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# Emerald

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Attain a Bountiful Harvest this Short Season

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Touch Every Corner of the Triangle this Summer with our Festival Guide

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# Emerald Magazine

## Letter to the Editor



Dear Reader,

It's July and that means one thing; the short season is on. If raids last month on Island Mountain didn't signify the official season kickoff, this month's Light Deprivation issue will guide you the rest of the way.

Kick back, relax and enjoy this issue with a refreshing

imaginary beverage from Gyppo Ale Mill, Southern Humboldt's brewery-to-be. Get ready to dance with the *Emerald* this summer as we reach every corner of the Triangle in our Mini-Festival Guide.

In this edition we touch down with the founder of Lear Asset Management, a group of armed, military-style, private police hired by local law enforcement. These highly trained individuals typically descend from helicopters and eradicate all in their path — in the name of regulation. Although separate from Lear, this month's edition of "My Bust" is about a Southern Humboldt farmer's experience with helicopter induced legal troubles.

Like many in the growing community who maintain a level of practicality with their gardens, we share a simple, efficient article covering the basics of light deprivation, a great way for outdoor growers to dramatically increase their size of their harvests.

In Sharon Letts' series "Humboldt Medicine" we get the scoop on cannabis concentrates. Humboldt Heritage Farms takes us for an inside look at alternative ways to medicate, and we review a new line carefully calibrated cannabis sprays from Care By Design.

Join us next month as we celebrate our third anniversary with August's *Boutique* Edition! We'll feature high end dispensaries and an evermore sophisticated pot pairings with your favorite local beers, wine and coffee.

Sincerely,

*Christina E. DeGiovanni*

Publisher



- 417 2nd St. #201, Eureka, CA 95501 •
- PO BOX 65, Arcata, CA 95518 •
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Editor -

First, I have enjoyed reading "Emerald" it is a refreshing view of the positive aspects of pot besides stories in mainstream media:

violence and crime. However, after reading "Gallegos Goes Green" I find it ironic and disturbing that he's now consulting on marijuana legality issues; this attorney is not doing things "properly?" It was his lackluster terms as D.A. that gave this county a reputation for a weak penal system which let growers abuse the law and land. We now host an environmental epidemic which will continue to escalate as long as it's not adequately enforced. Have you looked on Google Earth lately? To sum up the

Emerald Triangle in three words: "It's fucking nuts." It's an under-regulated billion dollar industry. People move like water, to the path of least resistance, and now the industry is raging more than our local waterways. I love marijuana and expect it to have a future here. There's a lot of talk about what will happen. My hope is that you use this platform to find out what the community really wants and how to make it work. For now, the destructive growers who are above and beyond that greenish/gray line need to be punished accordingly to reserve the current trend. When growers and patients can face the public without being stigmatized we will have a community rather than a controversy. Then the industry can really bloom.

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CANNABIS CULTURE REVIEW



Info@TheEmeraldMagazine.com

PUBLISHER  
Christina E. DeGiovanni

COPY EDITOR  
Bob Doran  
John Veit

COVER SHOT  
Victoria Voss

GRAPHIC DESIGNER  
Jessica Albee  
Madison Rueda

COLUMNISTS  
Kathleen Bryson, CCVH, Sam Greenspan, Emily Hobelmann, Sherae O'Shaughnessy, Matthew Owen

PHOTOGRAPHY  
Bob Doran, Emily Hobelmann, Kym Kemp, Sharon Letts, Perri Productions, Julie Peacock, Victoria Voss

WRITERS  
Molly Cate, Bob Doran, Jami Eiring, Benjamin Fordham, DJ Haeyes, Sharon Letts, Janet Riddle, K. Wheeler

ADVERTISING  
Advertising@theemeraldmagazine.com

COMMENTS, QUESTIONS & INQUIRIES  
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Arcata, CA  
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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.

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# INTERVIEW WITH A GR<sup>◆</sup>OWER

“I like this idea. To be able to share my story, the very story I have spent so long protecting”

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“We will have to work this carefully,” the grower said as he sat down. His body frame filled the wood chair as the warm summer air breezed by. The big sun hat I wore that day barely kept the late afternoon off my face.

With birds singing and a distant dog barking in the back, I began the interview.

The deck and house, were of a beautiful vantage. “I would like to record the interview, if you are comfortable with that. I will erase it as soon as I get the story written,” I told the grower.

“Ok,” the Grower answered with no contemplation, as if he had thought as much. I touched the screen and set the smart phone on the glass table.

“I like this idea. To be able to share my story, the very story I have spent so long protecting for my life, my family’s safety. Things have changed a whole lot in the last 20 years. I mean, for me to sit here like this. But you’ll have to weave fabrications all around me, fact dressed up as fiction. Humboldt can be so small. You know.” I nodded in agreement; glad to have it said.

He rolled a joint as a measure of thought. Big, rough hands, the simple gold band looked like part of his ring finger. His hands had seen a lot of labor and dirt in his time. From the joint there were thick streams of smoke. He lingered, kind bud filling the air. He passed it over. “I was always pushing the edges,” he said. “Searching, now that I think about it. For something bigger than life. No, for the feeling of being a bigger life. Excitement, challenge. Being high. High being. That attainment of something fantastic, magic. Beyond the busywork of mainstream society. Growing weed has been perfect for me that way, you know? There is really a clear edge of perception, intentionally choosing to do something against the law. When you weigh the pros and cons with open eyes and that risk is worth it. Have to have that risk or the job wouldn’t offer its worth in, what is for me, freedom.”

The Grower turns sly. He shows teeth in amusement. It is a handsome smile, one that seems to be whole body and natural. Self-possessed, it eases the atmosphere. “I figure life is

chaos, but chaos is geometrical pattern, every bit of it unique, like snowflakes. Life is nonsense, a mystery, but living in it you see the geometry, the patterns, the blessings. So, this plant came into my life. Maybe I chose it, by the circles that appealed to me. Maybe it chose me by drawing me to those circles. Maybe it could have been a million other happenstances, maybe I could have chosen a million other life paths. This one gave me so much time though. I work hard, I do. But it is a job that I can work around life. I get paid well and I make my own hours. I live in paradise, I get to choose the people I spend my time with,” he said. “And I smoke weed. I mean, I think a lot of growers don’t these days. Used to be, well, the scene I grew up in, most everyone smoked weed. These days so many business guys are just drinkers, maybe party dabblers but not pot-heads. Me, I smoke almost every day, for as many years as I could. Other folks drink a beer-or-so almost every night, or have their cocktail. I just prefer weed. I think it goes well with my chemistry, and I enjoy it.”



INTERVIEW WITH A GROWER CONTINUED

“For me it isn’t a big deal. I know there are medicinal properties of the plant, there are a lot of powerful plants in this world and Ganja is definitely strong in its connection with people. For a long time too. It should be used to heal, we should look around us a lot more at all the plants. That said, for me, it is recreation. I’m sure it affects me – like different foods, vitamins, tinctures, coffee, sugar, alcohol, or pharmaceuticals, or pollution – but it is a luxury. A luxury that enriches my life. One that has been such a part of my life.”

The grower continued, “Now we are on this cusp where folks are kind of realizing the hype. So it is starting to go legal. All around the industry it’s exploding, everyone is hustling to find their place and profit. Like the Netherlands, most of the country isn’t into it, but you can find coffee houses, stores and growers openly

here and there. Legal ease. It seems silly that it was ever illegal. How crazed we got over it while we embrace the pharmaceutical industry. Well anything corporate really – wait. I digress. I mean if alcohol is legal. I have had some harsh drinking bouts – all I’ve ever done on too much smoke is go to sleep. Things may get hazy, but it isn’t a blackout. And alcohol has its medicinal power too. But, get into pharmaceuticals and things start getting real weird. But then that’s the thing, we keep trying to make sense of society and make laws and understand. Make it work, you know, mostly. When so much of life is perception of power.” His pause is abrupt. “I’m honest. Growing weed isn’t some harmonious eco-conscious life choice. I pull a lot off of damned rivers. I give a lot of money to PG&E to get me power to grow a plant inside. I am greedy for

nature too, I want big open places. I want space, I get a clean feeling from wild. Yet I cannot say I live simply, not that way. Living simply can seem real complicated. Same for most outdoor grows, anything you can make some money to move up with on is an abuse of resources. It may be true for almost, if not all, business. Period. Same as it ever was.”

I waited for the teeth so briefly it could not be known I had expected them at all. Sometimes I catch on fast. There is weight in philosophy, as there is lift in spirit. His narration seemed fragile and I brought out an easy question. “When did you find Humboldt? Where did you grow up?”

The Grower smoothed out. “I grew up on the West Coast, born and raised. Done my share of traveling though. Followed the Dead for a while when I was a kid still really. Moved here about 15 years ago. I mean, I had spent

time here and knew some folks. Just seemed like the safest environment to go about my business in at that point in the game. All of a sudden I realized I had been growing for a couple of years on my own and that it worked for me, that’s when I moved here. This place can be rugged, I mean Humboldt is its own craziness – it just fit best on a taking chances bet. I have always been a home body, I love my family, I’m not a show off. I look legit enough if someone wanted to wonder, I play that part of the game just fine. For me that is safety. I don’t know anything to change the world, no answers. But I find myself passing middle age a happy man, fulfilled in so many ways. And that is more than I ever dared to expect and I am so thankful.”

*Interview with a grower is a new series in the Emerald Magazine. If you are a grower, and would like to share your experiences, contact us at [info@theemeraldmagazine.com](mailto:info@theemeraldmagazine.com)*

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In a sunlit mountain-side, your harvest has happened. Your tables are mounded with plantations of all colors and scents. Months of growing, while speaking gently to the flowers, have provided a hefty bounty. After the whirlwind of harvest settles, there is always more work to be done. There are poles to un-sink, lines to be spooled and used soil to be discarded.

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blend amendments to rejuvenate your soil. Soilscape Solutions offers the tools and knowledge to grow your garden smarter and more efficiently, all while being a pioneering force for soil fertility.

Plants are only as good as the soil they grow in. And like plants, soil is alive and diverse, it too can deteriorate. Some gardeners combat this natural process by adding trademarked chemical baths. But if your soil is a concoction of chemical solutions, how will your plants be any different? Fortunately, thanks to the experts at Soilscape Solutions, you

can work with your old soil and give it new life for years to come, which ultimately saves you a pretty penny in the process.

The Soilscape Solutions team have some great ideas on how to make your garden greener, more efficient and affordable to maintain. The team is experienced and educated, living up to their slogan, “Crushing it with a Conscience,” by offering a multitude of green services. They can help you crush it on your own too as they offer education and consultations sessions.

Whether you have a garden, big or small, this is a service you should seek out. It would be fiscally irresponsible not to contact this environmentally conscious team. The information and depth Soilscape Solutions provides their customers with is astounding, and comes down to two things; It will save you money, and Soilscape Solutions has never had a dissatisfied client. Give them a call at 707-273-8758 so they can work to make you and your garden happier. Or take a look at their website at [soilscapecolutions.com](http://soilscapecolutions.com) to learn about this growing business.

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# Light Deprivation

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DJ Hayes | Images by Kym Kemp & Perri Productions

In the grand forum of cannabis cultivation there is a method in the spotlight, or rather it's only in the spotlight for controlled periods of time. Light deprivation, or light dep, is a relatively new trend that you shouldn't be in the dark about. Light deprivation techniques are gaining popularity and the reasoning behind it is easy to see.



**ABOVE:**  
Inside look  
at the start  
of a short  
season  
*image by Perri  
Productions*

**RIGHT:**  
Fans are  
commonly used  
to prevent the  
plants from  
experiencing  
heat stroke  
*image by Kym Kemp*



Light deprivation is the technique of restricting the amount of light plants receive in a day after they reach a point in maturation. It involves pulling a dark, tarp-like cover over the greenhouse to “black-out” the sunlight. A rough calculation for the cost of the blackout cover is about fifty cents a square foot. But don't let that estimate stop you from finding a bargain. The implementation of this method is uncomplicated; but what is the purpose of doing something that seems so drastic to those precious plants?

To start, cannabis is a plant. Plants can be manipulated and understood. A plant uses sunlight to grow which sustains itself through photosynthesis, a process used by plants to convert light into energy. In regards to light deprivation, some may wonder how could it be beneficial to essentially starve the plant regularly? To put it simply, light deprivation is tricking the plant into thinking summer is over and it is time to ripen.

Plants are simpleminded. If a farmer pulls a black tarp over their heads and told them it's night, they will believe them. Despite the plant's gullibility, there are several benefits to the practice of light deprivation.

First, the harvest will come quicker. A full season is roughly six months, but by utilizing the light deprivation techniques a season can be cut down to about four months. Light deprivation causes the plants to perceive that the sunny months of summer are ending, and it is

“By forcing the plant to flower in the richest sunlight of the year, it is being fed plenty of UVB light which results in higher THC production.”



LEFT: Cannabis flower in bloom state.

RIGHT: Three greenhouse hoops lit up at night. image by Perri Productions (below & right)



As the old saying goes, “You can’t come back from a bad start.”

In order to yield a bountiful harvest, it is crucial to take proper care of your plants from the start.

BELOW: Close up of the root system of a cannabis plant.



“A industrious and well situated farmer could have multiple harvests a year, with enough effort and good fortune.”



time to mature. In its early life, the plant receives about 18 hours of light a day. During that period the plant grows more structure through roots and branches. When light deprivation cuts the light to 12 hours a day, the plant begins to focus on growing those beautiful reproductive flowers. This process is also known as “force flowering.”

