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Emerald

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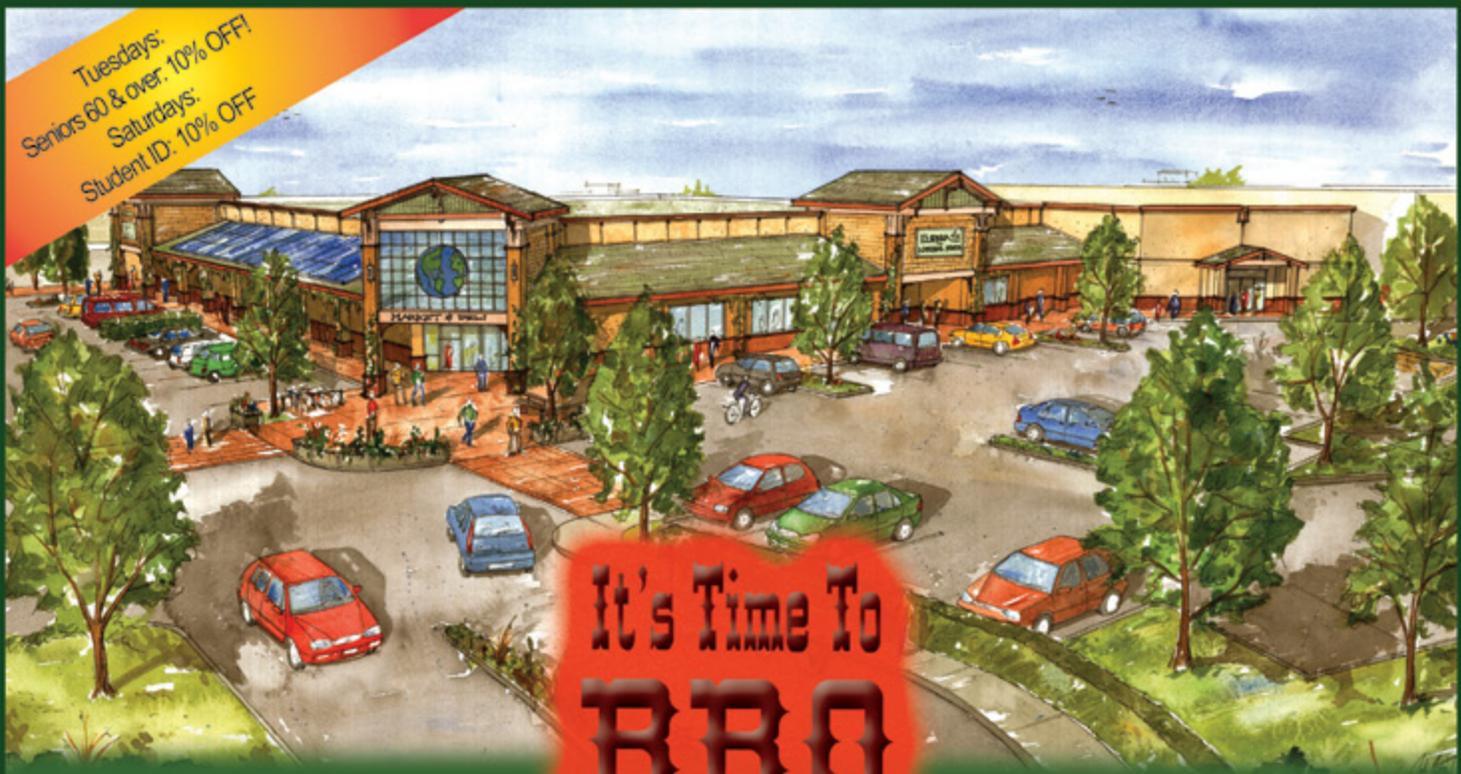
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Emerald Magazine

Dear Reader,

Welcome back to round two of our Cannabis Culture Guide! We hit the ground running in May and received a tremendous amount of community support in return.

It's incredible how last month's editorial opened up the doors for stories of cannabis raids. This month we start that series with Maegan and Tyrum Dean. The former owners of Folie Douce, and current owners of Hum Grown Grindz in Willow Creek, share their life changing

experience with us.

This June we're starting the season off right with gardening tips on how and when you should transplant your babes to the great outdoors. What garden would be complete without the protection of a greenhouse? We share a quick and easy way of building a greenhouse hoop in our DIY project.

While the beginning of any season is an exciting time, it's important to remember the footprint we leave behind. Over the years, cannabis gardeners have earned a bad rap. Humboldt's former District Attorney, Paul Gallegos, is working to get growers on the right side of the law. In "Gallegos Goes Green," Paul says he believes the cannabis industry has stumbled into a bad reputation because of irresponsible individuals. He is working to fix that by engaging with those who are cultivating, using and/or trying to sell cannabis.

With Summer coming to bloom, it's time to get outside and greet the season. It takes a strong community to grow together, and an even stronger one to emerge on top. The cannabis community is one of impeccable strength and charisma. I could not be more excited for the future of the cannabis industry. Together we can brand the Emerald Triangle and Humboldt like the wines of Napa and Sonoma.

Sincerely,

Christina E. DeGiovanni

Publisher



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Letters to the Editor

Send your thoughts to Editor@theemeraldmagazine.com

I enjoyed the write up I just read in the *Journal*, it gives just the coverage you need to make this shift in image, hoping you liked it as well...

Was inspired to jump up and write this little rhyme, says how I really feel...

Blessings,
Joe Shermis

Once there was a magazine
that seemed a little tame,
its picture and its writing such
that no one called it lame;
but beauty is just one thing
you grow out of from your youth,
and truly what will matter
is one speaks what is their truth...

The publisher was careful,
healing from a blow
of world turned topsy-turvy
from her boyfriend's indoor grow;
she didn't like the outcome
but recovered with her art,
and now she's come full circle
being true to head and heart...

She shifted her direction,
called a different shot,
looked around in Humboldt
and considered what we got;
it was cool there for awhile,
ignoring what what she will,
but in the transformation
it's not such a bitter pill...

I just wanted to pass on a big thank you from Dell'Arte for all the coverage in *The Emerald Magazine*. It looks awesome! And kudos on your letter and coming into the light. Excited for you and all you do!

- Janessa Johnsrude

Both my husband and I thought you did a great job with your editorial. Your magazine has grown a lot since I remember looking at a copy at a restaurant a few years ago. You go girl.

-Katie Wheeler

Really loved the authenticity of the latest magazine!

- Jeri Vigil

Congrats on the May issue. It looks beautiful and is a powerful statement. Especially powerful, I thought, was your Letter from the Editor. What a horrible experience you had!! The shock of being treated so brutally! My heart goes out to you. Like my much milder experience with Hospice, such events can provide the gift of sharpening our willingness to stand up for change. You are doing that with bells on, woman.

- Marion Cate

Thank you for the absolutely great coverage in *Emerald Magazine*. And great all around. The articles are sharp and on point.

- Michael Fields

I just read your letter from the editor and wanted to tell you how much I admire the courage and compassion that it took to print it. Those are powerful qualities when combined. Well done.

- Claire Reynolds

Christina,

I just read the article about you in the NCJ. I am gravely disappointed that yet another person and publication has fallen to the predictable and mundane and over exposed topic of marijuana in Humboldt County. As a federal forester witnessing first hand the environmental damage this "industry" does to our landscape, not to mention the danger to my life every time I go into the woods to do my work, your Pollyanna view of marijuana is childish and just another form of "Green-washing"...

Sincerely,
Kristen Lark

Greetings Kristen,

I appreciate you taking the time to share your thoughts on the *North Coast Journal's* report about the *Emerald's* new platform. It is unfortunate that we can not please everyone, but I was almost certain that citizens in your line of work would appreciate the reporting we are doing on the marijuana industry and our take on business, medical and lifestyle trends respectively.

I must assume that someone in your position took the time to pick up a copy of the *Emerald* and did not just send an e-mail with your opinion of a review. That would most certainly be like basing your opinion of a movie off of a review you read in a newspaper.

While it may seem "mundane and over exposed" in Humboldt County, legalization is inevitable, and we all need to get on board so that we can help to establish regulations so that people like yourself will not fear bullets from the unknown traveling in your direction.

Fortunately, not all marijuana growers destroy the environment, just like not all marijuana growers are shooting at you in the woods. Those who destroy nature, poison animals and aim bullets in your direction absolutely deserve to be apprehended and punished to the fullest extent of the law. Your concerns about the environment ... are completely valid and something we would like to share with our readers. I would like to formally invite you to submit your thoughts to the opinion column.

I encourage you to take a look at the *Emerald Magazine* so that you can see our angle is an educational and respectful one. Our next deadline is the 25th, if you would like to help us educate the public and our readers on this serious topic we would be happy to share it...

High regards,
Christina

CANNABIS CULTURE REVIEW

Your Source for Business, Medical and Lifestyle Trends

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

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

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CANNABIS CULTURE REVIEW



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Humboldt County's former District Attorney is now helping growers get legal

Emerald

Product Review

Grow With The Pros

GreenFuse Growth Stimulant is a little known, yet effective, product that comes in handy this time of year. For many gardeners it can be worrisome to plant cannabis due to the fear of plants prematurely flowering. If planted too early, plants revert to a flowering phase, causing crucial growth time to be wasted because plant growth stagnates during the time it takes for them to revert back to the vegetative phase. Much of that worry can be lessened with GreenFuse.



