Jenn Chavez-Ward



Image by Mark McKenna

Charlotte’s Web is one of the more famous CBD strains, and has become popular for treating seizures. With high CBD levels, it has little to no psychoactive effects. It was created for a young girl named Charlotte suffering from relentless seizures caused by Dravet Syndrome, a severe type of epilepsy.

Harlequin is known for treating pain and anxiety. With a 5:2 ratio of CBD to THC it is a fairly high CBD strain. ACDC is a much higher in CBD, with a CBD to THC ratio of 20:1. Having such a low THC level means this strain induces no psychoactive effect.

ACDC is known for treating pain, anxiety, epilepsy, negative effects of chemotherapy, and multiple sclerosis.

Trident is notable for its high CBD content, most effective for managing pain. Although it has low THC levels, it may still produce a mild high.

A local business development consultant, Nate Whittington, walked me through the business side of CBD. Depending on how you grow and harvest cannabis you can manipulate the levels of THC and CBD. The growing conditions and process can have as much or greater effects than the actual genetics of the plant, Whittington said.

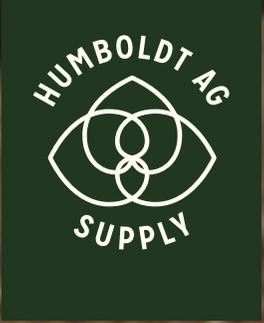
Growing CBD strains is not necessarily a money maker, he said. Traditionally, the more THC potent the cannabis is, the more profit. But with CBD it’s about the medicinal value without the high. An OG Kush plant will make about three times the money that a CBD strain could make, Whittington said.

Manufacturing and processing CBD can be cheaper than THC strains. CBDs are typically harvested sooner than THC strains which brings maintenance costs down. Also, because CBDs are more effective in oil form, trimmers are not needed.

Compared to traditional sinsemilla cannabis strains, hemp contains very little THC. Hemp itself is not psychoactive. Some say that CBD strains with less than 1% THC could be considered hemp. Because hemp is considered an agricultural plant, it could open the doors for CBD strains to become legalized.

Medican, a medical cannabis developer and distributor, is currently working on dosage guides for standardization of CBD medicine. They are working to get a good enough understanding of what CBD strains do, and how to grow them efficiently and effectively. Wonderland Nursery in Garberville, California are moving CBD genetics forward. Hoping to push the discussion, they give CBD plants to patients for free.

An emerging CBD strain is OG 78. It has a 2:1 ratio of CBD to THC. Whittington said that they are finding that tighter CBD:THC ratios are good for a lot of ailments and yield a more stable plant. Whittington said that the discussions people need to be having are about optimizing the potency, physiology, and cannabinoid levels of CBD strains. CBDs are meant for medicinal use and will continue to do amazing things for those with their backs against the wall.



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A Ray of Sunshine: Sun Kissed Farms



A Radical Approach to Cannabis and Medicine

By **Sam Greenspan** | Photos **Mark McKenna**

Blessed, or cursed, by the wealth of competing and often contradictory information that we're allotted in the age of the internet, even medicine breeds mistrust. For better or worse, we're all now forced to have insurance through privatized industries. Many prescriptions, if they're even affordable, seem to have a myriad of side effects that often seem on par or worse than the symptoms they're claiming to suppress. That's the operative word, by

the way: suppression. The pharmaceutical industry has no advantage in curing an ailment because that would decrease a customer base. Like cancer cells, business models such as these seem only to grow for the sake of growth, and rarely do we, consumers and citizenry, feel like our health care providers are actually serving us with care. However, as bleak as these skies seem, occasionally a little goodness manages to break through.





Sun Kissed Farms, a cannabis collective located in the heart of Humboldt County, is seeking to change this approach, leading by example as both provider and steward to the medicinal community. Their farms, almost completely off the grid by utilizing hydro and solar power, are committed to providing only the finest medicine to their clients, dispensaries, and thereby, patients. Their commitment to being above board, across the board, is hardly limited to energy consumption (or lack thereof). During Autumn and Winter months their facilities are equipped to collect and store rain water in tanks for preservation during or dry, drought ridden summer months, never drawing water from rivers, only utilizing spring water rarely, and when absolutely necessary.

I sat down casually over coffee with the man who is the backbone of Sun Kissed Farms, Aaron Morales, and his two sweet, lovely, daughters to discuss, in particular, a CBD strain that their avidly perfecting known as ACDC. Sun Kissed discovered ACDC out of the Cannatonic strain of seeds. Sun Kissed didn't invent the strain,



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but, due to its incredible ability to relieve pain with no adverse side effects, they seem to have taken it on as a major focal point for cultivation and perfecting, creating a product that's entirely their own.

I asked Morales what his inspirations were for concentrating on these medicines, and he stated, with a passion and refreshing ignition in his eye, "In 2008 my oldest daughter was taking bio in high school, and then chromatography caught my mind, as I was on the upstart." He continued, "It was already at the root of my mind, what the future would entail with these machines, and the future of this plant at large. It eventually occurred to me that we need to produce plants that are real actual medicine. So I went to go meet this doctor who is a part of the International Cannabinoid Research Society that actually studies this. So we get into a conversation about this and he started to tell me about these Euro plants that he's been looking for, and juicing plants, and not decarboxilated plants. It's non-psychoactive as a fresh plant, it has to be cu-

red first to actually get one high. (Just to clarify, all cannabis is non-psychoactive when it is fresh and alive.) And that was it, the science. The science of it all is what has blown me away. As such, we're purely focused on the medicinal properties. It's made for pain relief, all of it, and, tapping into the bodies natural cannabinoids, it's



helped our clients bodies do better than what they're already capable of doing. I believe that dried cannabis or decarboxilated cannabis is for immediate pain relief and that fresh non-decarboxilated cannabis is naturally designed to interact with multiple systems in our body to help stabilize homeostasis. The fresh plant is where real medicine lies, so that's our focus."

Refreshingly, when I asked how Morales handled ownership from developing ACDC, he responded, "I gave it away to everyone I knew that was proliferating clones. I originally named it Inde, which in Apache, means 'the people.' The word Inde is the true name of the Apache tribe, the word Apache means 'the enemy,' and this name was appointed to them by the US government. I think all of these plants belong to us; this is the last commodity that someone, the business powers that be, doesn't have complete control of. It's our last stand to hold on to something, and we can all control and share it together."

Anonymity is often a major hurdle in situations such as these, even in completely above board operations such as this, when asked about it, Morales proudly said to me, "I'll say whatever I wanna say, I'm not in hiding. It just got old for me, that's not my scene. I'm here to provide medicine. A few labs wanted to buy it, and for me not to share it, they want to take it from us. But I told them 'no.' What they want is control, and that's not what I'm here to provide. Again, I'm here to provide medicine."

Therein lies the rub. Other companies and corporate entities seeking to put the kibosh on operations like Sun Kissed Farms, or, worse, treat them as a sort of neo-spiritual voodoo. Sadly these entities control most of the money, and thereby have the power to influence any major publication for a price. However, at Sun Kissed, and at the *Emerald*, we take pride in being independent, allowing integrity and care to guide us. If you, or others you know are suffering from illness, you are implored to visit Sunkissedco.com, where all pertinent information is available to help you and yours get the medicine you need. We're on our way to a greener world, one day at a time. Allow your dollar to do the talking for you by supporting local businesses to help create the society you want to live in. Keep it local, keep it caring, and get a kiss from the sun every once in a while.



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(right) CBD cream applied to a persons hand for arthritis.

Forms of CBD

- CBD strains can be used to create salve creams for arthritis and inflammation. CBD sprays are also a common form of medicine, primarily used for anxiety and chronic pain.

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Lawrence Ringo is...

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“The whole thing about cannabis and CBDs, it’s really awesome. We’re here in Southern Humboldt, and we kind of made this happen here. I don’t know if it was an accident or made to be, but it is. So the best thing I can do is try to make it available to everyone. I wish it wasn’t illegal, I’d give it to the world.”

- Lawrence Ringo, *Cannabis Consciousness*
January 5, 2014

By Kerry Reynolds
Photos by Kat Hart-Ringo and Mark McKenna



When word got out that cannabis contained a non-psychoactive cannabinoid called Cannabidiol (or CBD), and that it had incredible healing properties without the side-effect of getting high, many wondered whether all the growers in California had bred so hard for THC that the high-CBD varieties were being wiped out. Fortunately, other forces were at work.

Born in Southern California, Lawrence Ringo had lived with a serious back injury since he was 13-years-old. He grew exclusively sun-grown, organic cannabis in Southern Humboldt through the 80’s, and again in the early 2000’s. He bred for what he liked to smoke, and for what worked to make him feel good enough to ride a motorcycle, play his guitar, or work in the garden, without fogging up his brain. In 2010 he met biochemist Samantha Miller

at Hempcon, when she was just starting up her Pure Analytics testing lab.

Samantha recollected discovering Ringo’s unique genetics when I interviewed her on my KMUD radio show, Cannabis Consciousness. “I called to let him know that I had found something really unusual in his test results from his crop that year... He had me on speakerphone, and I told him that he had a high-CBD strain and the whole room erupted in cheers.”

They had discovered that his Sour Tsunami, which he had carefully bred over four years, was 10%-11% CBD-rich. With that news, Lawrence dove into developing more CBD-rich and CBD-dominant varieties. He acquired clones of other newly discovered high-CBD strains, Cannatonic and Harlequin, and pollinated them with Sour Tsunami to breed Canna-Tsu, Harle-Tsu,

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and Swiss-Tsu. He then travelled around California to trade shows, making his seeds available, and distributing them through outlets like Wonderland Nursery clone dispensary in Garberville, California which also gives away clones of his CBD genetics.

It is widely believed that Sour Tsunami was the basis for Charlotte's Web, which gained fame from the Sanjay Gupta documentary on CNN. Ringo not only developed important CBD genetics, he dedicated himself to getting them out in the world, both as seeds and clones, and in the form of medicine that patients used with amazing results, treating a wide range of diseases. Tommy Chong was just one of many people who credited Ringo with helping him kick cancer.

I met Ringo through his wife, Kat Hart, sometime in early 2011. His strong encouragement was a huge factor in my decision to launch my Cannabis Consciousness show on KMUD in October of 2011. Ironically, I was reluctant to have Ringo as a live guest on the very show he inspired, because he was so open in sharing everything he was doing to help the severely ill that I feared he would legally incriminate himself on the air. At that time, around early 2012, there was a fierce federal crackdown on medical cannabis in California. Federal D.A. Melinda Haag was on a witch-hunt, shutting down over 600 dispensaries.

But no laws could stand in the way of Lawrence Ringo making and getting medicine to sick people, or helping others learn how to do it at every opportunity. Ringo was bold and forthright and came from a long line of tough men. Anyone who knew Ringo wouldn't be too surprised to learn that he was a direct descendant of legendary outlaw Johnny Ringo of Tombstone, AZ, known as "King of the Cowboys," a contemporary of Doc Holliday and Wyatt Earp.

The next year the world changed when Colorado and Washington citizens voted to legalize. The cannabis genie was out of the bottle. Ringo finally came into my radio studio and that's when I first met his Lost Coast Botanicals collective partner, Chris Larsen. They described their collective's model, the different extracts they were making with Ringo's High-CBD strains, and the vape pens and other delivery methods they developed. The two balanced each other, and after that interview I was profoundly impressed by the power of their partnership and the ideals they infused into



"I never use chemicals. I would never want to put chemicals in my land. I would never want to pollute my land with any weird chemicals or pesticides. Organic sustainable is the only way to grow."



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“ The main thing is to love what you’re doing. I love gardening, period. I love being out in the garden; in the sun; in the dirt; my feet in it, muddy, dirty, sweaty... I love it, it’s what I do, I’m a farmer. ”

their collective. It seemed like nothing could slow down Lost Coast Botanicals from skyrocketing as the premiere provider of the highest-quality CBD medicine. But according to Chris Larsen, the day that powerful interview aired, January 5, 2014, was also the first day that Ringo showed signs of being seriously sick. Ringo and Chris were on the road, and streamed the show live from a hotel room in LA. Ringo started experiencing a violent cough. Chris thought it was a flu, and wanted to steer clear of it. But a doctor’s visit about a week later revealed the shocking truth: Ringo had stage 4 pulmonary cancer.

My February 5th radio show became a love fest for Ringo as he listened in from St. Joseph’s Hospital in Eureka. At that time, he was his usual gung-ho self, deter-

mined to beat it using his own cannabis oil. But the tumor was so large when it was detected that it was an uneven battle. He would only live 2 more months.

Ringo embodied the best of the cannabis community. He was a tough outlaw hippie and a vocal champion for the healing gift of CBDs and the vital importance of getting them to patients. Generosity was his creed. Ringo’s three sons and his wife, Kat Hart-Ringo, carry on his legacy, continuing to grow and distribute his genetics through Southern Humboldt Seed Collective and Lost Coast Botanical Cooperative. Long live Lawrence Ringo, king of the CBDs.

To learn more about Ringo, or Southern Humboldt Seed Collective, visit Kingofcbdgenetics.com

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“ I have met many patients that moved to California as Cannabis Refugees ”

Maya's Story

Written by Shelby Lucero | Photograph by Derek Nickell

We live in an era of change for medical cannabis and its legalization in California. In December 2014 Congress finally took steps toward ending federal prohibition by forbidding federal agents from interfering in legal, state-authorized medical operations. Yet, the National Guard still seizes medical gardens in Mendocino County and Native American Tribes suffer raids on sovereign land.

California provides excellent environmental conditions conducive to growing organic cannabis, including those plants high in the chemical compound known as CBD. This is just one of over 80 chemical compounds found in cannabis, but only CBD has received national attention as the medicine healing children suffering from intractable epilepsy. Over the years, I have met many patients who moved to California as “cannabis refugees” because here they can get the best CBD medicine to ease their children’s pain and suffering. I have also worked with many organic farmers and provided guidance to parents with sick children. My expertise comes from having a healthy 22 year old son today who was diagnosed with cancer at age four. Our experience is the reason I am a cannabis activist and consultant.