Second, the harvest will be more potent. By forcing the plant to flower in the richest sunlight of the year, it is being fed plenty of UVB light which results in higher THC production. The better the quality of sunlight means the better quality of cannabis.

Third, light deprivation allows the farmer to have more control over his crop. This method allows outdoor growers to decide when the harvest should be. In bringing flowers to the market, timing can be just as important as quality. A industrious and well situated farmer could have multiple harvests a year, with enough effort and good fortune. This process results in better cannabis to be grown faster, while giving another degree of control to the farmer. Here comes the downsides.

It is tedious as hell. Plants are very attuned to sunlight, and in order to fully sell the ruse of an early fall to

the plant, the farmer must cover and un-cover the plants at the same time every day until harvest. If done manually, it is a daily chore. If automated, it is another expense and device to power. Either way it is another act or item on the list, which makes it another thing to forget to do.

The harvest will be smaller than the long season’s yield. Cutting the growth-cycle short in the vegetative state results in less developed (smaller) plants. The plant would naturally have had an additional two months of growing bigger and stronger before it began to mature naturally. Light deprivation exchanges the potential size in lieu of speed and potency. If you were imagining a seven foot tall, five pound heavy plant with mouth-watering flowers - think again.

*Wait. Go ahead and imagine that plant again. Wouldn’t it be awesome?!*

Light deprivation is a risk. While it is simple, it is also demanding. The plants could become seriously damaged or worse if no one is available to uncover them daily. While pulling tarps becomes another item on a long list to-do, it could also become another thing that can go wrong.

Any endeavor takes the universal resource of time. The endeavor of light deprivation may be one worth the expenditure. The short season makes a stronger case for outdoor gardens, and is greener than indoor, all the while keeping its potency. Light deprivation is the forerunner in quality cannabis production. If more gardens move outdoors then we can reduce our carbon footprint from grow lights and house fires.

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# Compost Tea for Victory!



The main setback that deters new users from trying tea is the complexities involved with brewing it.

To remedy this situation, a local company called Humboldt Earth Technologies (HET) was formed in January 2015. In March 2015, HET launched a new app called The Original Compost Tea Calculator™ (CTC). What makes this so revolutionary is that the CTC is the first of its kind, almost a paradox in the app world. It represents an entry in a new class of apps developed for both novice and experienced horticulturalists. Guided by the idea to make compost tea easier to make, the app provides tried and true recipes and an entire how-to guide for the inexperienced compost tea crafter.



HET is putting a stamp on Humboldt County by ushering in a new era of mobile gardening software. Products like HumTea from Cutting Edge Solutions, Sea Green from the Beneficial Biologics and the Bubble Snake from TeaLab have carved out a nice niche in the compost tea industry.

HET has plans for a handful of other apps all related to the farm and garden industry. An active search is currently underway for investment partners who wish to support the growth of this marketplace. This app and the others on the way are the forefront of innovation, and can help facilitate a new era of organic farming for all scales of industry. Furthermore, the business is locally based and sales of the app worldwide filter into Humboldt and are deposited in the local credit union.

While some think of compost tea as a panacea for agriculture, others scoff and simply discount it at nothing more than hippy tea. One thing is for certain, with the newly emerging markets in the cannabis industry and demands for remedies in commercial agriculture, the compost tea industry has permanently rooted into the ground of Humboldt County.

Visit [Compostteacalculator.com](http://Compostteacalculator.com)



“Can you drink it?” is the question sometimes asked when promoting it to an unsuspecting third party. The reality is that compost tea is a relatively old farming practice getting a modern makeover. Compost tea recipes range far and wide, and can be tailored to remedy particular health issues or nutrient requirements for plants.

Making excellent compost tea starts with good compost and quality ingredients. When brewing with high quality ingredients, you help populate diverse groups of bacteria, fungi, protozoa and nematodes. The best way to describe it is “probiotics for plants!”

The benefits of compost tea point clearly to farming systems that works symbiotically with the land. These include:

*Using less fertilizers & maximizing nutrient uptake*

*Working synergistically with biological pest controls*

*Recharging the old soil with fresh microorganisms. Increasing water holding capacity of soils. Building farmable horizons of poorly structured soils*



MEDICINE MAKER SERIES



## Humboldt Heritage FARMS

Humboldt Medicine

HUMBOLDT HERITAGE FARMS

Story & Images by Sharon Letts

After suffering through a diagnosis of Lupus in 1996 Humboldt Heritage Farms principal, “Jane,” began medicating for symptoms on the advice of then California physician Dr. Todd Mikuriya by vaporizing dried Cannabis flowers, then making infused *medibles* (medical edibles) and tea to ingest. She eventually healed her body, keeping her off what can be a long list of pharmaceuticals, through what is known as *a damaging and progressive, multi-symptom illness with no cure.*

The late Dr. Mikuriya dedicated his life to educating patients on the medicinal benefits of Cannabis after taking a position with the U.S. Government to debunk a 1973 study by Dr. Raphael Mechoulam from the University of Tel Aviv at Israel showing the plant as being medicinally beneficial, specifically in putting cancer and tumors into remission.

After one year on the project Mikuriya announced he could not disprove the plant, resigned his position, and

continued to advocate, eventually co-authoring Proposition 215, making California the first State in the Union to allow Cannabis as medicine.

**Listening to our Bodies**

California patients lucky enough to be counseled by him had life changing experiences with the plant, and Jane’s journey was no different. Using biofeedback and Cannabis, Jane said she was able to achieve balance in her body and a return to good health.



She learned how Cannabis works with the body by bringing our own systems into balance. This process is often referred to as homeostasis.

“When I notice something funky going on in my body I don’t need it to yell at me with big symptoms – I listen to the whisper,” Jane explained. “I typically do not need a saturation dose - an inhaled dose is usually enough. It’s tricky dealing with an autoimmune disorder, because when people are in pain the last thing they want to hear is that it’s all in their head. Being aware of the mind/body connection is half the battle.”

Having a positive self-image, using positive affirmations, and practicing gratitude, Jane felt, were keys to her healing, and she considers them

equal to Cannabis and other plant-based therapies.

Jane believes she could have easily given into the diagnosis and descended into a life of pain meds, but reported that in one month’s time using Cannabis, she had no joint pain at all, with every symptom showing from the point of diagnosis gone.

#### **Back to the Garden**

The “kitchen garden,” once a mainstay at every back door in urban America, is making a comeback with the knowledge of what Cannabis can do, ironically inspiring many to put on apothecary aprons. Oftentimes the inspiration comes from the desire to help loved ones with serious ailments where traditional treatments have failed, with more healing ensuing than one can imagine. Once you know, it then becomes a calling to spread the word.

The most misunderstood element of Cannabis is the THC, or Tetrahydrocannabinol, the psychoactive compound in the plant. During the past 50 years we as a species have upped the THC for recreation – with much of the work happening right here within the Emerald Triangle.

While medicine makers and patients like Jane acknowledge the importance of THC in the mix, especially for putting cancer and other serious

ailments into remission, many have issues with the psychoactive effects.

“I’m an advocate for rich medicine, and teach about building tolerance and learning how to handle a heavier dose, if needed,” Jane explained. “Don’t get me wrong, I love and acknowledge CBD, but I am not one for isolating Cannabinoids.”

That said, Southern Humboldt hybridizer, the late-great Lawrence Ringo, worked to bring the THC back down, while upping the CBD or the non-psychoactive Cannabinoids of the plant. Ringo developed strains we are familiar with now, such as Harlequin and AC/DC, that were eventually parlayed into the now infamous CBD only strains in other states.

Humboldt patients have long benefited from the medicine coming from the many strains being hybridized and grown here. In medically legal states, medicine makers feel the freedom to share and make products to a point. In legal states they feel safe in setting up tables, promoting more healing and better education.

After putting and keeping her own Lupus in remission, Jane was compelled to help others, creating Humboldt Heritage Farms, taking her products to market, and holding workshops so that others may learn and spread the good news.

#### **Just a plant**

Jane’s list of herbal allies has grown throughout the years, adding other beneficial plants to the mix over time, as her knowledge of medicinal herbs has grown.

“I love experimenting with this versatile and magical plant, and have all kinds of fun, personal recipes, from sweet to savory and everything in between,” she shared. “When you have a serious illness, such as Lupus, MS, or cancer, you must learn to keep the medicine of plant-based concentrates in your system to build your auto-

immune system for real preventive care, not just deal with symptoms.”

Her knowledge of the plant and remedies made prompted her to create workshops where others can learn and benefit, as making medicine with plants is not rocket science – it’s typically a matter of steeping, stove-top cooking, and blending together the right plants for specific ailments.

“We have been giving introductory classes on ‘Cannabis Medicine,’ at Essential Elements in McKinleyville, where anyone can learn about plant-based medicine – with no 215 card necessary, as it’s an informational class only,” Jane said.

Teaching how plants work with the human body is an important focus of the introductory class, as it enlightens attendees about the illusive Endocannabinoid System – the one biological system explained as working with the plant over centuries, helping to develop the human Endocrine System.

“They don’t teach doctors about the Endocannabinoid System in medical school,” Jane explained. Understanding how it works is everything. Humans were meant to ingest plants, and all plants have Cannabinoids. It’s a food group unto itself, and it works with all our biological systems like no other synthetic man-made medicine can.”

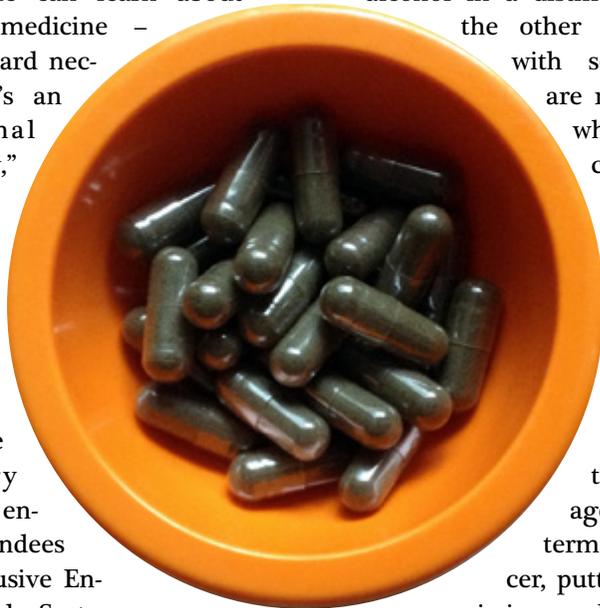
The list of remedies coming from one small farm’s kitchen is impressive, to say the least, with all strains grown organically, outdoors in the sun, the way nature intended.

“Our ‘Calm Balm’ and ‘Peace Grease’ topical lotions soothe sore muscles, deep tissue damage, and nerve pain,” Jane adds. “Patients helped include those suffering from Rheumatoid Arthritis, Fibromyalgia, tennis elbow, carpal tunnel syndrome, and nerve pain, to name just a few ailments.”

The farm’s “Full Extract Cannabis Oil,” or “FECO,” is known to many as a “miracle cure,” with its counterpart referred to as “Rick Simpson Oil,” or “RSO.” One is made with grain alcohol in a distillation method, the other cooked down with solvents. Both are reminiscent of what big pharma could make with the plant for us. The latter, RSO, was reformulated by Canadian Rick Simpson more than 15 years ago for his own terminal skin cancer, putting it into remission and now shared throughout the world via word of mouth.

This strong Cannabis oil is used for treating acute illness, cancers and tumors, autoimmune diseases, and other serious ailments concerning all of our biological systems, including cardio, neurological, central nervous system, all of the organs, and the digestive system. Anecdotal stories include the remission of the most invasive cancers, treating dementia and stroke, putting MS, ALS, and Parkinson’s into remission – the list goes on.

“We mix the extract with coconut or olive oil and fill up capsules for easy dosing,” Jane advised. “This mix, referred to by the farm as “Healing of the Nations Extract” is a strong dose for real illness.”



## Humboldt Heritage Farms Products

- Elder Power: Glycerin tincture infused with Cannabis, elderberry and honey
- Bless Strips: CBD and THC sublingual
- Peace Grease: THC infused creams made of shea butter and coconut oil



- Dreadnuts: THC infused coconut oil
- Buddha Buddha: Cannabis infused butter
- Serenity Soak: Cannabis infused Epsom bath salts
- Calm Balm: CBD and THC infused Shea butter and coconut cream salve(s)
- Healing of the Nations Extract: Full Extract Cannabis Oil



This writer uses the strong oil concentrate as a replacement for 10 prescription meds previously needed for sleep and other Menopausal symptoms, replacing Thyroid meds, pain meds, and as a main delivery keeping the medicine of the plant in my system after putting breast cancer into remission four years ago.

The treatment for putting cancer and other serious ailments into remission is ingesting 60 grams of strong Cannabis oil (RSO or FECO) in 90 days. Deliveries can be in capsule form taken orally (with a step-up dosing guide to deal with the strong psychoactive effects, or administered in a suppository, with no “head-high,” as reported by those not able to handle the THC in this particular concentrate. The oil is so strong that the daily maintenance dose is the size of a grain of rice.

“Cannabis is non-toxic at any level,” Jane continued. “When you add other herbs and flowers to your regiment it speeds up the healing process. Being able to make medicine from the plants around us is a gift and the es-

sence of freedom. When we are in charge of our own health, we heal faster.”