GreenFuse Growth Stimulator is a highly concentrated, 100% natural plant growth nutrient supplement blended from pure plant oils and extracts. It also contains hormones that help keep plants in the vegetative phase. I found

that by applying this at the recommended doses in the latter part of May/early June it has helped prevent my plants from flowering in the spring when daytime hours are at the minimum for vegetative growth. I found this product to be particularly effective for strains like Black Berry Kush and Mr. Nice, which are two of the more notorious strains that prematurely flower. If you are worried that your plants might flower early, or if you are taking precautionary steps to try and prevent that from happening, head to your local garden store and give this product a try.

Making Light Of Time

When to transplant

Connor Callahan has been in the horticulture business since his days of college. Ask him your garden questions at garden@theemeraldmagazine.com



Those of you who drive Highway 36, 299 or the 101 on the regular, may have noticed an increase in enclosed trailers on the road, and U-Hauls as well. That's because it's the springtime push, and people are taking cannabis plants they've started in town under grow lights out to the hills to be planted for this season's crop.

You may have even seen some of those plants waving hello to you on the side of the road as you drive by

with flashing blue and red lights in the background. Due to the time of year, I thought it would be interesting to go over the factors that go into deciding when plants should be taken outside, when supplemental lighting should be

turned off, and general considerations one should take on a strain-by-strain basis.

The first thing to take into account when bringing plants outside is the weather. Many growers when planting their full term have already move their plants outside some time in April or May. The weather varies from warm to sun-

The first thing to take into account when bringing plants outside is the weather.

ny, to cold and rainy or even snowy. I've always preferred to take my plants out

when the weather is mild, the cloudier the better. The reason being is that grow lights cannot replicate the intensity of the sun. When moving plants outside directly into the full sun from inside, it's common for the plant

(below) Image by Josh Chastek | (above) Image by Dakota Rains



to be stressed by the intensity of sunlight. The most common symptom is leaves bleached white, in effect killing those leaves. I've also seen new growth die, or entire plants die, but that only happens when taking plants out on hot days and placing them directly in the full force of a hot sunny day. This makes it important to have a strategy for plants to avoid stress and



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maintain vigorous growth throughout the transition phase. If due to timing one is forced to bring plants out on a sunny day, there are a couple of options. My preferred method is placing plants in a greenhouse covered in a couple of layers of Reemay or Agribon. This thin cotton cloth can cut the intensity of the sun by about half. It's cheap and available at all local garden stores. This will avoid plants from being sunburned. About a week under cloth they can be moved outside without any worry of sun stress. The only other method I have seen, and it's pretty old school at this point, is placing plants underneath a tree for a few days and then placing them under the full sun. There are disadvantages to this that I will explain shortly.

As I mentioned before most growers take their plants out in April or May for the growing season. At this time of year there are only 13 to 14 hours of daylight, ideal conditions for plants to start flowering. Therefore it's important to run supplemental lighting from sunset until about 11pm to prevent plants from prematurely flowering. That is why I don't like the tree shade method for transitioning plants. In greenhouses, it's easy to hang supplemental lighting that will keep plants from flowering. Also,

weather can vary substantially during this time of year and in cases of rain or extreme cold, your greenhouse can be heated to protect plants. This is important because any stress on the plant takes away from plant vigor and the goal at this time of year should be to get plants as big as possible, as quick as possible. Greenhouses go a long way in helping to accomplish this goal.

The last part of the transition process is deciding when to turn off supplemental lighting and start planting in their final container or bed. When this should occur depends on two primary factors: weather and strain. It's not uncommon on the North Coast for Summer to be late in appearing in terms of consistent warm, dry days. Just because it's June 5th it wouldn't make sense to plant in the full sun if there are wet windy days in the forecast. Assuming that the weather is appropriate, when to take plants off of supplemental lighting is very strain dependent. A basic rule one can go by is that the later in the Fall a strain finishes flowering, the earlier in the Spring it can be planted. For instance, Sativas like OG, Blue Dream, Sour Diesel and Ogre, which finish late October to early November, can be planted in the last week of May, weather

permitting, with little worry of prematurely flowering. Strains like Mr. Nice, Black Berry Kush, and Purple Trainwreck, which finish late September to early October, should be planted as near the Summer Solstice as possible. Early flowering strains are the ones most susceptible to premature flowering, so I'll give you a great tip that will help to prevent that. When you have these plants under lights, don't do the standard 18 hours on, 6 hours off. You want only 16 hours on and 8 hours off. This makes sure that when they are planted and are only getting 15 hours of light a day they are not stressed into thinking its Fall and start flowering prematurely.

Many gardeners may already have an understanding of what is discussed. If you are new to the scene or you have not come across this information in the past these tips will go along way to ensuring you have a successful Spring, because remember, you can't come back from a bad start. Have fun in the garden and good luck to all you gardeners out there.



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↖ The structure you are left with should be reminiscent of a plastic Quonset hut... ↗

CHANGING THE WAY YOU BUILD

Build Cheap. Build Easy. Grow Your Garden.

A DO-IT-YOURSELF GREENHOUSE PROJECT FOR THE PRICE CONSCIENTIOUS GARDENER

BY DJ HAYES

➤ The word “greenhouse” conjures images of delicate glass temples, housing beautiful plants like the conservatory of flowers in Golden Gate Park of San Francisco.

While you can certainly purchase a ready-made greenhouse from a garden store, the price can be thousands of dollars. Making your own greenhouse can help keep the green in your pocket and garden.

The following lists lays out the material, process and tips needed to successfully build your new greenhouse. There are several open-source designs to seek out for do-it-yourself greenhouses. The hoop house has become the design standard. Hoop's are quick to assemble, the materials are cheap and the simple design allows for plenty of customization.

Your greenhouse can be sized to your needs and is reusable upon tear-down. The curved top of the structure also allows for the cover to be easily removed and replaced, making it a good choice if you desire to control the amount of direct sunlight.

Materials

- 20' long 1" diameter PVC (one section per 2' length of greenhouse)
- 10' portion of Rebar (one portion per 4' length of greenhouse)
- Visqueen/Polywoven (20' longer and 10' wider than greenhouse)
- Tape (as in nature, Gorilla beats Duck)

- Bailing wire
- Small sledge
- 12 pony clamps
- Heavy objects (rocks, logs, bags of soil etc.)
- Bolt cutters/Sawzall (not cheap, but you know a guy right?)
- Optional:*
- Case of cheap beer (cuts labor costs)

Processes

- 1.) Select a flat location that suits your sizing needs.
- 2.) Measure out a 16 foot side. (width)
- 3.) Measure out the desired length of the greenhouse. (length)

Note: The greenhouse must be an even number of whole feet for these measurements. (Example: 32' or 120')

- 4.) Cut each 10' piece of rebar into four 30" pieces.

Sink the rebar into the ground about 15" deep on the outside of your frame at two foot intervals. This will leave 15" sticking up out of the ground.

Note: Angling the top of the rebar toward the center of the greenhouse will prevent the PVC from slipping off in the future.



5.) Slide single PVC over rebar and do the same on corresponding side to create a "hoop." This is a good moment to survey the angle of your first hoop. The hoop should show you if your lines are straight and parallel.

- 6.) Repeat process until desired length of your greenhouse is complete.
- 7.) Run a length of PVC on the inside of the series of hoops. Attach to each hoop with bailing wire and then cover with tape. Additional adhesives can be added for security. *This is a job best suited for two people.*
- 8.) Cut four seven foot lengths of PVC. For structural support, run the lengths of PVC diagonally on all four corners. This will reduce sway and increases structural integrity.
- 9.) Cover with cover. Make sure it's even.
- 10.) There should be plenty of overlap on either side. Weigh down one broad side of the plastic.
- 11.) Go to opposite side and pull it tight. Weigh this side down as well.
- 12.) Attach six evenly spaced clamps to the first and last hoop of the greenhouse. At this point your openings should be looking pretty sturdy.

- 13.) Roll cover to suit your needs for open ended or sealed greenhouse.
- 14.) Inspect greenhouse for quality and workmanship.
- 15.) Step back and smoke a joint to admire the wondrous structure you built.
- 16.) Open one of those optional beers.

Tips

Be cautious. Be safe. Before pulling the cover over the hoops, be sure to inspect for protruding bailing wire or rough PVC edges. This could slice your cover to useless shreds in an instant. Additional pony clamps can serve as a door stop of sorts. Use a pair of clamps to attach the door-flap to one of the hoops. Storing an apple with potatoes will prevent the potatoes from growing eyes.

The structure you end up with should be reminiscent of a plastic Quonset hut. There should be adequate space for two rows of your favorite flowers. There are many options for making this greenhouse more detailed, including adding a door or adding a box fan for ventilation. As the greenhouse stands, it is ready for use and will hopefully come to serve its literal function, a home you built for your green.



Image by Alicia J. Rose

Kathleen Bryson answers your legal questions.

ASK AN ATTORNEY

Question: *What real difference does it make in court to have your 215 card if you're apprehended for growing?*

A: The short legal answer is that having a 215 provides an affirmative defense for your lawyer. An affirmative defense means, in lay terms, that it does not stop the officers from taking your plants or your processed product, but it provides the lawyer with a defense in court as to why you had the cannabis in the first place.

The longer, and more important answer, is that cannabis is medicine. The voters decided this a couple of decades ago when Proposition 215

was voted in. People are entitled to have it as it is way better for people than any prescription pill. Of course, I am assuming that the cannabis is grown ethically without pesticides. Nobody wants to smoke, eat, juice, rub on them, or ingest in any way weed that is poisonous. Let me also throw in there that we do not (or should not) want MJ that is grown in ways that hurt Mother Earth. No dumping diesel, no diverting streams, no clear cutting... no no NO! Do not go there. Stop it.