Recently, a woman shared her experience as a cannabis refugee living in California with her three year old daughter, Maya. They travelled from Georgia with the help of a charitable group giving them money for gas, food and hotel. Maya suffered from a rare form of epilepsy called Dravet Syndrome. She had been on seizure medication since infancy. All the pharmaceuticals initially appeared to be the answer. The seizures would stop, then slowly the symptoms would reappear along with the seizures, until it would become time to change the dose or try a new medicine. Maya suffered about 200 seizures a day.

Desperate to help her child, having relocated to California, she received a medical doctor’s recommendation for Maya, and then made phone calls. She called me. After listening to her heart-felt story, I networked with farmers for donations of CBD for Maya. She received a limited supply of CBD, only two weeks worth, because of the ongoing raids of medical gardens.

At the end of two weeks, I received another call from Maya’s mother who was so grateful for all the kindness she had received from CA activists. She told me that Maya had zero seizures during the two weeks of using CBD oil. It was a miracle. For the first time in her daughter’s life, she was able to play, run, talk and laugh with her. Her happiness and gratitude spilled over in tears. She explained she was now on a waiting list to receive more medicine so Maya’s life recovery could continue. That never happen, because raids happened instead.

One week after Maya had her last CBD oil, she had a grand mal seizure. It took her life. The reason Maya’s mom had called was to thank me for giving her daughter the only happiness she had ever known, a life without seizures, thanks to the kindness of strangers and medical cannabis.

It is devastating to lose a child, especially knowing the death could have been prevented. Although cannabis is recognized medically, we still need so much more research regarding the healing power of CBD. Prohibition and the federal government controlled substance scheduling of cannabis often stand in the way. Cannabis is a miraculous plant which heals, but cannabis activity still a felony to the feds.

If you are in need of obtaining more information regarding medical cannabis, this writer can be reached at Flowerchildconsulting@gmail.com.

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The Healthy Life

What is CBD?

CBD stands for Cannabidiol, one of the many active chemicals in the cannabis plant. While it does not provide a "high," it has many other important medicinal benefits, from stopping seizures to natural pain relief.

Mary's Medicinals

Best known for their transdermal patches, Mary's Medicinals provides a wide range of topical products for pain management. The patches adhere onto the ankle or wrist and provide all day/night relief. It also comes in a transdermal pen form, dispensing a small amount to rub on the wrists for fast absorption. This also provides a way for those with sensitive or fragile skin to enjoy MM's products. They are available in 10 or 20mg doses, with CBD, CBN, THC Indica and THC Sativa options.



Sweet Relief

This deeply soothing body butter is a topical cream made with pure kief, shea butter, coconut oil, sweet almonds and essential oils.



Space Gem Candy is a medicinal cannabis line that includes elixirs, organic fruit strips made with fresh fruit, coconut oil and medicinal THC/CBD; hard candies, lollipops and Space Gem gummies.

THE CBD APOTHECARY

Organic Fractionated Coconut Oil
CBD Tincture from Portland, OR



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Organic Healing Cream from Northern Fiji (200mg).



Best of the Best

The Kitchen Sink

Kitchen Sink is a California company that infuses hash oil into their product. They have an array of salves which vary from menthol infused and almond oil, to bath salts for a good foot soak. The medicated soaps the company makes are great for skin irritations such as psoriasis. Find this product at the Humboldt Patient Resource Center in Arcata, California.

THE KITCHEN SINK
Extreme Healing Topical Salve



ROYAL BUDLINE

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Royal Budline is a natural care product that uses high CBD and THC plants. The spray is administered on the skin for relief of arthritis and other pain. If requested, Royal Budline can make a topical spray that is CBD rich with almost no THC.

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Care By Design

Care By Design is a Bay Area company that specializes in CBD sprays. Their coconut oil-based spray is calibrated with precise ratios of THC and CBD.



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By Molly Cate | Photo by Justin McIvor

Medibles and So Much More

How Will Our Cannabis Business Grow?

With cannabis re-legalization on the horizon (it was legal until 1937), abundant business opportunities are right around the corner for entrepreneurial folks. The cannabis industry has always been an energetic one. Even while shadowed by state/federal conflicts on the medical side and outright illegality on the social use side, economic development fueled by cannapreneurs is one of the steady successes of the past half-century. From the profusion of plant varieties, including specialized CBD strains, to the explosion of what we lovingly called paraphernalia in the 60s to vaporizers, hemp clothing, cannabis seed oil for your Omega 3s and 4s, and medibles from dispensaries, this versatile plant has inspired many new businesses. So, where are Californians now and what might the future hold?

County by county, official responses to the Compassionate Use Act of 1997 and its child SB 420, known as the Medical Marijuana Program Act, have varied enormously, as all too many patients learned the hard way. Use and distribution get loads of negative attention, so patients and caregivers have been harassed and

busted all over the state, while other blooming businesses seem to slip under regulators' radar. A prime example is medibles, medically-active edibles sold in dispensaries.

This writer looked into the question of how one goes about providing foods for dispensaries. As a staff chef for a medical delivery service in the Castro District of San Francisco in the 90's, I developed and provided spinach plus whole cannabis main dishes, spanakopita and Indian curry, to tempt the palates of patients wasting away from AIDS or cancer. Last winter I wondered how I might become authorized to make my signature dishes for folks in Humboldt County.

My first thought was to legitimize my products through whatever mechanism the state or county had in place, so I started with the Cottage Food Operator (CFO) law that went into effect in January 2013. I took a two-hour OLLI workshop at Humboldt State University called Introduction to Becoming a Cottage Food Operator.

The upshot of the workshop was that cannabis foods do not fall within the scope of the Cottage Food Operator law. The CFO law does not include any foods that make health claims so all medibles are out. Also, the main dishes I make are both perishable. The CFO law is for non-perishable goods only. Next, I called the local office of the state Department of Public Health (they oversee the CFO program and others) to find out who is keeping an eye on the health and safety of medibles. Apparently no one is. Kevin Metcalf of the Center for Environmental Health, a division of Public Health, said that as "medical delivery devices," medibles are outside their scope of action. Most revealing was a letter summarizing medical cannabis laws dated September 7, 2011 prepared for the Humboldt County Board

of Supervisors by then District Attorney Paul Gallegos. On page 7 he mentions foods. Gallegos writes that neither the Compassionate Use Act nor the Medical Mari-

juana Program Act mention edibles nor are they directly covered by the current Sherman Food, Drug, and Cosmetic Law. "However, neither do they exempt medical marijuana and related food products from the reach of the Sherman Law. The Office's position is that... medical marijuana is regulated under the Sherman Law. Therefore, cooperatives and collectives that manufacture or offer edible marijuana products... do so at their own risk, and should ensure that they are complying with applicable state and local food and drug safety and labeling laws..." Presumably, all local dispensaries are seeing that those who cook for them are doing a good job of following health standards. But no one is watching the hen house, so to speak.

We live in a time of gray cannabis laws. The biggest example, of course, is banking, a federal system and so by law blind to the realities of major social change toward cannabis. Twenty-four states have medical cannabis programs and 3 plus the District of Columbia have legalized. None of these places have nationally-networked banks or credit unions available to cannapreneurs. No credit cards

or lines of credit. No checks. No federally backed loans for business growth. A cash industry with only what private security you can afford. Security companies are experiencing a boom time as legal cannabis operations scramble to cope with being shut out of the banking system. On July 31, 2015, CNN Money online writer Aaron Smith wrote that Fourth Corner Credit Union of Denver was suing the regional branch of the Federal Reserve for being denied permission to operate within the banking system. The suit calls the Fed's position "anti-competitive: it is detrimental to public safety."

Whatever cannapreneurs develop – B&B's, insurance policies, special curing techniques like fine tobacco, cannabis tourism, smoking bars and more – a major shift in Federal law is essential for the future. Just think, someday you'll be able to plan your vacation through AAA or Travelocity around cannabis-friendly places to stay and even the candy on your pillow will be cannabinated.

Doris Hicks is the delightful person who taught the OLLI workshop, Introduction to Becoming a Cottage Food Operator. Besides learning all I needed to know about the new California Food Operator law, I found myself captivated by this energetic proponent of self-employment. Doris has become an accomplished cottage food operator in her own right, having developed several dozen baked products and successfully seen them through the submission process for inclusion in the ever expanding list of authorized food items.

Find her goodies and a descriptive brochure at the Kneeland Glen Farm Stand on Old Arcata Road. Every first Sunday she's at the Humboldt Flea Market at Redwood Acres in Eureka, Dows Prairie Grange on the 3rd Saturday, and Humboldt Grange on the 4th Saturday of the month. On Saturday, October 3rd, Doris will lead a full-day workshop on the Cottage Food Law sponsored by Humboldt Grange #501 and she's looking forward to reprising her multi-week in-depth class, three Saturday sessions through OLLI, November 7-21. For more information or to receive her brochure by mail, contact Doris at doris2work@gmail.com or 707-362-0397.

Presumably, all local dispensaries are seeing that those who cook [Edibles] for them are doing a good job of following health standards. But no one is watching the hen house, so to speak...



- 1 Chocolate Mint Tree Cookies
- 2 CFO Labels
- 3 Espresso Cookies

Interview with a Grower

by MJ Oacr



Growing the Ganja

Photo by Justin McIvor

M

mmm. I do appreciate a beautiful day. Something you just want to bask in forever. Glorious.”

The Grower is looking at me. Here is a man who assesses many situations, and I feel he is assessing me.

From the porch I look around at my surroundings; it is a beautiful day. Nice and arranged.

“I am a lucky man, I know. I know because every morning I wake up and revel in it.” The growers laugh is genuine, encompassing. “I was in the military,” he said. “That gave me a specific kind of training

and lifestyle. Protecting the tribe is powerful. And tragedy is all natural.”

He is looking out now, sinking into his military memories once again. His facial profile is defined. More like chiseled. “So I was out of the military, broke, and a little loss for a second. Not quite knowing who I was, or where to go. Through a couple brothers and the grace of god I end up here. Growing weed out in the mountains.” The grower winks at me. His speech is metered, relaxed to almost a slow pace. “Quit drinking too. The whole lifes-

style and having as much weed as I could ever want to smoke. Drinking wasn't good for me, it held me down - made me so heavy. When I first came out to stay with my buddy I had a kind of culture shock. The beauty and space of it all was almost overwhelming. [Being] out in the mountains is like a dream come true. That repetitive dream you never can keep in wakefulness, except you know you dreamt it and you know it is good. I've [felt] happy for the last 15 years in a way I had never known existed.”

I've felt happy for the last 15 years in a way I had never known existed.

The grower moves his head towards the thick smoke in the sky, my eyes follow his and continue to look up in the atmosphere. Time passes, and right as I wonder if I might ask another question, he leans back into conversation, “I spend my days right now in the heat of the sun and blue sky. I prune and tender my plants in hopes that I make some good cash to carry me through. I like to be prepared and yet I believe in the moment. I have seen enough that it keeps me knowing what a fleeting and unpredictable thing life is. My favorite moments this time of year as the light depts are just coming ready is to prune without gloves. I had this

friend, Annie, years ago in Boulder, she was from Nebraska though. Anyway, she always talked about her time at an ashram in India. How they would walk through the fields of Ganja with hands out. All the stickiness and hash to smoke. Finger hash. I love the feel of the stickiness building up into resin. I enjoy gardening without gloves. My ladies looking so good, feeling good. This time of year is such a catch-twenty two. I look around and I want to whoop with joy – those buds bursting and big. You could just stare for hours at the marvel of it. At the same time it is the time you are most likely to get robbed if it is going to happen. Now me, I been doing this

a long time now. That gives me an advantage in some ways and then the disadvantage of just being in the same place for so long – ups your possibility of random discovery. Not long and I'll be taking down and hanging. Going to spend some time diving around in Vietnam and the

Maldives this winter,” he said. “Whenever I can, you will find me first thing in the morning. On my porch, looking out forever. Smoking a joint, most times with my coffee. Sit there and fade awhile. The birdlife plays out above and around. I am taken in that way, you know? Will of god. Lavishing attentions. Propher. A chance. I go with god myself, or an ever changing interpretation of what that might mean anyway.” A low sound punctuated the moment, maybe a chuckle, maybe a grunt. And there it was.



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september community calendar

Emerald MAGAZINE

3 Reiki Healing Center Circle / 3pm
Hayfork Yoga Center / Hayfork

5 Community Pancake Breakfast / 8am - 10am
Roderick Senior Center / Hayfork

12 Bigfoot BBQ
Trinity County Fairgrounds / Hayfork

12 Disc Golf Tournament / 10:30am
Lee Fong Park / Weaverville

12 10th Annual Fiddle Contest / 10am - 8:30pm
Trinity Alps Performing Arts / Weaverville

19 Gymkhana
Trinity County Fairgrounds / Hayfork

5-6 Paul Bunyan Days / All Day
Fort Brag

7-12 Plein Air Festival / All Day
Mendocino Art Center // Mendocino

12 Best in Show: 2nd Sat. Gallery Reception
Mendocino Art Center / Mendocino

12 Winesong Charity Auction / 2pm - 5pm
Mendocino Coast Botanical Gardens / Mendocino

18-19 Mendocino County Fair / All Day
Fairgrounds / Boonville

26 The Gala Event / 3:30pm - 9:30pm
Mendocino College Student Plaza/Ukiah

3 Savage Henry Comedy Festival
8pm / Humbrews / Arcata

4 Mateel Comedy Cabaret
8:30pm / The Mateel / Redway

6 SoHum Beer Fest & BBQ Smoke-off
4-8pm / The Mateel / Redway

12 Paddlefest / All Day
Humboldt Bay Aquatic Center / Eureka

12 The Golden Tarp Awards
10-10pm / The Mateel / Redway

15 Little Hurricane / 8:30pm
HumBrews / Arcata

15 Radical Reels Film Tour
7pm / ATL / Arcata

16 National Circus & Acrobats of China / 7pm / HSU / Arcata

16 (folk YEAH!) Old 97's / 9pm
HumBrews / Arcata

17 Primus / 8pm
Eureka Muni / Eureka

18 The Growlers / 10pm
HSU / Arcata

18 Soul Night #46 / 9pm
HumBrews / Arcata

19-20 North Country Fair / All Day
The Plaza / Arcata

23 An Evening with Brother Ali / 9:30pm
Humbrews / Arcata

26 Dark Star Orchestra / 8pm
Van Duzer Theater / Arcata

26 Humboldt Hoedown! / 12pm-12am
The Mateel / Redway

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load your dice

There are many popular idioms around the game of dice. In business, it is smart to “rig the odds” in your favor. After all, why leave your success to chance if you don’t have to?