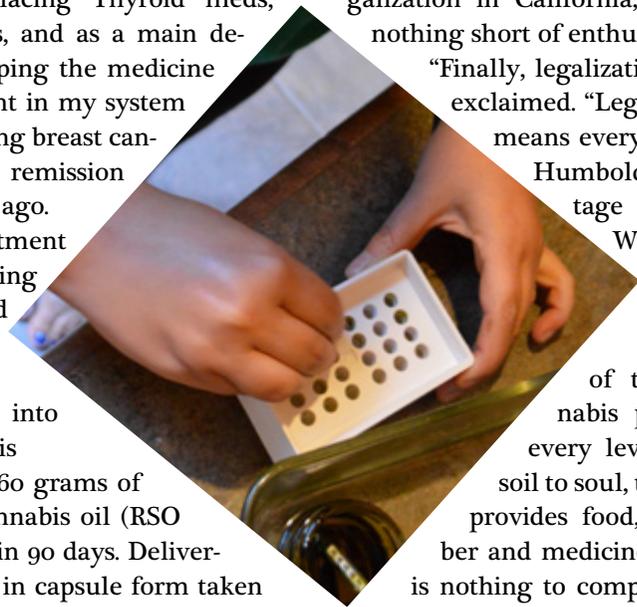
When asked about pending legalization in California, Jane is nothing short of enthusiastic.

“Finally, legalization!” She exclaimed. “Legalization means everything to Humboldt Heritage Farms.

We believe in the healing qualities of the Cannabis plant on every level. From soil to soul, this plant provides food, fuel, fiber and medicine – there is nothing to compare it to.

In Humboldt we are on the verge of claiming our cultural heritage among the best cultivators of sun grown Cannabis on the planet. The best medicine and food are the same, and they are grown organically in the sunshine.”

Humboldt Heritage Farms products can be found in select Bay area dispensaries. For more information visit, [theemeraldmagazine.com](http://theemeraldmagazine.com)



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## Road to Nirvana Golden Milk

- 1 T. Cannabis infused coconut oil
- 1 can organic coconut milk
- ½ C. water
- 1 t. turmeric (more to taste)
- 1 t. cinnamon

### Pinch of black pepper

Blend all ingredients in a blender. Warm over medium heat. Add honey to taste.

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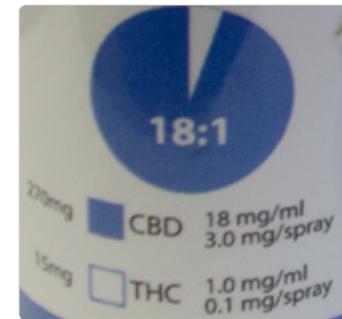
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By Janet Riddle



A humid beach breeze, a scent of sunscreen, the blazing sun scorches the sidewalk, Arcata's Humboldt Patient Resource Center (HPRC) is an oasis for medical patients, providing herbal therapies for members with ailments like migraines, seizures, epilepsy, and cancer.

Patients with severe and life-threatening diseases do not

necessarily have the start smoking or experimenting with edibles. Fortunately, there is yet another alternative for pain management. With one spray from Care by Design, people are finding relief.

Chemists, mathematicians and users alike are raving about Care by Design for its reliability. Available in a spray top bottle filled with Co2 cannabis extract in a coconut oil base, Cbd's sprays are calibrated with precise ratios of THC and CBD. For those who want to eschew THC's psychoactive effects, Cbd offers a spray (pictured) with an 18:1 CBD to THC ratio. This spectrum allows be-

giner patients to start at a low dose of THC, with little to no side effects, and still provide pain relief. Care by Design comes in two bottle sizes 5 mL and 15 mL.

As the summer season is in full swing, migraines can become prevalent due to light sensitivities. With heat exhaustion and a pounding migraine, patients can find themselves spending a majority of their time indoors. An Emerald reporter found the 18:1 spray provided instant relief for her debilitating migraines. A friend of the Emerald reported the 1:1 spray was "fantastic."

HPRC has a Care and Com-

passion Program dedicated to helping patients with catastrophic illnesses by providing discounted, in some cases free, medicine. HPRC works with two laboratories, SC Labs and Pure Analysis, to protect quality control. HPRC found Cbd's test results matched their own.

To learn more about Cbd's sprays wander down to HPRC and consult with one of their brilliant budtenders. Feel free to give HPRC a call at (707) 826-7988 or visit Care by Design's Website at cbd.org. You can also find Care by Design at The Heart of Humboldt Dispensary, located at 601 I Street in Arcata.



JAMI EIRING

After graphic designer Julie Peacock and carpenter/farmer Josh Monschke had a daughter in 2011, they looked for a way to make money and sustainably contribute to their community. With that ethos in mind, Gyppo Ale Mill was born.

Growing up in Bend, Oregon, Peacock was surrounded by breweries. "It's kind of a cultural thing that I grew up in," she says. "We thought it would be a good thing to bring a brewery in to the area."

The word gyppo is usually associated with hand crafted or

handmade, which goes along with keeping it local and keeping it family. According to their website, "What Gyppo Ale Mill wants to do is celebrate all the groups that make this place so dynamic, bringing the back-to-landers and loggers together over a great beer brewed in the hills of Southern Humboldt that we all love."

Monschke has brewed home brews before, but is by no means an expert, Peacock says.

What really drew them to the brewing industry is when Peacock went up to Oregon to visit her

# HUMBOLDT ROLLER DERBY

## 2015 FINAL GAMES

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(left) An inside look at what the new brewery has planned.



(above) Gyppo Ale Mill will be located in Redway's Meadows Business Park

parents in 2012. Her parent's neighbor, Paul Arney, had worked for Deschutes Brewery for more than 20 years in product development and production. He eventually started his own brewery, The Ale Apothecary. Peacock says that Arney takes things to an extreme when he brews, creating unique, in-depth flavors. The couple asked Arney if he wanted to get involved and he came up with all of their beer recipes and will help with the initial brewing processes until they can hire a brewer to follow his unique recipes.

"He makes really delicious beers," Peacock says. "They have so much complexity to them, they are really different." Gyppo Ale Mill has 8 different regular beer recipes. Descriptions can be found on their website. Peacock and Monschke started market research for Gyppo Ale Mill in the summer of 2013. They traveled all around the Pacific Northwest checking out breweries and talking to people in the business. Peacock was impressed. "The brewing industry is an amazingly cooperative, sharing, lift everybody up kind of industry."

At a craft beer seminar in Oregon, she heard an idea to donate profits one day per month to a non-profit organization. With the cost of goods being inexpensive, about 40 cents a beer, it is a win-win. "The non-profit gets money and the brewery gets exposure to a whole new market."

At this point, Gyppo Ale Mill is a brewery-in-planning, located between Garberville and Redway along the Eel River. The road to an opening has mostly been smooth, save obtaining water service permits. The couple first made contact with the Redway Community Service District (RCSD) on Dec. 13, 2013. A proposal to RCSD to accept brewery wastewater was submitted a few weeks later. A month after the proposal was submitted, RCSD said they will not support the project for lack of information. In March of 2014, RCSD required the couple to apply for an industrial wastewater permit. Because of nitpicky details these applications require, Peacock and Monschke submitted a total of four permit applications over a span of five months.

In September 2014, the couple went to a Garberville Sanitary District (GSD) board meeting and the board asked them to submit their wastewater information to their general manager. The next month GSD asked the couple to get approval from the Local Agency Formation Commission to transport their wastewater from the RCSD area to the GSD area. Peacock and Monschke then submitted an application to RCSD for water only for the brewery and regular water and wastewater services for the gastropub. At a RCSD board meeting in December 2014, the GSD general manager confirms that Garberville will take the wastewater, and RCSD wants a new service application that covers residential and commercial. By the end of January 2015 the RCSD board approves the new application and GSD agrees to take the brewery's wastewater. The couple submitted the finalized version of the new service application to RCSD in February, but RCSD general manager John Rogers tells the couple via email there are "significant concerns" regarding their application.

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After months of submitting and editing permit requests, the couple has not received service permits and they recently hired an attorney, Jeff Slack of Jansen Mandate. He is helping the couple put together a writ of mandate, defined as an order to a public agency or governmental body to perform an act required by law when it has neglected or refused to do so. A judge will look at their situation and determine if RCSD is following policy and procedure and not arbitrarily making decisions. Two California Public Record Act requests were filed in March and April pertaining to RCSD capacity issues, and RCSD policies and procedures. The couple has yet to receive information. "We do not have infinite time to sit around and wait for approval," a blog post by Peacock says. "Isn't a year and a half long enough?"

The property Peacock and her husband bought for the brewery is located in the Meadow Business Park, which was once a part of the Monschke Ranch that belonged to Josh's family. The Monschkes were gyppo loggers, lumberjacks who ran small

logging operations that were independent from the established saw mills or lumber companies.

The Mill is designed with solar panels, a storm water management system and wood fire biomass boiler fueled by pellets made from undergrowth cleared from roadsides and the forest floor. With help from a \$2500 grant from The California State Wood Energy Team, the company determined they can brew three days a week and become financially and environmentally sustainable.

For now they plan to open a gastro pub with hand crafted beers and locally grown food. "We will have some of the classic pub foods, but with a little lighter fare and more flavorful," Peacock says. Once the brewery is up and running the couple plans to sell Gyppo in Southern Humboldt and expand north, eventually stretching distribution from the Oregon border to the San Francisco Bay. Gyppo Ale Mill currently sells non-alcoholic drinks, baked goods and merchandise at local farmer's markets. Peacock tries to come up with items that are made with beer and says desserts

like beer-a-misu, similar to tiramisu but with beer, seem to be the easiest. They are ready with a full line of hats, shirts and hoodies.

Some fun ideas Peacock has in store include; a park-to-pub-bike-kayak-run triathlon relay to the brewery finish line, meet the brewer night, costume parties, game nights, etc.. Peacock and Monschke currently sponsor beer pairing dinner/fundraisers where a collection of beers is paired with food. "It is mainly Josh and I doing volunteer work and using that to promote Gyppo," Peacock says.

The original official grand opening was supposed to be in June of 2015. They'll move forward once they get their utility service, Peacock says, "hopefully soon." It could still be about a year until the official opening. The couple is not giving up, and hopefully we will see a new brewery looking over the Eel River soon. "Southern Humboldt is thirsty for craft beer," Peacock says. "From here it's just a waiting game."

To learn more, visit Gyppo Ale Mill online at [/gyppomill](https://www.facebook.com/gyppomill).

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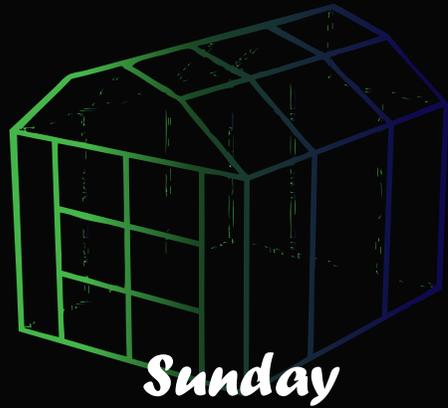
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# July 2015 Community Calendar

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

Kelly Busse and Harry Smith  
The Lighthouse Grill/ 5-7pm **5**

Deep Groove Society\*  
Jambalaya/ 9p.m.

Humboldt Hard Court Bike Polo  
Highland Park / 1 p.m. / Free

Swing Dance Night\*  
Redwood Raks/ 7-10p.m. **6**

.Humboldt Folklife Society Sing-Along  
Arcata Community Center/ 7 p.m.

Bilingual Kyogen Musical: Monkey!  
DelArte/ 7:30pm

Anna Hamilton\*  
Palm Lounge at The Eureka Inn/ 7-11p.m. **7**

The Opera Alley Cats\*  
SpeakEasy / 7:30-10:30 p.m. / Free / 21+

Mystery Flight Night **12**  
Humboldt Regeneration Brewery and Farm / 4-8 p.m. / Free / 21+

Lifetree Cafe; Modern Romance  
Campbell Creek Connexion/ 7-8pm

Potluck Dinner\*  
Logger Bar / 6 p.m. / Free / 21+

Really Cheap Bowling\* **13**  
Harbor Lanes/ 8p.m.

Rude Lion Sounds Dancehall Mondays\*  
Ocean Grove Lodge/ 9:30p.m.

The Getdown  
Jambalaya / 9 p.m. / 21+

Savage Henry's Comedy Open Mic **14**  
Jambalaya/ 9p.m.

HUMbucks Exchange  
Bayside Grange / 5:30-7:30 p.m.

Adult Skate\* **19**  
Blue Lake Roller Rink/ 6:30p.m.

Cuban Salsa\*  
Redwood Raks World Dance Studio/ 7-9p.m.

The 3rd Annual Seaside Writers Retreat  
Trinidad, California / 2 p.m. / \$275

Friendship Circle Dance\* **20**  
Moose Lodge/ 7-10p.m.

Karaoke with DJ Marv\*  
Six Rivers Brewery/ 8p.m.

Built to Spill  
Humboldt Brews / 8 p.m. / \$25 / 21+.

Humboldt Cribbage Club\* **21**  
Moose Lodge / 6:15 p.m. / \$7

Buddy Reed\*  
Libation / 7-9 p.m.

Blackberry Festival **26**  
Westhaven Fire Hall/ 10am-6pm

Family Fun Weekend  
Humboldt Bay Aquatic Center / 11 a.m.-4

Jazz Night\*  
Blondies Food and Drink/ 7p.m.