By having your 215 card, you are

saying that you ingest this great plant (the Fountain of Youth), which has been determined to be beneficial (since the Garden of Eden) in the way which God intended: as medicine. Okay okay so recreational can be medicinal too. Letting your hair down and not being such a bummer is kind of medicine too. Laughter is, after all, the best medicine.

Whether you need it to sleep, eat, be less anxious, for pain, for epilepsy or for ridding your body of cancer (just to name a few), you need to have a card. Join the revolution.

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IT'S ALWAYS A GREAT DAY FOR

SPACE GEM CANDY

By Emily Hobelmann

In just under two years, a local Humboldt businesswoman named Wendy has launched a successful branding and marketing campaign for Space Gem Candy, a medicinal cannabis

product line that includes organic fruit strips made with fresh fruit, coconut oil and medicinal THC/CBD; hard candies including gems and lollipops; and sour and sweet “SpaceDrop Gum-

mies” made with pectin instead of gelatin.

“All of my products are vegetarian and made with love,” Wendy says. They are always made right here in Humboldt County with

fresh seasonal fruit from local farmers that she has established, long-term relationships with.

The medicinal cannabis component of the Space Gem Candy line is locally-sourced ice water hash. As for what strain the hash is made from, Wendy says, “Generally speaking we try and shoot for OG Kush... We feel the terpene combustion makes for the best all around medicine.” She will custom make sativa, indica and CBD products whenever a patient’s needs dictate.



Wendy is the founder of and driving force behind Space Gem Candy. She got started making candy for local patients when she perceived a need in our community for quality edibles. From there, she quickly developed a working relationship with Arcata’s Humboldt Patient Resource Center. It wasn’t long before her products became favorites at other local

dispensaries too. Now, her business has grown to the point where her products are offered at dispensaries beyond Humboldt County.



Part of her marketing strategy – aside from adorning her products in eye-catching, flashy cosmic labels indicating that the product is entirely made in Humboldt (a fact that any medicinal cannabis consumer can appreciate) – Wendy is diligent about presenting the Space Gem Candy line at events, ranging from cannabis cups to medicinal seminars.

Space Gem Candy also maintains a robust presence on Instagram, with nearly 5,000 followers and a feed that features shots of her gummy candies, lollipops, fruit strips and other creations, the colors of which run the gamut of the rainbow, plus lots of other fun and inspiring cannabis- and Space Gem-related images.

Ultimately, Wendy says her underlying marketing strategy is “to align myself with all the wonderful things that are Humboldt,” and she’s all about “love, compassion and the use of cannabis in a healing way.” Wendy is inspired by her work. By bringing medicine to the sick through honest, good tasting hand-crafted edible products, she is able to experience that glow we can all tap into by truly helping people in need.



Wendy has found great support in the local cannabis community – the folks at Southern Humboldt’s medical marijuana dispensary Wonderland Nursery have been especially helpful to her along the way, she says. Not only do they keep her up-to-date on cannabis industry happenings, they have also given her countless tips for navigating California’s medicinal cannabis market.

The Space Gem Candy product line has a magic vibe with it’s cosmic labels and candies and treats that come in all colors of the rainbow. And they provide a safe, tasty and effective way to consume controlled doses of high quality, locally produced medicinal hash without having to smoke or dab.

You can find Space Gem Candy in Humboldt at Wonderland Nursery, HPRC and The Heart of Humboldt. The Space Gem products are also available through KindSolutions Delivery and in Ukiah, Clear Lake and Marin. Dispensaries that carry Space Gem Candy products will always have current information about availability.

You can follow Space Gem Candy on Instagram @spacegemcandy. Keep an eye out for them at local cannabis events. “If you see us...stop and say, ‘Hi!’”



Where will you take your
#SpaceGemCandy



#Boat



#Beach



#Bud

MAKING CANNABIS & COOKING GREENER

by Molly Cate

Making cannabis greener? What? The stuff is already many beautiful shades of green. But I mean greener as in save Mother Earth.

Sorry about the clumsy pun. How do we ensure that producing the kind green is not ruining the planet? My quick answer is by supporting small growers, not large. In 2012 the Office of National Drug Control Policy (ONDCP) tallied 5000 grow

sites and found 1000 to 200,000 plants each. Not organic farms, I bet.

Whether legal Big Farma or illegal pot grows, agribusiness is not known for kindness to earth, water, animal or plant. Greed-driven big cannabis grows, indoor or out, just step up the pace of toxic chemical use and resource hogging. Whole houses are converted, sucking up electricity and water, poisoning communities with fear when the new

neighbors keep all windows covered in black plastic and have guns to guard their valuable property from 'home' invasion. On public or tribal land collateral damage shows up as poisoned watersheds, birds, fish and mammals.

Worst right now in California is the egregious misuse of water. In March, State Fish and Wildlife biologist Scott Bauer and his team reported in the journal PLOS One

on their survey of 4 watersheds, three in Humboldt County and one in northern Mendocino County, some of them critical, threatened terrain for Coho and other salmon species central to the economies of native and non-native people. Salmon die-offs are catastrophic in times of low (warmer) river water. Bauer's team tested 32 grows and extrapolated that the loss of water in those four watersheds amounted to 60 million gallons a day during the growing season, 50% more water per day than is used by all the residents of San Francisco!

This is where I believe in "just say no." We 'vote' every day with our money. We can choose not to support the "transnational criminal organizations" (ONDCP) devastating wild lands. Yes, legalization will drive them out of business but tobacco and other corporations are poised to replace them with more pesticides, more big grows with little variety. Support small growers now. Support the artists who created the lush, diversified cannabis market, albeit illegal, that we now enjoy. Organizations such as the California Cannabis Coalition promote what's called the Napa Model - small, artisanal growers specializing in different strains of the kind green, just as Napa County supports many smaller wineries and vineyards.

"The Napa valley model... allows the little guy to compete with the big guy so long as his or her product is valued and therefore marketable," according to the Drug Law & Policy blog hosted by Santa Clara University law students.

Choose small, organic growers who are championing mindful, sustainable living and farming, the folks who brought you what we now call The Emerald Triangle. Want a close-up sense of the kind of human I mean? Check out Doug Fine's book

Too High to Fail; Cannabis and the New Economic Revolution. As a farmer himself, Fine discovers during his sojourn in Mendocino County many courageous, salt-of-the-earth, organic growers. He envisions with them the financial, medical and social benefits of what he calls "the coming drug peace." Change is coming. Be a part of it. Support what Doug Fine calls "the post-drug war craft cannabis market" now and help sustain them through the end of prohibition and beyond. We are all in this together.

As for cooking greener, I mean making your own cannabis infused foods. While there are many ways to make your food 'greener' - infused butter, nut butters, or liquor, ground buds, even raw leaf - depending on what you are using it for, I'm focusing here on making and using your own cannabinated cooking oil.

Everything I know about making cannabis infused oil comes from trial and error and one dear little book, The Art and Science of Cooking with Cannabis, by Adam Gottlieb, published by 20th Century Alchemist in 1973 and reprinted in 1993. Trial and error are essential because ganja is much more potent now. Gottlieb suggests using several ounces of pot per pound of butter, for example, which would be a shocking waste now, no matter how lowly the trim you are using.

Here's my basic oil infusion method. Proportion is one ounce of trim or shake to one 48-ounce bottle of oil. Start with any good cooking oil. You can use olive oil though that limits its use; great salads but not many sweets are made with olive oil. Break up the trim or shake so the oil can get to every nook and cranny. Steep the oil/ganja mix for 8 hours or more on as low a heat as you can. When I'm stuck with an electric stove I alternate between the lowest setting and off every few hours. The lower the heat the milder the flavor of the final product. Strain the oil through several thicknesses of unbleached cheesecloth. Pour it back in the bottle and store as you would the oil. I never discard the strained solids from a new batch of oil or butter. I tuck it away in a well-sealed jar in the frig and add it to the next batch.

Recipes

Anywhere you can use 1/3 to 1/2 cup of oil, give your infusion a try. Here are two starter ideas - one sweet, one savory.

ONE BOWL GOLDEN CAKE & HIPPIE POPCORN

1. Set oven at 350 degrees
2. Sift together 2 1/4 cups flour, 3 teaspoons baking powder, 1 teaspoon salt, and 1 cup of sugar (raw, brown or white).
3. Add 1/2 cup each of cannabinated oil and milk (dairy, soy, almond, or hemp).
4. Stir gently as you add a second 1/2 cup of milk till flour is damp.
5. Whisk or beat one minute.
6. Add 2 large eggs and 1 tea-

spoon of vanilla extract and beat for 2 minutes.

7. Pour into a 9x5 inch loaf pan and bake for 55 minutes.

Sliced into 12 servings, each piece delivers 2 teaspoons of infused oil. Cut into 8 slices, each contains a tablespoon.

Dosage per slice? Trial and error, will teach you how strong your batch of oil is. I recommend making something like

this cake first, something with even servings, to calibrate how strong your oil is before diving into popcorn and salads.

Drizzle 2 or more tablespoons of infused oil over finished popcorn. Shake on garlic/parsley granules, salt and pepper. Nutritional yeast is yummy in this mix too. Share with others or keep it all to yourself.

Enjoy!

in the Fast Lane

“ Full on meals include Jerk Tofu, Cilantro Lemongrass Curry Soy Chunks & Escovitch Rock Cod ”



The Reggae Food Truck

Simmer Down Caribbean Cafe

Story and Images by Bob Doran

Simmer Down Caribbean Cafe is not your usual food truck. For starters, it's mostly vegetarian, and the menu is Jamaican — what's known as ital style. They have burgers and fries, but not the all-American kind, this is JA-style.

