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BRIAN KAHO

SHARING THE RUNNER'S HIGH

THE CASUAL ATHLETE

FITNESS SOLUTIONS, PERSONAL
TRAINING AND WELLNESS PLANS FOR
INDIVIDUALS OF ALL ABILITIES

Q&A with Riley Cote

HOCKEY PLAYER,
COACH AND CANNABIS
ADVOCATE

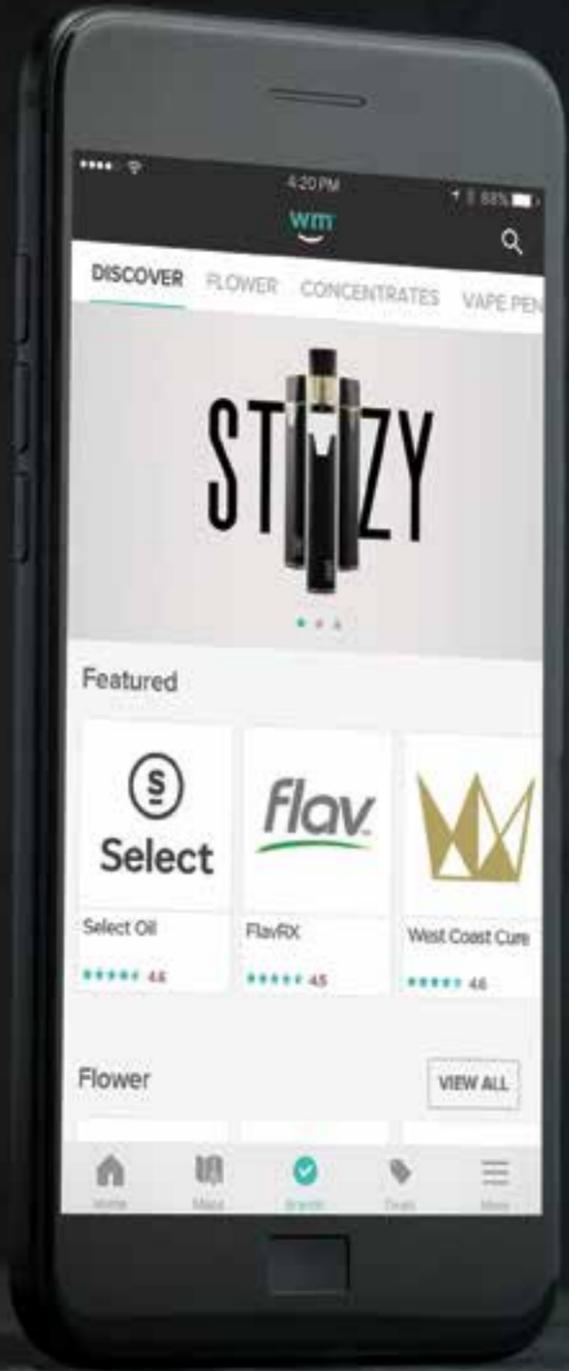
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LETTER *from the* PUBLISHER

Dear Reader,

Thank you for picking up the March issue of the *Emerald Magazine*. As we all know, “pot heads” aren’t lazy... The cannabis industry – and all those in it – have built a billion dollar market, one that rests heavily on health and wellness.

Successful entrepreneurs, educators, artists and athletes make up our industry today. We challenge stereotypes, break down barriers, and redefine what it means to be proactive. But again, you don’t need to take our word for it. Cannabis’s role in fitness speaks for itself.

The beloved 420 games kicks off in LA this year, and is a series of events that gathers thousands of athletes with a mission to de-stigmatize, educate, and share their journey of cannabis and holistic health.

Professional Hockey player, Riley Cote, believes cannabis is the key to focus and recovery. He advocates for its use, and has joined forces with other athletes to form Athletes for CARE -- a non-profit organization that promotes health and wellness while utilizing alternative healing practices.

Whether you infuse cannabis into your workout or not, trainers are helping others find their focus, and the most effective recovery method. Personal trainer Greg Horton is helping people of all abilities build fitness plans. Read more about Horton in this month’s piece, “The Casual Athlete.”

Having a healthy mind is key to maintaining a healthy lifestyle. Feed your head (and belly) this month with a gourmet, cannabis infused sesame-chicken salad, complete with anti-inflammatory toppings.

Maybe micro-dosing is more your thing ;) This month we bring you a sweet lemon tartlet recipe with just enough dosage to sense the herb, but not to taste it.

From all of us here at the *Emerald*, we welcome you to an early spring. Open your blinds, homes and hearts to all this season has to offer. From raindrops, to those well known West Coast sun showers, the time to plant our feet in the ground is now. Get a head start by walking, jogging, or even running there. With the *Emerald’s* Athletic issue in your hand, you’re unstoppable now! Circle back around next month for our *Craft Cannabis* issue, where we’ll bring you the best in the west.

Cheers,

*Christina De Giovanni
Publisher*

Emerald Media Group

417 2nd St. #201, Eureka, CA 95501
TheEmeraldMagazine.com
Info@TheEmeraldMagazine.com
Phone (707) 840-5308

PUBLISHER CHRISTINA DE GIOVANNI

MANAGING EDITOR JAANA PRALL

EDITOR-AT-LARGE MELISSA HUTSELL

GIFT GUIDE SHILOH WISHAM

GRAPHIC DESIGNER NATHAN WELLS

COVER SHOT KENESHA FACELLO

PUBLISHER PICTURE DEAN SOFER

CONTRIBUTORS

L. ANDREWS | MOLLY CATE | ALLISON EDRINGTON | BRANT HARTSELL | MELISSA HUTSELL
SHARON LETTS | ANNE-MARIE FISCHER MOODIE | NORA MOUNCE | SHANNON PERKINS
PAUL POT | ASHLEY PRIEST | JEFF THE 420 CHEF | AMY WITT

PHOTOGRAPHY

JESSICA BREAUT | LEELA CYD | ELLE MAGAZINE | FENESHA FECELLO | ROB HAMMER
NORA MOUNCE | SHANNON PERKINS | NADENE SMITH | AMY WITT

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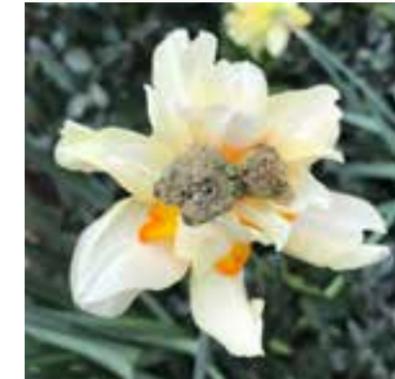


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The Casual Athlete

BY ANNE-MARIE FISCHER MOODIE

PHOTO BY GREG HORTON



“MANY OF THE PEOPLE WHO ARE ENGAGING THE FITNESS COMMUNITY ARE STRUGGLING WITH CONCERNS SURROUNDING WEIGHT, DISABILITY AND/OR SELF-IMAGE,” GREG SAYS, “IT’S EASY TO FORGET THAT THERE ARE MANY PEOPLE WITH DISABILITIES THAT NEED A FITNESS PLAN.”