Quiz Night\* **27**  
Blondies Food & Drink/ 7p.m.

Aber Miller & Drew Mohr\*  
Sushi Spot McKinleyville/ 5-8p.m.

Game Night\* **28**  
Crush/ 5p.m.

Karaoke w/ Chris Clay\*  
Cher-Ae Heights Casino / 8 p.m.

Mad Lab **1**  
Dell'Arte's Carlo Theatre/ 8pm

Salsa Night \*  
Robert Goodman Winery/ 9p.m.

Rude Lion Sound\*  
Toby and Jacks/ 10p.m.

Open Mic\* **2**  
Blondies Food & Drink/ 7p.m.

Eureka Summer Concert Series  
C Street Market Square / 6-8 p.m.

Fortuna Fireworks Festival **3**  
Newburg Park/ All Day

Bristle  
The Sanctuary/ 7:30-10pm

Karaoke\*  
Central Station / 9 p.m.

Arts Alive! /Eureka 6p.m. **4**

Fourth of July Jubilee  
Arcata/ 10am-6pm

Festival and Fireworks  
Old Town/ 10am-11pm

Fireworks Spectacular at the Races  
Redwood Acres/ 5pm

Cribbage Tournament **8**  
Logger Bar/ 6:45 p.m.

Open Mic with Mike Anderson  
Old Town Coffee And Chocolates / 6:30-9 p.m. / Free

The Stone Foxes  
Humboldt Brews / 9 p.m. / \$10

Martinis By The Bay **9**  
Wharfinger Building/ 5-7p.m.

Arcata Chamber of Commerce Mixer  
Kinetic Koffee / 5:30 p.m. / Free

Seabury Gould and Evan Morden  
Gallagher's Irish Pub / 6:30 p.m.

Trinidad Arts Night/ 6p.m. **10**

Arts Arcata/ 6p.m.

Free Summer Movie Night  
Cooper Gultch Parl/TBA

The Bottom Dwellers  
The Sanctuary/ 7:30-10pm

Relay for Life Eureka 2015 **11**  
Halvorsen Park/ 11 a.m.-11:59 p.m.

Karaoke  
Lil Red Lion / 9 p.m. / 21+

Wild and Scenic Firm Festival  
The Mateel Community Center /

CASA Kid Walk Kick Off **15**

Abby Miller- Jazz Pianist\*  
Larrupin Cafe/ 6p.m.

Open Mic with Mike Anderson\*  
Old Town Coffee And Chocolates / 6:30-9 p.m.

Karaoke w/KJ Leonard **16**  
Blue Lake Casino and Hotel / 8 p.m.

New Outdoor Summer Day Camp  
Humboldt Botanical Garden / 9-1 a.m. / \$115 Non-Members / \$95 HBC

McKinleyville Arts Night **17**  
Business District/ 6-8p.m.

The Rubbernecker's, Tainted Zucchini  
Logger Bar / 9 p.m. / 21+

Shamus Summer Nights\*  
Shamus T Bones / 10 p.m.

Humboldt Showdown **18**  
Blue Lake Casino and Hotel / 8 p.m.

Boat Races  
Redwood Acres Racetrack/ 5pm

The Special Snowflake Tour  
Mazzotti's / 8:30 p.m. / \$13 / \$10 adv.

Open Mic\* **22**  
Curley's Full Circle/ 7p.m.

Whomp\*  
Jambalaya/ 9:30p.m.

Puppy Training & Socialization & Basic Dog Obedience  
D St Neigh. Center / 6-8 p.m. / \$75

Food for People's Cooking w/ **23**  
Commodities & Seasonal Produce Class/ North Coast Co-Op in Eureka / noon-1 p.m./ Free

Seabury Gould and Evan Morden\*  
Gallagher's Irish Pub/ 6:30p.m.

**24**

Jimi Jeff  
Blue Lake Casino/ 9pm-1am

Fortuna Redwood AutoXpo/ Fortuna/ July 24th-July 26th

Bead & Gem Show Redwood Acres Fairgrounds/ 24th-July 26th

1 Day Meditation Retreat **25**  
Community Yoga Center/ 12:30-7pm

Blue Lake Music Festival  
Perigot Park (Blue Lake) / 11 a.m.-9 p.m. / \$10 / Free kids

Wildwood Days **29**  
Rio Dell Fireman's Park  
July 29-Aug 2

Karaoke\*  
Bar Fly Pub & Grub/ 9p.m.

AC Samoa Off Season **30**  
Conditioning/Varsity Prep\*  
Samoa Gym / 10 a.m.-noon / \$135

Reggae on the River/ Mateel Community Center/ July 30-Aug. 2

Moonrise Paddle **31**  
Humboldt Bay Aquatic Center / 7 p.m. / \$45 / \$35 HSU Students

\* Weekly Event



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**SPECIAL 10 Years ANNIVERSARY PROMOTION**

# THE High LIFE



BY SHERAH O'SHAUGHNESSY

**HOPE ALL IS WELL,**

Last month we discussed the importance of incorporating humor into your horizontal activities. This month, in the wake of Arcata's wildly successful Oyster Festival, I thought I might try and improve your slice of gilet pie by first consuming and then rating all the aphrodisiacs that are rumored to behoove your overall adult experience.

By definition an aphrodisiac is anything that, when ingested, increases one's sexual desire. The name is derived from the Greek word, "aphrodisiakon" which translates to something sexual and from, "aphrodisios" i.e. "pertaining to Aphrodite", the Greek goddess of love.

Aphrodisiacs have been employed throughout history with the intent to increase sexual pleasure and sometimes in the hopes for making sex more attainable. I'm looking at you, Spanish Fly! However from a scientific standpoint it is largely believed that different aphrodisiacs have achieved the desired effect due simply to the belief that they will work. Mind over matter, if you will. This is known simply as the Placebo Effect.

There are a few psychoactive substances

known to improve libido and sexual desire; alcohol, cannabis, MDMA etc. Although certainly enjoyable these things are not considered aphrodisiacs in the strict definition of the word as they do not consistently produce euphoric effects. In fact, often times they produce the opposite. New studies discuss feminine dryness in women who use cannabis regularly while men often suffer impotence at the hand of their favorite adult beverage. Ladies who like to sleep with men don't typically prefer the boneless pork if you're pickin' up what I'm puttin' down.

I've selected a few consumables rumored to spice up your loins. The following is my experience as recorded after each experience.

Lets kick it off with the most notable and topical passion potion: Oysters. I love them. I eat them alllllll the time. I made sure my senses weren't altered in any way before I subjected my reproductive anatomy to the effects of any of the following alleged bang boosters. Recently I read a study that suggested oysters produce amino acids that trigger production of sex hormones. The oysters in question came from Mazzottis on the Arcata plaza. Now, I'm not sure if I was.. eager because they are an ace

aphrodisiac or if I was just satisfied and my biological time clock is about to detonate. Regardless, I was in the mood after the feeding. 10/10 would recommend.

And then there is chocolate. A well known and universally appreciated mood elevator. Dark chocolate in particular

has been known to improve health as its incredibly rich in antioxidants and studies have shown that it may reduce your risk of heart diseases. But can it rev your engine? As it turns out, absolutely. I am, admittedly, not a chocolate lover. I never crave or buy it. But I made sure I was able to fully absorb the effects of this highly praised confection. I can't say for certain that the episode of Game of Thrones I was watching didn't promote the effects but I will attest to the deprived thoughts that followed both the chocolate coma and the highly erotic episode featuring attractive barbarians.

Finally there is the sweet, gooey nectar of Aphrodite. We are entertaining the sticky idea and usage of honey. In addition to encouraging testosterone production in men, studies have shown that the mineral boron present in honey aids the sexual use of estrogen in women. And if that isn't enough to convince you to slather each other in sticky love sauce, then get a lick of this! Another study suggests that a daily, three-ounce dose of bee secretion substantially increases your level of nitric oxide which is a chemical released during sexual arousal. In so many words, it makes your boner better. So did honey work for me? It was super tasty at first. But the amount of skin to tongue contact it requires to get all that honey off is exhausting. Burning out before the act is the opposite of sexy. Also, it's essentially a non-toxic adhesive. Something something, stuck on you... Add honey to your tea. Do not add honey to your honey. 1/10, don't recommend.

I encourage you to try different things to re-spice or continue to spice your sex life. Sex is important. Its also worth living for. And you know what, if you prefer fried chicken after a solid session to messy, expensive foods before-do you. Just as long as you keep doing each other.



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# The Emerald Review:

## POT TALK

with *Emily Hobelmann*



“It’s a rustic aroma, even sort of dusty smelling. A dank mint flavor carries over in a dry joint hit.”



Photos by Emily Hobelmann

Many local cannabis producers vying for a place in both the medicinal and impending outright legal cannabis markets are establishing nationally recognizable brand names. The Paradigm Cannabis Group (PCG) is a perfect example of a Humboldt-based organization effectively branding and marketing their locally produced concentrates and flowers. Packaged with a sensual label featuring lipsticked lips exhaling smoke, Sexxpot is targeted toward women. While cannabis is a well-known sexual stimulant for both sexes, PCG claims that consuming the Sexxpot strain is an effective way to enhance female libido. In PCG’s first national news coverage last June, New York Magazine reported that “Sexxpot isn’t the only strain out there that can improve your sex life. And it seems not to be as effective for men...” (<http://nymag.com/thecut/2015/06/can-this-marijuana-give-women-better-sex.html>)

Wagner, who refers to herself as the Chief Culture Evangelist of PCG, provided me with a sample of Sexxpot to review for this column. The Sexxpot sample I received was actually Mr. Nice, not the “Favorite child of Mr. Nice” described on their website and packaging. Wagner explained the discrepancy

to me. “This season the product is indeed straight up Mr. Nice. We are doing some variations for next season, but with the same idea — lower THC works best for women as it does not antagonize our hormones.” Most Mr. Nice variations test below 15% THC.

Sexxpot is grown right here in Humboldt County, outdoors in full sunlight, from seed, with organic amendments and no pesticides. PCG has been marketing Sexxpot since Dec 2014, and Wagner reports rave reviews from many women. Wagner recalled how “one gal in particular gave me a full report of a wonderful evening.. TMI!!!”

Well, I won’t “TMI” you in this column, but I will say that after sharing a joint of Sexxpot with my partner, we did, in fact, tangle in a new, different and very satisfying way. Afterwards, he enthusiastically credited the Sexxpot.

The nuggets in my sample of Sexxpot were a melange of army green and violet with pale orange hairs (potpourri). The buds were small, lightweight and borderline fluffy. Although the color was muted on the outside, when broken open, the flowers were nice and sparkly with crystals on the inside.

PCG’s Sexxpot (Mr. Nice) has a sweet mint smell — borderline limey, with pungent, musky overtones. It’s a rustic aroma, even sort of dusty smelling. A dank mint flavor carries over in a dry joint hit. When smoked, the Sexxpot has an earthy, sweet flavor, like the smell of fresh wood shavings, toasted bread and mint.

I found the Sexxpot high to be instantly soothing and relaxing,

but uplifting — I jumped into doing laundry and cleaning after smoking. Mr. Nice is an indica-dominant strain, but it definitely did not induce couch-lock or the underwater feeling I often get when smoking heady Emerald Triangle kush varieties. Overall, the effect was strong but not overwhelming.

As a woman in the cannabis industry, I have to say it’s nice to see a collective marketing to women, even if it is with a sexual angle. Women are an under-acknowledged yet undeniable force in the cannabis world. And I think cannabis

businesses should be working to not just market to women, but they should also be striving to incorporate more women both in the workforce and in cannabis media coverage.

Thank you to Karen Wagner with the PCG for providing me with the sample. Bay Area medicinal cannabis consumers can find Sexxpot at the Cannabis Buyers Club of Berkeley and at Phytologie in Oakland. Here in Arcata you can find Sexxpot at The Heart of Humboldt Collective, 601 I St.

*Learn more about Sexxpot and PCG at [paradigmcannabis.com/](http://paradigmcannabis.com/)!*



“... grown right here in Humboldt county, outdoors in full sunlight, from seed ...”



# CCVH

California • Cannabis • Voice • Humboldt



## Grassroots Organization

Promoting a sustainable future for Humboldt County

CannabisVoiceHumboldt.org

### Who is California Cannabis Voice Humboldt or CCVH?

The conversation started in June of 2014 with a group of 35 people, stakeholders in our community. There was diversity in the crowd. We had business owners, small farmers, environmental proponents, county agency staff, state agency staff and people concerned about the future of Humboldt. We all came together for a common cause, a land use ordinance that the County Board of Supervisors could support. The ordinance would set the ground work for small farm cannabis culti-

vators to come out of the shadows, make the transition into transparency and legitimacy. This framework would bring non-compliant famers into compliancy through environmental controls such as, grading permits, permitted water containment methods, and building permits.

CCVH evolved out of those first several meetings with a core working group of people that came together to form our local voice. CCVH is a grassroots nonprofit organization promoting a sustainable future for Humboldt County by educat-

ing, advocating, and being the voice of the cannabis community. Our vision is to build a community that has an economically and ecologically sustainable cannabis industry while honoring our heritage. We are currently working on a land use ordinance for parcels larger than 5 acres. It is estimated county wide that there are over 10,000 small cannabis farms.

CCVH consists of a 13 person volunteer Board of Directors and 3 paid staff. Staff runs the day-to-day business and the Board holds regular monthly meetings on

the first Monday of every month. The organization is not a membership based group, but rather a group that is rallied by its' supporters. Keeping local control of policy is a primary focus for this organization and that is why we have reached out to our local law makers and environmental advocates for help in developing this ordinance.