Cannabis growers, processors and retailers are hard pressed to keep up with the fast-pace changes that come with the territory. Changing laws, new regulations and the booming industry create a recipe for disaster. Some simply hope for the best. The savvy operations plan for the worst and that’s how they stay in business for the long haul.

For many, insurance seems to be an after-thought. This is completely understandable when you already have taxes, marketing and operation expenses cutting into profits. The idea of adding “one more thing” seems unnecessary. Here at Cover Cannabis, the majority of our clients only contact us to establish minimal insurance policies because their state, or property owner requires it. Most are unaware of additional policies that are available to outplay hard luck happenstances that befall businesses.

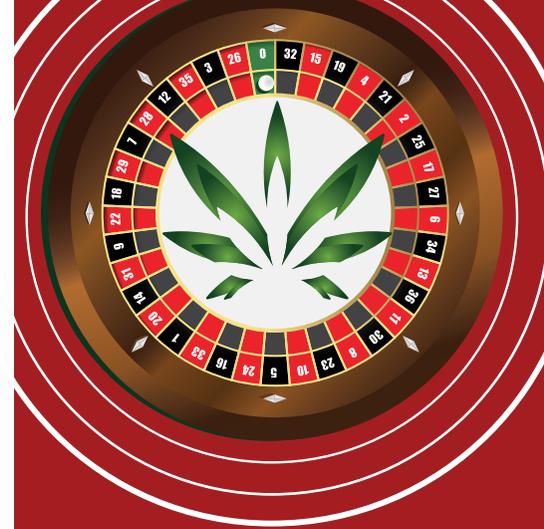


As an insurance brokerage, we have frequent discussions about theft, fire, injury, equipment damage and lawsuits. While this all sounds like “doom and gloom,” it’s actually a reality of business and our most successful clients proactively establish insurance as a defensive measure against unfortunate situations. A single theft, slip, fall, or fire (a topic that is close to our hearts at this very time) or a product lawsuit are just some of the “chances” that can affect a business. Why take the chance when adequate protection offers you the chance to play the game of business with loaded dice?

It’s not just about loss either... When equipment malfunctions and it’s covered, you have the opportunity to get back up and running more quickly. This is the fastest growing industry in the U.S. and there are dollars to be had. Every industry has it’s ups and downs. Right now we are up! There is no telling what the future holds, especially when we factor in government regulations. Missed opportunity can be much more costly than the cost of insurance.

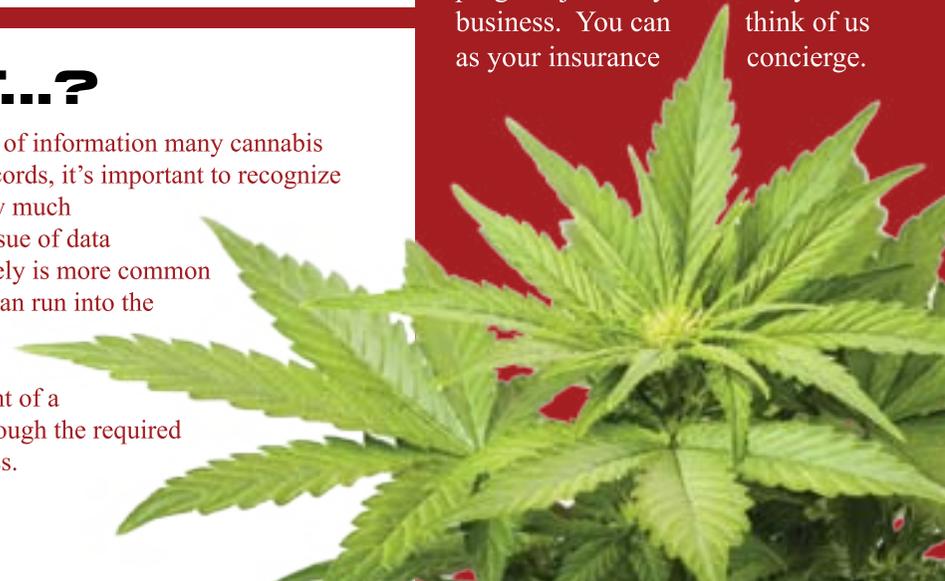
CYBER WHAT...?

Cyber coverage. That’s right. With the amount of information many cannabis operations store digitally, including medical records, it’s important to recognize the need for online security (and you know how much discreetness is valued in this industry!). The issue of data breach is not often talked about and unfortunately is more common than you might think. A data breach situation can run into the hundreds of thousands of dollars, and is extremely time consuming to manage on your own. Cyber liability coverage helps in the event of a data breach. This protection will assist you through the required steps to notify customers, and reimburse for loss.



SHOOTING STRAIGHT

Not all marijuana businesses are equal. We work with small smoke shops to large scale/multiple operations and everything in between. The advantage of working with us, as a specialized broker, is that we work on your behalf to find you solutions that fit your needs and budget. Mainstream insurance companies directly offer programs; however, we’re discovering that they are quick to close the deal and overlook critical steps that a specialized broker would catch. This is a big deal when you are in a situation where you need to rely on recovering from an incident. We have access to a number of national insurance brands and we can tailor a program just for you and your business. You can think of us as your insurance concierge.



Celebrity Advocate Laganja Estranja AKA Jay Jackson

Death Drops and Daily Doses

With gay rights in America fully out of the closet, the last outcasts still crowded in the smoky closet of discrimination seem to be pot smokers.

Twenty-six year old Jay Jackson, aka: Drag Queen extraordinaire Laganja Estranja, would like to help open that door, strutting her stuff and waving a multi-shaded green flag for Ganja; speaking out for the plant as a patient.

No small task, as the cannabis industry is a somewhat male dominated affair with the only scantily clad objects of desire typically female in form.

Don't Mess With Texas

Lucky for Laganja, she is no longer daunted by the rhetoric of homophobes, for her male persona hails from one of the more conservative states in the union when it comes to sex or pot, in or out of the closet. He came up and out in Texas, where cannabis law is tough, with up to two years in the slammer for small possession, and tonnage weighing in with up to 99 years behind bars as punishment.

Two years ago two bills reducing penalties failed in the Texas House of Representatives, leading observers in the cause to note Texas needs fewer Republicans in the House or more Cowboys and Cowgirls who smoke the herb out of the closet.

Jackson said, growing up in a conservative state, in the arts with a penchant to the feminine side and a focus in musical theater, he was messed with often.

“As a young gay man in Texas, I was picked on a lot,” Jackson explained. “Because of my outlandish style I called a lot of attention to myself and was often put down. Luckily I had a great support system at home.”

LGBT = PTSD

A paper published in the Harvard Gazette (2012) recognizes that the incidence of Post-Traumatic Stress Disorders (PTSD) in those identifying as lesbian, gay, bisexual, or transgender (LGBT) is much higher and starts at a younger age than heterosexuals, coming with a laundry list of lifelong disorders, including anxiety, panic attacks, and depression to name just a few symptoms.

According to entertainer and LGBT activist Miley Cyrus' support site, “Happy Hippies Foundation,” 1.6 million youth are made homeless each year, with 40 percent identifying as LGBT, and family rejection at the top of the list for reasons. Twenty-five percent admit to being sexually or physically abused, with nearly one in three transgender people being turned away from shelters due solely to their sexual orientation.

According to The Trevor Project, suicide is the second leading cause of death among young people ages 10 to 24, with LGB youth four times more likely to attempt to end their lives than their straight peers. Where transgender youth are concerned, it's been reported that up to 50 percent have seriously considered taking their own lives, with one quarter having made an attempt. Add POC (People of Color) and the numbers double.

Coming Out in the Bull Horn State

When Jackson was seven years old his parents enrolled him in a musical theater class, by 14 he was touring nationally with the Will Rogers Follies, and by 17 he was a Presidential Scholar in the Arts for Choreography,” to name just a few of the many honors bestowed on the young song and dance man.

Jay's theatrical penchant came with a cost, and big sister Jordan's own journey unknowingly paved a path for her little brother who is eight years younger.

“I came out in ultra-conservative suburban Texas when I was sixteen,” Jordan said. “It was difficult, but I've never been the kind of person to hide who I am, and because of my experience Jay was raised in a house where homosexuality was a reality, not just a show on TV.” Big sis Jordan taught Jay to say, “It's okay to be gay,” at a young age, but he still had his own battles to fight.

“When I left for college at 17 Jay was just eight years old, but was already being picked on in school for being so flamboyant. At seven they called him ‘Gay Jay.’ I told him, ‘fuck them, who cares what they think,’ and taught him to stand up for himself and not be concerned with other people's opinions.”

Their parents, both counselors, were aware of other lifestyles and open to

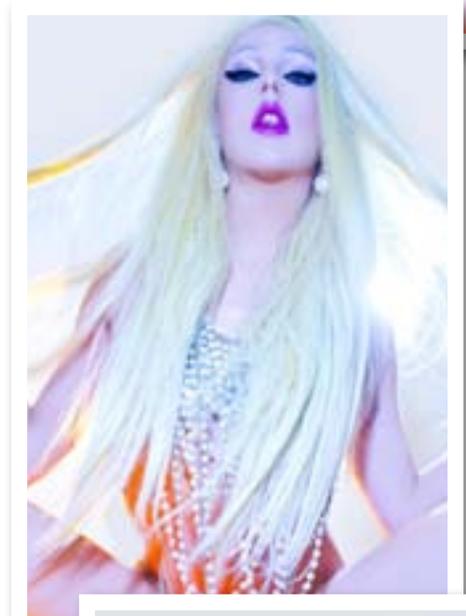
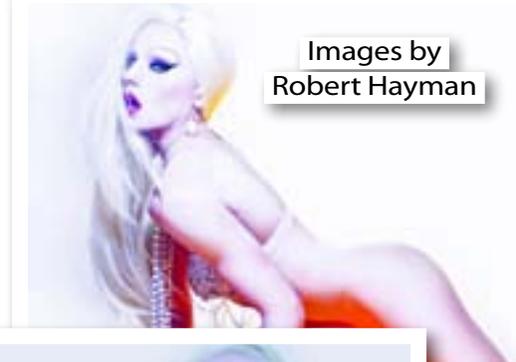


Image by Sharon Letts



Laganja Estranja makeup line

#TEAMGANJA



laganjaestranja.com

supporting their children's leanings. Jordan said they initially put Jay into all the typical male sports, but as soon as he showed an inclination to perform, combined with continuing bullying at the local high school, they enrolled him in a Dallas Arts Magnet high school.

Already suffering from anxiety, eating and sleep disorders, with a list of extenuating symptoms classified under PTSD leading to depression, there was no education on cannabis to help Jay while in the conservatively red state, though there were a plethora of prescription meds for kids.

California Dreamin'

Due to extensive honors and awards during his childhood in the arts, Jay received a partial free-ride in dance via scholarships at the renowned West Coast arts enclave Cal Arts (California Institute of the Arts) founded by Walt Disney himself.

"Moving to Los Angeles really allowed me to explore my sexuality and individuality," Jay explained. "The move also helped me physically and emotionally, because I found my medicine here."

The first to recognize cannabis as medicine, the historically liberal State of California has been a safe haven for many with real illnesses since its Proposition 215 was passed by voters in 1996.

During his third year of college an injury caused his Cali Chiropractor to suggest he ingest cannabis for pain and inflammation, with great results.

"Medicating with cannabis works the best for me, because it solves all my problems at once, rather than popping a half a dozen pills from big pharma," he explained. "I use strains of Indica at night to help me eat, sleep, and unwind from my typically long days. And I'm very excited about my new method of juicing the leaves. It gets my day started off in a new, refreshing, energized way without the psychological effects of the THC [tetrahydrocannabinol]."

The physical side of sporting eight inch heels and dancing is grueling on his body. Known for his "Death Drops," a contortionist's movement in dance that plunges him face first to the floor, then on to splits in just seconds, it's enough to make his mother cringe.

Applying cannabis salve on sore mus-

cles, joints and tendons has become a big part of his wellness regime, with his triple threat in theater equal to his triple threat in medicating via smoking, ingesting, and topical use.

Glitter, Glue and Good Medicine

With both the LGBT and the cannabis communities often seen in a negative light, it's Jay's hope to bring the two groups together in solidarity with "one wig, two heels, and one plant at a time."

"I'd like to unite my brothers and sisters in education on this herb, and I'd like to show the other side how much fun we have in liberating this plant," Jay said, raising his head high, channeling Laganja, "Girl, I spent a long weekend in the fields of the Emerald Triangle in Northern California, and let me tell you, those ladies got nothing on me. I'm their rep now, you listening?"

Laganja participated in season six of Logo Channel's RuPaul's "Drag Race," but was unable to medicate during production. Without her medicine, she said her emotions were all over the place, with her pain level reaching an all-time high.

Today she's featured regularly in top clubs around the world, is recording music, and will be on stage with host Miley Cyrus during this year's MTV Video & Music Awards (VMAs).

"My life is as fast as a little red corvette right now, sugar," Jackson said, with a wink. "But it would mean everything to me to be accepted in the world of weed. Let me dance for you - start the drum circle, I've got this!"