FOR PERSONAL TRAINER and wellness consultant Greg Horton, fitness is about looking past traditional models of exercise to engage the whole person rather than going for a specific physical “look.” For some of his clients, cannabis plays an important role in helping people achieve their optimal mental, emotional, and physical health and wellness.

Greg Horton provides fitness solutions, personal training, and wellness plans for individuals of all abilities under his brand, The Casual Athlete (TCA), based in London, Ontario, Canada.

Horton primarily works with people with physical disabilities, and when appropriate, his approach includes cannabis consumption as a supplement and aid for one’s journey to maximum health in mind and body.

UNDERSTANDING THE APPROACH TO CANNABIS IN WELLNESS

Horton’s experiences with cannabis haven’t always been positive or productive, which is why he brings a particular sense of wisdom to his clients.

He began consuming cannabis at age 18. What he thought was a habit, he realized, became more of a medication.

“At the time, I thought using cannabis [was] a pastime,” he explains, “but in retrospect, I used it as an escape and a self-administered medication for anxiety and depression.”

“I had very little understanding of the effects, strains, dosage, or sourcing of what I was smoking and it resulted in major interference in my ambitions and goals,” he said.

Through this reflection, Horton saw an opportunity to use cannabis more intentionally, rather than curb it entirely.

REGULATING CANNABIS FOR WELL-BEING

Horton re-introduced cannabis into his life after he was diagnosed with PTSD, a decision driven by the emerging discourse on the effects of the plant on the disorder.

Horton takes the “less is more” approach; prefers to limit consumption to one-to one-and-a-half joints per day. He finds that lower doses help him control anxiety attacks, regulate his moods, and give him the mental clarity he needs to pursue his interests.

APPLYING WHAT HE’S LEARNED

Horton’s passion is people.

Through The Casual Athlete, he applies a consultation method that invites his clients to share life stories and insights. He then creates a wellness plan that addresses the overall mental, emotional, and physical needs of each, individual client.

“Many of the people who are engaging the fitness community are struggling with concerns surrounding weight, disability and/or self-image,” Greg says when discussing his interest in carving out a fitness niche for people with disabilities, “It’s easy to forget that there are many people with disabilities that need a fitness plan.”

With an educational and professional background including work as a Developmental Service Worker and continuing education in Recreation Therapy, Greg serves these individuals with a model that looks past the traditional methods of fitness and attempts to engage the whole individual beyond the physical “look” they’re trying to achieve.



SERVING AN UNDERSERVED POPULATION IN FITNESS

Greg sees cannabis as one of the most effective supplements for fitness for those with physical limitations due to disability. This is best demonstrated through the progress of his client, Jon Davis.

Davis was in a motor vehicle accident seven years ago, which rendered him fully quadriplegic. At first, a lot of negativity surrounded his ability to recover and he worried about what skills he would be able to regain, leading to a lifelong emotional struggle as he tried to overcome his physical limitations.

Davis is a medical cannabis user. Cannabis has helped bring him into a positive emotional state before each workout. When he mentioned this to Horton, it prompted both to further investigate the connection between cannabis use and its effect on fitness.

When used pre-workout, cannabis helped Davis' spasms decrease dramatically, and improved his muscular endurance. His drive to succeed in his workouts intensified, and most importantly, he felt his mind begin to heal through his positive feelings of motivation and physical progress.

Cannabis helps him be stronger, and more in control. "My body does what I want, when I want," he added, "It improves the pathways from my brain to my muscles and nerves."

Davis is his own guinea pig when it comes to finding products that work for him. "Knowing the [right] balance of edibles, smoking, and the combination is important," he said.

"Products like an automatic joint roller for people like me would make life so much easier" Davis added, "a doobie is so much easier compared to bowls."

With the help of Horton, The Casual Athlete, and cannabis, Davis can now bicep curl 30 pounds, bench press, and move his legs. He is preparing to go kayaking this summer.

Horton said, "Without cannabis, this process would have been torturously drawn out."

But not everyone understands the value of The Casual Athlete, explained Davis. "In the eyes of other people though, well they shut us down. TCA uses techniques and exercises you wouldn't usually see," he added. "More focus on function has actually allowed me to do things I wasn't able to do previously. Anyone in my situation needs that."

WHERE DO FITNESS AND CANNABIS HAVE LIMITS?

Horton matches his clients' interest in cannabis with the type of exercise they'll be doing. "Oxygen is a natural and essential fuel for physical performance and anything taking up space that should otherwise be carbon dioxide or oxygen will negatively affect performance," he explains.

This is why he wouldn't recommend smoking cannabis before a cardio-heavy workout.

With his own clients, he recommends the use of edibles low in sugar in conjunction with an overall dietary plan for high performance or injured athletes, noting their anti-inflammatory effects.

When discussing cannabis access, Horton encourages his clients to explore the legal markets. He recognizes that there are various beneficial strains and methods of consumption that are targeted specifically to the athletic experience.

HIS HOPE FOR CANNABIS' FUTURE

For the fitness and cannabis communities, Greg wants to use TCA as a platform to urge

people not to just think of able-bodied people when thinking of cannabis.

"I cannot underline enough the usefulness of cannabis to help otherwise severely disabled persons... be able," he said. "I have seen a man with spasms so hard it can throw him off his hospital table calm because of cannabis' antispasmodic effects," he added. "I have seen cannabis loosen the muscles of a man who endures Cerebral Palsy so he can hold a door open for abled-bodied patrons."

When reflecting back on his own journey, he sees his very personal experiences manifest in his work with clients. "I have had emotional breakthroughs with people suffering from PTSD because they had their emotional barriers weakened by the mood enhancing effects," he added. "I understand the strife



and challenges these people face, and couldn't bear to see what they'd endure if cannabis was not available to them."

FOLLOW GREG HORTON'S BLOG AT THECASUALATHLETE.BLOG.WORDPRESS.COM

KEEP UP TO DATE WITH HORTON'S WORK AND STAY ENGAGED WITH HIS APPROACH TO WELLNESS ON HIS FACEBOOK PAGE FACEBOOK.COM THECASUALATHLETE

MYTH:

Disability means handicap.

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MAJOR LEAGUE BASEBALL

AMERICA'S STONER PASTIME

BY MOLLY CATE

SHHH... This is just between us, OK? America's family-friendly, national pastime gives Major League players a free pass to light up whenever they wish.

Baseball is the unspoken hash Heaven of professional sports, but there's a dark side too. Turns out, professional baseball enforces a kind of class system, not just with money, but also in the freedom to use cannabis, medicinally or otherwise.

Here's how it works. Major League Baseball (MLB) has three social classes: owners/managers (the upper class), major league players (the middle class), and minor league players (the working class). Owners and managers are basically beyond the gaze of the rest of us mere mortals, enforcing the rules for the other two classes. Players on a major league roster are governed by player-friendly union rules that prohibit random drug testing, while the minor league players work without the protection of a union, underpaid and randomly tested. "High Times" called minor league pay "so low it should be illegal."

The set-up is rigged to protect America's national pastime from being tainted with tales of the demon weed. Major league players can enjoy and medicate with cannabis all they like. It's "don't ask, don't tell." The working class guys on farm teams are easy scapegoats, one or two sort of ritually slaughtered each season when they test positive, taking the fall, suffering fines and suspensions to prove, over and over again, that MLB has zero tolerance for cannabis.