Within the organization we have a Policy Committee. This committee has been instrumental in developing dialogue and fostering relationships with local agencies on achieving a land use

# Cannabis Voice In Action

## CBD

Cannabidiol (CBD) is a compound in cannabis that has medical effects but does not make people feel "stoned" and can actually counter the psychoactive effects of THC. After decades in which only high-THC Cannabis was available, CBD-rich strains are now being grown by and for medical users.

Scientific and clinical studies underscore CBD's potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, antibiotic-resistant infections, epilepsy, and other neurological disorders. - ProjectCBD.org



ordinance that can be supported by all members of our community. There are a number of volunteers that work behind the scenes setting up meetings in County watersheds. These watershed meetings were started as a way to educate small farmers on "best practices" management in their neighbor woods. Willow Creek always holds a meeting on the first Saturday of the month, usually held at the Willow



Creek Golf Course. The third Saturday of the month there is a meeting at the Mattole Grange, and the fourth Saturday there is a meeting held on highway 36 at the Van Duzen Grange. Attendances at these meetings have been upwards of 200 people, showing our organization that there is a need and a want for small farmers to be regulated.

CCVH has also orchestrated a number a small farm tours for State Officials such as, Lt. Governor Gavin Newsom, Assembly member Jim Woods, Congressman Jared Huffman, and even some representatives from the State Board of Equalization such as Fiona Ma and George Runner. To bring this many figureheads together in one meeting is a monumental achievement by a small organization representing the community that we love. These State Officials are watching the path we are taking in our community to see how post legalization might look after a November 2016 election.

Now is the time to let your voice be heard. Register to vote. Join our e-mail list. Check out our website at [cannabisvoicehumboldt.org](http://cannabisvoicehumboldt.org) or Visit our Facebook Page ([facebook.com/ccvhumboldt](https://facebook.com/ccvhumboldt)). We need your support, feedback, and donations.

## 12 Guiding Principles

1. The State will issue licenses to the following; cultivators, distributors, manufacturers and transporters of medical cannabis.
2. Patients and caregivers will still be able to grow and possess their own cannabis pursuant to Proposition 215. However, no patient or caregiver may sell cannabis without a license. Cooperatives or collectives may apply for a license to engage in protected activities.
3. License fees will be fair and on par with license fees issued by Alcohol Beverage Control. Fees must be set at levels that allow for businesses with different levels of capitalization to participate.
4. Businesses will be allowed to make a profit.
5. Fees may be imposed at the state or local level but must not be set so high that they encourage a black market in medical cannabis. Fees will be allocated to public safety, local general funds, schools and substance abuse prevention.
6. Outdoor growing must comply with all applicable environmental laws set by the state and local governments.
7. Indoor growing must comply with all state and local fire and safety standards and should reduce the carbon footprint and other environmental damage through use of alternative energy and energy-saving devices.
8. Cities and counties may zone where cannabis-related businesses are located but must not discriminate in setting regulations nor prohibit such businesses, except that zoning may mirror zoning rules for alcohol businesses.
9. Extracts and other products derived from cannabis plants are explicitly allowed and regulations will govern how such products can be safely produced and distributed.
10. No restrictions on sources of capital financing for these licensed business entities.
11. Promulgated rules and regulations for licensed entities are reasonable, have a rational basis, are not cost-prohibitive and are not punitive or unnecessarily restrictive.
12. Establishment of appellation zones just like what was established for the wine industry.



Thank you,  
California Cannabis Voice Humboldt

# ON THE SET: MARY JANE THE MUSICAL III

## Filming The Musical



(above) Filming in the court house. photo by Mark Lovelace



I've been a movie buff all my life and a cannabis supporter/activist for decades, so it was a many-layered delight this past June to be in the Humboldt County Board of Supervisors' Chamber as an extra on the film shoot of Mary Jane the Musical III. The Arcata Interfaith Gospel Choir was invited to lip synch the chorus of a song they were shooting at that location. "Regulate us! Regulate us! Regulate us, yeah!" Standing up on cue, singing/lip synching as the recorded chorus was played into the room — we did that about 15 or 20 times over the course of about two

hours. I was fascinated by the technical details I could glean. It was truly fun to be there. Everyone made us feel welcome, and I didn't find it tedious. But through take after take I did find myself musing on just what it was I was singing. The song speaks of cannabis users "coming out of the shadows" (yes!) and asks for protection, regulation and taxation. I found myself wondering about the ways this could be a "be careful what you ask for" moment in the cannabis movement. Of course, the pleas in the song were made to the Humboldt County Supervisors, undoubtedly the best option for seeking reasonable, even considerate accommodation.

But cannabis decisions are being made on the state and federal levels too. In those arenas we must be careful what we ask for.

The tidal pushes and pulls of decades of arrests, raids, fear, profit, kind bud culture, trespass grows and mom and pop gardens — all are warped by the continuing federal drug scheduling of cannabis as a great danger with no value. Big money must be the glue that maintains such an obviously irrational designation. The feds do not have a good track record with this plant. I don't know which regulation or market scenario makes me shudder most — trapped in the ATF (Alcohol, Tobacco and Firearms), our old bedfellows the DEA (Drug Enforcement Administration), riding the tortoise of the FDA (Food and Drug Administration), or the horrors of being marketed by big tobacco or big Pharma.

I invite even the most politically uninvolved cannabis supporters to throw a bit more energy into this complex transition period leading to legalization. Let's help shape the way that comes to pass. A number of organizations await your input. Here are some, apologies to any I left out; CalNORML, ReformCA, Coalition for Cannabis Policy Reform and California Cannabis Voice. Now is the time.

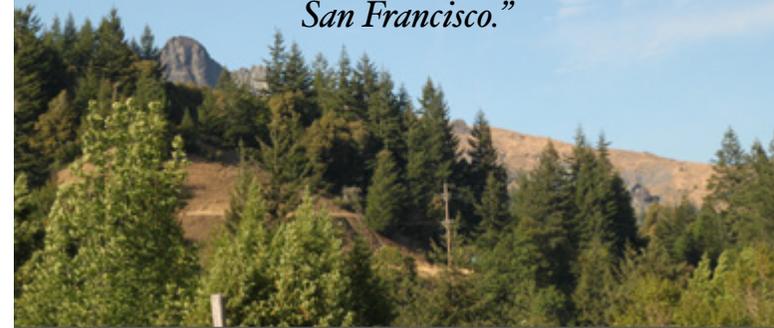
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# My Bust

*"The final sentence that was given to me was seven years of Felony Probation, sell my property and move below the border of San Francisco."*



## My name is John Matthews

I owned 120 acres of Paradise Ridge and Bear Creek valley in the Whitethorn/ Shelter Cove area of Humboldt Co Ca. I grew weed on my property for my own medical purposes. I have been a consumer of marijuana since the early 1970s. I found that it helped me with my severe disability of PTSD and a thought disorder I was diagnosed with in 1975 that led to me being put into the SSI program for disabled persons who cannot qualify for regular employment. The Doctor JJ. Johnson concluded that I was unfit for regular employment and the duration was written as 'Forever'. I was given a 215 by Doctor Hood at Redwood Rural Hospital in 1990 to legally prove that marijuana was medically necessary for my disability. I was told by Doctor Hood that it was the first 215 he had prescribed in Humboldt Co.

Over the thirteen years that me and my wife lived in Humboldt Co. on our land, we started to build a home and a family on our "Rancho", as I called it. We lived in my old school bus with our three small children so far Jason, Jackson and Jolene. Very sadly I will say that we were pregnant seven times but we only have six children. In 1989 C.A.M.P was in full motion. Helicopters were flying over our house 40-50 ft. over head with armed officers hanging out the side every day of summer. My wife was four months pregnant with our fourth child and was terrified of the helicopters. .

One summer day a C.A.M.P helicopter was flying low over our property, I started throwing rocks at them. My wife had been frantic over the men with guns flying over our three small children. She came out of our outhouse pale and staggering. She had tears streaming down her face and she cried to me "Oh daddy we lost it, we lost our baby." We both cried, I took my

wife into our bus and I put her in our bed and covered her up while she sobbed. Filled with rage I jumped on my motorcycle and rode up to the hilo port where C.A.M.P. Was landing there helicopters to unload the confiscated marijuana. I jumped off my bike, throwing it down, to confront the officer in charge of the operation Mike Downey. I screamed at him " My wife just lost our child to your God damn helicopters and I consider that murder!" "Keep your mother fucking helicopters away from my house and my family or you will wish the hell you would have!" After that encounter, I was barraged with Sheriffs, BLM rangers, and Fish and Game Wardens. I was harassed until up to the day of my bust.

The morning of my bust I went into my patches to water, and was confronted with a person wearing complete camo. He did not identify himself and pulled a gun out. I took off running and about 50 yards down the trail I ran into a tree that had fallen in the past years storm. My glasses were knocked off my face. I was thrown to the ground by several officers in uniform and put in hand cuffs. While I was laying on the ground hand cuffed with my face in the dirt a young officer grabbed me by my hair and lifted my face up. He then filled my eyes and covered my face in pepper spray. When they were walking me back out we started to cross Bear Creek. I struggled loose to drop into the water in an attempt to wash my eyes out. My eyes and sinuses have been sorely affected ever since that day. The officers took me away from my home, leaving my family with no knowledge of what had happened. We didn't have a telephone so I had to contact a friend in Eureka who had a telephone to drive to my land and get my family and tell them what happened.

They caught me with twenty plants all of which were not over a foot tall. The court later told me that the patch I was growing was not on my property but on BLM land that bordered my property and therefor was a federal offense.

On the transportation trip up to Eureka they stopped in at the con camp in Redway. Upon arriving I saw that a helicopter was landing. I asked the

MY BUST

# CONTINUED

agent what the helicopter was there for. He said he was going to transport me to Eureka in the helicopter. I responded “No you’re fucking not, I don’t want to ride in your helicopters.” The officer replied. “You don’t have much of a choice being in chains.” I then said “I will bite you, I will bite all of you punks and you will die of blood poisoning.” I was then taken to Eureka by a van and put into processing. One thing that stands out in my mind going into jail that day was when a very young officer who was maybe twenty one told me in a smug way “You have three strikes, you’ll never get out” I responded to that with “That’s what your mommy said.”

After I was released I went to a year’s worth of proceedings in which they were trying to determine my sentence. I was told at one point that I had one year to sell my property and move below the border of Santa Barbara for seven years of Felony probation. The final sentence that was given to me was seven years of Felony Probation, sell my property and move below the border of San Francisco.

The judge informed me at one point that BLM was interested in purchasing my property. I told the judge and the BLM Ranger that was present that I did not want the property to be in BLM hands. I told them I will donate it to Earth First or the Hells Angels, your choice. I could not find any private party to purchase my property. I ended up selling it for half the price I paid for it to an organization called Nature Conservancy. Who then immediately turned around and sold it to BLM.

I fixed up a 1954 decommissioned Chevy bread truck that was converted into an RV with an attached airstream trailer and moved my family South. I didn’t want to take my children to the streets of Los Angeles where I had spent a large part of my youth so I moved them to a town that I had lived in as a kid and teenager, a town called Ridgecrest California.



Ridgecrest was in the middle of the Mojave Desert with summers of 117deg. every day of August. I took my family back up to our old land about five times 500 miles each way to try and move as much of our stuff as possible but upon returning to my property I was devastated to find that many of my prized possessions had been stolen.

My two water tanks 1500 gal apiece, \$750 apiece my 30ft radio tower \$1,000, a 12ft x 12ft culvert \$2,000, my cement mixer \$1,000, 700ft of steel pipe \$1,000 and three work trucks loaded with tools \$5,000. Years later I was to find out that local people of the White thorn area were the thieves of my possessions, the local mill owners son. My bust cost me and my family our home, our happiness and my livelihood.

My bust destroyed everything I had bought and collected over the years and took away the land and house I had worked so hard to build as a legacy for my children. My land was my livelihood, my success. We were devastated and lost the love of life. My family has struggled ever since to find a place to call home. We never found another piece of land to purchase nothing could compare to Paradise Ridge Rancho.

Image by Sharon Letts

“Your growing season may be very short indeed if these birds of prey swoop down on your garden.”

# LEARN ASSET

## Shock Troops and Short Seasons

Cannabis growers in central Mendocino County were spooked by rumors of unidentified, military-style, armed men descending from helicopters to destroy gardens all over the region last summer and fall. Whoever these guys were, all reports agreed that they ignored legally posted medical grow notices and showed neither badges nor warrants. Just swooped in, cut down every plant and left. No inventory; no conversation; no identification. Tensions ran so high that an August 31 meeting between County Sheriff Tom Allman and the Laytonville Garden Club turned into a full airing of locals’ fears.