It was two, maybe three years ago when I had a conversation with Simmer Down chef/proprietor Patrick "Red Rasta" Gaskins about food trucks. While we waited for our late night food at La Barca Taco Truck in an Arcata alley, the reggae DJ told me his dream: to get his own truck and serve Jamaican food to the masses in Humboldt. Now he's tucked his dreadlocks under a cap and he's operating his new red, green and gold truck in McKinleyville, looking at festivals, perhaps some place for late night patties in the future.

The menu is simple, intentionally. Full on meals include Jerk Tofu, Cilantro Lemongrass Curry Soy Chunks and Escovitch Rock Cod (with pickled peppers), all served with coconut rice and beans, side veggies du jour, green salad and fried plantains for dessert. Replacing the classic beef burger is a homemade Chickpea Cashew patty with lettuce, tomato, onion and cilantro aioli. (For the uninitiated, aioli is a variation on mayonnaise, this is an eggless version.) The same aioli is used as a dipping sauce for sides: tasty Corn Fritters or

Yam Fries. They also offer coconut rice and red beans alone, then there's the classic Fried Plantains (related to bananas), a tasty finish for your meal, or maybe just a snack on their own.

It's all "ital," a loosely defined cooking style associated with the Rastafari movement. The Nyabinghi have one definition, Twelve Tribes of Israel and Bobo Ashanti have their own. "For us, ital just means natural, good, non-processed food," says Red, "organic and local, whenever possible." Of course it's not just for Rastas, it's just plain good.

Simmer Down is currently operating at 1980 Central Ave. in McKinleyville behind the 76 Gas Station where Hiller Dr. hits Central. Hours: 11:30 am through 6 pm, Wednesday through Saturday. Phone them at (707) 702-1050. Yes, they take credit/debit cards, if you've got plastic.

You might be thinking something like this would be a better fit for Arcata. Red Rasta tried hard to make that work, but hit a bureaucratic wall city-wise. I've heard similar stories from others about Arcata not being welcoming when it comes to food trucks. There's another story there, but it will have to wait for another day. For now, I'm off to McKinleyville to take my mom out for a Jamaican lunch. Give 'em a taste, it's guaranteed irie...

THE HAPPY BUTCHERS



SARAH GODLIN & BRIDGET WINKLER
 just want you, and the food you eat, to be happy. That's why they started The Happy Butchers, the mobile butchering service that will come to your home or farm and slaughter, clean, and process your animals.

"A lot of people are detached from their food," says Godlin. "There's a disconnect."

Godlin and Winkler are on a mission to insure that you are eating the best, freshest meat possible, and that you know where it comes from. "It's trying to get people *more* connected to their food," says Godlin, "the whole process from beginning to end."



Long Journey Home
 Winkler moved to Humboldt from Baltimore in 2007 and worked as a yoga teacher, among other things. Godlin was raised in the Central Valley where her father was a farmer and beekeeper. "I've always been an animal lover," Sarah says, "but I also like meat a lot. And I want to know where it comes from."

In Humboldt, the two found a home and a sense of community. "It's the only place that makes sense," says Winkler. "I have met the most genuine human beings ever here."

The two ended up putting down roots in Fieldbrook, starting families, and becoming

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"It's so nice when your food gets along"

close friends. Their kids go to school together. "Our families just work," says Winkler. Like a lot of rural Humboldt residents, they ended up with mini-farms – vegetable gardens, and a few animals. "It's what everyone on my street does," says Winkler. "It's the perfect place to raise animals."

The Happy Butchers

Eventually, and somewhat unexpectedly, butchering and processing animals began to turn into a business.

"It all started because we wanted to feed our families," says Winkler. "I never thought of it as a business venture."

But around the time the two were beginning to butcher their own animals, Eureka's Redwood Meat Company stopped processing hogs. As the only USDA-certified facility in the county (local meat can be processed for



personal use, as The Happy Butchers does, but any meat sold retail or from a farm's freezer must be processed in a USDA-inspected plant), this left a big void in the local meat industry.

Until something changes, local meat producers must truck their hogs to either Petaluma or Oregon to be processed, and Redwood Meat Company said they don't plan on processing hogs again soon. "There is such a huge need," says Winkler.

Godlin and Winkler set about learning the ropes, go-

ing to some of the established ranchers in the area and taking courses at College of the Redwoods. As women in a traditionally man's world, they expected some resistance from the old guard.

"They've been the ones that have been most supportive," says Winkler. "We've had so much support it's been crazy."

In particular, the two say that McKinleyville rancher Jean Martin is especially supportive. "He's the bee's knees," says Godlin. "He's been teaching us the ways."

"He doesn't expect anything in return," says Winkler. That support has allowed them to grow into a legitimate business, and provide another option for people seeking the freshest local meat possible.

Frankenfarms

The alternative, as Godlin and Winkler see it, is not pretty. Factory farms, or concentrated animal feeding operations, flood grocery stores with meat "from who-knows-where, pumped full of crap," says Godlin. "Then you are putting that into you. It's what you're eating," says Godlin. "It's crap. It doesn't have the right nutrients."

It's a stark contrast to the local livestock that Godlin and Winkler see. "They have the best freaking life. They get to do whatever they want," Godlin says. "They're not unhappy. They're not stressed. They die where they were raised."

USDA Certification

The next step for The Happy Butchers is to use their Humboldt Women grant, plus a lot more money, to become USDA certified. This will allow them to sell to local grocery stores. But it's a lengthy process. "It's really strict," says Winkler. "They make it very hard."

That includes buying a mobile slaughter unit, which start at around \$200,000. "It's going to take money and time," says Godlin. But it's a worthwhile goal, and one that there is a need for. "People want local meat," says Winkler. "It should be easier to bring it to the public." We can hardly wait.

To help Bridget Winkler and Sarah Godlin achieve their goal of becoming USDA certified, or to have an animal butchered, e-mail bridgetwinkler@yahoo.com and/or check them out on Instagram.