Baseball has had a long, well-documented history of drug abuse, but it's all been about performance enhancement. Stories abound of jars of amphetamines in the dugout. Steroid use was so rampant the U.S. Congress got involved, pressuring the industry to institute drug testing in 2003. And, of course, there's the legendary abuse of alcohol among baseball players of every era. Can't blame them though. The wear, tear and injuries suffered in professional sports always lead players to seek relief.

How ironic that the most benign of self-medication substances, now legal as medicine in a majority of states, is seen as so evil. It's a completely 1950s attitude.

Look a bit deeper though and even that antiquated attitude makes some sense from the owners' perspective. Many minor league teams are in small, Southern U.S. cities, places known for their staunch, anti-cannabis attitudes. And, there's the brand to protect, enshrining baseball as the squeaky-clean, family-friendly entertainment for all ages.

Baseball owners and managers are safeguarding an image, but the consequences are terribly unfair. Minor leaguers are randomly tested and someone takes the fall every so often to prove the image still stands, while the 40 players on each major league team roster do as they please. Definitely different social classes.

Rarely, a major league player steps into, or is shoved into the limelight. San Francisco Giants pitcher, Tim Lincecum, became a cannabis poster boy in 2009 after he was given a civil infraction and fined for possession of a pipe and approximately an eighth of flower. This happened off-season in his home state of Washington, mind you, but the fans know no seasons or state lines. Right away, the slogan "Let Timmy Smoke" sprang up on shirts, hats and on social media. If he had been in the minors, most likely he would have faced fines, drug rehabilitation, and a suspension. No punishment seems to have descended from the suits in the office though, and Lincecum, then an All-Star and two-time "Cy Young Award" winner, led the Giants to win the next World Series.

Other than Lincecum, a few other players stand out as cannabis poster boys. Dirk Hayhurst (San Diego Padres) claims in his 2012 book, "Out of My League," that some guys play better ball on cannabis than without it, echoing claims of men in other professional sports. Hayhurst wrote, "a lot of guys... would otherwise be bouncing off the walls... [they are] better focused when they're toked up."

Retired player Ryan Tucker, whose baseball career was cut short by injuries, was reportedly planning, as of last spring, to open a cannabis greenhouse and dispensary, though no grand opening announcement seems to have been made yet. Tucker said to Leafly correspondent Donnell Alexander, "I got into the cannabis industry because it saved my life."



Going back a few years to the heady 1970s, we had the cannabis champion Bill "Spaceman" Lee. The beloved Boston Red Sox Hall of Famer was always outspoken about his love for cannabis. He even ate it on his pancakes. It is part of his zany, party-dude persona to this day. In 2016, he was reported to be planning to run for the Vermont governor's seat. Old news for him; he ran for president in 1988 on the Rhinoceros Party ticket. Perhaps he'd like to try for the White House again in 2020, this time on the Party Party ticket. We could all use some humor coming out of D.C. these days.

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Running, Cannabis and You!

BY ALLISON EDRINGTON

EUPHORIC. MAGICAL. An out-of-body experience where everything, for a wavering moment, becomes clearer. You might think that describes the last cannabis chocolate you enjoyed over the weekend, but it's also how athletes often describe the "runner's high."

People can experience a runner's high after a long aerobic workout; it's a euphoric feeling that studies say decreases stress and increases pain tolerance. Sound familiar? The similarities between the runner's high and the high you get from cannabis may be more than coincidental.

According to a 2015 study published by the National Academy of Sciences, the ability to experience a runner's high may depend not on endorphins, as previously thought, but on your brain's cannabinoid receptors. The same receptors that make the cannabis high possible.

While more studies are being conducted on how exactly cannabis affects exercise and athletes, this multi-faceted flower is already a part of many people's morning jog. San Diego-based cannabis lifestyle blogger for the Hurt Guru, Roni Stetter, said she discovered early on that cannabis could help her lead a healthy, active lifestyle.

Stetter has always been an active person, and growing up she enjoyed swimming and other sports. That changed one day in high school when she dove into a pool the wrong way and dislocated part of her spine. She spent months in physical therapy and dealt daily with chronic pain. Doctor's orders were to stay away from sports, and she reluctantly stopped her regular visits to the pool for swimming practice. She said she had to stop exercising so often, and that significantly impacted her health.

THE ATHLETIC ISSUE 15

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The medications Stetter was prescribed did little for the pain, but she discovered accidentally one day that when she smoked cannabis, she found relief. “I was a recreational consumer turned medicinal patient,” she said.

“When I went to college and I was free to smoke every day, then I really started noticing the benefits,” Stetter said. “I realized, ‘Wow! It really does help!’ On a long-term basis, I was able to get back into the gym. Before I had built up that THC tolerance, I just had so much pain I couldn’t even get myself to go.”

Getting back to the gym was an accomplishment, but she wasn’t done yet. Stetter said she started running and training, against the advice of her doctors. “I ended up running two half marathons pretty much after being told ‘Your knees are shot. You have the knees of a 60-year-old. You shouldn’t be running.’” she said. “With the pain management I gained from cannabis, I was able to.”

Stetter continues to use cannabis to lead a healthy, active lifestyle in new ways. She sat down to share more with us.

Q&A WITH RONI STETTER ON CANNABIS AND EXERCISE

EMERALD MAGAZINE: Do you consider yourself to be an active person?

RONI STETTER: Definitely. I consider myself a lifelong athlete even though there’s no way in hell I am going to compete! I can’t run anymore actually because of some other injuries that I have. It keeps compounding. Once you have imbalances in your body, [you] kind of just keep getting hurt.. Your body is never really straight, and then your muscles are tensing up after a workout or whatever, and something might be a little out of place and then it’s just out of place. It’s definitely a constant thing.

I’ve been getting into cupping and different kinds of massage, like cannabis massage, that was one of the best things. Especially when I was running, I had this lady [who] would get out my calves and all my ankles and even up to my jaw, because I have jaw pain as well. So you can literally get any of that massaged by

a skilled person with some cannabis oil and that’s something I think is going to be huge in the next couple years as people learn how amazing it is.

I know a couple massage people in San Diego who really don’t know what their future here is legally, or how they’re going to have to pay for their supply of the oil. It’s definitely difficult no matter what you do in the industry.

EMERALD: What kind of sports or exercises do you gravitate toward?

RS: I’m back to swimming. I’m not like a formal student of yoga or anything, but I’ve learned yoga is great for pain management. It’s a great complement to any other sport..

EMERALD: What kind of cannabis consumption has helped you the most when it comes to running and exercising?

RS: I usually dab oils. That’s really uplifting. It really doesn’t matter if it’s an Indica or Sativa strain for me. I end up having a dab before I go out. You walk into the gym listening to music, feeling that feeling -- it helps you get in the zone. For me, it always helps me open my lungs, and I know for everybody it doesn’t have that same effect. I actually had asthma when I was a kid, and since I’ve been using cannabis, I really haven’t had problems like that. But I’ve also been controlling my allergies and taking care of my health, and also not swimming as hard as I used to [...]. So I feel like it does help. Gets the blood flowing a little bit.

EMERALD: It sounds like you stick with THC oils.