Jackson said Laganja has only begun to spread her famous foliage, with her current triple threat in song, dance and acting as a springboard to everything. "The future is endless!" he exclaimed. "I dream of being a model, a photographer, dancer, director, hip-hop rapper - I want to do it all - in stilettos, baby! Can you just see a Cirque de Soleil extravaganza in Vegas directed by none other than Laganja Estranja herself? "I can. And the plant will be beside me every dance step of the way!"

Get involved by visiting:
The Trevor Project, thetrevorproject.org

GLAAD (Gay & Lesbian Alliance Against Defamation) Glaad.org

Happy Hippies (Miley Cyrus' support site for LGBT) Happyhippies.org

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SEPTEMBER							
6	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	7	TBA NO COVER	8	Savage Henry Comedy Night NO COVER doors at 8 show at 9	9	Whomp Whomp Wednesday
13	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	14	Delirians w/ Jackie Mendez SelectoRotten and Abba Roots doors at 8 show at 9 NO COVER	15	Joe Buck Yourself, Imperial Destructo and Bored Again \$5	16	Whomp Whomp Wednesday
20	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	21	Monday Night Football at 5:30pm NO COVER	22	Savage Henry Comedy Night NO COVER doors at 8 show at 9	23	Whomp Whomp Wednesday
27	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	28	Monday Night Football at 5:30pm NO COVER	29	Jackson Emmer Trio (Roots Americana) \$3	30	Whomp Whomp Wednesday
3	Karaoke Night PINT NIGHT - NO COVER 4th Annual Savage Henry Comedy Festival	4	Whomp Whomp Wednesday	5	Savage Henry Comedy Night NO COVER doors at 8 show at 9	6	Whomp Whomp Wednesday
10	Stand Still Neighbors PC PINT NIGHT - NO COVER	11	Whomp Whomp Wednesday	12	Savage Henry Comedy Night NO COVER doors at 8 show at 9	13	Whomp Whomp Wednesday
17	80's Night w/ DJ RED "Say Anything" playing at 7pm music at 9pm PINT NIGHT - NO COVER	18	Whomp Whomp Wednesday	19	Savage Henry Comedy Night NO COVER doors at 8 show at 9	20	Whomp Whomp Wednesday
24	The GetDown PINT NIGHT - NO COVER	25	Whomp Whomp Wednesday	26	Savage Henry Comedy Night NO COVER doors at 8 show at 9	27	Whomp Whomp Wednesday
31	Whomp Whomp Wednesday	1	Savage Henry Comedy Night NO COVER doors at 8 show at 9	2	Whomp Whomp Wednesday	3	Karaoke Night PINT NIGHT - NO COVER 4th Annual Savage Henry Comedy Festival
5	Absynth Quartet w/ Liquid Kactus \$10 4th Annual Savage Henry Comedy Festival	6	Savage Henry Comedy Night NO COVER doors at 8 show at 9	7	TBA NO COVER	8	Savage Henry Comedy Night NO COVER doors at 8 show at 9
12	GRAND OPENING PARTY The Living Tree of Humboldt Music NO COVER	13	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	14	Delirians w/ Jackie Mendez SelectoRotten and Abba Roots doors at 8 show at 9 NO COVER	15	Joe Buck Yourself, Imperial Destructo and Bored Again \$5
19	Little Kidd Lost, Dirty Rats, and Nac One \$10	16	Whomp Whomp Wednesday	17	80's Night w/ DJ RED "Say Anything" playing at 7pm music at 9pm PINT NIGHT - NO COVER	18	Whomp Whomp Wednesday
26	Money: Pink Floyd Tribute \$10	19	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	20	Monday Night Football at 5:30pm NO COVER	21	Monday Night Football at 5:30pm NO COVER
2	Spiritual Rez \$10 4th Annual Savage Henry Comedy Festival	21	NFL Sunday Ticket starts at 9am DEEGROOVESOCIETY SUNDAZE	22	Savage Henry Comedy Night NO COVER doors at 8 show at 9	23	Whomp Whomp Wednesday
11	Object Heavy CD Release Party \$10	28	Monday Night Football at 5:30pm NO COVER	29	Jackson Emmer Trio (Roots Americana) \$3	30	Whomp Whomp Wednesday
18	Naive Melodies: Talking Heads Tribute \$10	31	Whomp Whomp Wednesday	1	Savage Henry Comedy Night NO COVER doors at 8 show at 9	2	Whomp Whomp Wednesday
25	Club Triangle \$5	1	Savage Henry Comedy Night NO COVER doors at 8 show at 9	2	Whomp Whomp Wednesday	3	Karaoke Night PINT NIGHT - NO COVER 4th Annual Savage Henry Comedy Festival



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THE High LIFE

BY SHERAE O' SHAUGHNESSY

This Is Why We Pride



Lesbian, gay, bisexual and transgender pride celebrations and parades are the heartening demonstrations against bigotry and violence toward LGBT people, declaring equal rights, self love, community and acceptance of sexual diversity. An observance, a rite of passage and a damn good party, a carnival, a Mardi Gras and even a solemn observance of those who are denied the right to love whom they choose. A fiesta in honor of human life. And yet there are still those vehemently opposed to this fabulous event. Every party has a pooper, that's why we're inviting you!

The majority of Pride affairs occur annually and often in the month of June to commemorate the Stonewall riots, a crucial turning point for the gay community. The '50s

and '60s were an especially difficult time for homosexuals in our country. The Stonewall Inn is located in Greenwich Village, New York and was owned by the mafia. At a time when most businesses wouldn't cater to gay folks, the business-minded mafioso said, "We don't care what you do behind closed doors, come on in and drink our booze!" The Stonewall eventually became a safe harbor for discriminated-against individuals. After years of suffering harassment, when police raided on the night of June 28, 1969 they were met by a band of empowered people feeling fed up and motivated to fight back. In the weeks that followed, Village occupants formed activists groups fighting to establish rights for gays and lesbians so that they could live without fear of being arrested.



"WE DON'T CARE WHAT YOU DO BEHIND CLOSED DOORS, COME ON IN AND DRINK OUR BOOZE!"

Alright, now that I've acknowledged that history, let me count the ways I love the gay community and wish to aid them in their quest for equality. I suppose I should start by explaining why I, a heterosexual human, would be heavily promoting Pride events. Without straight allies, there wouldn't be enough political power to overturn gay marriage bans and fight discrimination against the LGBT community. I consider myself a straight ally. I believe LGBT people face discrimination and as a result are deprived of basic human rights. It is therefore my responsibility and my aspiration to fight homophobia, biphobia and transphobia. Because so long as you aren't harming, robbing, degrading or killing people, I believe you should be free to cohabit with whom your heart desires. Also, can we talk about weddings before gay marriage? Esh.. Puffy sleeves, powdered blue tuxes, red carnations... Bonnets! The horror!

Homosexuality is still illegal in roughly 70 countries and is punishable by death in seven. Punishable. By death. This is unacceptable. I cannot fathom how anyone in their heart of hearts could consider death a reasonable punishment for same sex romance. Can you imagine if it were deemed appropriate to kill what we love? Jeff Bridges, Nutella and the Foo Fighters would've been executed long ago. That was a dumb joke. But my point is that this is why we Pride. To stand in support of, to fight in honor of, and to celebrate the inevitability of equality.

If you are so inclined, join us this September in Halvorsen Park in Eureka, California for a Humboldt Pride Parade and Festival celebrating, "We Are Queer History." I have the extreme honor of emceeding this demonstration of the power of the human spirit. You think it's cool to hate things but it isn't. It's boring. Talk about what you love and keep quiet about the things you don't.

Transitioning with Weed

by Sharon Letts
Photos by Sharon Letts &
Lew Robertson

As Utah transplant and 23 year-old Humboldt State University graduate, Marval A. Rechsteiner transitions from a biological female to a male, with the use of cannabis literally evolving with him.

“I initially thought I wanted to be completely sober when I went under the knife,” he said from his home in Humboldt County. “But the more I learn about its benefits for pain, inflammation, infection and overall healing, the more I’m realizing I’m going to need it before and after surgery.”

Born a blood Jew, raised as a Catholic in predominately Mormon Salt Lake City, Rechsteiner said he’s happy to be in Humboldt County where the plant and education on medicine is plentiful.

With a BFA in Sculptural Ceramics under his belt, he’s also looking forward to growing as an activist, using “Art as Activism for Trans,” and for POC (People of Color).

“I’m about to head to a Trans conference known as ‘Gender Odyssey’ in Seattle, Washington, helping its guest artist set up a show dealing with trans/racial intersections of identity,” he shared. “And I get to meet some famous names in the transgender community!”

Though gays, lesbians, and bisexually identified people are somewhat more accepted now, transgender, or “gender-benders,” such as Rechsteiner, have been traditionally unable to fit in, due largely to being perceived as confused for dressing or acting as the opposite sex in order to feel alright in their own skin.

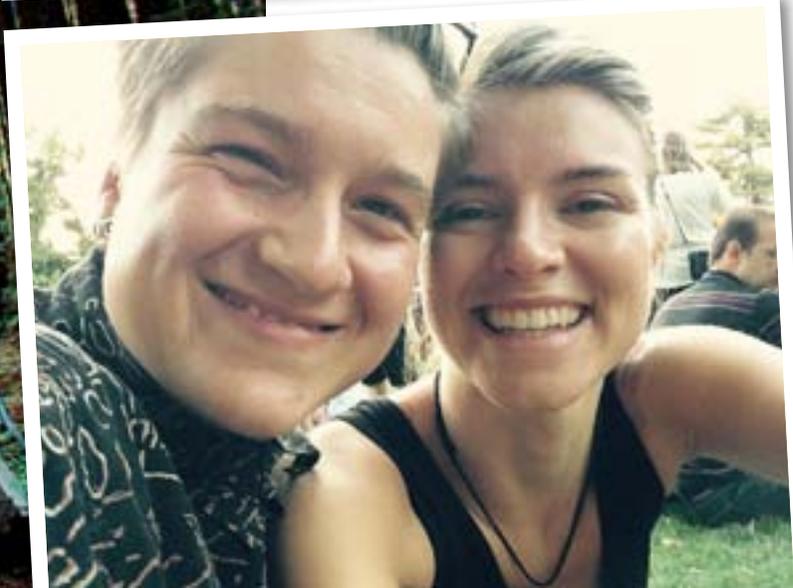
“Growing up in Salt Lake City in the 90s, by my very biology as a gender-bending person, I was an outsider, freak, and rebel from a young age,” he said. “I had crushes on the young girls my age and felt that the boys were often competitive and mean to each other. The strict gender norms of either male or female confused me greatly and caused me stress from a very early age. I began to disassociate from my body around the onset of adolescence, and high school became a time of secrets; secrets around the core of my identity and gender. Basically, as a teenager, I felt my body had betrayed me.”



Stress, anxiety, panic attacks, agoraphobia, and eating disorders – all this and more are symptoms most LGBT youth deal with on a daily basis. Bullying is top of the list, with Rechsteiner quoting Kate Bornstein, regarding then President Bush, Jr. and the forced to choose mantra of “are you with us or against us?” rhetoric.

“From my own experience, and those of close friends who identify as queer, you grow up in a heightened state of anxiety or fear,” he said. “For LGBT and POC, we get a special brand of fear-mongering, because we aren’t even ‘normal’ looking to begin with. Therefore the ‘are you with us or against us’ question is already thrown out with the Christian baby and the bathwater. They use physical and institutional violence to get us.”

Both the FDA and the U.S. Department of Health & Human Services have given a green light to Suzanne Sisley, a researcher at the University of Arizona, to conduct research on cannabis use for “Post Traumatic Stress Disorders” (PTSDs). The 10-week ‘blind’ study, meaning some given a placebo and some given cannabis, would examine 50 veterans and is yet to be approved by the DEA. With more than 7.7 million Americans suffering from PTSD, Sisley is hopeful for approval.



“Although there is a mountain of anecdotal evidence that marijuana helps with PTSD, there has been no controlled trial to test how marijuana suppresses the symptoms, including flashbacks, insomnia and anxiety,” said Sisley via USA Today (March, 2014).

“I have trigger points in relation to my gender identity,” Rechsteiner shared. “I’ll have a panic attack because of fear and internalized self-hatred that looks very much like a PTSD episode. Other gender-nonconforming people have told me of similar attacks where it feels like the world is about to collapse in on them. Look at it this way, if your very identity is constantly made invisible or stereotyped negatively, you disassociate from integral parts of who you are – and what that means is years and years of unpacking the hatred inside yourself to find yourself again, and find love.”

Rechsteiner said queer people often use cannabis in a negative way, just like any other substance used to bypass emotional hurting. He also acknowledges how it has helped him deal with all sorts of issues surrounding his identity. “In the past when the panic attacks began I was prescribed Xanax to calm me down,” he explained. “Now, I use cannabis in specific ways. During my transition with hormone replacement therapy I was smoking, as it lifts your mood fairly quickly. But tincture is by far my best option in terms of calming my fear down. I don’t get blazed out of my mind on it, it helps me to get into my body and feel good inside my body – which for someone like me who has disassociated for such a long time – is deeply healing.”