Sarah (left) & Bridget (right) Photo by Bob Doran

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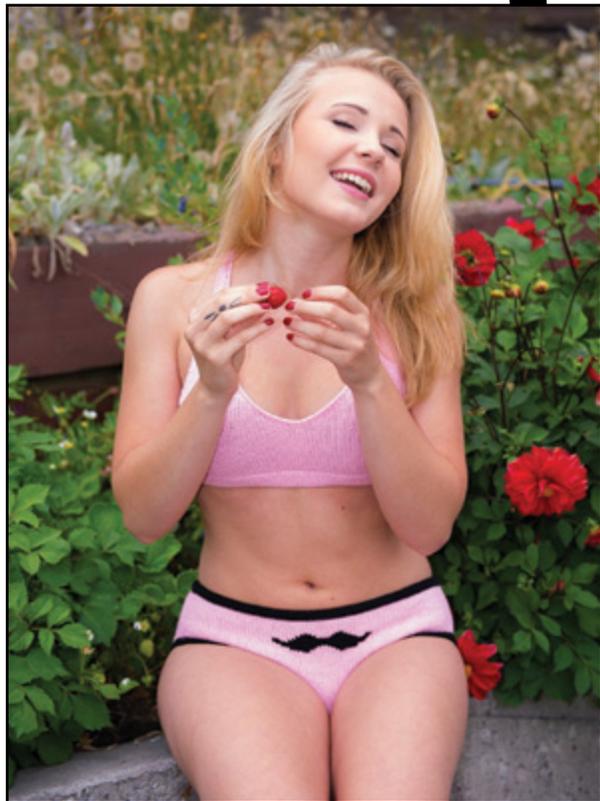
<p>Arcata Farm Shares Bayside Park Farm/ Noon</p> <p>Quiz Night* Blondies Food & Drink/ 7p.m.</p> <p>Swing Dance Night* Redwood Raks/ 7-10p.m.</p>	<p>Ping Pong! 21+* Logger Bar/ Noon</p> <p>The Low Notes / 6-9p.m. Mad River Brewing Comp. & Tap Room</p> <p>8-Ball BCA Tournament* Rose's Billiards/ 7:30-10p.m.</p>	<p>Pints for Non-Profits Mad River Brewing Comp. & Tap Room/ 6-9p.m.</p> <p>Salsa Night * Robert Goodman Winery/ 9p.m.</p> <p>Rude Lion Sound* Toby and Jacks/ 10p.m.</p>	<p>"I am Safe Zone" LGBT Ally Development Training- Arcata/ 8:30a.m. - 4:30p.m.</p> <p>Claire Bent- Jazz Vocalist Libation/ 7p.m.</p> <p>Martinis By The Bay Wharfinger Building/ 5-7p.m.</p>	<p>Wings 4 a Cure Benefit Adorni Rec. Center/ 6-10p.m.</p> <p>Queens Of The Islands Tour Arcata Theatre Lounge/ 9p.m.</p> <p>North Coast Dance's Spring Show Arkley Center for Performing Arts</p> <p>Trinidad Arts Night/ 6p.m.</p>	<p>Arts Alive! /Eureka 6p.m.</p> <p>Humboldt Lemonade Day / Countywide</p> <p>North Coast Open Studios Countywide / 11a.m. - 5p.m.</p> <p>Grasshopper Peak Redwoods Run Humboldt Redwoods State Park/ 8-2p.m.</p>
<p>Summer Music in the Garden Humboldt Botanical Garden/ 12-2p.m.</p> <p>Humboldt Hard Court Bike Polo Highland Park/ 1p.m.</p> <p>Deep Groove Society* Jambalaya/ 9p.m.</p>	<p>Poets on the Plaza Plaza View Room/ 8p.m.</p> <p>Rude Lion Sounds Dancehall Mondays* Ocean Grove Lodge/ 9:30p.m.</p> <p>Really Cheap Bowling* Harbor Lanes/ 8p.m.</p>	<p>Free Training "Best Lighting Solutions" Wharfinger Building Bay Room/ 8:30-4:30p.m.</p> <p>HUMBucks Exchange Bayside Grange/ 5:30 - 7:30p.m.</p> <p>Savage Henry's Comedy Open Mic Jambalaya/ 9p.m.</p>	<p>Low Cost Rabie Clinic \$6 Eureka Veterinary Hospital/ 9-11:30am</p> <p>Cribbage Tournament Logger Bar/ 6:45 p.m.</p> <p>Abby Miller- Jazz Pianist* Larrupin Cafe/ 6p.m.</p>	<p>Wild Nights Sequoia Park/ All day</p> <p>The Delta Nationals Mad River Brewing Company & Tap Room/ 6 p.m.</p> <p>Accurate Productions- DJ Night Cher-Ae Heights Casino/ 9p.m.</p>	<p>Rose Armin-Hoiland Arcata Playhouse/ 8 p.m.</p> <p>Arts Arcata/ 6p.m.</p> <p>Redwood Comedy Festival/ Fortuna / Fri & Sat Night River Lodge Conference Center & Commercial Kitchen</p> <p>Creatures of the Wild TBA/ 8p.m.-2a.m.</p> <p>The Hot Rods Bear River Casino/ 9p.m.</p>
<p>Rose Show Redwood Acres Fairgrounds/ 1-5p.m.</p> <p>Adult Skate Blue Lake Roller Rink/ 6:30p.m.</p> <p>Cuban Salsa* Redwood Raks World Dance Studio/ 7-9p.m.</p>	<p>Jimi Jeff Open Jam Night Simon LeGree's Roadhouse Saloon 8:30p.m.</p> <p>Friendship Circle Dance* Moose Lodge/ 7-10p.m.</p> <p>Karaoke with DJ Marv* Six Rivers Brewery/ 8p.m.</p>	<p>Beginning Microsoft Publisher College of the Redwoods/ 8:30am-12:30p.m.</p> <p>Good & Evil Karaoke* Silver Lining/ 8p.m.</p> <p>Anna Hamilton* Palm Lounge at The Eureka Inn/ 7-11p.m.</p>	<p>Open Mic with Mike Anderson* Old Town Coffee And Chocolates / 6:30-9 p.m.</p> <p>Whomp* Jambalaya/ 9:30p.m.</p>	<p>Summer Concert Series Begins * C St. Market Square/ 6p.m.</p> <p>Dell'Arte Mad River Festival Blue Lake, Through July 19th</p>	<p>McKinleyville Arts Night Business District/ 6-8p.m.</p> <p>Fetish Night The Siren's Song Tavern/ 9p.m</p> <p>Nighthawk Bear River Casino/ 9pm</p> <p>Oyster Festival Arcata Plaza/ 10a.m. - 5:30p.m.</p> <p>Skate-A-Thon 2015/ 2-3p.m. McKinleyville Activity Center</p>
<p>Wine and Jazz Morris Graves Museum of Art/ 3-5p.m.</p> <p>Crabs Baseball- Sequoia Humane Society Night/ Arcata Ball Park</p> <p>Trinidad Fish Festival Trinidad Elementary/ 11a.m. - 5p.m.</p>	<p>Summer Manga- Style Drawing Course Scrapper's Edge/ 10a.m.-12p.m. or 1-3p.m.</p> <p>The Faucet's on Fire! Humboldt Unitarian/ 7-9p.m.</p> <p>The Getdown* Jambalaya/ 9p.m.</p>	<p>Comedian Tom Rhodes Jambalaya/ 9p.m.</p> <p>Buddy Reed* Libation/ 7-9p.m.</p>	<p>Open Mic* Curley's Full Circle/ 7p.m.</p> <p>Live Turtle Races Logger Bar/ 8p.m.</p> <p>Karaoke* Bar Fly Pub & Grub/ 9p.m.</p>	<p>Seabury Gould and Evan Morden Gallagher's Irish Pub/ 6:30p.m.</p> <p>Open Mic* Blondies Food & Drink/ 7p.m.</p>	<p>Reggae Night w/ DJ Mitch Logger Bar/ 9p.m.</p> <p>Karaoke* Central Station/ 9p.m.</p> <p>Loleta Cheese Summer Garden Party/ The Factory/ 11a.m-4p.m.</p> <p>Austin Alley & The Rustlers Bear River Casino/ 9p.m.</p>
<p>Jazz Night* Blondies Food and Drink/ 7p.m.</p> <p>Open Mic* Mosgo's/ 7-9p.m.</p>	<p>Aber Miller & Drew Mohr* Sushi Spot McKinleyville/ 5-8p.m.</p>	<p>Karaoke w/ Chris Clay* Cher-Ae Heights Casino / 8 p.m.</p> <p>Game Night* Crush/ 5p.m.</p>	<p>* Weekly Event</p> <p>Mary Jane The Musical III/ Rooney Amphitheater/ 8p.m.</p> <p>The Best of Humboldt Fair / Jun 25-28 / Redwood Acres Fairgrounds</p>		



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Soft knit caresses form like getting all in a juicy, warm body of water. Fluid coverage. Wrapped around every curve and motion. Intimate. Let Knitty Kitty's designs show sassy or playful. Let them be chic and classy. Put on some knit undies or a halter top. Appreciate how they hold you. Discover your new favorite pants or bikini. Indulge in sexy comfort, as this sensuous clothing affects you. There is a deep satisfied rumbling. Mmmm. Purr. Wonderful discoveries are best when shared.

Lisa Roberts is all that. Blonde, sunny, lithe knitty kitty. Eyes full of sparkle and twinkle. A smile that has stories it could tell. She exudes a quality of life. Originally from the Connecticut

side of New York City, she is one of those HSU draws. Came for college, discovered surfing, met her husband Chris and became part of the community. After graduation they moved to San Diego to use their degrees – but it wasn't long before they missed their friends, missed the surf and missed Humboldt. They have lived in Trinidad for the last 20 years. Their son Collin and daughter Sophie were both born here.

"When you come here, you have to make a job. That is the kind of culture in Humboldt. If you don't have a specific skill then you have to make a job for yourself." And she and her husband have. Over the years they have created

and sold a few businesses. Muffin delivery in Eureka, Maple Creek – an organic maple syrup company, they traveled in South America and imported goods to sell. She knows street fairs and walking into businesses to show her wares. And the travel business could be based around surf trips. "We have always been interested in having businesses of our own." It seems natural for Lisa.

Just as a jellyfish uses jet propulsion to move. Their bell pulses the rhythm of the most efficient swimmer of all the animal kingdom. Release of contraction leaves 2 perfect smoke rings of current in its wake, vortex rings swirling. Propelling the freely

flowing, graceful shape. Spinning water is carried along with their specialized ease. And so the medusian swimmers rival the winds and moon as ocean mixers and movers. Such a simple design, so perfect. More of the ocean than in it. And infinite design variations, all the bright amazing colors and frills of billowing delicacies. Ripple effect.

"I've been knitting since I was 9. I am a mad knitter. I knit all the time. So, in the summer at the river I always have knitting with me and I was making myself a bikini and that's how this all came about." That was the summer of 2010, when she wore said bikini to bed and her husband let her know how much he liked it. All of a sudden it was knit lingerie. "The first thing that came to mind then was Knitty Kitty. It's a sexy, smitten kind of name." Splash.

So Lisa handmade enough to sell to one store. And they bought them all out and sold them all out. Then she took all that and bought a knitting machine. Now, instead of taking 2 days to make a panty it took 4 hours. Which allowed her to make a couple dozen, those sold out quick too. It was time to look for a manufacturer. The currents undulate in exponential power.

"I looked online. I met with someone from Los Angeles, I talked to people in the US, but I was so small no one would give me the time of day. I was trying to figure out how to find a place in China that would work with me but I didn't even know how to go about it. Then my husband was like, why don't you look into Bali?" This was familiar surf trip territory for them. She found a guy online, showed him a picture of one of her panties and asked him if he knew anyone who could make it. Maybe he could be her agent because she had no idea where to go. He made her a sample and – again – her husband Chris said "you should go". Chris is her 'go for it' man, her CPI (Chief Panty Inspector).

"My oldest was 13 and I hadn't ever left my kids before." Off to Bali for three weeks in November of 2011 where she met with Yudi for the first time. And the ripple keeps going. Later on she learned that Yudi had gone and bought a knitting machine and had someone teach him how to use it after her initial email inquiry. He saw an opportunity and made it happen. Yudi's mom had a crochet warehouse in the city that she had put together for all the mountain villagers to be able to sell their crocheted wares from. So, Lisa put in an order and Yudi used it to buy four more knitting machines. "Then our orders were getting



larger so I bought some more machines for the warehouse. Then we had 10 machines and we were ready to expand."

Yudi with the blessing from the village elders, got funding and Lisa put her profits in too. Last January the new two story warehouse was built and housed 40 knitting machines. Their goal is 100 machines, Lisa can get more product and Yudi can do knitting for other clients now too. "The families have been working with me since the beginning. They are real loyal and I really appreciate them."

Lisa goes to Bali and works with everyone regularly. She may pay a little more, but she gets to feel good about her global economy synchronicities. "We just did a video, that will be up on the website soon, of the factory for transparency. To show that we are a family run factory. I had to submit it to Etsy, along with proof that I make all the designs – they don't like manufacturing companies and they don't allow unethical practices."