RS: Yes, but I have had some CBD energy bars that were actually really, really good. I don’t know if it’s the ingredients they used or

the CBD they used, but that was a pretty good experience as well. There’s all kinds -- edibles don’t have to be disgusting or really bad for you. They can be healthy for you like energy bars or snacks that go with your workout so you can get that affect. Of course, you have to eat them a little beforehand so they have time to do their thing.

EMERALD: Have you bought any recreational cannabis since stores opened on January 1st in California?

RS: I finally went (laughs). I didn’t go for the first month and a half. It was a cool experience. The tax wasn’t that bad. I got three pre-rolls for Valentine’s Day.

Find Roni Stetter at thehurtguru.com or on Twitter @rawnstet.



PHOTO BY NADENE SMITH



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JOINT RELIEF

SPORTS MEDICINE DATES BACK TO THE 5TH CENTURY

COULD THERE BE such a thing as “joint” relief for joint pain?

The medical community usually takes a conservative approach to new trends. The same might be said for their approach to the use of CBD, and cannabis related products, when it comes to treating sport related pain and injury. They want to see the results of long-term studies and evaluations before taking a definite stand.

History tells us that the cannabis plant goes back thousands of years, according to such sources as “The Religious and Medicinal Uses of Cannabis in China, India and Tibet,” published in the Journal of Psychoactive Drugs. The ancient Chinese told of its analgesic benefits over the centuries. It’s not even a new idea for treating pain and injury in modern sports activities. So where or when did sports and medicine really come together?

Sports Medicine dates back to the 5th century, according to NorthEast Spine and Sports Medicine Clinic. “During this time therapeutic exercises were performed at the Olympiads and the Gladiators were assigned a physician.”

However, it wasn’t until the 20th century that sport medicine emerged as a field of its own. The international community recognized the need for preventive medical care for athletes, especially Olympians, but it was not until the 1968 Summer Olympics that the first team physicians were approved.

Sports and exercise medicine, or SEM specialists, diagnose and treat medical conditions which athletes encounter. SEM doctors also advise patients on how to manage, or prevent injuries.

So how is cannabis used to treat sports related pain and injury today?

Cannabidiol (CBD) is “the second most abundant cannabinoid produced by cannabis [and has] little or no psychoactive effects,” according to “The Leafly Guide To Cannabis,” which also states that “those in research and medicine are vigorously experimenting with CBD as a compound with immense pharmacological promise... CBD may also be an effective treatment for pain, inflammation and other conditions.”

In order to investigate America’s progress and general medical positions on use of CBD in sports, we need to start with a visit to the American College of Sports Medicine (ACSM), located in Indianapolis. They are the world’s largest sports medicine and exercise science organization and have over 50,000 members and certified professionals from around the globe. ACSM is “dedicated to advancing and integrating scientific research to provide educational and practical applications to exercise science and sports medicine,” according to their website, ACSM.org.

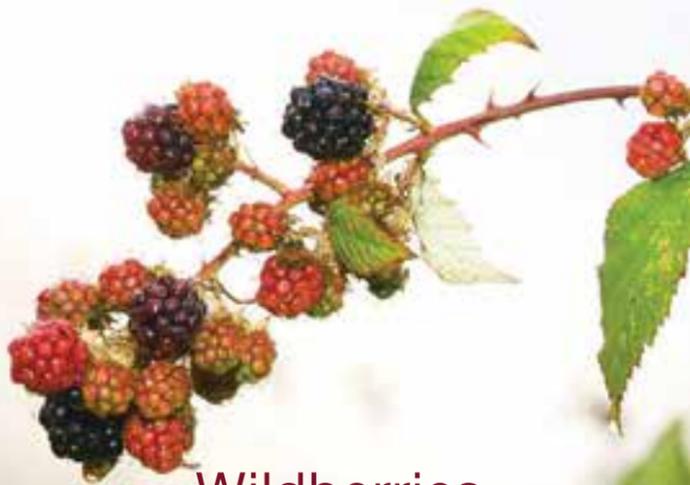
|| In adults with chronic pain, patients who were treated with cannabis or cannabinoids were more likely to experience a clinically significant reduction in pain symptoms. ||

- Northwestern University
Department of Pharmacology

BY PAUL POT
PHOTO BY ROMAN KOSOLAPOV

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Dr. Pamela Peek, an ACSM Fellow and national spokesperson for the organization, was very forthcoming about the status of CBD research and recommendations. "We simply don't have a position at this time because data is just coming in and we don't have enough to say for sure." She goes on to report, "It is a challenging situation because there are so many different compounds on the street so it's hard to study. It is a real methodological challenge. Look at the history of cannabis. It's just been in the last few years that all heck has broken loose! We just haven't looked at it." She chuckled at the double entendre as she noted the idea of using a "joint" to help with joint pain.

Overall, Peek feels we simply need to do more research.

To treat chronic pain among athletes, she noted that results were difficult to isolate because the athlete might also be using supplements and other compounds, therefore masking the effects of the CBD or cannabis. She could not make a recommendation at this time but is hopeful more studies will help determine the positive effects of CBD and cannabis.

Peek did point out a new and very important study for Northwestern University's Pharmacology Department, conducted by Doctors R.J. Miller and R.E. Miller, and published in January, 2017. In it they determine that cannabis should be taken seriously as a treatment and shows "a lot of promise."

In overall studies they reported the effects of cannabinoids on joint disease, stating, "many individuals report they do benefit from their use."

So there is substantial anecdotal evidence. They go on to say "a recent survey of users in Arizona reported a very high frequency of satisfaction with the results [of cannabinoids]," for fibromyalgia, arthritis and neuropathic pain, which plagues many people on and off the field.

The study's authors also reported that those who suffered from the latter experienced, "a lot or almost complete pain relief," and there "was a lower use of other pain relief medications like opioids." They further indicated that the pre-clinical and human data that does exist indicates cannabis should

Number of people around the world who have used cannabis, according to the United Nations.

158.8
MILLION

STATISTA.COM REPORTS THAT 55.7% OF MEDICAL USERS AGED 65+ SPEND \$50-\$150 A MONTH ON MEDICAL CANNABIS



"APPROPRIATE CANNABINOIDS ARE EFFECTIVE IN LIMITING JOINT PAIN AT BOTH THE CENTRAL AND PERIPHERAL SITES."

be taken seriously as a potential treatment for joint pain, calling it "one of the possible and most obvious choices."

Although cannabis is still a schedule I substance, strangely pure THC is not. Known to doctors as Dronabinol or Marinol in its pharmaceutical form, it is used primarily for nausea. Similar drugs like Nabilone, marketed as Cesamet or Sativax in some countries, is sold for neuropathic pain.

There remains a pressing need to have more non-opioid solutions to pain and injury. For that reason the anecdotal reports are useful. The Northwestern University report also says, "There is a widely held view that natural cannabis may have advantages over pure THC in a number of cases owing to the 'added value' of the effects of the other molecules included."

Overall there seems to be a lot of anecdotal medical support for cannabinoids helping with chronic pain and joint relief, two of the most common problems for athletes. The report states "appropriate cannabinoids are effective in limiting joint pain at both the central and peripheral sites." They go on to say that, "In adults with chronic pain, patients who were treated with cannabis or cannabinoids were more likely to experience a clinically significant reduction in pain symptoms."