To help with Marval A. Rechsteiner’s medical transition a “You Caring” account has been set up. For more information, visit Youcaring.com/marval-a-rex-393250

Help with transitioning youth
Center for Disease Control:
Cdc.gov/lgbthealth/youth.htm

The Advocate: Advocate.com

Colage: Colage.org

Stop Bullying: Stopbullying.gov



Fiona Ma,
California State Board
of Equalization



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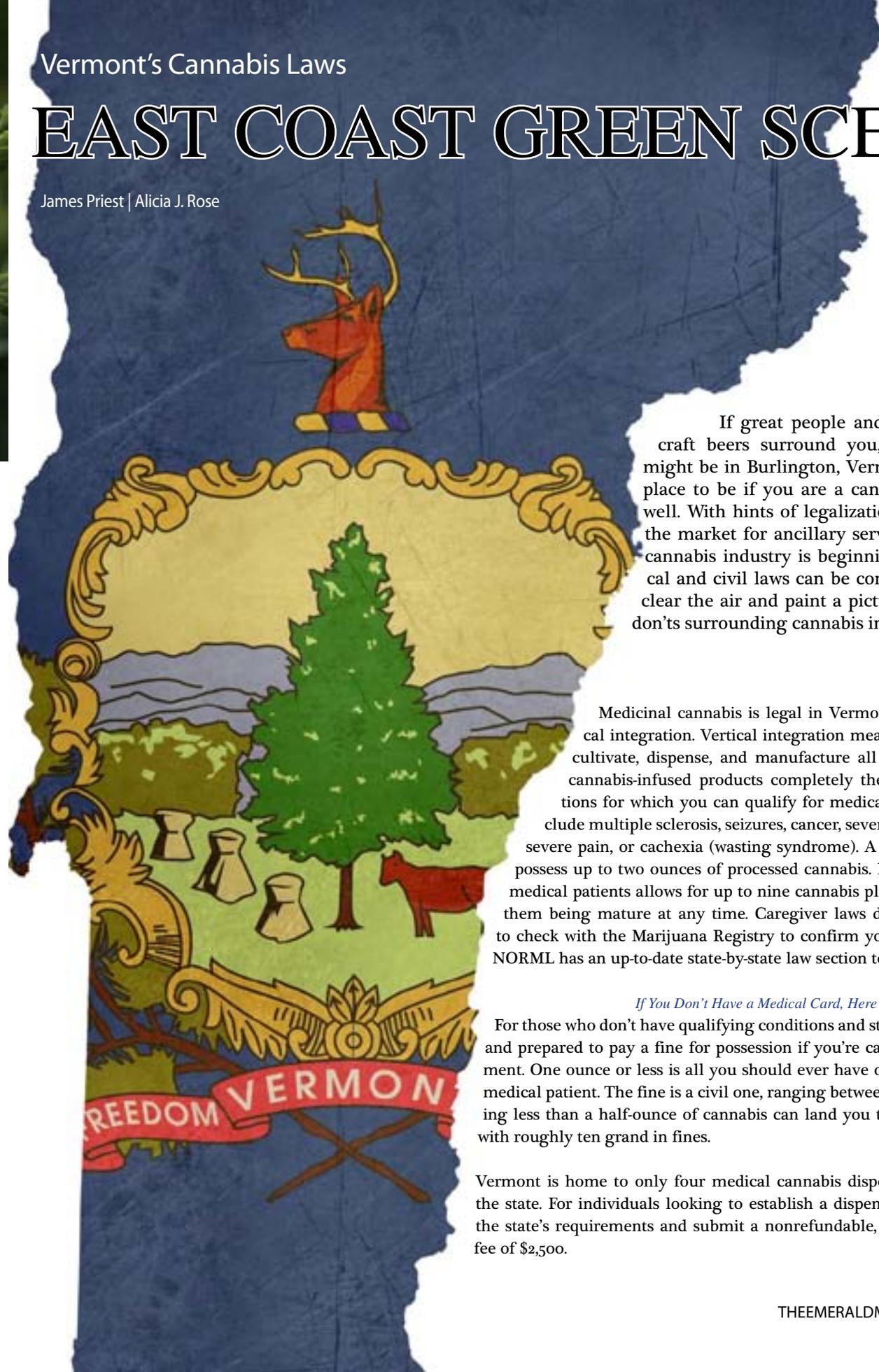


The Infamous
Pot Leaf

Vermont's Cannabis Laws

EAST COAST GREEN SCENE

James Priest | Alicia J. Rose



If great people and some of the best craft beers surround you, chances are you might be in Burlington, Vermont. What a great place to be if you are a cannabis consumer as well. With hints of legalization coming in 2016, the market for ancillary services related to the cannabis industry is beginning to boom. Medical and civil laws can be confusing. Let's try to clear the air and paint a picture of the do's and don'ts surrounding cannabis in Vermont.

What You Need to Know

Medicinal cannabis is legal in Vermont but requires vertical integration. Vertical integration means dispensaries must cultivate, dispense, and manufacture all cannabis, as well as cannabis-infused products completely themselves. The conditions for which you can qualify for medical use in Vermont include multiple sclerosis, seizures, cancer, severe nausea, AIDS/ HIV, severe pain, or cachexia (wasting syndrome). A medical patient may possess up to two ounces of processed cannabis. Home cultivation for medical patients allows for up to nine cannabis plants with only two of them being mature at any time. Caregiver laws do apply, but be sure to check with the Marijuana Registry to confirm you are in compliance. NORML has an up-to-date state-by-state law section to keep you informed.

If You Don't Have a Medical Card, Here's What You Need to Know

For those who don't have qualifying conditions and still partake, be careful and prepared to pay a fine for possession if you're caught by law enforcement. One ounce or less is all you should ever have on you if you're not a medical patient. The fine is a civil one, ranging between \$250 and \$500. Selling less than a half-ounce of cannabis can land you two years of jail time with roughly ten grand in fines.

Vermont is home to only four medical cannabis dispensaries approved by the state. For individuals looking to establish a dispensary, you must meet the state's requirements and submit a nonrefundable, one-time application fee of \$2,500.

Cannabis Credit Union

By Matthew Owen

One of the biggest obstacles to cannabis being a mainstream industry is the federal government. The federal classification of cannabis as a Schedule 1 controlled substance effectively keeps all federally chartered financial institutions from doing business with anything cannabis related.

The reality is the CDC (Centers for Disease Control) claims that cigarettes kill over 6 million people worldwide every year and almost 500,000 in the United States alone. For this, tobacco farmers get tax breaks and their lobbyists are on first name basis with their Congressional representatives.

Fiona Ma ("Join the Ma Squad"), with the California State Board of Equalization (BOE), has been pushing for a California state chartered financial institution to offer banking services to the cannabis industry. Ms. Ma understands that when the government treats the cannabis industry like a legitimate business, they can collect taxes. From her website, "While growers themselves do not have an obligation to sales tax, the BOE is interested in the relationship between the grower and the retailer." Simple things like requiring all cannabis dispensaries to be state licensed and to generate

invoices for every purchase they make, detailing the farmer's name and address, and then file 1099s at the end of the year, could transform the cannabis industry. This could benefit all players across the board, cannabis farmers, dispensaries, consumers, suppliers and the State of California. It's nearly impossible to collect taxes in any cash business without receipts. When taxes are voluntary, guess what choice the taxpayer will take. It's the reason why payroll taxes come out of your check every payday versus tracking down the employee to pay their taxes. Requiring cannabis dispensaries to issue 1099s on all sales would be a game changer. Hence the reason the State Board of Equalization is looking at ways to tax the cannabis industry.

Think of what can happen when an entrepreneur opens the first state chartered cannabis credit union. The cannabis industry would be able to make cash deposits into a bank-type account. They would have access to credit to help facilitate such things as purchasing land, farm equipment, cannabis clones, fertilizer, etc. Currently in Colorado, many cannabis dispensaries have purchased old mine shafts and set up 24-hour armed security to store their cash receipts since they don't have access to banking. In the real world, most businesses rely on credit and debit cards for a high

percentage of their sales. Think how the cannabis industry could benefit from a customer being able to swipe a card for their purchase.

It's no secret that the State of California is looking to smooth out the peaks and valleys of volatile economic cycles with a stable tax base. The simplest way to do this is to tax the estimated \$4 billion in Humboldt County (wholesale) sales of cannabis by adding a clone tax. As law enforcement and county inspectors go farm to farm, the first thing they ask is to see your clone purchase records from a licensed clone farm with the appropriate \$10 per clone tax paid to the local jurisdiction. Those that pay the taxes are legitimate cannabis farmers and given a pass by law enforcement. Those that purchase from a black market cloner are outlaw tax evaders and subject to punitive legal actions.

Currently Los Angeles alone has more cannabis dispensaries than the states of Colorado and Washington combined. California cannabis retail sales are estimated to be \$2.5 billion (with a "B"). California wholesale cannabis sales are estimated to be over \$10 billion. That's \$10 billion in sales with almost zero taxes paid. And it means that the vast majority of our cannabis product is being shipped out of state, untaxed and, to the feds, as interstate transportation of narcotics.



CHAMPLAIN
VALLEY
DISPENSARY

Champlain Valley Dispensary

Champlain Valley Dispensary (CVD) is located on Lower Main Street in Burlington, Vermont. CVD is Burlington's only cannabis dispensary, having their license granted in July of 2012. Shayne Lynn operates the facility, and provides a safe and secure place for patients to obtain medical information. Member services include lab testing, appointments, patient information, loan information, education materials, and cultivation consultation as well. CVD is open to patients, and by appointment only. If you're a cultivator, and are looking for consultation, the Burlington location is open to help on Tuesdays from 4:00 p.m. to 7:00 p.m., with Saturday hours coming soon.



SOUTHERN
VERMONT
WELLNESS

Southern Vermont Wellness

Operated by Shayne Lynn of Champlain Valley Dispensary, Southern Vermont Wellness offers the same high-quality medical options as their sister store. Their product line, as reported on Weedmaps.com, consists of eight cannabis strains, concentrates, tinctures, as well as edibles. All products are lab tested and come pre-packaged.



Vermont Patient Alliance

As of September 1, 2015 Vermont Patient Alliance will begin offering an online dispensary. You must designate them as your primary care giver and have patient information on file before you can access their resources. All information on the site is password protected ensuring that only patients may utilize their online services. VPA breeds high CBD and THC strains at their lab in Montpelier. Currently they have 1:1 CBD:THC and 2:1 CBD:THC.



Rutland County Organics

Brandon, Vermont will be home to the fourth dispensary in the state. There have been some delays in its opening due to heightened security and a change in hours of operation. Attorneys working for the dispensary hope to overcome these hurdles, and have this dispensary back on track soon.

Take It to the Vermont Bank - Legally!

Vermont dispensaries have what are considered to be unique banking roles with the state. In February 2014, the federal government released guidelines regarding financial institutions. The first condition is that banks are required to use due diligence in regards to cannabis customers. They must ensure they're not implicating any priorities that are set out in the Cole Memo, a federal enforcement policy. Second, all banks that handle filings of various levels must be done on any and all activity that involves cannabis. Currently, all four of Vermont's dispensaries are working with the banks.

Vermont Residents Have Access to Safe and Secure Locations

Safe access and a growing approval for cannabis consumption in the state of Vermont has allowed for groundbreaking steps in the legalization movement. Thanks to the pioneering individuals who fought for citizens rights in Vermont, patients now have access to their medicine legally. With decriminalization in place, and medical dispensaries up and running, it's a good bet that Vermont will be one of the next states to legalize cannabis.

Stay informed and remember to push for, and vote, on cannabis reform laws when they are on the ballots. YOU make the difference!



Vermont *also known as* The Green Mountain State

by James Priest

The state of Vermont is over 75% forest, making it a true green state. In 1777, French-Canadian explorers named the area "mont vert," meaning green mountain. It became the 14th state in 1791.

Burlington is one of many great places to live and visit in Vermont. The city is located along the Eastern shore of Lake Champlain and is 40 miles from the state capital of Montpelier. Burlington has a long history of rich and diverse culture. Famous for the musical group Phish and Ben and Jerry's ice cream, Burlington is a beautiful city and the seventh most desired place to live in 2014 according to Outside Magazine. The University of Vermont is actively committed to community involvement. Their sorority Alpha Chi Omega, and fraternity Phi Kappa Alpha, recently raised over \$30,000 for the Alzheimer's Association, helping not only Vermont, but the world around them.

The Buzz on Burlington

Incredible Food, Love for Art, and a Mix of Music,

The Burlington community and downtown area are full of stores, breweries, pubs, and festivals that can be enjoyed year round. While you're in Vermont, you may be curious as to where you canna and canna not partake. Vermont is not recreationally legal yet, but has many canna-friendly businesses where you won't get the stare-down for smelling a bit green. If you're visiting, or are new to town and are looking for some great places to explore, we've got you covered. Downtown Burlington's diverse setting is sure to have something for you. Craft beer is a favorite of many Burlingtonians. With over ten specialty brewers located in Burlington, you are sure to find a craft beer that compliments your tastes.

Joints You'll Love, with Food and Drinks Too!