And it keeps going like magic. Her business grew 400 percent last year. Granted she is still reinvesting everything trying to keep up with the potential, but you can see the wheels in her head turning and dancing. It is a creative endeavor for Lisa. She is all effortless propulsion. She has been going regularly to a trade show in Las Vegas called Magic, twice a year. Last year she was so inundated she couldn't go pee. Urban Outfitter gave her an online test, then four store accounts, now she has 10 stores. She flew to Philadelphia to present her stuff at Nordstrom headquarters.



"I'm at the point now where it's not being fearless. It's just, if you don't try, then it's already a no. So I am going for it." Nordstrom is going to give her the online tryout too.

Knitty Kitty's Arcata warehouse shares space with Hot Knots. "They are my mentors. I just knew I wanted to share space with them so I asked." Local company Gypsy and Loic is across the open rafters. She sells locally at Hot Knots and the Linen Closet. She takes orders from all over Canada and the US. Her crunch time is fall and Christmas, cozy knits and all.

Back to the designs. All Lisa. "I like the design best. I am obsessed with keeping files of things that inspire me. Pop culture, symbols – ideas I can go back to and make a design." And the simple products vary like the jellyfish. So many colors and intricate patterns. Coffee, bikes, hearts, foxes, skulls, Christmas, so many cheeky ideas Lisa. "An alternative to mainstream lingerie – that's my niche. I'm filling the niche with something different."

To learn more about Knitty Kitty, visit www.knittykitty.com



© JUSTIN MCIVOR



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The High Life

How to Laugh During Sex

Sherae O'Shaughnessy

Recently it was brought to my attention that funny people are alleged to have better sex. "Why, Sherae, why do you have better sex than the rest of us stiff?" Wait, I do? Yeah! You know what, I do! But why? That is the million dollar question. I had to sit and think on the ghosts of my vaginas past and decide why I (an award-winning funny person) have had such an enjoyable sex life. And does it really have anything to do with humor?

I'd like to think I am a cool customer when an awkward situations arises. I absorb it by finding the humor in the haystack, which can really help to put anyone at ease. Let's say, for example, someone lets a fart slip during sex. Is this a big deal? No. it happens. And if you can't laugh off a mid coitus fart then you're probably too immature to be screwing anyway. Farts are funny. And so are A LOT of awkward sounds, positions and pillow talk that shake out in the act. What I'm saying is laugh them off. Appreciate how ridiculous

our naked bodies are then get back to that gland-on-gland combat.

Its been proven since people figured out how to laugh, that a partner who can make you giggle is substantially more attractive to you. The more attracted you are to someone, the more comfortable you find intimacy with them. I've dated a few super dull hunks in my day. I've found mates who take themselves seriously outside the sack are even worse in. They're too worried about the aesthetics of it all to get wild. Really good sex requires comfort in your skin and on theirs. Its been said that comedians are an insecure bunch, but while we might be overly concerned about our on-stage presence, we are typically jovial and stoked when someone is willing to let us touch their butts. And oh boy, do we touch that butt.

The first time two people get nekked is awkward for almost everyone. Drunken hookups are sloppy and the sober ones are somehow sloppier. But if the person you've just fricked is someone you hope to frick again, appreciate the weird and laugh it off. Post coitus pillow talk can really help two humans bond. Talk about humorous nonsense! I mean actually talk about humorous



nonsense for reals. Quote dumb movies or ask what their weird thing is. Everyone has a weird thing. Best get it out of the way.

My less weird thing is dudes who wear watches. My more weird thing is dudes have nice feet. My super weird thing is dudes who lactate. Not really. Can you imagine?! That is something I would say to someone after humping to test their ability to understand, process and appreciate a joke.

It's as important to make the joke as it is for your partner to get it. If you don't know when I'm joshin', how in the world are you going to find your way around my clitoris?!

So is it true that my career choice and natural ability to be funny as hell (results may vary) have improved

the quality of how well we play with the box the kid came in? I think so.

I'm also pretty good at circumventing the word "sex" and instead come up with disgusting euphemisms. Some people might think this is gross and immature. We don't sleep with those people. We sleep with the people who think "spelunking the Bat Cave" is hilarious. The person who appreciate Batman sex jokes is the person you wanna party with in the sack.

Always party and laugh in the sack. Otherwise, what the fuck are you even doing? Don't waste your sheet time on unfunny people. Thank me later. O'Shaughnessy, out.

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**We Want YOU,
to write in....**

> Next month we're launching a brand new reoccurring advice column! The title? "Are you Lit? Clarity for a Hazy World." The questions? They will be answered by yours truly, Humboldt County's resident disgraced shaman. We're encouraging you, our fabulous and well dressed readers (You do look quite nice today) to send in your questions pertaining to any social issue from large to infinitesimal. From cannabis culture, social complications, tactile questions, sex issues, finite interpersonal minutiae, or anything that pops in to your head. We're going to let the direction this column goes in take shape based off what our readers (you) are most curious about, and what you're okay with waiting around a month to get solved! Send emails or letters to info@theemeraldmagazine.com. We greatly look forward to shedding some light on your world!

Lastly, you may be wondering, what qualifies me to be giving advice? Well, to quote my favorite advice columnist, Dan Savage, "the only qualification you need to give someone your advice is that someone had the time to offer it, and some other person foolish enough to ask you for it." But you're not a fool, are you? No. No you're not. That's why you're reading this, you dazzling minx.

I look forward to reading your questions!
-Sam Greenspan



TEST RESULTS IN



Panel of Doctors Concludes Cannabis as Cure for Not-Currently-Being-Stoned.

A ground breaking triple blind study from The Brookings Institute, comprised of participants comprised of a diversity of ages, backgrounds, and socio-economic standing, has definitively concluded that cannabis is, indeed, the cure for not being stoned at the moment.

The study conducted over the course of thirteen years, and spearheaded by celebrity sociologist Flannery O'Shea began to yield startling spikes in conclusive positive data when marijuana was finally offered for participants to smoke to attempt getting stoned somehow. O'Shea, noted for his numerous

contributions to the scientific community, was thrilled to see such notable progress in such a short period of time. His only trepidations that he seemed to have about the study were that answer didn't present itself sooner.

"It was really extraordinary," O'Shea said, "I, personally, am the type of man that fancies themselves pretty adept when it comes to picking apart problems or patterns and determine the solution or outcome. I will admit though, I am still pretty shocked whenever a character on Game of Thrones is violated or killed. I never see it coming on a show where that occurs! I, was also stunned

to see that there was pepperoni on a pepperoni pizza that I ordered the other night when I had expressly ordered a pepperoni pizza earlier. I also haven't so artfully handled the hard truths. Like when I learned that all of the sugar still in my soda is not magic diet sugar, it's just sugar, sugar. That was a jagged pill to swallow.

However when I learned that sometimes I lose socks, it filled me with that amazing bemused euphoria that comes with having an epiphany of that magnitude. I swear, we are advancing so far beyond our wildest expectations of what we even dreamed as possible. For our selves."

"Think about it," O'shea continued, "more and more people are using their turn signals with each passing day! Just the other day I was driving my automatic mobile and a fellow who had to turned found a way to

alert me of that beforehand! Stunning. Back to the study, I must give credit, the other day I was conversing with my colleage, Wilhelm Kleinemusik, and it was actually he who suggested I give the participants marijuana as opposed to tupperware, Russian literature, oxycontin, or thumbtacks, as had comprised my last few years of study. I thought him a loon at first! We laughed about that later with great hearty meat laughter."

Kleinemusic was unavailable for comment on the breaking story. Currently the German astrophysicist is conducting a study of his own: scaling the Matterhorn to define what the word 'tall' means. Conversely, there is a competing study of geologists digging as deep as the Earth will allow to illuminate the vague concept of 'Hey, what's that down there?'

This marks a revolutionary day for everyone with mild object permanence skills. The world only wonders with baited breath: are there other ways to be high? The future looks bright for O'Shea and the global intelligencia.

"We know there are other problems in the world, but think of our work like your government's work. If we don't devote all of our resources to the seemingly inconsequential or abundant, how will you all keep giving us money for things, and ourselves? Exactly. This is why we're the scientists after all."

Fun Fact: Our own organization itself has been gnawing on the savory fact jerky that lists are fun in articles people prefer reading! See if you can count why at home!

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Bic Lighter Gives Tearful Plea to be Reunited With Her Family



Hello. My name is Emilia. I haven't seen my family in over eight months. The last time I saw them was under the white lights of CVS, glowing as bright as the heavens. I was with my mother, my father, and my two brothers. I'm the green one. They were red and yellow, I hope that helps. When the great pink mitt put its mitt sticks on us, our plastmosphere was torn open, and we all fell out. Soon I was thrown into the denim cave. I could hear the shouting of my family as the earth began to sway. It rocked with the grace of our family's firebringing ceremonies during guitar solos. For months now I have been surrounded with itchy plants and stinky sticks. There's always sounds of laughter from the pink mitts. They appear to enjoy trading me amongst them. One night I'm in one denim cave, the next night, another. I don't know what they all need me for! If you see me, I currently have a little star drawn on my bottom. The pink mitts have made me theirs. They occasionally set me down on wooden planks. If you see me, please, help me get back to my family. Remember, they're red and yellow, I hope that helps.

The Emerald Review:

POT TALK

with *Emily Hobelmann*



“... smells cheesy and fruity on the surface, like parmesan or yogurt, a little sour and fermented.”