Because of the still sensitive nature of cannabis and CBD among the medical community, even in California, a number of professionals at top universities and sports clinics declined the opportunity to contribute to this article.

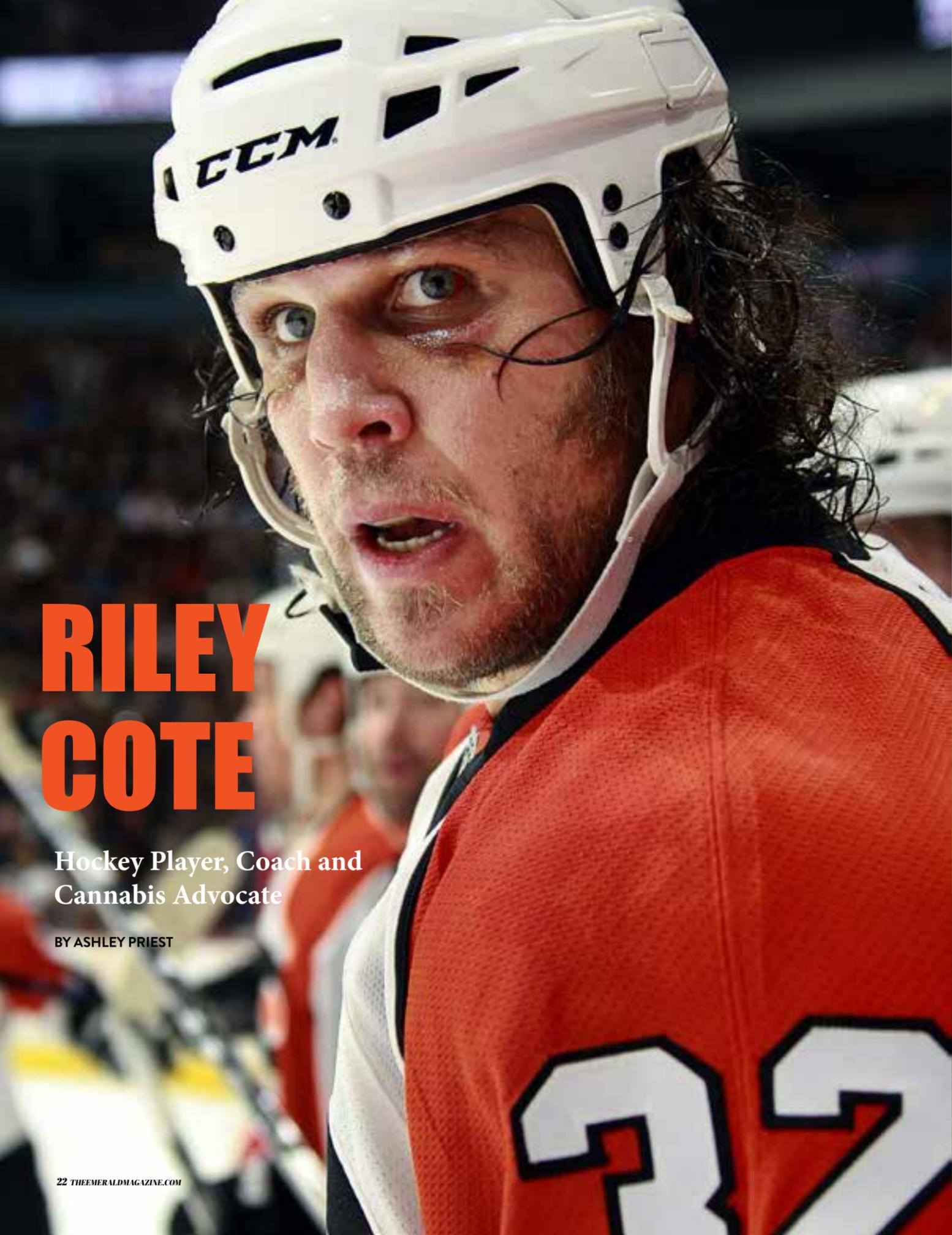
More than 22 million Americans over age 12 are using cannabis or CBD daily. That number is on the rise. Members of the medical community have urged for relaxed regulation on cannabis so that large clinical trials can be conducted in the near future. The availability of medical cannabis is now becoming a reality all across the world. Its effects, which offer so much promise, need to be accurately assessed and reported.

Of course, when it comes to your own concerns about sports-related pain or an injury, it's always best to consult with your own physician.



JAHAN MARCU, PHD
CHIEF SCIENTIFIC OFFICER FOR AMERICANS FOR SAFE ACCESS

Chronic pain is a symptom of rheumatoid arthritis, and when it comes to chronic pain, we have 9,000 patient years of data showing that THC [the active ingredient in cannabis] effectively treats it.



RILEY COTE

Hockey Player, Coach and Cannabis Advocate

BY ASHLEY PRIEST

RILEY COTE REMEMBERS the first time he tried cannabis “like it was yesterday,” he said. He was at a party when someone offered him, “cannabis oil dabs heated with the hot steel knives fresh out the old stovetop heating coils. I over consumed and vividly remember the paranoia, anxiety and the quickness of my thoughts.”

He was just 15 years old. Admittedly, his first experience with the herb was off-putting. It wasn't until six months later that it all changed.

At 16 years old, Cote left his home in Manitoba, Canada, to join the Western Hockey League as a junior hockey player in Prince Albert, Saskatchewan. It was then that Riley first noted just how medicinal cannabis could be for athletes. Here, he said, he “discovered the sense of calmness and focus it brought without the interference of other intoxicants like alcohol.” This was when cannabis became a part of his life. “I remember coming home after my first season of junior hockey and ripping the bong before going into the gym and getting after it,” he explained, “I was intrigued by how it helped me focus and stay in the zone.”

HOW CANNABIS HELPS COTE

In 2004 Cote started his career as a professional hockey player in the National Hockey League (NHL) and is best known for his position as a Left Wing for the Philadelphia Flyers. Throughout his career he was involved in roughly 250 hockey fights, which resulted in numerous injuries and a plethora of medical ailments. While he was still playing, he stated that cannabis helped him most “with managing pain, anxiety, sleep and just an overall feeling of spirit and well-being.” He attributes his cannabis use and regular consumption of hemp-derived CBD oil from Receptra Naturals for his positive mental health, not only during his career, but throughout what he calls the “recovery process.”

Cote believes his regular consumption of cannabis is to thank for eliminating his major asthma symptoms, including severe asthma attacks, numerous hospital visits, and the need to constantly have an inhaler on hand. This is a topic that Riley doesn't often speak of, but since learning about “the anti-inflammatory properties of cannabis, as well as its ability to act as a bronchodilator,” he stated, cannabis consumption may have

something to do with the fact that he hasn't carried an inhaler with him or suffered asthma symptoms since he was 16.

“If you can manage pain, anxiety, inflammation, sleep and protect your brain all with a smile on your face, to me it's a no-brainer and it's why cannabis is my herbal choice,” said Cote.