Nectar's -

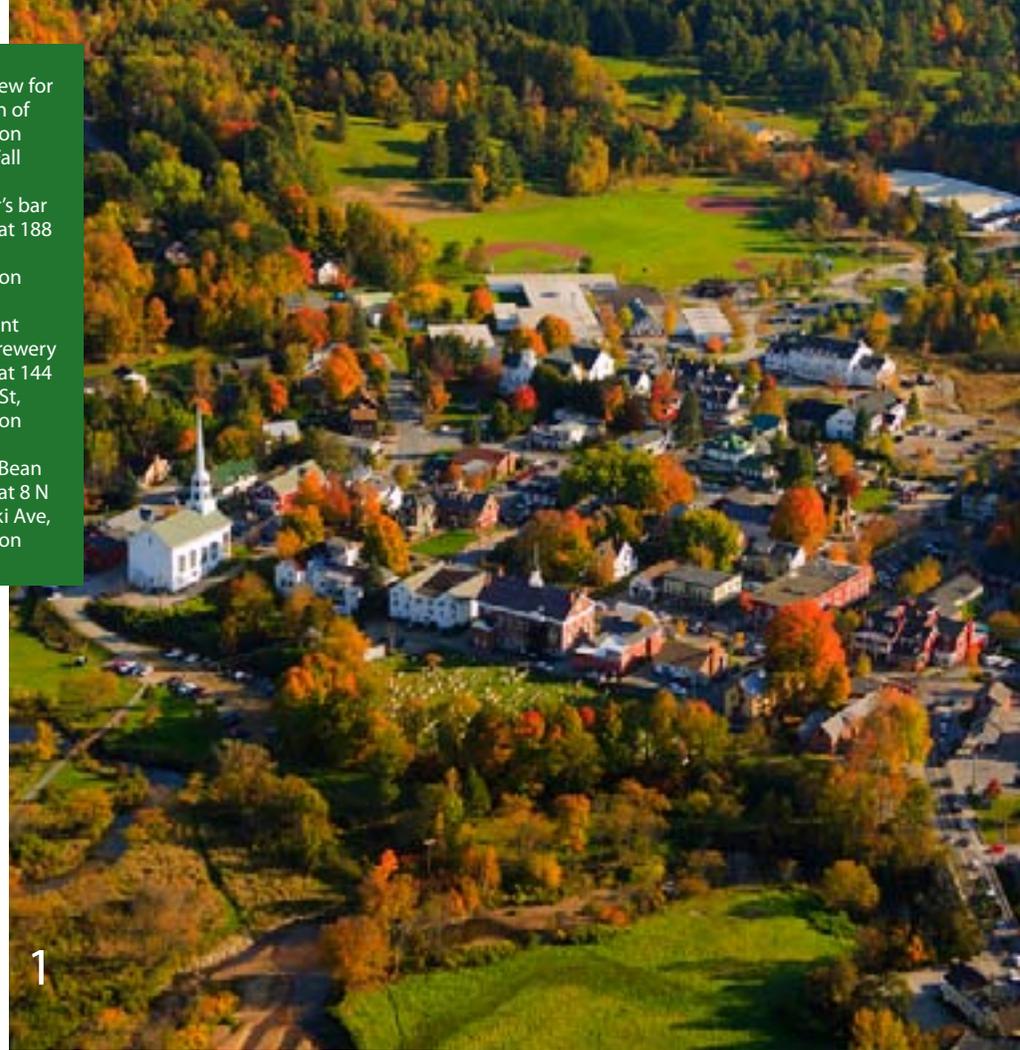
Whether you're looking for food or entertainment to satisfy your insatiable urge for interaction, Nectar's of Burlington is the spot and has been since 1975. From gravy fries to fried chicken, Fridays at Nectar's involve live entertainment and cheerful gallivanting. Tuesday's at Nectar's consist of Grateful Dead jam sessions and flashbacks from the past. Nectar's has been serving Burlington's cultural crowds for over 40 years. The band Phish got their start playing here, and many other national groups have graced their stage, making Nectar's a musical utopia from rock to reggae and everything in between. People I've talked to who remember Nectar's from 15 years ago still recommend it as a must-do in Burlington. New owners took over in 2003, but Nectar's stayed the same, living up to the promise you will see on the back of every staff member's shirt, "Fresh Music Served Daily."

1 Aerial view for the town of Burlington during Fall

2 Nectar's bar located at 188 Main St, Burlington

3 Vermont Pub & Brewery located at 144 College St, Burlington

4 Radio Bean located at 8 N Winooski Ave, Burlington



1

The Buzz on Burlington (cont'd)



2

3

Vermont Pub and Brewery -

Greg Noonan, the owner and founder of Vermont Pub and Brewery, opened his doors back in 1988 and has been ensuring people have fun ever since. Both the college crowd and locals love the Vermont Pub and Brewery with their 47 different styles of craft beer.

Greg Noonan is known around the world for his book on homebrewing. So it's no surprise that they have some of the most amazing beers around. Maybe you're looking to enjoy an Apple Cinnamon Lager, a Chocolate-covered Strawberry Stout, or to slam back a glass of Handsome Mick's Irish Stout. No matter what you're in the mood for, you are sure to find that specialty craft brew at this pub. With such a vast selection, they're bound to be the cure for your cottonmouth. Stop in and discover your favorite beer. If you're anything like Greg, when it comes to the satisfying taste of craft beer, it will be the one that is in your hand!

Higher Ground

Burlington is home to the band Phish. Phish family members own Higher Ground and are able to book exclusive artists to play at their venue.



Radio Bean -

Lee Anderson is the owner of Radio Bean, a unique Burlington cultural spot. More than just your everyday caffeinated java joint, Radio Bean is a place to gather with friends to enjoy music, see local artists, and to cure that dry mouth with affordable drinks. Note to reader: try the \$5 shake.

The jazz scene in Burlington is a happening one, and you can find it happening at Radio Bean. As the legendary Miles Davis once said, «Jazz is the big brother of revolution. Revolution follows it around.» It would be safe to say that revolution is definitely hanging out in Burlington, Vermont and has a home at Radio Bean.



4

Bloom Machine Photography

The Green Mountain State is a True Green State

Vermont is an extraordinary place on a path to making cannabis history and the quiet little town of Burlington is in the middle of it all. Vermont's push for legalization has put it center stage for the eastern wing of the cannabis movement. Unlike other places that have legalized by voting, Vermont would legalize at the legislative level, the first of its kind. This bold, brave move, encouraged by the people, will be watched closely by the rest of America and the world around. With decriminalization already in place and medical marijuana dispensaries approved and operating, Vermont has put itself on the map as a major player in the rights of Americans and the legalization of Mary Jane.



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The Marijuana Policy Project: Changing Texas Cannabis Laws

By James Priest

The Marijuana Policy Project (MPP) has set up base camp in Austin, Texas. It's no surprise that Austin was the top choice for this amazing group's operations in Texas. Austin is like a state within a state according to those who live there. Statewide, possession of less than 2 oz is a misdemeanor punishable by up to 180 days in jail and a max fine of \$ 2,000. A law passed recently that allows doctors to prescribe CBD oil to patients with epilepsy. Though the federal government still disagrees, the new Texas law allows doctors freedom of speech in recommending, and prescribing, cannabis related products to patients. Still, prescribing is federally controlled, and it's doubtful that many doctors will take the risk.

CBD is Coming to Texas. That's it for Now. Federal law still prohibits all forms of cannabis, at any level, anywhere in the state of Texas. Yet it was a federal court that allowed doctors the freedom of speech to communicate openly with their patients. Unfortunately in America, freedom is only free when the federal court says it is. You're allowed to talk openly when it comes to cannabis,

but only if the courts say so. Here is a prime example of why cannabis reform is a must and why the Marijuana Policy Project is so committed to changing this outdated, narrow-minded way of thinking.

The Marijuana Policy Project (MPP), Who They Are and What They've Done

When it comes to groundbreaking action, the Marijuana Policy Project is just that. They're the group behind the legalization of cannabis in Colorado. If not for their dedicated efforts to educate the public, we might not have seen the cannabis movement take off as it has. By continuing to provide information, MPP will prove once again that the legalization movement is possible everywhere across the United States, not just in the Eastern or Western corridors.

Austin MPP and Their Five-Year Mission

Legislation allowing access to CBD oil in Texas is a monumental event. The three dispensaries that will serve Texas by 2017 will only benefit those with intractable epilepsy at first. The MPP timeline for their



efforts in Texas are: 2015 to push for medical legalization, 2017 to push for recreational cannabis for folks 21 and up, and 2019 for complete legalization in Texas. They're so sure of this that they've hired the first ever paid director and are prepared to put up 500K of their money to see this process all the way through to completion.

When it all Started

The Marijuana Policy Project was founded in 1995. Medical cannabis was illegal in every state in the US. With the declaration of the National Academy of Sciences Institute of Medicine that cannabis does, in fact,

have medical value, a new movement for legalization was born. Now cannabis laws have changed, allowing for medicinal cannabis in 23 states as well as the District of Columbia. Decriminalization has also spread across the United States, reducing charges from criminal to civil fines.

It Started With One. Now It's Begun.

Four states have taken the leap to full-on legalization, recreational and medicinal. All of these changes are due in part to MPP. In 2012, an epic, groundbreaking event occurred with the legalization of cannabis in Colorado. This was a ballot initiative backed by the MPP. Amendment 64 allowed Colorado to be the first place in the world with full legalization for the distribution, use, production, personal cultivation and possession of cannabis.

Following in the Path of Greatness

Since this monumental event, three other states have joined Colorado in passing similar laws that allow for recreational and medicinal consumption of cannabis and others continue to lighten penalties. In June 2015 MPP completed a two year lobbying campaign in the state of Delaware to reduce the penalty for possession of an ounce of cannabis from a criminal fine to a civil one for ages 21 and up. This plus the legalization of CBD oil and the acceptance of cannabis dispensaries by 2017 in Texas are monumental steps, due largely to the responsible, informed, and educational methods of MPP.

To get involved, or to help support the cause, visit MPP.org or call 202-462-5747, extension 2020. You can also write to them on Capitol Hill at P.O. Box 77492, Washington, D.C. 20013 or e-mail them at info@mpp.org.



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Have Fun in the Garden!

Austin Leads Texas To CBD in 2015

The Oasis

by James Priest | CBD Photo by Alicia J. Rose

Just a Few of the Many CBD Success Stories and Even More Reasons to End Prohibition

Charlotte Figi - Charlotte's Web, the extremely high-level CBD oil that is saving children and helping people everywhere was named after Charlotte Figi. Her seizures would last two to four hours at a time. Dravet Syndrome is the form of epilepsy Charlotte was born with. Thanks to Charlotte's Web (aka Hippiess Failure, due to the low THC content), Charlotte is alive today because of CBD and a combination of THC therapies.

Madeline Lightle - A young child who suffered a stroke before birth leaving her in a condition where she had constant seizures, was saved by a concentrated CBD oil. Doctors were suggesting brain surgery when she became a medical cannabis refugee, moving to Colorado, which ultimately saved her life.

Nettie Raenetta - A 19-month-old infant girl in Florida who suffers from epilepsy and cerebral palsy, contracted pneumonia. Doctors said there was nothing they could do to save her life and that she was going to die. Mom administered a rogue CBD treatment and saved Nettie's life.

Landon Riddle - The three year old suffers from acute lymphocytic leukemia, which is a cancer of the bone marrow and blood. His mother credits cannabis for Landon's cancer going into remission. She believes that chemotherapy is no longer needed though All Children's Hospital in Colorado disagrees. Formerly drugged out on oxycotin and morphine, the change to CBD for Landon was very welcome.

These stories go on for hours. Countless parents are no longer listening to the clouded and barbaric views of those hanging on to Big Pharma. They are seeking help for their children through cannabidiol oils even if that means becoming medical refugees in their own country.

After speaking with several people in the state of Texas, this writer found that there is confusion when it comes to CBD oil, hemp, and cannabis. Many of the people spoken with say that CBD oil is already available and that anyone can access it in Texas. To a degree, they are correct. Cannabidiol, which is CBD, is non-psychoactive. The CBD oil produced from cannabis is very different from that which comes from the hemp plant. Also, CBD from hemp and cannabis are not the same.

One can get CBD oil from hemp but the result contains only 25 parts per million of CBD in comparison to the 150,000 parts per million in cannabis. CBD oil produced from hemp is one that many Texans use to help combat allergies. While hemp oil is effective, it's nowhere near as beneficial as the CBD oil produced from cannabis. As medicine, CBD also benefits from other compounds found in the cannabis plant, compounds that are not found in hemp.

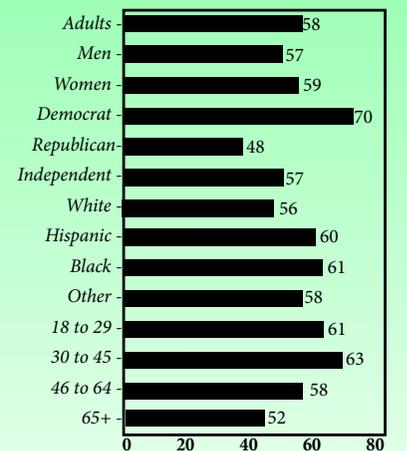
A Look at What's Saving Lives

Here are the compounds most commonly found in cannabis and the ones that are the center of many different studies. CBD, CBGA, CBDA, CBC, CBCA, Δ9-THC, Δ9-THCA, Δ8-THC, and THCV. All of these amazing compounds play an important role in working together to give cannabis the ability to heal in the way it does. The body has natural receptors to accept cannabinoids and use these compounds to enhance communication at the cellular level. Ninety-nine percent of all inflammation within the body happens due to the lack of communication between cells and nerves. When the body attacks the source of a problem, in this instance inflammation, it can also attack healthy cells.

Communication is Key

The destruction of healthy cells can lead to many health issues. Through the introduction of cannabinoids, two-way communication occurs instead of the previous one-way communication. This two-way communication allows the body to begin healing itself more efficiently. CBD is responsible for the many medical cases in which you see miracles happen. Above are some of the children being helped by cannabis derived CBD.

Texans Who Approve of Legalization & Regulating it like Alcohol



Medical Capabilities

Associated with CBD Oil

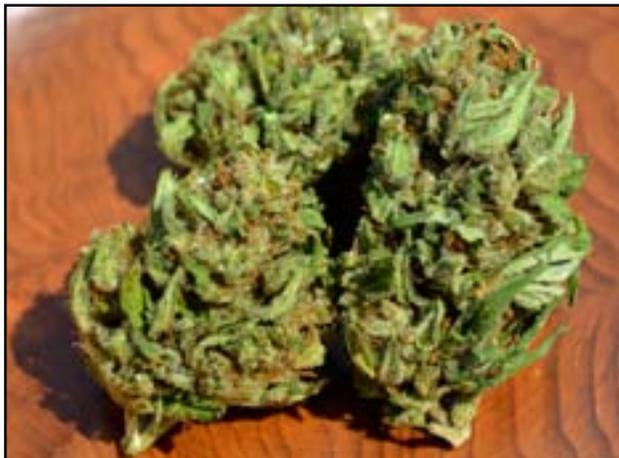
1 Anti-Inflammatory CBD helps fight inflammation in the body	2 Anti-Tumor and Cancer CBD works to destroy cancer cells and tumors	3 Anti-convulsant CBD helps to prevent seizures	4 Anti-psychotic CBD helps fight psychotic disorders, even though it itself is anti-psychoactive	5 Antiemetic CBD helps to reduce nausea	6 Antioxidant CBD helps with multiple neurodegenerative disorders	7 Anxiolytic CBD can help reduce depression as well as fight anxiety
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POT TALK

with *Emily Hobelmann*

“... citrusy, reminiscent of Pine-Sol with a hint of vanilla. Regardless, this is beautiful, organic cannabis.”