Photos by Emily Hobelmann

HAPPY DAY FARMS

HappyDay Farms is a small family farm in Northern Mendocino. In addition to producing high quality, small-batch medicinal “Craft Cannabis,” HappyDay Farms pumps out produce year-round, they grow flowers and they raise meat chickens and layers. HappyDay also operates a CSA program.

So HappyDay Farms interfaces with the community on these two fronts – by providing the community with more traditional agricultural products, like meat, produce and flowers, and by providing qualified community members with small batch medicinal cannabis that comes with nothing but positivity and good vibes.

The HappyDay crew is a great group of folks – genuine, friendly, intelligent, committed to sustainable farming and positive branding and philosophy. According to their website, they “stand for the rights of smallholders to produce any and all salable crops and to trade or barter them on the open market and be regulated solely under the Department of Food and Agriculture.”

HappyDay Farms graciously provided me with two types of medicinal cannabis to sample – Pure Kush Strawberry Kush (PKSK), a thoroughly powerful indica strain that HappyDay farmer Casey O’Neill describes as, “Heavy and strong... not for the faint of heart,” and Blue Ogre, a Blue Dream-Ogre Kush cross that is one of HappyDay’s higher cannabinoid strains.

Speaking of “positive branding,” I have to say that the HappyDay packaging is outstanding. Both samples came in small mason jars with labels featuring a stoney, altruistic sun that seems to be saying, “Here’s to you!” The samples were tagged with brief descriptions of each strain along with percent-THC content. HappyDay Farms Collective medicinal cannabis is Clean Green Certified. It’s great to see that featured on their packaging as well.

The PKSK sample was comprised of dense, strawberry-shaped nugs

with auburn hairs that evoke majestic and rugged Mendocino landscapes – endless hills, creeks and manzanitas. And the PKSK sparkles like sugared gummi candies. I was afraid to touch it – the PKSK is just so lovely, a sweet, enchanting beauty with a perfect trim job – just the right amount of leaf left intact. It was ready to smoke, right out of the jar.

According to O’Neill, the PKSK is a full-sun, full-season strain that they started from seed on-farm. He calls it “thumpy indica country,” and warns that it’s not suitable for use before driving or going to job interviews. He says HappyDay receives good reports about PKSK’s medicinal effects from elders who use it for a variety of non-active needs and that it’s excellent for pain, nausea and insomnia. Indeed – a couple puffs of PKSK squashed one of my tension headaches within minutes...

I found the PKSK high to be meditative, dreamy and expansive, introspective and quite powerful. The smell is berrylicious. The taste is too, along with hints of chocolate and nutmeg. It’s rich and satiating like French toast. The smoke off a joint is thick and satisfying, again, like a warm, rich meal. O’Neill says it’s great for relaxing and mellowing out. I agree – my mind was high, my body was high – good night.

The Blue Ogre sample contained dense, strawberry-shaped nugs, like the PKSK, although there was more variation in nug size, with some smaller pieces. And the Blue Ogre has a much darker color. The hairs range in color from indigo and lavender to auburn and scarlet, and it has a cheesy poof orange furriness going on. The overall visual effect is akin to blue-purple dreaminess, like a shot of the Alaskan peak Mount McKinley at dusk. It is also akin unpolished green garnet gemstones, with no two nugs exactly alike. This is dynamic cannabis.

O’Neill says the Blue Ogre is one of HappyDay’s “flagship favorite strains, more for the daytime enjoyment of life than for evening relaxation.” And like the PKSK, this strain is full-sun, full-

season and started from seed on-farm. The plants are large, sprawling and sativa-looking, and according to O’Neill, they are “super fun to work on because they change so fast... We love this strain.”

The Blue Ogre smells cheesy and fruity on the surface, a little sour and fermented like parmesan or yogurt. Once pinched to release even more aromas, I get that strong, punchy Kush smell with hints of nitrogen-rich chicken manure and citrus-rosemary undertones. I think this is “food weed” in that the smell alone is very rich and sating, again, like the PKSK.

The nugs are trimmed and cured perfectly. They are nice and snappy. The taste is of blueberry with rich hints of cardamom, like some bomb Indian food. It’s got a piney-citrusy flavor going on too, with a floral and resin aftertaste. This cannabis is nice and smooth ride, as opposed to being wet and harsh. The smoke is satisfyingly thick and creamy; it clings to the length of a joint.

The high makes me feel airborne, yet with my feet planted firmly on the ground. The Blue Ogre brings me clarity and calmness, let’s call it “a still-brain high”. It’s doesn’t induce hyperactivity, and it makes me feel more in my body, like I can really feel my clothing against my skin. O’Neill says, “Blue Ogre has the fabulous fruity ephemeral nature of the Blue Dream with the face-smack you would expect from an Ogre.”

Yes, it is powerful and effective – I took one hit at noon and I was still feeling the medicinal effects at 7 p.m. This strain tests as high as 28% THC and 29% total cannabinoids. It’s good medicine.

This is magical Mendocino small batch, specialty connoisseur cannabis, grown with love. O’Neill says “each plant is unique and is harvested as such,” and their attention to detail and care for their cannabis came through in these samples.

Many thanks to Casey O’Neill and the folks at HappyDay Farms. You can find them online at happydayfarmscsa.com, on Facebook and on Instagram @ [happydayfarms](https://www.instagram.com/happydayfarms).

High Art

Sharon Letts

Images by Josh Jackson



When I became pregnant with my daughter at 29, I sadly left the herb behind to be what I thought was a responsible and upstanding single mom.

At 13, my daughter was diagnosed with Fibromyalgia, an autoimmune system malady causing chronic pain and other debilitating complications. By 16, she couldn't attend school, couldn't play softball or do any of the physical activities she loved.

When she was 16 a friend acquired a small bag of weed off the black market for her to try, stating it would help ease the pain. I rolled a joint for the first time in years and we sat in the garden, puffing and passing. She really didn't like the euphoric feeling from the THC so that afternoon we spent three full hours thrift shopping until the effects wore off.

There I was with this little bag of green. What to do? I was sorry I couldn't help my daughter, but after all those years of abstinence, it made me feel just as good as it did years prior. I decided to forget about the stigma, created a workshop in the garage and let the art muse in.

An earlier diagnosis of Thyroid Disease had me 50 pounds overweight, and smoking soon found me walking my neighborhood with a camera, bringing home broken bits of things, becoming an assemblage artist in the process.

Cannabis speeds up metabolism and in a matter of weeks I was dropping pounds. You'd think I would have gained more weight by smoking, but contrary to popular marijuana myth, the plant actually got me up off the couch and out into the world again.

I started smoking again in spring and by summertime I had stopped watching television, lost the 50 pounds, gained some muscle back, pitched a tent in the garden and slept out under the stars until the rains came in the fall.

Yes, my muse was fully activated. I loved smoking again! What fun, what pleasure! I could check into my little workshop, take a few hits and create to my heart's content.

My day job writing for television prospered as well, as I excelled creatively and professionally. Yes, everything I've ever written has been done fully medicated –

be it for television, dailies, weeklies, or magazines. It's how I connect with that place. I don't know how it works and I don't care, I'm just grateful.

My newfound health had me yearning for a different life and soon my daughter and I made the move to Northern California and Humboldt County, where she enrolled in college and I began writing for newspapers.

Humboldt is synonymous with Cannabis and I slowly realized that most of my co-workers above and below the administrative line were involved somehow in the industry out of need. Humboldt is a rural area and the hunting, fishing, and lumber industries were a shadow of what they once were.

Minimum wage jobs beg subsidizing, and savvy residents grow, trim, and make product to get by. And though I've never grown, I've learned the ins and outs and this region and its estimated 14 billion dollar industry. As a features writer covering human interest stories in the county, when the daily newspaper I was writing for began to lay off staff, I was the first to be let go.

But the muse persisted, and soon I began writing a series for a lo-

cal weekly titled, "Behind the Curtain," with a play on words of the "Redwood Curtain," the protective shroud that keeps Humboldt so very rural and cozily covert. The series also began my newfound career in writing about Cannabis as medicine. Today I write internationally on the subject, penning many stories each month for magazines profiling everything to do with good medicine. Smoking made me feel better physically, but it also helped me find my artistic center once again – and that, in turn, made me emotionally happier.

At 50 I could not have found my medicine at a better time, for that's when the body begins to change and weaken and Cannabis acts almost as a "Fountain of Youth," if you will. It's a rejuvenator of the body and rights the wrongs that cause us to have myriad modern day ailments that seem to lead everyone to pain, depression, and deathful disease. And for finding one's muse, it's a must, with the moral of this story being, if you have found your medicine, smoke-up, eat your weed, be happy and healthy. Your weed will never let you down.

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My Bust...



**Maegan's
Story**

By Molly Cate

In her "Letter from the Editor" in the May issue, Christina DeGiovanni had the courage to "come out" as a person traumatized in 2012 by an all too legal home invasion by members of the Humboldt County Drug Task Force. In her moving letter, Christina asked readers to come forward if they too have suffered this way at the hands of law enforcement. Maegan Dean stepped forward to be counted.

Maegan and her husband, talented local chef Tyrum Dean, formerly of Folie Douce in Arcata, and their two small children had their lives turned upside down last year in a similar invasion which included the eradication of their fully documented, legal cannabis crop. They had fulfilled and gone beyond the requirements of state

and county law, dotted every i and crossed every t, carefully setting up their garden to avoid adverse environmental effects, even mindfully monitored water use; all to be good citizens of Humboldt County. All for naught.

After the Drug Task Force visit Maegan admitted, "We considered leaving the county. We were heartbroken." But she also is clear that theirs is a "story of perseverance." Knowing they are just the kind of good folks who invest in and help communities thrive and that they have skills and dreams that enrich the culture and economy here, they stayed.