INCORPORATING CANNABIS, FITNESS, AND YOGA INTO HIS LIFESTYLE

Cannabis is part of Cote's daily lifestyle and fitness regimen. He believes that cannabis is “the ultimate healing and recovery tool” for athletes and many others. He currently utilizes cannabis to manage his pain, which stems from the numerous injuries and surgeries he has endured throughout his career. His typical consumption method is vaping, but more recently he has also ingested cannabis in low dose capsules which contain 5-10mg of THC in coconut oil.

According to Cote, “The vape acts almost instantly for immediate relief, while the ingested cannabis plays a subtle role in calming the body as a whole,” he added. “I've



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realized that less is more and this way I can sustain my pain management simply, but also find balance between managing pain and inflammation, and be fully focused and productive.”

His fitness regimen consists of mainly yoga and bodyweight exercises. He also loves to incorporate cannabis with yoga, noting that yoga is a game changer when it comes to addressing the pain and inflammation from the many years of wear and tear upon his joints. “The element of focus and being more conscious of your movements and breath take mindfulness to another dimension,” he said of yoga. “For years I’ve integrated cannabis in my training and workouts which really help me dial it in, but when you really tune into how your body feels it becomes an even more valuable tool.”

THE NEXT HEMPSATIONAL CHAPTER

After Cote retired in 2010, his advocacy for medical cannabis and hemp grew stronger, the latter of which he gained an understanding and respect for during the last year of his career.

“My passion for hemp came from a combination of having experienced and understood the therapeutic, medical, and spiritual properties of cannabis and me discovering the nutritional profile of the hemp seed,” he explained.

During the last NHL season of his career, Cote changed his diet to a whole foods, plant-based one, that included plant-based protein sources such as hemp seeds. During this time, he gained a deep understanding of the digestibility and nutritive value of the hemp seed.

In 2010 Cote founded Hemp Heals Foundation, a 501(c)(3) non-profit organization, which he said is dedicated to “promoting hemp as a viable agricultural crop for farmers to mix into their rotation.”

Since this time Cote has been an outspoken advocate for hemp and medicinal cannabis alike. In 2016 he became one of the founding members of the Pennsylvania Hemp Industries Council. When asked what the biggest benefit hemp has to offer is, he said “It’s an overall healing plant and has the ability to change the world in so many different ways.”



mation and improve recovery time, but also to protect their brains” from long-term brain injuries such as traumatic brain injury (TBI) and Chronic Traumatic Encephalopathy (CTE).

A PLANT FOR ALL PEOPLE

In 2017, Cote co-founded Athletes for CARE, also a 501(c)(3) non-profit. Cote said the organization works to “promote health, wellness and alternative healing tools, not only for athletes and retired athletes, but also for the general public at large.”

Athletes for CARE is dedicated to providing a supportive community for retired athletes suffering from mental health issues, drug addiction, physical injury, and pain while helping to “normalize and legitimize the use of cannabis for a variety of conditions,” said Cote. He is hopeful that the organization will be able to help facilitate cannabis research to provide scientific backing to the growing number of anecdotal experiences heard from athletes all over the world.

When asked whether his role as a former NHL player and coach gave him a unique ability to be a voice for other athletes, Cote said, “Yes, I think so. Traditionally the stereotypical cannabis user is unmotivated,

lazy and addicted. Well, that couldn’t be further from the truth.”

Advocacy in any movement has many different faces, said Cote. “In the cannabis movement there are a bunch of former professional and nonprofessional athletes -- including myself -- using their platform in the sports area to legitimize the use of cannabis and/or hemp-derived CBD to manage pain instead of addictive opioids, [to] manage inflammation, protect the brain, promote sleep and more. Not only for athletes but for all people.”

FOR MORE INFORMATION, PLEASE VISIT:
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TWIST.

Body High Pole Dance

BY NORA MOUNCE | PHOTO BY JESSICA BREULT

“AS YOU LEARN TO HOLD YOURSELF IN CERTAIN WAYS, YOU ACCESS YOUR INTERNAL POWER,” explains Natalie Abeja, a business owner, dance teacher and mom.

ABEJA AND HER BUSINESS partner, Naomi Leitu, are the proud owners of Body High Pole Dance in Arcata, California. A micro-sized studio, the main room is painted hot pink, accented by floor-to-ceiling mirrors and tooth-picked with gleaming silver poles. The funky and inviting space is a study in contrast from the cold misty landscape outside the studio window at 9 a.m. on a Friday morning.

Body High's pole-yoga fusion teacher, Amy Jo Molloy/Aijun, turns on a small space heater and begins warming up her students, leading us through juicy, feel-good iterations of downward dog and plank. Moments later, we're plenty warm as we begin moving from our center, a place far more sacred (and further south) than the core everyone talks about at the gym. At Body High, teachers invite students to move from a more primal place or what Abeja calls, "our little energetic portals."

"In our culture, women [femmes] don't have permission to move in overtly sexual ways. As a stripper, I was given that permission to move in that specific way," says Abeja. "But if you walk down the street dressed like Jessica Rabbit, you're going to be seen as inviting unwanted energy. So often, there's no space to do it."

Enter Body High Pole Dance: Abeja and Leitu first started teaching impromptu pole classes in a friend's garage. They steadily expanded into larger and more public spaces as the word got out. People would

flag Abeja down on the street, asking, "Do you teach pole dancing?" They realized there was something there. Abeja developed her athletic prowess and toolbox of sexy moves while working as a stripper at Humboldt County's legendary Tip Top Club. Abeja is unabashed about the classic hard-times tale that led her to the strip club, but she's equally candid while sharing how dancing, and now teaching, have positively transformed her life. When her students started reporting back about breakthroughs in intimacy or having new confidence in public, Abeja realized how much the community needed a space like Body High.

When students sign up for "Beginner Pole" or "Stripper Style" courses, they're guaranteed a safe, inclusive and stigma-free public space to explore bold and sensual movements, absent from the male gaze. After getting hooked on strengthening their bodies and tapping into their sexual power, they can advance to "Pole Tricks" or "Choreography in Heels."

Watching students find another side of themselves in the mirror, the Body High teachers love encouraging dancers to try new tricks, or simply channel their inner Janet Jackson while rocking eight inch heels for the first time. Since opening last year, two simple rules

have helped to engender a body positive atmosphere that helps keep classes full: no photos without consent, and no boyfriends!

Abeja self-funded Body High through cash she earned as a stripper, allowing her and Leitu to divorce their business from dependency on financial institutions and investment offers from male customers. Molloy/Aijun adds that having two non-white women owning a business is, "a big deal.." for the area, and does much to strengthen the culture of inclusivity at Body High.

When the studio first opened, it was a female only space; Abeja and Leitu believed it was their duty to safeguard their students from the exploitive male gaze. Tweaking the business model based on their student's diverse backgrounds, today Body High welcomes non-binary individuals and men, with students ranging from ages 15-65. (Their first male teacher, Ben, teaches "Pole Tricks" every Friday night at 6 p.m.). The social history of deriding pole dance as something done by a "certain kind of woman," makes the art form an ideal conduit for empowering individuals who have been historically disrespected.

"Don't let go of the pole!" Molloy/Aijun tells me. "That's the most important thing." Anyone whose braved a pole-dancing class knows that mind over matter is fundamental to enjoying the experience. But the Body High teachers aren't shy about denying the raw strength and physicality required to gracefully whip your body around a slippery pole. A fiery red-haired yoga

teacher, Molloy/Aijun has taught belly dance all over the world and understands how embedded primal movement is within non-Western cultures.