Sour Tsunami



LOST COAST BOTANICALS

This edition of Pot Talk features Sour Tsunami flowers provided by Lost Coast Botanicals, a Southern Humboldt-based cannabis cooperative that focuses on developing and producing cannabis medicines with high levels of non-psychoactive CBD for their members.

According to Lost Coast Botanical's Managing Director of Productions Ginger Anderson, most of their members are chronically ill patients with either epilepsy, some sort of cancer, arthritis or chronic pain from injury. Some of their members are producers (growers), and grow the flowers the cooperative uses to make their medicines, including tinctures, CO₂-derived oils, chocolates and topicals.

The Lost Coast Botanical Cooperative cultivators strive to produce clean, sustainable cannabis. They grow CBD-rich strains with genetics provided by the Southern Humboldt Seed Collective. “It’s all totally organic,” Anderson says. “We don’t allow them to use any harsh chemicals or pesticides.”

CBD or Cannabidiol is what’s called a “cannabinoid,” and cannabinoids are a class of substances found in cannabis plants. There are many different cannabinoids, THC being the most famous because it gets you high. CBD, on the other hand, is non-psychoactive, meaning it doesn’t get you high.

CBD-rich cannabis is proven to be effective in the treatment of chronic pain, anxiety, seizures and inflammation. THC is medicinal as well, but getting high isn’t desirable for every medicinal cannabis patient out there. Still, THC has proven effective in the treatment of pain, insomnia and nausea, among other things.

The modern practice of testing cannabis material in laboratories, such as SC Labs in Santa Cruz or Pure Analytics in Santa Rosa, enables cannabis growers and breeders to analyze their products for cannabinoid content and potency level, in addition to detecting molds, pesticides and fungus. Growers and scientists can elucidate the medicinal benefits of each cannabinoid through testing.

Now, growers selectively breed for CBD-rich strains or for particular ratios of CBD-to-THC in order to treat specific ailments. For example, non-psychoactive CBD-rich strains are sought out for the treatment of children with dire health conditions, such as pediatric epilepsy. A more balanced ratio of CBD-to-THC may be desirable for treatment of cancer.

The Sour Tsunami is a CBD-rich strain that was developed by the legendary and recently passed Southern Humboldt-based cannabis breeder Lawrence Ringo (1956-2014, *see page 14*). A CBD pioneer, Ringo founded the Southern Humboldt Seed Collective in 2010. According to the collective’s website, Sour Tsu was the first CBD-rich strain he developed. Some of his other well-known CBD-rich strains include Harle-Tsu, Canna-Tsu and ACDC. Ringo’s family is carrying

on his legacy as they continue to operate the Southern Humboldt Seed Collective.

The Sour Tsunami sample from Lost Coast Botanicals is gorgeous. The flowers are emerald green, and they look wet with trichomes. The flowers are not visually stunning like the level of some hard-core indoor, but the cannabis has an unremarkable aroma – citrusy, reminiscent of Pine-Sol with a hint of vanilla. Regardless, this is beautiful, organic cannabis.



It is probably not what a conventional buyer or cannabis user seeks.

Anderson tells me that the Sour Tsu is 20:1 CBD strain. In other words, there is 20 times as much CBD in the flower than THC. “The Sour Tsu is one of those ‘unicorn’ strains that’s just really high CBD,” she says. “It’s a very beautiful plant that grows vigorously...” This particular sample is from a recently harvested light deprivation crop of Sour Tsu clones.

The flowers are nicely formed, large and not too dense. The smoke off a Sour Tsu joint is smooth as silk. The citrusy aroma carries over to a nice flavor. And here’s the kicker: It doesn’t get me high. The Sour Tsu effect is more of a warm and fuzzy feeling, with no paranoia or excessive tiredness or powerful, mind-altering effect.

Overall, I find the Sour Tsu to be relaxing with a bend to alerting. This is not “couch-lock” cannabis. It is the best daytime/productive cannabis I’ve ever experienced. I smoked a joint of Sour Tsu, and I smoked some more. This cannabis is the polar opposite of a one-hit-rock-your-world strain. It’s a strain I can smoke and smoke deeply, anytime.

On a personal level, I find this cannabis effective in the treatment of my own anxiety. I love to smoke, but smoking the popular and potent THC-rich Emerald Triangle cannabis is not practical for me on a day-to-day basis. The Sour Tsunami, however, is a cannabis strain that makes me more present, more calm. This is some fantastic cannabis that I can enjoy to my heart’s content.

Thank you to Lost Coast Botanical Cooperative and Ginger Anderson for the Sour Tsunami and the fascinating information about the medicinal aspects of cannabinoids. Lost Coast Botanical Cooperative can be contacted through their website: lostcoastbotanical.com.

WE DELIVER



TRINITY RIVER GARDEN CENTER

WILLOW CREEK, CA

A Primer with Ginger Anderson of
Lost Coast Botanical Cooperative

Story & Images by
Emily Hobelmann

CBD and Cannabinoids

There is a diverse variety of chemical compounds found in cannabis plants, the most important being cannabinoids and terpenes. Terpenes are volatile unsaturated hydrocarbons found in the essential oils of plants – terpenes are what you smell when you pinch a nug of cannabis to release its aromas.

Cannabinoids are another class of substances found in cannabis plants. Certain cannabinoids have become famous for their medicinal applications, namely tetrahydrocannabinol (THC) and Cannabidiol (CBD). These two are the best known, but there are as many as 80 cannabinoids in the cannabis plant. Some are starting to gain more notoriety, like CBG, CBN, CBC and THC-V.

THC is the main psychoactive component in cannabis. Getting high can be medicinal in itself, altering the consciousness can be a good thing. In addition, THC is known to be effective in the treatment of pain, insomnia, nausea and muscle spasms.

Getting high isn't desirable for every medicinal cannabis patient out there. CBD is a non-psychoactive component of cannabis that affects your body more than it affects your mind. CBD relieves pain, anxiety, seizures and inflammation. It promotes bone growth, it is anti-bacterial and it is anti-diabetic.

In this era of cannabis production for medicinal applications, breeders, growers and medicinal cannabis industry professionals employ laboratories such as SC Labs in Santa Cruz or Pure Analytics in Santa Rosa to analyze their products for cannabinoid content and potency level. These laboratories will also test for molds, pesticides and fungus. Such services are what enable growers to test and selectively breed for CBD-rich strains and for particular ratios of CBD-to-THC.



Lost Coast Botanicals is a local medical cannabis cooperative that specializes in the production of CBD-rich cannabis products. Ginger Anderson is the Managing Director of Productions for Lost Coast Botanical Cooperative. She says the majority of their members are chronically ill patients, grappling with ailments as severe as cancer, epilepsy, arthritis or chronic pain.

Lost Coast Botanicals primarily sends their products to SC Laboratories for analysis, and Anderson actually got her start in the medical cannabis industry through an internship at there. She worked at SC Labs for three years after completing her degree in Molecular Cell and Developmental Biology at UC Santa Cruz. "It was an amazing adventure," she says. "It gave me a good perspective on what cannabis is actually doing to help my patients."

Now Anderson is interfacing with local medical marijuana patients through Lost Coast Botanicals. She provides medical cannabis products such as tinctures, edibles, CO₂-derived oils, topicals and flowers to cooperative members, some of who grow the cannabis that is used in the Lost Coast Botanicals line of medicines.

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BLUE DREAM

Anderson says that most of their medicine is grown from clone, with genetics supplied by the CBD-breeding program at the Southern Humboldt Seed Collective. “We do some seeds,” she says, “but clones are just consistent,” in terms of cannabinoid ratios. According to Anderson, cannabinoid ratios aren’t consistent when growing from seed. “It’s really important that you get everything tested because the ratios are going to change.”

Early on in a cannabis plant’s life, you can do leaf tests to tell whether a plant will be CBD-dominant. But Anderson says you should test the flower too when it’s ready so you can get the most precise measure of the cannabinoid ratios in your product.

With medicinal pot, it’s all about cannabinoid ratios – like the ratio of CBD to THC. For example, I review a strain called Sour Tsunami in my Pot Talk review column (see pg. 52). This strain tests out at a ratio of 20:1 CBD-to-THC. That means it is a CBD-rich strain. It doesn’t get you high like, say, a THC-rich OG Kush would. It’s great for patients that don’t want or need the psychoactive effect of cannabis. Other CBD-rich strains from the Southern Humboldt Seed Collective include Sour Tsunami, Canna-Tsu and ACDC.

However, a more balanced ratio of THC to CBD is desired for certain ailments. Anderson tells me that for the treatment of cancer, you actually want more THC – a 1:1 or higher THC to CBD ratio, up to a 4:1 or possibly a 6:1. “We like to start our patients out on a 1:1, and then move them up if they can handle it,” she says. “Some of our patients can’t handle any of the psychotropic effects of marijuana, so they’re the ones that use the lowest THC, highest CBD ratios.”



“It’s really interesting how cannabis works,” Anderson tells me. “You have these two different receptors that are present throughout your body – the CB-1 and CB-2 receptors. And cannabinoids are concentrated forms of these chemicals that your body produces naturally.” By stimulating these receptors, “you’re able to balance your body with this natural plant.”

Laboratory results enable cooperative and dispensary providers like Anderson at Lost Coast Botanicals to get a precise measure of cannabinoid ratios in their products. This is how Anderson can give her medical cannabis patients specific dosage guidelines appropriate to the ailments they are dealing with.

“If you have something like a concentrated oil that’s been tested,” Anderson says, “you know the ratios – how many milligrams per gram of each cannabinoid are present.” Lost Coast Botanicals tailors their products, like the tincture spray or the chocolates, to contain 10 milligrams per gram of CBD.

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Anderson says that 10 milligrams per gram is a typical dose of CBD for the treatment of cancer. “We try and get our patients to take one milligram of cannabinoids for every two pounds of body weight. (It’s actually one kilogram of body weight, but that works out to be like 2.2 pounds. So to make the math easy we just cut their weight in half and that’s how many milligrams they should be taking per day).”

Let’s say you’re working with a Lost Coast Botanicals CO₂-derived oil that contains a 1:1 concentration of THC-to-CBD... “It’s about a ‘30-30,’” she says. “So that’s 300 milligrams of CBD per gram of oil and 300 milligrams of THC per gram of oil. If you weigh 120 pounds, you need to take 60 milligrams a day.” Dosing and product selection depend on the ailment and the patient’s body and history. (This writer will admit right here, right now that I’m glad we have scientists like Anderson working in this field!)

Cannabinoids are found to be effective in concert – Anderson says CBD works synergistically with THC to help shrink tumor cells at a much faster rate than conventional treatments. And a more heavily weighted ratio can be what’s needed too. Anderson says patients with epilepsy have the best response to CBD-rich medicines – they can go from having hundreds of seizures a day to just a couple seizures per week. She calls CBD “a miracle component.”

She thinks as science progresses and as the different components of more and more strains are identified, we’ll start to understand the different benefits of the other cannabinoids, like how CBGs can be anti-bacterial or CBC-As can be anti-fungal. As it stands, the healing power of these cannabinoids is already so impressive – not only is CBD helpful in the treatment of cancer and epilepsy, it is understood to be anti-fungal and it can treat psoriasis.

The folks at Lost Coast Botanicals have a long game in mind – they’d like to be a dispensary so that people can actually visit a storefront to get product. “We want to be involved with hospice and palliative care, to be involved with people that are chronically ill.” They want to help health conscious people that may just be treating anxiety or are interested in cancer prevention. All worthy causes.

For more information on Lost Coast Botanicals, visit lostcoastbotanical.com. For more information on the medicinal applications of CBD, visit the Project CBD website at projectcbd.org. And the Southern Humboldt Seed Collective can be found at kingofcbdgenetics.com.



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Cannabis & Cancer:

Take Five Leaves and Pray

Sharon Letts | Justin McIvor

The summer of 2012 a mammogram found a spider-web-like mass in my right breast. Research showed it to be “Lobular Carcinoma,” a mass, not a tumor.

In the weeks leading to the first follow-up mammogram and subsequent ultra-sound, I began ingesting raw leaves. By

the time the first biopsy was done the spider web was gone with just a “target point” remaining. After bartering with my oncologist for another month, he agreed to let me continue my treatment.

The strong oil (RSO) used to treat cancer and other serious ailments was re-invented by

Canadian Rick Simpson more than ten years ago. The recipe is specific, using bud, stem and leaf for whole plant therapy, getting the most medicine.

A medicine maker who made several batches for her husband’s prostate cancer said she first used just bud and the batch tested high in THC. Simpson

encourages upwards of 95 percent THC in the mix; in the second batch leaf was added and the test showed CBD; for the third batch she added stems and found CBN was added – proving the theory that the whole plant gets you the most medicine.



ACDC CBD OIL
The Rick Simpson method of ingesting concentrated cannabis oil has been proven to shrink tumors and help destroy cancer.

image by Samantha Geballe

60 Grams in 90 Days

The RSO treatment is to ingest 60 grams in 90 days. Suppositories are said to be best as they get the medicine right to the bloodstream and organs for healing, not digestive processing.

At 95 percent, THC dosing is critical with the patient starting small, initially taking a bit of oil the size of a half-grain of rice. After some time a portion the size of a full grain of rice is taken, working up to one full gram a day until the full 60-gram treatment is gone. The most invasive cancers have been found to vanish in less than 90 days if the oil is strong enough.

Other oils have come on the market as medicine makers step up. But the rule of thumb is to make sure it's tested, as the numbers need to test high on THC.

A common mistake is to soak the plant material for days rather than a quick wash (three minutes, tops), as the medicine is in the fragile terpenes of the

plant, soaking only draws more chlorophyll into the mix which actually retains solvent, while lowering the percentage of medicinal compounds.