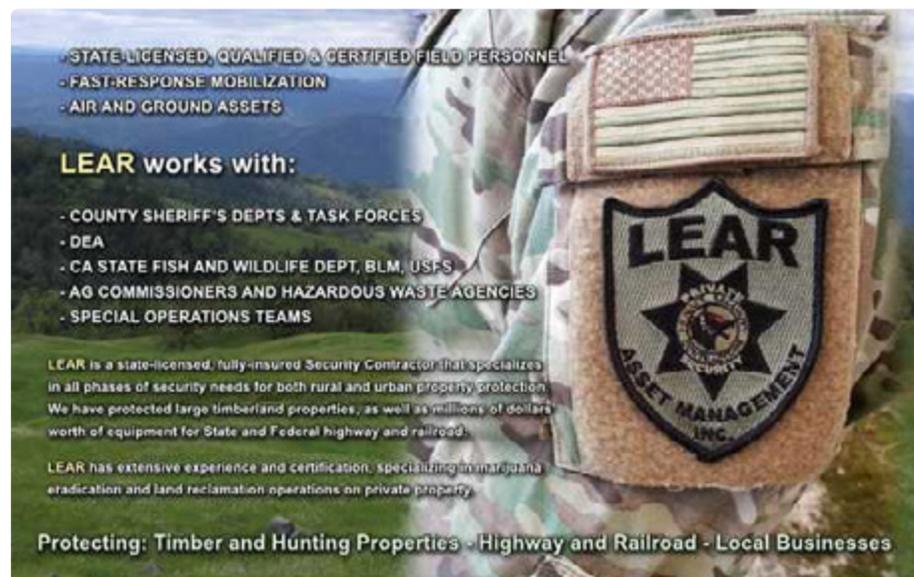
Don’t hesitate to speak out. If you’ve been raided and would like to tell your side of the story, contact us at [info@theemeraldmagazine.com](mailto:info@theemeraldmagazine.com)

# Shock Troops and Short Seasons

MOLLY CATE

Local farmer Butch Small reported watching a squad raid his Potter Valley neighbor, Susan Schindler on August 5. The attack followed the pattern mentioned above, except that he saw arm patches emblazoned with a generic "POLICE" logo. From her field of decapitated plants Schindler complained about the raid to CBS News on September 12, 2014. "There was no paperwork, no copies of any warrants. They didn't leave any inventory of what they took. I think they were targeting people who wouldn't fight back." Schindler's county legal, regulation compliant garden nurtured rare strains of cannabiniol (CBD) rich cannabis. These strains had been painstakingly created for youngsters with uncontrollable epilepsy and adults with Parkinson's disease.

But who was behind the Schindler raid and others? No agency took responsibility, creating just the sort of information gap that fuels rumors. Caught up in the shadowy mess was the new private security outfit, Lear Asset Management (LAM). They have been a sudden and very visible presence in Mendo County, and so, all too easy to blame for scary actions by unknown assailants. Lear Asset Management (Lear stands for Logistical Environmental Asset Remediation) was founded in 2011 by Paul Trouette, partly in response to the murder of Fort Bragg forester, city councilman and former mayor Jere Melo as he patrolled the forest for illegal grow locations on August 27 of that year. Trouette is a Board member of the Jere Melo Foundation (JMF) and is listed as president of the Blacktail Deer Association on their website.



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Both organizations are concerned with the potential danger to hunters and others by armed guards lurking in deep-wood trespass grow sites. That fear has been aggravated by some inaccurate reports on Jere Melo's death. Even though Melo was killed by an emotionally disturbed man guarding his poppy garden, the JMF and some reporters gloss over those details, implying by omission that Melo was murdered by cannabis growers. Press Democrat reporter Glenda Anderson and TIME reporter Alex Altman both reproduced that untruth by omission in articles published last July 25 and September 17 respectively.

Clearly, Trouette sees an opportunity for trained former military and police personnel to bring their expertise to a huge and little dealt with problem, the devastation of wild lands, water and wildlife by big drug cartels.

42 *Emerald* July 2015



## MENDOCINO

### LAYTONVILLE

According to Willits News, last August Laytonville resident Robert Callahan submitted a letter alleging that private security contractors dropped from helicopters in vigilante raids, without any police support, in the Woodman Canyon area, east of Laytonville.



MEMBERS OF LEAR ASSET MANAGEMENT ARE HIGHLY TRAINED INDIVIDUALS

State agencies cannot even remotely keep on top of this scourge poisoning both the environment and the reputations of honorable, sustainability-committed cannabis growers. The LAM team includes personnel trained in hazardous materials cleanup. In a June 19th conversation with this writer, Paul Trouette said that his team can efficiently remove toxics, plastics and other refuse from a typical deep woods site in one day, restoring the area to health.

In a video circulated online, a reporter for Mendocino TV.com hired for the purpose and news staff from Willits and Santa Rosa document a LAM team as they clean up a trespass grow on Mendocino Redwood Company land. Heroic music makes it sound like an action movie. Team members are fully decked out in camo and paramilitary gear. The All-American hero style of LAM may set some people's teeth on edge but they are undeniably meeting a big need. Trouette has been adamant in interviews with Steve Elliott of Hemp.org and Dylan Scott of Talking Point Memo.com that his outfit did not invade Susan Schindler's place. His company operates under contract on private land only. As he said to this writer, such actions would jeopardize his company's license to operate.

In our conversation, Trouette emphasized that he has initiated dialogues with the Emerald Growers' Association and welcomes open communications all around. Lear Asset Management has several grants pending to continue the clean up work and they are seeking donations to a new Adopt a Watershed program.

In late September 2014 the mystery of the raiders from the sky was solved. Yes, the Schindler raid was a police action. Yes, other county-compliant, medical gardens were targeted. No, Lear Asset Management was not involved. Chris Roberts, writing in the September 30, 2014 online issue of SF Weekly explains that the tail number from one of the rented helicopters was traced back to the California Attorney General's office. A motley crew of California Department of Justice officers, members of the state funded Mendocino Major Crimes Task Force and county sheriff's deputies took part. And no warrants were needed because these operations fell under the 1924 U.S. Supreme Court "open fields doctrine" that treats privately held open lands differently from one's home and yard. Though Mendo County allows 25 plants, state law only allows 6, setting the stage for last fall's sweep. Fall arrives again soon.

On a side note, the Epilepsy Foundation (EF) is taking a leading role in the decriminalizing of cannabis nationally. In an October 22, 2014 article Hemp.org writer Steve Elliott quoted EF Board Chair Warren Lammert, "We strongly condemn police raids that rob children and others of a promising medication that may improve their lives when other drugs have failed." EF officials state at their website, "As fathers, we know the pain of watching our children experience uncontrolled seizures."

The EF is endorsing a federal bill, H.R. 1774 introduced on April 14, 2015, that would remove cannabis from Schedule I status with the DEA (most dangerous and without merit) and would designate CBD rich strains as separate from THC rich strains. A Senate bill, S. 683 introduced in March of this year would create similar changes.

Source: Sfweekly.com/sanfrancisco/chem-ales-kamalaharris-mendocino-marijuana/Content?oid=3177493



Epilepsy is a neurological condition which affects the nervous system. Epilepsy is also known as a seizure disorder. It is usually diagnosed after a person has had at least two seizures that were not caused by some known medical condition.

Visit: [www.epilepsy.com](http://www.epilepsy.com) or call: 1-800-332-1000



LEAR ASSET MANAGEMENT

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DEA  
Special Operations Units  
Fish & Wildlife Department  
BLM  
Agriculture Commission  
Waste Management

Mendocino County Blacktail Association works with LEAR Asset Management to help clean up forests:

"MCBA continues to strive towards practical ways of improving our public land deer herds, and address the problems associated with our deer decline. One of the biggest problems facing us now is trash, as well as poisons that affect our herds in our wildlands from illegal trespass grow operations - not to mention the overwhelming amount of people traffic from these sites that push our deer out of their normal summer ranges. We are removing these infrastructures with the support of law enforcement through grants from various agencies to improve forest health for our deer.

Removing these sites allow our deer to rest, and the ability to move back in to their desired summer ranges again. To volunteer on one of these projects feel free to call 707-354-1652"  
-MCBA Committee  
mcbadeer.com



# WINE TASTING

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### Question:

*In light of the law enforcement raids at Island Mountain, what should a cannabis farmer do (or not do) as they attempt to navigate forward in the industry?*

**A:** I have spoken to, read Facebook posts of, and seen texts and e-mails from farmers who are, quite rightfully, more than a little concerned.

Many of these cannabis folk were slowly — or swiftly — getting on the bandwagon to sign up. By signing up, I mean grabbing a savvy civil engineer like Praj White at Manhard Consulting or nabbing an earth genius like Dan Mar at Hightide Permaculture. Some I spoke to had already met with Hollie Hall (I call her the Water Goddess) or Colin Hughes, one of Pacific Watershed’s geologists.

Farmers as far north as Orick and those as far south as Benbow had all lined up to have these wonderful peeps on their land to look and advise so that they could get the permits they needed to be in compliance. Best practice was the order of the day. Heck, some of these brave marijuana entrepreneurs even allowed me on their land. I mean...talk about commitment.

You could see the grassroots movement growing thanks to the efforts of California Cannabis Voice Humboldt. Yes we will, with the input of all stakeholders, boldly draft an ordinance that puts agriculture first.

We are the rightful playwrights of this Green Broadway, so let’s put pen to paper now before someone less rural does. At each CCVH meeting there were more and different faces. Faces tired of looking over their shoulder. Faces starting to show some semblance of hope.

Could the “War on Drugs” approach really be coming to an end? Could the forceful approach to cannabis



Kathleen Bryson answers your legal questions.

## ASK AN ATTORNEY

*Something on your mind? Ask Kathleen. Send your questions to [info@theemeraldmagazine.com](mailto:info@theemeraldmagazine.com)*

business, which has decimated so many of our rural folk, be finally leaving our hills?

But then late June 2015 arrived and the convoys came to Island Mountain and guns got drawn and the handcuffs were introduced. By the way, when a man gives me bracelets, they better be from Tiffany’s, not Broese’s...I’m just saying.

Oh yeah, a quick shout out to KMUD Community Radio: Way to keep the public informed!

So then, are we now back to square one? Should I advise my clients/friends to go back underground? Should they cancel their appointments with the above enumerated consultants? I say NO WAY!

Our efforts to legalize need to be even more pronounced. Our quest to educate must be stepped up and more zealous than ever. Bravery with words, reason, dialogue and understanding needs to replace the guns and the front page spin. Real

warriors like Patrick Murphy, Isaiah O’Donnell, Sequoyah Hudson, Terra Carver, Hezekiah Allen and Luke Bruner (to name but a few) need to grab their non-violent tools of valiant understanding and do battle for us in Sacramento, as well as here at home in the Triangle. And please do not forget the battle zones in Everywhere Else, California. We need your Cannabis Voice there too.

If you are a farmer and have been on the sidelines wondering if it is worth the risk and exposure to get the requisite permits from the county to protect Mother Earth, PLEASE wonder no more. The answer is YES, YES and YES!

When the convoy comes back in the Fall, perhaps you could have laminated (or framed) county permits ready for each officer. Then, perhaps, you could invite them in for a “nice cuppa tea” and some cookies, because — Gentlemen — there is nothing to see here... Not anymore.

# Cancer & Cannabis: Chemical Culprits

Part I

WRITTEN & PHOTOGRAPHED BY  
Sharon Letts

## ABOUT THE AUTHOR

Sharon Letts writes internationally on Cannabis as medicine for several publications including Dope Magazine and Weed World UK.

## TWITTER

@lettsgarden

## INSTAGRAM

@sharonlettsgardens

## FACEBOOK

pages/Sharon-Letts/319682694789597

## BLOG

theemeraldmagazine.com/bloggin

## CONTACT

lettsgarden@yahoo.com

## DISCOVER

Secret Garden Productions

## NEXT INSTALLMENT

Cannabis & Cancer: The Blame Game

Writer, photographer and  
cannabis activist, Sharon Letts.



> The spider web-like mass found in my right breast the summer of 2012 had me thinking about my mom, the farm she was raised on, DDT, Rachel Carson, and Cannabis - in that order.

I saw the configuration while proactively peeking over the shoulder of both the mammogram and ultra-sound technician. While waiting for the biopsy I decided to do some research and easily found an image of a nearly identical mass on the Mayo Clinic's Web site, naming it, "Lobular Carcinoma."

[Mayoclinic.com/health/invasive-lobular-carcinoma/DS01063](https://www.mayoclinic.com/health/invasive-lobular-carcinoma/DS01063)

This type of cancer begins in the milk-producing glands of the breasts or lobules, affecting 10 to 15 percent of all women in the U.S. It's a mass, not a lump, as with Ductal Carcinoma, affecting up to 85 percent of women in this country, annually.

## Pass the Mayo

This information can be found in the Mayo Clinic's tedious, page-by-page listing of incredibly limited information, with the only cause listed as Hormone replacement.

This stumps me as my sister – who is 18 months older – had this same type of cancer just two years prior, undergoing surgery, chemo and radiation - with no Hormone replacement ever used prior.



(left) Juicing fan leaves from the cannabis plant is a popular way to consume medicine.

(right) A variety of cannabis salves and lotions.



Surgeries are invasive, chemotherapy does more harm than good, and radiation is now known to cause secondary cancers, such as lymphomas, and the FDA is actually considering taking it off the market for this reason.

In my mind, being proactive about one's health is equal to being able to see past the smoke screens of modern day medicine. Being a Cannabis patient I'm skeptical of traditional treatments that seem to do more harm than good.

## Once Upon a Time

My mom grew up on a farm in Illinois just outside the State Capitol of Springfield. Yes, Springfield. Kind of like The Simpson's - the difference being, my mom told childhood stories of dancing with my aunt and uncle beneath the rain of DDT falling down from crop dusting airplanes on the waving fields of grain. None of them grew a third eye, all died of Cancers. Before my Aunt passed she phoned me up, urging me to look into the pesticides used on the farm. At the time I was dealing with my own daughter's auto-

immune disorders, having been diagnosed with Fibromyalgia at 13. I was also just diagnosed with Thyroid Disease – another disorder under the auto-immune spectrum – but I never connected the dots to the family's ailments.