It has not been easy but they are seeing the fruits of their courage and commitment. Maegan owns

her own children's clothing design business, Sprout Kids Clothing, and she and Tyrum operate an upscale food truck, Hum Grown Grindz, in Willow Creek, currently at Farmer Brown's and soon to move to CoHo Cottages and China Creek Cottages. Stop by for their organic sliders and crepes. Also, check out the luscious food displayed at their catering business website, Dean Family Catering.

Like so many others terrorized by heavy-handed "peace" officers, these are good people. They are family oriented, honorable folks, not greedy soil and water thieves. They are not the fly-by-night, big grow-for-profit operators.

As Maegan said, "There is more to us than the stereotype," of folks busted this way. Way more.

If you've been raided and would like to share your story, please don't hesitate to contact us. Let your voice be heard.

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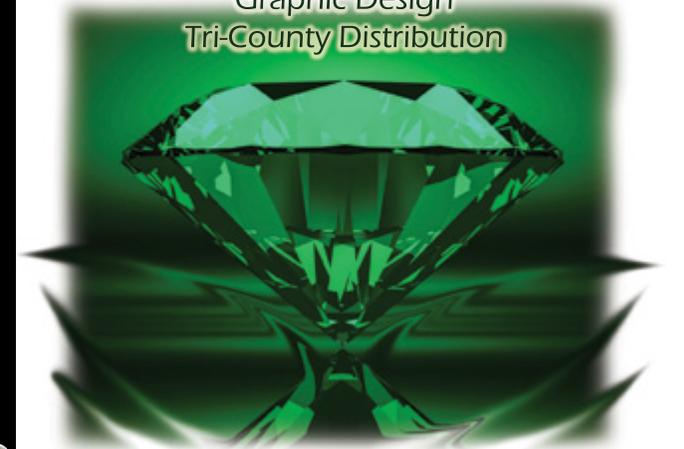
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GALLEGOS GOES GREEN

Humboldt County's former district attorney is now helping growers get legal



For 12 years, Paul Gallegos prosecuted people for breaking the law. Now he advises them on how to be in the marijuana business lawfully.

The former Humboldt County district attorney is going green as an attorney that helps growers legitimize their cannabis business.

As the district attorney, Gallegos worked to enforce marijuana laws. He knows the rules, knows the harms and knows the problems. Living in this community, which is quite involved in cannabis, Gallegos knows many people want the protection of the law.

He now helps by teaching them the laws and regulations. "I want everybody to engage in lawful businesses and reap the benefits," Gallegos said.

He gives legal advice to clients trying to cultivate, use and sell cannabis. He goes at it as if it were any other business. Regulators do not care if you are growing tomatoes or marijuana, as long as you are doing it properly. Gallegos said, "Rather than paint with a broad stroke we need to have a standard of conduct that is the same as every other business, which is merely abide by the law."

When Gallegos first meets a client he provides the legal definitions for patients and primary caregivers. According to Health and Safety Code 11362.5 a "Patient" is defined as a person whose physician has recommended the use of marijuana to treat a serious illness...for which marijuana provides relief, and a "Primary

Caregiver" is defined as a person who is designated by a qualified Patient and "has consistently assumed responsibility for the housing, health, or safety" of the patient.

The manufacturing, distribution or possession of marijuana is still a federal crime, and generally a crime under California law. However, there are two California laws that decriminalize the cultivation and possession of marijuana – the Compassionate Use Act and the Medical Marijuana Program Act.

The Compassionate Use Act of 1996, also known as Proposition 215, allows patients and primary caregivers to cultivate and possess marijuana for medical treatment. According to Health and Safety Code 11362.5, Prop 215 was enacted to "ensure that seriously ill Californians have the right to obtain and use marijuana for medical purposes where that medical use is deemed appropriate and has been recommended by a physician who has determined that the person's health would benefit from the use of marijuana." The act is also meant to ensure that patients and their primary caregivers are safe from criminal prosecution.

The Medical Marijuana Program Act, also known as Senate bill 420, expands on Prop 215 and set possession limits for cardholders. The act also allows primary caregivers and patients to grow medical marijuana collectively and cooperatively.

These laws only give protection when one is acting lawfully. They are not a guarantee, but rather a defense to use if one is confronted by the law.

"To have the protection of the law, you need to abide by the law," Gallegos said.

To engage in business lawfully one must produce a product that is safe and insure employees, the environment and the consumer are safe.

"I think the marijuana industry has stumbled into giving itself a bad reputation because of irresponsible individuals," Gallegos said. He is working to help change that by educating and helping growers work lawfully and safely.

Aside from being an attorney, Gallegos is a member of the Blue Ribbon Commission on Marijuana Policy. The commission, chaired by Lieutenant Governor Gavin Newsom, researches and analyses issues related to the possibility of legalizing, regulating and taxing marijuana.

Gallegos is involved in helping with the development of policy and a legislative framework for marijuana production, cultivation and consumption that works to protect the environment and public safety. He focuses on the possible impact the marijuana industry has on the environment and water.

Here in the North Region, there is a fair amount of marijuana cultivation. The thirsty plant requires a great amount of water and that water is typically diverted from streams and springs. These diversions lower the water deck and can have a profound impact on the environment and animal life. Other environmental impacts include: land terracing, clearing and road construction that causes erosion, and pollution from the use of pesticides, herbicides, fertilizers and

petroleum fuels. The paper that Gallegos presented at UCLA says data suggests if the marijuana market in California is appropriately regulated and taxed it could provide substantial funds for further research, to implement regulations and to improve current environmental conditions.

Gallegos noted that it is expensive to start a business in California – with startup costs and fees. "It is a rude awakening to people that their profit margin will decrease," Gallegos said. "But it is not necessarily a bad thing."

Those who engage in lawful business have an increased cost, but in turn benefit by the protection of the law, access to law enforcement and infrastructure made for the purpose of commerce. "With the law it is not only a sword, but a shield," Gallegos said.

One problem Gallegos pointed out in the marijuana business is that while people understand the need for

regulations in other businesses, they only think about the additional costs in their own business. "We often forget the freedom and the responsibility involved," Gallegos said. "The flip side of the coin of freedom is responsibility."

Business owners are responsible for following regulations and laws that in turn better our community and state. The mere act of business gives back to our state by providing jobs, circulating money and creating tax dollars.

Gallegos could not say exactly how many people he has helped to lawfully run a marijuana business. But he did say, "Not enough. The need to help people with their business practices is immense."

"This is my state and my community," Gallegos said. "I want to help us work through this issue to the extent that I am able to."

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MAKING IT KNOWN

How one robbery sparked a forum where cannabis crimes can now be known

- Victoria Voss

A Bridgeville resident recently found himself the victim of a home invasion after he left for work one afternoon. The once trusting gardener begins to tell his story by explaining the emotions that consumed him after being robbed, one of which was guilt.

"I should have known better," Hayden Caster tells me as he begins to metaphorically bash his head into the wall. I can tell he's gone over this story a million times in his head. "I've left my property before and nothing happened. I've never been robbed. I should have known better."

In late May of this year the Bridgeville resident left his property for only a few hours and came back to find nothing the same.

"I just can't believe it. They helped me work my land for months. I had such an appreciation for them," says Caster about the mid-twenty boyfriend and girlfriend who worked for him in exchange for free lodging.

Caster's story, like many others, are kept in the dark for one simple reason. Cannabis is illegal.

The FBI reports that property burglary represents 23.8% of robberies, but that crime has overall gone down 10% in the last five years. Those statistics of course don't take into account the amount of unreported crimes, which is an estimated 3 million according to the Bureau of Justice. In an underground study, it's been estimated that 5% of Humboldt County's cannabis farms experience some form of theft throughout any given year. With technology on the rise, growers have been known to place digital cameras in their trim scenes to catch a criminal.

In one account, a Southern Humboldt grower suspected one of his gardeners was stealing from him. He was wrong. In fact, he placed a camera in his trim scene and to his surprise caught one of the trimmers reaching into several trim bags and profiting off others work.

In Caster's situation he sought out two long-term farm workers to help with livestock and traditional vegetable gardening. Never before did Caster have a problem.

"When I came back from Arcata, I noticed my two sheds have been busted into. They used bolt cutters around the chains and bashed the rest of their way in."

Situations like this unfortunately occur in our community. "I never should have been so trusting. They worked here for weeks and nothings happened. Then one day they're gone. They took 10 pounds of bud and over 50 pounds of trim. They cleaned me out."

Without hesitation I asked, "Did you call the police?!" Caster looked at me with a sour face and said, "Of course I didn't call the police."

It's unfortunate that crimes like this exist regardless of what the stolen item is. And what is even more shameful is that cannabis users feel as though they cannot report certain crimes out of fear of legal repercussions.

As of June, TheEmeraldMagazine.com established a forum where locals can have an open discussion about cannabis crimes. It is not a platform for vigilante justice. It is rather a place where crimes no longer have to be kept in the dark.



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±40 Acres of rural property waiting for you outside Mad River! Parcel features spectacular views, a cleared building site, and TPZ zoning. Forest Service Roads run through the property providing excellent access. In need of water development. Elevation at approximately 4800 feet.



Over 16 years of operation in Arcata

Free Patient Programs Including:
Rewards Points,
Free Wellness Services,
and Compassion Program



- Clean Green Certified Products
- THC/CBD Varieties
- In-House Clone Cultivation
- Lab Testing Service Drop Point
- Friendly Informative Staff

Ask about our new patient and referral gift program

**Lab Tested
Medicine Tested For:**

- Potency
- Pesticide
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