I can't emphasize how strong the oil is, but the THC is necessary. The first tests on destroying tumors came from Israel in 1974, and the THC component of the plant was isolated for this reason. It will knock you down, but that's a good thing, as the body needs rest to heal. The modern day "take a pill" and continue life as usual just doesn't work for this treatment – but it is a lifesaver.

Look at me, I'm Cancer Free!

Happily, the second scheduled biopsy found nothing, with the mass completely gone from both the mammogram and ultra-sound. The attending technician called it a "technical error," stating the initial technician probably got it wrong.

But I was there looking over her shoulder and saw the same distinct spider-web mass in both the mammogram and ultrasound.

An oncologist assistant was called in, for lack of an attending oncologist, to have a chat with me, stating sometimes there is "dense tissue" that can be confused with cancers. But his lecture on the subject was long, convoluted, and did not make sense to me at all.

I was polite and reiterated that I treated myself by ingesting cannabis oil, but he didn't know anything about the treatment, of course, and refused to engage in a conversation.

The follow-up letter received from the lab stated they felt the "dense tissue" remaining in my breast was "probably left over from a prior surgery." This gave me a huge laugh, as, of course, I have never had surgery in that breast or the other one, for that matter.

I also felt this was an insult to my intelligence and the treatment used, but until many more are educated about this plant we can't expect the process to be easy. At the very least everyone involved heard my words.

My cancer experience was three summers ago and to this day I ingest using various delivery systems I make myself, as follows:

- Blending raw leaf daily for digestive issues, prevention of illness, and overall well being (no psychoactive effects).
- Maintenance dose of RSO at night for sleep and prevention of illness and cancers.
- Cooking meals using infused oils, butter, honey, etc.
- Cocktails with infused alcohol, such as gin or rum – quells in-

flammation leading to headaches and hangovers, prevention of illness.

• Cold and flu prevention: If I feel a cold or flu coming on I up my ingesting and the infection lasts just a couple of days.

• Use of infused topical salves, lotions, deodorant: Daily skin regimen for cancers, rashes, bug bites, burns, acne, and numerous disorders of the skin.

• Smoking as needed for depression associated with hormonal disorders (thyroid disease, menopause)

To date, the stigma is still greater than the remedy, but the times they are a-changing. With each new story of healing shared, people learn the truth. And you can't stop the truth from spreading – thankfully, it's a cancer in itself.



1 OrganaLabs Cannabis Oil Concentrates

2 Bowl of Sour Diesel Cannabis

3 Partially Smoked Joint in an Ashtray

4 Author Sharon Letts in the Garden

Ditched Weeds

A Hempful Discussion

DJ Hayes

Hemp is illegal. Hemp isn't really weed, but it is illegal. Before you go tackling that 17-year-old Phish fan for their hemp necklace, read on. In the US, cannabis was recognized and regulated as a psychoactive substance as early as the 1860s, but the Marihuana Tax of 1937 is the well-accepted point of the plant's inauguration into fame. The Act, like much historical legislation, was largely a reflection of the racist and anti-immigration sentiments of the populous and strongly rooted in government by the powerful few. Then and now, federal law makes no distinction between hemp and cannabis. But awareness of the differences is growing. Earlier this year a southern Oregon man was issued a permit to grow industrial hemp.

Hemp for Victory

A few fun facts about hemp. In colonial America, it was mandated by law that landowners produce a certain volume of hemp for use as fiber. The USDA states that one acre of hemp is equal in fiber to just over four acres of trees. Throughout history hemp was a linchpin in textiles, even playing a large role in the innovation of the automotive industry. And, no matter how much hemp you smoke, you will not get high, only a profound headache.

If everyone was allowed to grow hemp, how many people really would? How profitable would it be in contrast to growing cannabis? Hemp can provide a wide variety of products for sale, even food. But in terms of raw profit, hemp pales in comparison to cannabis. Cannabis prohibition has pumped up its price. This writer simply can't foresee an underground hemp paper mill getting busted, yet odder things have happened. Look into the caviar market for example.

One of the biggest contrasts between hemp and cannabis (besides the fact that cannabis actually gets you high) is the number of plants grown per square meter. Sources estimate that as many as 120 hemp plants can grow in a square meter. When compared to the space cannabis plants need to prosper, that is an amazing number. With so many more plants per acre, hemp is a thriftier water user too. Both hemp and cannabis use about 30,000 gallons per acre.

Cross-pollination is a major issue for growers. Hemp can pollinate and ruin your hand-picked female plants. Who wants months of hard work upended? Wind, bees, humans, or animals trans-

ferring pollen from hemp to cannabis can cause cross-pollination. A cannabis crop can be rendered nearly useless if it comes into contact with hemp. To avoid cross-pollination, many sources say five or more miles of separation between the two crops is necessary.

With respect and communication between growers, these two different crops can thrive. It could be as simple as hemp growers avoiding places conducive to cannabis, perhaps even joining together to organize cooperation. Or it could become like the Hatfield's and McCoy's, with the two parties locked in a turf war stalemate.

Hemp produces an impressive variety of products. Most are aware of hemp's colonial application through rope and paper. Today hemp products range from massage oils to clothes to organic snack foods. Even if it is a remarkably strong fibrous plant, it can provide a pleasant aromatic for a scented candle, and makes a fine wick. Wicking is also available in coils for lighting your cannabis, meaning less lighter use. A quick search of online retailers will prove that hemp has blossomed into a veritable agricultural crop.

If hemp were legal in the US and produced on an industrial scale, it could help combat deforestation by reducing demand for lumber from the Amazon.

In cross pollination, cannabis plants produce higher CBDs, and hemp produces higher THC.

If hemp were legal, those suffering from seizures could benefit from its higher CBD content. If hemp were legal, people would be free to produce a cornucopia of sustainable products for their daily lives. What stands in the way? Corporate interests don't want to see hemp legal, because they stand to lose money.

Prohibition does not work - US and world history can show us that. With the prohibition of alcohol came the largest and most profitable black market the world had ever seen. Alcohol is a celebrated substance although is it responsible for thousands of deaths annually from drunk driving, cirrhosis and its contribution to diabetes and heart disease. The prohibition of hemp originally protected the vested interests of the wealthiest. The prohibition of drugs in general led to growth surges in the prison industry. Bolivia legalized all drugs and saw a sharp decline in addiction and use across the board - from cannabis to cocaine. It is time to stop the short-sighted self-interests of the few from dictating the future of us all. Legalize it.

THANKS, NEIGHBOR!

CONTINUED...



There are four parcels behind the locked gate leading to my property. One of my neighbors uses his place as a vacation retreat and is gone nine months out of the year. The other two neighbors have been arguing in court with each other for over a year.

When neighbor A bought his property 20 years ago he failed to inspect the boundary line. As a result, he ended up building his house 20 feet onto Neighbor B's parcel.

Neighbor B never had a problem with Neighbor A's house being 20 feet on his property till Neighbor B went to list his property for sale.

Neighbor A stands to earn a substantial amount for his property if the court grants him a lot line adjustment. Neighbor B wants to buy Neighbor A's property, and can afford to do so, at the price it would be listed at without the adjustment.

Thus the battle in court began.

When you grow cannabis, you want to make sure you stay on positive terms with those around you. After several nasty arguments between the two, Neighbor A decided to seek his own form of revenge by planting male cannabis plants, thus pollinating not only Neighbor B's crop with seeds, but mine too!

Thanks, Neighbor!!

Thanks, Neighbor!

I might as well of grown hemp. The battle between my two neighbors resulted in my crop practically turning into one giant field. (story continued...)



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My Bust...

Counting tips after a show, I think back – gone days – I remember counting stacks of cash in a half-zany-daze. Cleaning grease from my hand, real hard working for the man - I remember peeling resin from fresh harvest hands. What's it all become; I miss that thousand-watt sun. It's tough to look back and remember the fun, but what's it all matter; I can tell no one...



I wake up! The damn landscapers are buzzing at my lawn. I mean really, 7:30 am! I'd been up all night taking clones. I go back to sleep...

Bang, bang, bang!!! More like thump, thump, thump... I wake up again, made frantic by the knocking. The landscapers had fallen silent, I wonder if there is an emergency. Has a landscaper been hurt? Thump, thump, thump... I go to the door. "I have movement! I have movement!" I hear yelled from the porch. I see the silhouette of a handgun. The front door blasts open and police high on adrenaline burst in: I'm busted...

Lying on my face, cuffed, the frenzied cops move through the house clearing each room like SEAL Team 6 (the spoof version at least). They throw questions at me faster than Mayweather throws punches: "Are there guns in the house? Are there pit bulls? We saw the beware of dog sign! Do you know why we're here? Collectives aren't legal! Is that thing used to make hash? Where's the money!?"

"It's a Jack Russell Terrier, don't worry!" I answered, "and collectives ARE legal, so why are you all here," I continued.

"Clear," they yelled to each other and nodded as they concluded their SEAL Team 6 routine. One of the officers pulled out a chair and sat me in it, still cuffed, now moving into his Detective McNulty/Eliot Ness skit. He read me my rights and began to tell

me about the events that lead to the raid of the house, the gardens.

I later determined that the officer's story was a lie intended to lure me into incriminating myself. It turns out that it's perfectly legal for police to lie. The officer's intention was to connect me to as much 'indicia' as possible – indicia of illegal sale or criminal enterprise. This must be established in order to prosecute medical cannabis patients.

Looking back, it's rather odd that they would openly lie while asking for the truth. I guess, for some police, it's just another day at the office. In fact, when it comes to medical providers in California, it sure seems like we are guilty till proven innocent, as opposed to ei incumbit probatio qui dicit non qui negat (innocent till proven guilty): the foundation of the U.S. justice system.

Knowing that the gardens were legal, I told them I worked within the confines of the law, quoting Prop 215 and at times SB 420. I had a binder of documents... yet, not all up to date (note-to-self: always keep an up-to-date binder of your documents!) They asked me about money and I said it wasn't about money. They gave me the "what about this" routine – presenting a roll of cash from my room and a photo of myself in the Virgin Islands.

Their ire was palatable yet they seemed confused, they didn't find expensive trucks, quads, dirt bikes, wave runners, boats, or even much cash, or very many plants. Instead they found shelves of books and all types of tools, seeing that we were fixing up the house and going to grad school. The only thing they found to pin me to their stereotype was that photo of myself in St. John. Anxious, they shifted to questions regarding the owner of the land. That's when I started the "I don't know" routine; eventually falling altogether silent, as I probably should have done from the start.

But the uncertainty of the officers made me feel as though I could talk my way out of arrest. If I just said the right thing maybe they would just go, half of them already seemed bored, ready to leave, no big score. At one point I heard them whispering over my recommendation, one of them lobbying to let me go.

In the end the bull headed cop with a goatee and a bone-to-pick prevailed. Yelling, "It all gets weighed," as I watched him cut down my prized, and still missed, Kali-Mist, Blue Dream, Super Silver Haze, Purple Urkle, Girl Scout Cookie, and OG Kush - over seven years of collecting premium strains: hacked down. My heart was heavy... My years of hard work were gone... My pride was in ruins... My proud peaceful gardens were in the back of a police half-ton.

As I was paraded to Humboldt County jail, congrats-a-plenty for my arresting officers, I felt alone without the peace of my plants and I felt nervous that the feds might pick up my case...

Turns out the owner of the land was pulled over and found with a large sum of cash and a hefty PG&E pay stub, his car purportedly smelled of cannabis, although none was found. With this, police were able to obtain a search warrant leading to arrest. This case is still being fought today, over two years later...

This story was anonymously provided by The Humboldt Underground: Humboldtunderground.com

Have You Been Busted?

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SAMOA – \$1,900,000
±213 Acres of unique coastal frontage with a ranch facility including a home in poor condition, outbuildings, and fenced pasture. Be one of the elite owners of Pacific Northwest dunes and ocean frontage located just five minutes from historic old town Eureka.

KNEELAND – \$349,000
Secluded ±40 acres conveniently located just 30 minutes from town. Mostly level with gentle slope and some timber. Beautiful Black Creek runs through property. Several building sites with great views.



REDWOOD CREEK – \$325,000
±34 Acres, and only 30 minutes from Arcata on Chezem Road. Become part of the elite Redwood Valley community with this amazing property. Enjoy your summers on over ¼ mile Redwood Creek frontage with a fantastic swimming hole. Private road access, low elevation, and power to the property make this a dream.

WILDWOOD – \$169,000
Remote ±160 acre parcel featuring an abundance of water, timber, southern exposure, roads and panoramic views of the Yolla Bolly Mountains. Extreme privacy!

JOHNSONS – \$150,000
This parcel is located between Orick and Weitchpec. It offers gorgeous Klamath River frontage! Cliriah Creek runs right through it with hydro-electric potential! A flat has already been developed.

HAWKINS BAR – \$345,000
This ±29 acre property features an open meadow three acre flat with a gated driveway, PG&E lines to the property and beautiful river views.

INDIAN ISLAND – \$149,000
Be one of the elite residents of this unique Gunther Island property with a one bedroom cabin. Boat accessible only. Perfect fisherman's getaway! Property has no utilities.

ONO – \$110,000
±40 Acre versatile property for cattle, horses or hunting. Features a seasonal pond, well and 360 degree ridgetop views. Secluded and quiet!

FEATURED BERRY SUMMIT – \$3,200,000

12 legal parcels totaling ±2,240 acres only 30 minutes from Arcata! Property has convenient deeded access off of HWY 299 and Titlow Hill Road, scenic Redwood Valley views, and some parcels offer PG&E power. Water sources include creeks and natural spring fed ponds. Parcels have a variety of timber including Maple, Tan Oak, Cedar, Fir, Alder, Pine and Madrone. Several investment opportunities available. Qualified Buyers, please call us to discuss.



Located at 980 6th St. Arcata
Monday-Friday 10am-6pm
Saturdays 11am-6pm
707-826-7988
www.HumboldtPRC.com



HumboldtPRC



[humboldtpatientresourcecenter](https://www.instagram.com/humboldtpatientresourcecenter)

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