"That dormant stuff in the spine is no joke," explains Molloy/Aijun, recalling how many student's she's seen release emotional blockages through moving the hips and pelvis. While an effusive and endlessly encouraging teacher, Molloy/Aijun doesn't lie – pole dancing is hard! A credit to the athleticism required to fly around a pole, the International Sports Federation is currently observing pole dancing as a sport. If approved, it would be an official event in future Olympics. Though an exciting proposition that would honor hard working female dancers who paved the way, Body High isn't too concerned whether people consider it a sport or an art form. They view pole

dancing as way to heal trauma – and cannabis as medicine that can help.

When Abeja and Leitu named the studio, they settled on Body High as a nod to the regions iconic cannabis economy. Abeja believes that using cannabis helps students access deeper flexibility and can be a powerful learning tool. Students at the Arcata studio feel comfortable vaping in the parking lot before class, blending

the historic rituals of herb and dance, as culture allows. In the future, the owners hope to teach classes where students can engage in "ritualistic medicine" together.

"A pole studio puts the power back in women's hands, taking apart a femininity that's been fragmented, and saying you can be all things, not just one thing," explains Abeja.

Turning judgments about stoners and strippers on their heads, Body High Pole Dance is thriving as a cultural center for body positivity, education, healing and femme-centered athleticism.

 VISIT

BodyHighPoleDance.com for more information and schedule of classes or drop-in during your next visit to beautiful Humboldt County.





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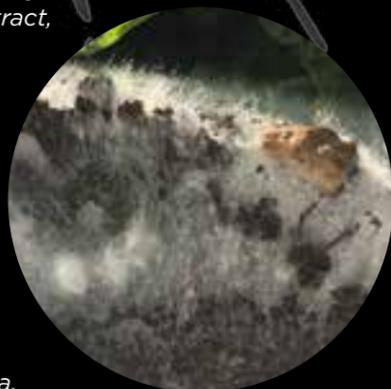
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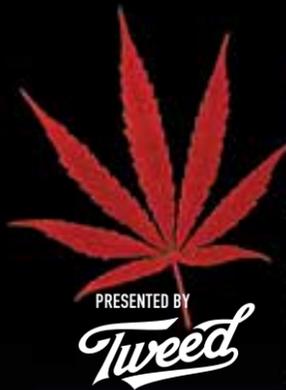


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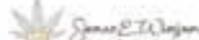
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LOS ANGELES



PHOTO COURTESY OF JIM MCALPINE

THE 420 GAMES

Athletes Everywhere are Coming out of the Cannabis Closet

BY MELISSA HUTSELL



420 GAMES PARTICIPANT MAKES IT TO THE 2016 FINISH LINE. PHOTO BY LARRY GASSAN

THE 420 GAMES gather Olympians, pro football players, and athletes from all over the nation, proving cannabis users are anything but indolent.

Participants don't have to run a marathon to be actively involved – rather, they can arm-wrestle a Ultimate Fighting Championship® (UFC) legend, watch a live Jiu-Jitsu match, or stroll along Southern California's beaches.

This year, events will be held in Los Angeles (March 31-April 1, 2018), Pittsburgh (April 12th), Denver (July 8th), and San Francisco (August 11th).

The LA games, back for the third year, kick off with the signature 4.2 mile walk/run/bike/wheel each morning. Participants will loop around from the Santa Monica Pier to Venice Beach, and back again.

Jim McAlpine, 420 Games founder, said, “traditional races tend to be 5K's, or 3.2 miles. Our race incorporates an additional mile so participants can literally 'go the extra mile' for cannabis.”

“The race isn't about running or walking, but rather, it's about being active,” he said.

Participants will have opportunities to do just that throughout the two-day festival. Activities include: pre-run yoga sessions, a basketball tournament, a professional skateboarding contest, a post-run village party and beer garden. Prizes will be awarded for “Most Fit” male, and female.

An arm wrestling contest allows attendees to go one-on-one with former NFL players, Reggie Williams (Cincinnati Bengals), Eben Britton (Jacksonville Jaguars), or UFC legend, Frank Shamrock.

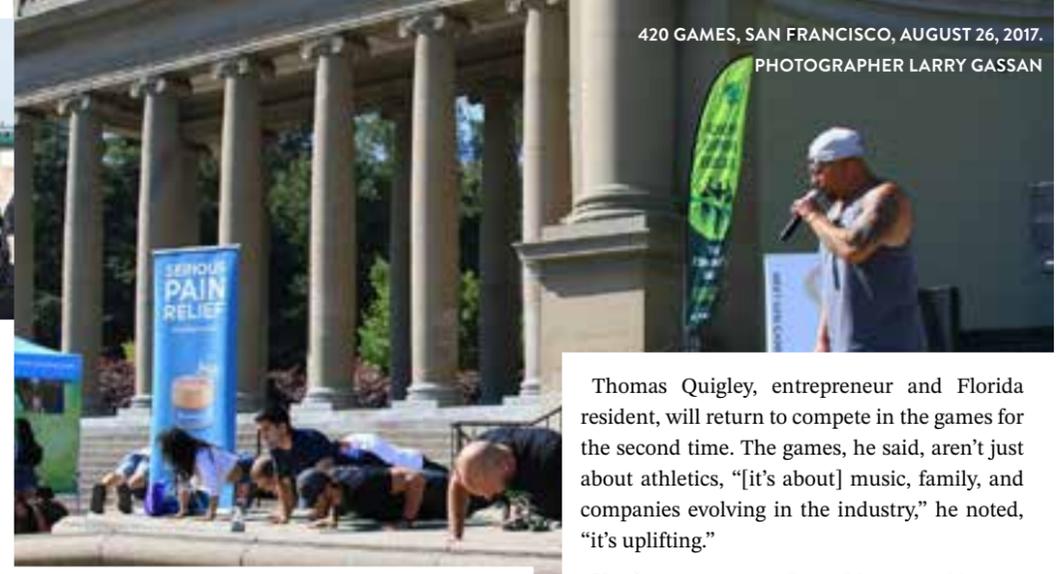
More than 100 cannabis companies, food vendors, and dispensaries will be on site. Their purpose: to educate and engage participants about how cannabis fits into an active lifestyle.

“This is not a consumption-based event,” McAlpine explained. Attendees are asked not to smoke on site.

This event is the largest yet, and for the first time, will occur over a two-day period. More than 4,000 people are expected to attend.

The games have gained momentum since the inaugural event in San Francisco's Golden Gate Park in 2014.

Attendees are just as diverse as the 420 Games' lineup, “Moms, kids, senior citizen, pro athletes, [para athletes],” explained McAlpine.



420 GAMES, SAN FRANCISCO, AUGUST 26, 2017. PHOTOGRAPHER LARRY GASSAN

Thomas Quigley, entrepreneur and Florida resident, will return to compete in the games for the second time. The games, he said, aren't just about athletics, “[it's about] music, family, and companies evolving in the industry,” he noted, “it's uplifting.”

His first attended in Santa Monica in 2015; he participated in the 4.2 mile race, which featured an emotional finish by triple amputee Jose Martinez.