I am second generation DDT, my daughter is third. This means something, as we have a lineage of chemicals in our genetic bloodlines, with many other toxins and heavy metals literally showered on us for decades.

Recent studies indicate that DDT alone stays in

the genetic blood lines of lab rats up to five generations that they know of, with cancers in our stem cells, with chemo and radiation only scratching the surface.

American Biologist Rachel Carson spoke out on the dangers of DDT when the compound was first found to have insecticidal properties in 1939, then marketed to the masses. While the chemical successfully eliminated the mosquitoes causing the Malaria – gracing it with the tag, "savior of mankind," Carson ousted its dark side.



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## Cancer & Cannabis: Chemical Culprits

*Continued....*

> Published in 1962 “Silent Spring” was Carson’s warning, hitting the newsstands long after the non-water-soluble poison saturated our soil, water and ultimately our food supply for decades. In the book that should be considered mandatory reading today, Carson warns of cancers and worse, describing how DDT attacks the Central Nervous System of its prey – paralyzing and rendering them defenseless until their immune system fails and each organ stops functioning as they suffocate and die.

Those familiar with neurological, auto-immune, or central nervous system disorders leading to physical debilitation, such as Parkinson’s, ALS, or Alzheimer’s just got a chill. For that matter, most of our modern day ailments stem from some kind of toxic poisoning from the chemicals or heavy metals surrounding us, daily. Cancers are a given, but heart disease and the myth of high cholesterol has recently been discussed publically by many cardiologists who insist that every heart they’ve ever opened up was inflamed and infected, leading them to the conclusion it’s not for lack of blood flow, it’s diseased, plain and simple.

Carson’s book caused the removal of DDT from U.S. markets, spawning the environmental movement, and forcing the U.S. to implement the Clean Air & Water Acts of 1973 and 1974, respectively. But the damage was done and today we are suffering the dire consequences with our ill-fated health. The good news is, as listed in U.S. Patent No. 6,630,507 B1, “Cannabinoids have been found to have antioxidant properties ... useful in the treatment of a wide

variety of oxidation associated diseases, such as ischemic, age-related, inflammatory and autoimmune diseases ... (with) particular application as neuroprotectants, for example in limited neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurodegenerative diseases, such as Alzheimer’s disease, Parkinson’s disease and HIV dementia.”



The information on the patent is crucial, as it provides us with the knowledge we need to move forward with our own self-care with Cannabis. My doctor was unaware of its advantages before I presented my findings to her. How could she? We learned together as I did away with cancer, pain, and eight prescription meds.

We can’t stop the toxins around us, but we can educate ourselves and others to this good medicine – one person, one plant at a time.

Next installment: “Cannabis & Cancer: The Blame Game”

(left) Cannabis ice cubes can make for a nice addition to any beverage.

**BUSINESS** // *Building Your Cannabis Brand*



Can you name me one Humboldt, Trinity or Mendocino County grower that is asked for by name when purchasing cannabis? Neither can I, and that's the problem.

If you don't have a name brand with market awareness then you are simply producing an agricultural commodity, and its game over after November 2016 when the corporations enter the industry.

Recently I picked up Luke, my SoHum friend, and we drove down to the wine country to experience "branding." No, not cattle branding, but rather corporate branding, which I see as being essential for the future of Emerald Triangle cannabis growers.

One thing to keep in mind — one doesn't go to the wine country to drink wine, but rather to enjoy the "experience" at each winery.

We started at Ferrari-Carano winery and went downstairs to the underground cellar's Enoteca tasting room, where they pour their premium Reserve wines. We didn't go to Ferrari-Carano to drink wine, but rather to drink Ferrari-Carano wines in a Ferrari-Carano wine glass, where we can purchase Ferrari-Carano caps, T-shirts and polos.

Don't get me wrong, the Ferrari-Carano generic labels (Chardonnay, Merlot, Cabernet Sauvignon) they pour upstairs are all good wines. However, their Reserve labels (Tresor, Back Forty and West Face) are the difference between good and great.

*No, not cattle branding, but rather corporate branding, which I see as being essential for the future of Emerald Triangle cannabis growers.*

We checked into a hotel and went off to Michel-Schlumberger for a wine maker's dinner. Many of the wineries in Sonoma and Napa Valley have their own in-house chef and offer wine and food pairings along with dinner for their Wine Club members. Until you've

experienced a four-course gourmet meal complete with unlimited Michel-Schlumberger wines you haven't experienced wine country. Did I mention this was free to Wine Club members? We drank Michel-Schlumberger wines in Michel-Schlumberger wine glasses where we could purchase Michel-Schlumberger caps, T-shirts, polos and cook books.

**Cannabis is an agricultural commodity while wine is a specialty premium product.**

The next day we started the morning at Truett-Hurst, where they have expansive grounds with tables and chairs along the Dry Creek for Wine Club members. They also have numerous benches outside the tasting room where families sit and share

Truett-Hurst wines in Truett-Hurst wine glasses and bring their own picnic baskets of food.

Next we went to Kokomo Winery where Eric Miller, a wine-maker from Kokomo, Indiana, makes some of my favorite reds. We drank Kokomo Wines in Kokomo wine glasses. Finally, on the way out of town, we closed at Clos du Bois, a subsidiary of Constellation Brands. Again we sampled premium (Briarcrest and Marlstone) reds in a Clos du Bois wine glass surrounded by Clos du Bois merchandise.

Did I mention that the weekend was the annual Wine Road event, where over 20,000 wine enthusiasts come to Northern Sonoma for the weekend to sample food and wine pairings at each of the 135 participating Alexander, Dry Creek and Russian River Valley wineries?

Then I went on the Harborside Health Center (the largest cannabis dispensary in California) website and browsed the menu. What I saw was Blue Dream Bleu Phantom, Bubba Kush, Chem Dawg, Chiesel, Dutch Crunch, etc... What I didn't see were the words "Humboldt," "Trinity," "Mendocino," or which farms produced the cannabis.

Once again, I don't go to Ferrari-Carano to buy wine, I go there to purchase Ferrari-Carano 2010 PreVail Back Forty Cabernet Sauvignon. Cannabis is an agricultural commodity while wine is a specialty premium product.

As legalization comes, which one will the Emerald Triangle produce?

-Matthew Owen



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# WRANGLETOWN CIDER COMPANY

## Not Your Mamma's Hard Cider

By Benjamin Fordham

The year is 1880. The location is Wrangletown, California, modern-day Freshwater. A pair of strong-willed frontier women are doing what they are known best for: Fighting in the middle of the street. Fast-forward 135 years, and another strong-willed Wrangletown resident, not known for fighting in the streets (to this author's knowledge), is founding the Wrangletown Cider Company.

After spending the past 15 years as a winemaker in the Napa Valley, Freshwater native Patricia Knittel is returning to Humboldt County and transferring her skills to the cider business. "It seems like there's an interest," she says, and indeed, there has been a strong renewed interest in hard cider, both nationally and locally. Knittel will open her new tasting room this July in the old Arcata

Recycling Center building, between the thrift store and Holly Yashi. Holly Yashi is renovating the space, with plans for a restaurant and outdoor music venue. It's all part of the revitalization of the Creamery District into an art and commerce neighborhood. "It's a great opportunity," says Knittel. "Things just kind of opened up for me a little bit."

After graduating from high school locally, Knittel left for the Bay Area, where she studied voice training at San Francisco State. After working in banking for 10 years ("to pay the bills"), Knittel discovered her passion for winemaking. "I just said, 'I want to do this,'" she says. Knittel started out as a cellar hand in 2000, eventually working her way up to winemaker. She studied winemaking at UC Davis and Napa Valley

College, and worked for established wineries like Silverado Vineyards and Ravenswood Winery. She also traveled to New Zealand every year for the harvest season at Villa Maria Winery. "To work physically, I love that," she says.

Eventually, Knittel made her way up to winemaker and lab manager at Etudes Wines in Napa, renowned for its Pinot Noir, and later at Miura Vineyards in Santa Rosa. It was at Miura that Knittel learned from Master Sommelier Byron Kosuge. "I've been very fortunate to work with some of the best growers in California," she says.

Knittel says her time spent in the wine cellar has helped her learn the cider business. "You're really babysitting them," she says of the cider apples. "It's really akin to making white wine." She is also taking advantage of the abundance of underutilized apples in the area, especially the "spitters" that are used in cider. Knittel said she is working with several local orchard owners already, and has plans to continue

to expand those relationships. She is even planting some trees of her own at her Freshwater property. "I'd like to bring on more varietals," she says.

Knittel is getting into the cider business at the right time. At previous CiderCons, the professional trade conference for cider makers, Knittel said there may have been 60 people. At this year's conference in Chicago, there were 600. "The industry is really taking off," she says. In all, everything just feels right, including her move back to Humboldt. "It's amazing," she says of the support she has gotten. "I feel very optimistic around here." She also has been impressed by the strong local entrepreneurial spirit. "I think this place is special in that," she says.

Now, after 20 years in the Bay Area, in the high-stress banking world and in the cellars of some of California's most prestigious wineries, Knittel is slowing things down. A little bit. Humboldt County residents are real; there are no airs. "This is something to just enjoy," she says.



(above) Cidery under development.



(above) Laying down the groundwork for the new location.



Refreshing hard cider.



(above) Logo for Wrangletown Cider Company



(above) Patricia Knittel, Owner and April 2015 Humboldt Women recipient.

# DANCING IN THE EMERALD

BOB DORAN

Your Summer 2015  
Music Festival Guide in  
The Emerald Triangle



The Summer of music festivals is well underway in Emerald territory. June saw

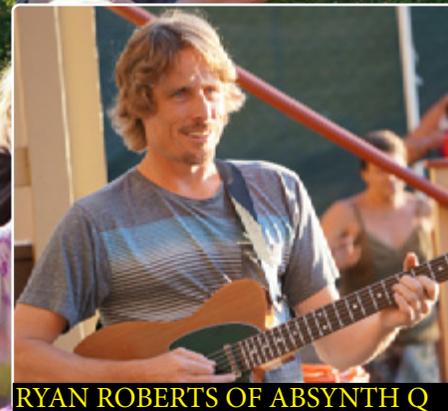
the Summer Arts Festival, the Oyster Fest and the Kate Wolf Music Festival come and go — there's still more music than you can handle in store. We'll start in sunny Blue Lake, where Dell'Arte's sprawling three-week Mad River Festival (featuring lots of Mary Jane, and international theater) turns things over to the Humboldt Folklife Society for a week plus of folky local music. Before we're done, we'll hit all three points of the Emerald Triangle with major music parties in Humboldt, Mendocino and Trinity counties. Are you ready?

## The Humboldt Folklife Festival

You might be wondering what is Folklife? The easiest way to explain is to take the word apart: Folk = People. Life = Music — at least for the folks involved in Folklife. The folky folk take over Blue Lake for a full week in July, starting with a festive Kick-Off Party at Mad River Brewing Co. Saturday evening, July 11, with The Spindrifters and Bubbles' house band Clean Livin'.

**Sunday, July 12**, Blue Lake has a town wide party called Annie and Mary Day (named for a railroad named in turn for two women, we're not sure which two). A colorful parade is followed by music in Perigot Park by the Timber Ridge Boys (named for an old folks home where they play for happy hour), the bluesy Anna Hamilton, indie folk from Lemon Lemon Cherry, Jeff DeMark and his band LaPatinas, concluding with classic rock and country by The Delta Nationals.

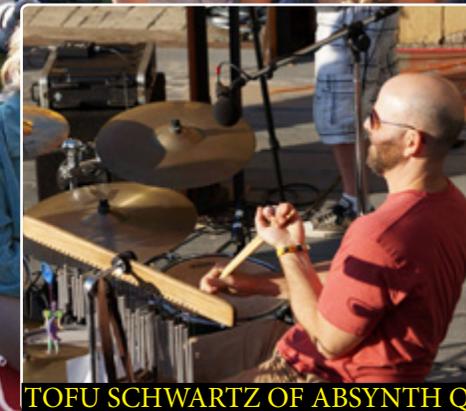
**Monday and Tuesday**, the Folk Fest moves indoors to Dell'Arte's Carlo Theatre with a Songwriter Night Monday, July 13, with Jan Bramlett, Dominic Romano, Sam Whitlach and Paul Turner, and Jazz Night Tuesday, July 14, with The Low Notes, Business Casual and Latin flavor Con Ritmo. The Logger Bar has afterparties both nights in theme, with more songwriters Monday and jazz piano by Brian Post Tuesday.



RYAN ROBERTS OF ABSYNTH Q



JAN BRAMLETT



TOFU SCHWARTZ OF ABSYNTH Q

**Wednesday, July 15**, the fest moves again, behind Dell'Arte where a circus tent has shows all through the Mad River Fest. "Under the Big Top" starts with Cajun music by Bayou Swamis, moves into neo-Irish band Vanishing Pints and closing with alt. string band Absynth Quintet. "Under the Stars" on **Thursday, July 16**, takes the party out to the Rooney Amphitheatre for some fine country sounds:

the always swingin' Kenny Ray and the Mighty Rovers, our local bluegrass boys Compost Mountain Boys and closing, Huckleberry Flint, who have played some unforgettable sets in HumFolk Fests past. The afterparty at the Logger has La Patinas, back for more. **Friday's** frolic takes Folkfest proper to the Arcata Vet's Hall for a Barn Dance with Striped Pig Stringband

playing for square dancing (and circles), while the after party rages at Logger with a reunited version of The Rubbernecks with The Brendas opening. This all leads to **Saturday's** big day, the All Day Folklife Free Festival all around Dell'Arte with dozens of musicians, bands, dancing, workshops and much much more, literally all day.

# HIT EVERY CORNER OF THE EMERALD TRIANGLE



## Northern Nights

As Folklife is wrapping things up, a totally different type of music is thumping out of a huge bass heavy sound systems just over the Mendo County line. Back for its third year, the organic dance music festival on the Eel (right next to French's Camp) is bigger and better with an all-star EDM lineup with touches of hip hop, etc. The top of the bill is Black Star, a historic rap duo teaming Talib Kweli and Yasiin Bey (aka Mos Def) who have been working together intermittently since the late '90s. There's rising star Shlohmo (with a band), **The Polish Ambassador** (he's not Polish, he's from Oaktown) "with guests" (a live band), RÜFÜS du SOL (from down under), lots of gold with Gold Panda from UK, Goldfish and Goldlink, the masked Slow Magic, West Coast house music vet Danny Corn, Filipino American producer Sweater Beats, the vocalist from Thievery Corporation Mr. Lif, Indonesian duo Hotel Garuda: Manila Killa and Candle Weather and Awesome Tapes from Africa, which started out as a blog featuring obscure music released only on tape and now is a DJ on an international tour with two cassette players and mixer. That's just a small taste of the dozens of acts playing as they say, there are "many more." Running Friday, July 17 to Sunday, July 19, Cooks Valley Campground, on Hwy 101 just over the Mendo County border north of Piercy. Visit [Northernnights.org](http://Northernnights.org).



## 02 Blue Lake Music Fest

Sometimes you only want to party for one day. This festival in sunny Blue Lake is a self-proclaimed "Center of the Universe," that sticks to an all-local lineup. EastHum is reggae from Woven Roots, Dead Tunes by The Miracle Show, funk from Jimi Jeff and the Gypsy Band (who lets the guitar rock a la Hendrix style) along with classic hard rock tunes covers by Triple Junction. There is a whole lot of shakin' going on between The Movers and the Shakers and the proverbial "special guests!" All of this is going off Saturday, July 25th at Perigot Park in Blue Lake.

## 03 Reggae on the River

This is Humboldt's biggest music festival. With the Mateel firmly entrenched back at French's Camp, they're bringin' it. That means an international collection of reggae and world music stars with Friday's headliners Collie Buddz from the Bahamas, Katchafire from New Zealand and dub outta SoCal by Stick Figure. Saturday is JA day with Bob's son Stephen "Ragga" Marley, Tarrus Riley, born in Brooklyn, raised in Jamaica, with his band Blak Soil. There's "bad gyal" dancehall from Ce'Cile, young up-and-comers from the Marley family's Ghetto Youths Crew and more. Italian reggae star Alborosie tops the bill Sunday, there's the multi-culti, tribal musical collective Nahko and Medicine For The People, classic roots from The Congos, the straight-ahead pure African sound of Bassekou Kouyate & Ngoni Ba, and Empress Unification, a collection of female artists who "perform conscious reggae & world music in six different languages." For those arriving early, there's also a full lineup on Thursday, with local Humboldt homegrown reggae by JUCE, reggae rockers PyRx outta Chico, Solution from OC and IrieFuse from Marin. Topping it off, the legendary dub master King Jammy who started out in King Tubby's studio, and was instrumental in adding electronic beats to dub and reggae. Jam on! Thursday, July 30 to Sunday, Aug. 2, French's Camp, on Hwy. 101, just south of Richardson's Grove State Park near the Mendocino County line. Visit [Mateel.org](http://Mateel.org) to learn more.



## 04 Trinity River Jamboree

Returning under the Trinity sun in Junction City Park, bigger and better, with three days of eclectic music, a jamboree of music styles aka Trinity Jam. Headliner is reggae superstar Luciano the Mesenjah. There's more JA reggae from the i-Kronik band, and variations on Cali-funk: classic funk from Orgone, Afrofunk by Afrolicious, a touch of Latin with funk by The B-Side Players, and Éthiopiquestyle from Sun Hop Fat. Freekbass mixes funk with electronica, there's EDM producers Thriftworks and Nicoluminous. Birds of Paradise offer something they call "Holophonic Vibrational Architecture to Make Transparent the Boundary Between Matter and Mind, Flesh and Spirit," whatever that means. There's a strong contingent from Humboldt like Woven Roots and Absynth Quintet (see above), an awesome new outfit Object Heavy, playing neosoul-funk, sweet smiling folk by Lyndsey Battle, Talking Heads music by Naive Melodies, Humboldt jammers Liquid Kactus, Farmhouse Odyssey and DubbaDubs and fresh reggae/funk/Afrobeat by Dynasty One. For the Deep Groove/Whomp crowd, a who's who of local EDM DJs and producers including Touch, Jsun, Hypha, Psy-Fi, Wu-Wei, OnHell, Treemeista, Marjo Lak's Butter Music, and as always much, much more... Friday-Sunday Aug. 7-9, Junction City Park, off Hwy. 299, Junction City. Visit [Trinityjam.com](http://Trinityjam.com) to learn more.



## 05 Enchanted Forest Gathering

Enchanted Forest Gathering. Now in its fifth year, tries out its first time at Mendo's fabled Black Oak Ranch, home of the Kate Wolf Fest. This will bring back fond memories of Earthdance on the Ranch, with the same magical feel and the Enchanted folk calling this "a gathering created by and for dancers and visionaries." Expect costumed revelry (fairies and magical creatures) with music spanning "bass, jazz, funk and soul," leaning toward EDM judging from the taste of the lineup announced so far including Brit duo Koan Sound, the forward thinking Papadosio, Phutureprimitive from PDX, OTT, El Radio Fantastique and Pega5us announced as starters. Of course there will be much, much more... Aug. 14-16 ~ Black Oak Ranch, off Hwy. 101, just north of Laytonville.

Visit [Enchantedforestmendo.com](http://Enchantedforestmendo.com) to learn more.

# Interview with the Rule of Law

Cannabis Crackles, Humor Column

SAM GREENSPAN

A few days ago, illuminated only by the light of a series of candles in the furthest, most ominous nook of the the Emerald's new Eureka office, The Rule of Law was kind enough to join me for an in depth interview about their controversial policies, their knack for profiteering, and the fact that a concept has been made flesh and bone. I sat eagerly awaiting The Rule of Law's arrival for about forty five minutes after our arranged time to meet, only to realize upon their arrival that I was being roped directly into a power play:

**SG:** Ah, welcome! Was everything okay getting here?

**ROL:** Yeah. Everything was fine. Let me explain something, Sam, you can wait for me. I don't wait for you.

**SG:** Feeling spicy today, aren't we?

**ROL:** Yeah. I'm just not used to these small towns. I don't really have much of a foothold here.

**SG:** Let's talk about that, you are defined as a legal principle that law should govern a nation, as opposed to being governed by arbitrary decisions of individual government officials. You seem to be in the more abstract phase of your career, care to talk about that?

**ROL:** Yeah, a lot of my earlier stuff was a bit more rigid, a lot more clear cut, but then I took this trip to Southeast Asia, and it really opened my eyes to how much can be done when one abandons most of their entire concepts of, well, giving a crap about

people. So I thought, 'I really need to get to work bringing more of this back over to this country.

**SG:** So what you're saying is that you're redefining yourself? Like-

**ROL:** Yes, like Madonna. I always like to keep things fresh. I've got some Draconian things that I've been toying around with lately in the studio. I've been particularly enjoying your little county.

**SG:** And why is that? What's most attractive to you about Humboldt County?

**ROL:** Oh, it's hilarious! My influence here is like holding a wolf by the ears. I don't want to be holding the wolf in the first place, but I'm sure as hell not gonna let it go! It's these fun little grey areas that have always made me feel the most inspired. Here you have a place that's lone economy is rooted in illegal grow operations. The farmers and the college are all, 'But what about us!?' and then small business owners are all, 'Hey, we help, too!' and

it's really just adorable. It's just fascinating to be in a place where if I was to do anything about it I'd cripple the entire damn area.

**SG:** Have you thought about just targeting methamphetamine production?

**ROL:** Now why would I do that? **SG:** Because it's a rampant issue that is both systemic and solvable?

**ROL:** But then who are all the stoners going to feel better than? You gotta think about these things before you speak, Sam. As an algae bloom feeds the plankton which feeds the other sea creatures, if I was to just go after all the meth labs, the bottom of the pecking order collapses.

**SG:** You don't think we could just find a better solution?

**ROL:** Nah, I like screwing with you people. The best, the BEST,

is when weed is both legal and illegal at the same time in any place. That's really the stuff I've wanted to do my entire life, but you gotta pay your dues in this business before you can get to the more unconventional stuff. Even the Beatles wrote "I Wanna Hold Your Hand," ya know?

**SG:** Um. Sure. So, to reiterate, you're no longer interested in finding solutions in your career?

**ROL:** No. I'm long past that. I've been reading a lot of Dadaist literature as well, I think it's going to make an exciting next phase of my career. I'll give you a little taste: so when the oceans begin to rise uncontrollably? Guess what I'm gonna do? I'm gonna re-evaluate the definitions of 'coastal property' and create new zoning laws so that everyone has to keep moving their houses back every few years. Also, I'm going to outlaw floatation devices. Can you imagine the sight of a bunch of sweaty, homeless people bobbing up and down in the ocean? I think it's beautiful.

**SG:** I think you're sick.

**ROL:** They always criticize a genius when they're so used to the conventional.

**SG:** Who's they? Why can't you just do your job like a normal Rule of Law.

**ROL:** Who are you? Who are you, man? What do you know? You. You sound just like my father.

**SG:** I'm not here to help solve your daddy issues..

**ROL:** Now you sound like my mother.

**SG:** You're the worst, Rule of Law.

**ROL:** Whatever! What about traffic laws!? THOSE ARE COOL!

**SG:** Please leave.

After this moment, the Rule of Law angrily stormed out of our offices, and, in retaliation, backed a few more GMO farms around the county. Pestilent little creature, that.

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**CRESCENT CITY – \$199,000**  
±35 Acres of gorgeous, flat & useable ridge top property just 25 minutes from Crescent City! Multiple building sites, great access, ocean views and short drive to the beautiful Smith River for summer swimming!



**HYDESVILLE – \$459,000**  
2 Bedroom, 2 bath home situated on ±2.46 flat acres. Enjoy this quiet sanctuary while spending summer days gardening and listening to the backyard creek.



**REDUCED PRICE**  
**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.

**WILDWOOD – \$185,000**  
Remote ±160 acre parcel featuring an abundance of water, timber, southern exposure, roads and panoramic views of the Yolla Bolly Mountains. Extreme privacy!



**DINSMORE – \$425,000**  
Two bedroom, two bath cabin on ±40 acres featuring both wooded oak lands and rolling meadows. Great timber and recreational investment. Water sources are both a pond and creek. Beautiful valley views.

**WEITCHPEC – \$349,000**  
±160 Acre parcel with many springs and Miners Creek running through it! Several large flats, southern exposure, springs, timber and finished cabin and 35ft Hitchhiker 5th wheel with built in washer/dryer and more!

**LEGGETT – \$275,000**  
±11 Acres of beautiful river front property! Enjoy your summers among old growth Redwoods, in your own swimming hole, and close to one of Mendocino's State Parks. This parcel is private, easy to access and has a building site waiting for you right by the water!

**WEITCHPEC – \$299,000**  
Two story craftsman cabin on ±40 acres with Klamath River frontage. Property features breathtaking mountain and river views, solar power home, spa-like bathhouse and other many other amenities.

**NEW LISTING**  
**BRIDGEVILLE – \$99,000**  
±30 Acres off Highway 36 with water galore! Features a seasonal creek, large spring fed ponds, year round access, sloping topography, and valley views! Only 5 minutes from the Dinsmore Store with Little Van Duzen River frontage!

**REDUCED PRICE**  
**HYAMPOM – \$599,000**  
±615 Acre parcel overlooking the Hyampom Valley off of Route 1. Properties feature roads, terraced topography, year round water and amazing views of the Trinity Alps.

**HAYFORK – \$389,000**  
±190 Acres with Hayfork Creek frontage. This property has standing timber and valley views with a swimming hole. Secluded, yet close to town.

**PIERCY – \$449,000**  
±60 Acre on Bell Springs Road with a 1600 sqft unfinished house, small unfinished studio, 200 amp PG&E service, gushing well producing 10 gpm and several undeveloped agricultural sites.



Kyla Tripodi  
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**NEW LISTING**  
**FERNDALE – \$289,000**  
Farmhouse style cabin situated on ±10 acres conveniently located close to the quaint town of Ferndale. Abundant water, outbuildings, gravel pit and mixed timber.

**LEGGETT – \$385,000**  
Beautiful ±68 acre parcel with unbelievable views! Property is conveniently located close to Highway 101 as well as the Eel River and includes a well and nice clearing. Adjacent ±11 acres are also for sale.

**WEITCHPEC – \$225,000**  
Private ±60 acres with abundance of water, lots of sun, and plenty of large building flats with amazing views. OWC.

**NEW LISTING**  
**MAD RIVER – \$110,000**  
±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.

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