Participation, said Quigley, is important to the effort to de-stigmatize the plant. The gathering spotlights holistic health, and those who use cannabis to battle illness with alternative medicine. Cannabis, he said, is just one piece of the holistic ecosystem.

“The event gives permission to start those conversations,” he explained, especially for athletes who hide their cannabis use. “An event like this, it gives them a value, [it allows them to] come out of the cannabis closet, express how they



ATTENDEES AT THE 420 GAMES IN LA ON MARCH 2016 RACE TOWARD THE FINISH LINE. PHOTO BY LARRY GASSAN

use it [and] how it enhances performance,” said Quigley.

Quigley, a Jiu-Jitsu and mixed martial artist, uses cannabis as an athletic aid. When consumed before, it helps him focus. “Then after, I find that high CBD products also help with recovery,” Quigley added.

McAlpine believes the plant doesn't define a person. “You can choose to be a stoner and sit on the couch, or ride a bike up a mountain,” he said, “It's not the plant that's making you do either.”

“I've always been an athlete; I've always used cannabis in a health-oriented way,” he said. “There are many of us.”

McAlpine is also the founder of the New West Summit, and Power Plant Fitness, the world's first cannabis gym, expected to open later this year in the San Francisco Bay Area. He broke the mold, and wanted to “teach the world that using cannabis doesn't mean you're a stoner,” he said. “I smoke it everyday, I don't consider myself a stoner.”

What works for him may not work for others, McAlpine said. On that note, he encourages people to learn what works best for them.

An athlete's exceptional ability to do just that -- know their own body -- gives them an unparalleled understanding of health, and cannabis' role in it, explained Eben Britton.

As an elite athlete, Britton's job was to be in

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tune with his body. “I know what I needed to make [myself] feel better,” he added, “I know the way my body responds to food, to drink, to medicine.”

“My true education with the plant on its applications as it relates to [my] athletic career didn’t happen until I got into the NFL,” he explained.

Britton spent 15 years playing football, six of those as an offensive lineman for teams such as the Chicago Bears and Jacksonville Jaguars.

Daily trauma, mounting injuries, and season-ending surgeries took their toll. Britton found himself in a spiral of pain, anger and discomfort, which he said, “felt like a nightmare.”

Several athletes, including Britton, have spoken of the “T train,” described as a line of players waiting to get a shot of Toradol (a powerful opiate) to curb chronic pain, and get them through a game.

Pain management within the league relies heavily on the use of prescription anti-inflammatories and opiates. Side effects of such medications wreak havoc on the body and mind, said Britton.

He gravitated toward the cannabis plant instead. It’s the “one thing that brought mental peace and recovery, and helped me relax after I’d come home from a 12 hour day of grind – [which included] meetings, weightlifting, and full-speed practice,”

with 70-100 hits per day, he explained. It put him in a “very adrenalized state.” Cannabis brought balance.

Britton points to the plant’s neuroprotective properties -- especially important in a sport whose players experience concussions often. According to “Cannabinoids as Antioxidants and Neuroprotectants,” or U.S. Patent number 6630507B1, held by the U.S. Department of Health and Human Services, “cannabinoids are found to have partic-



PHOTO BY JOSH FOGEL

ular application as neuroprotectants, for example in limiting 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.”

Britton believes that the existence of such knowledge should be enough for the NFL to embrace cannabis use among its players.

It’s Britton’s personal experiences with cannabis that motivate him, and many others, to advocate for cannabis use in athletics. He currently works with Athletes for CARE, and co-hosts the Mindful Warrior Podcast with former NFL player, Nate Jackson.

Jackson once said that half of NFL players use the substance. When asked whether that was a fair assessment, Britton said that’s “very conservative.”

The brilliance of the 420 games is that it draws attention to people who are constantly putting their bodies, minds and spirits through trauma and physical stress, Britton added. “Cannabis is an intricate part of the healing process [...]” said Britton, “athletes are at the forefront of understanding and applying this method of being.”

Athletes are given the opportunity to be vanguards for social issues, notes Britton -- take Jim Brown or Muhammad Ali here for example. “Cannabis [use] is among those social issues.”

FOR MORE INFORMATION, INCLUDING A SCHEDULE OF EVENTS, VISIT THE 420GAMES.ORG

BRIAN KAHO

SHARING THE JOGGER’S HIGH

BY SHARON LETTS



TRAINER BRIAN KAHO shares that if you smoke cannabis, you are already familiar with a few of the ten breathing techniques he teaches his clients, many of whom use the herb for increased stamina, and to fight off inflammation and subsequent pain.

Kaho was late to the table where cannabis was concerned, and didn’t partake until after high school, at age 19. Three months later, he became a runner.

While attending Ponderosa High School in Shingle Springs, California, near Lake Tahoe, Kaho was on the wrestling team as a heavy weight one season, and the football team the next where he played Left Guard and was awarded “Second Team All-League” in his senior year, graduating in 2003.

A meniscus tear during his junior year put the brakes on his athletic career, and it was music, not sports, that led him to the beneficial herb, allowing him to come full circle, back to sports.

“I started rapping at the age of 16, and wrote many songs in my composition notebook,” he shared. “It wasn’t until I moved back to San Jose and finally gave into the pressure of friends, that I began to smoke weed.”

Peer pressure came via a “Hip-Hop Cypher;” a freestyle circle of rap.

“My creativity with lyrics, rap patterns, and cadence to ride the beat was impeccable with cannabis,” he continued. “I discovered how focused cannabis made me while rapping; with increased endurance for beatboxing. Time after time, I knew what was happening, but from the outside, looking in, I thought I was ‘just high.’”

Kaho said he performed a great deal on stage. Smoking cannabis before taking to the stage became his routine, putting him in the “right zone.” Today, as a trainer, he helps others get into the zone, many with the help of cannabis.

The thirty-two-year-old was born in San Jose, California to immigrant parents. His mother hailed from the island and Kingdom of Tonga, with his biological father from Guadalajara, Mexico. Raised by his stepfather of German descent, Kaho said his nationality was misunderstood in the predominantly white school.

“My high school didn’t have much diversity at 98 percent Caucasian – I was point one of one percent,” he laughed. “This was as much a culture shock for them as it was for me. Most kids thought I was Black or Hawaiian. In the end, Sports helped me fit in, and I made a lot of great friends and gained a profound understanding of humans.”

After high school Kaho said he was still carrying a footballer’s weight. He was tired of being called a “Teddy Bear”. After a friend’s advice that he “Wake and Bake,” he added cannabis to his morning workout, with excellent results.

“I knew I was going to go for a run and didn’t think about how I would feel after I smoked,” he explained. “So, I smoked the weed, and I was extremely high, but didn’t feel sluggish or tired. I felt a weird sensation of pleasure and energy. I grabbed my running shoes and went outside for a jog in my neighborhood. As soon as I began to run an instant rush of endorphins hit me. I was so in tune with my body and mind that the jog seemed effortless.”

According to Leaf Science.com, Dopamine is a brain chemical responsible for the pleasure you feel when eating, having sex, or when using drugs. It fuels our lab rat mentality, causing us to push that button until our fingers bleed – even if what we are doing is not good for us.

Luckily with cannabis, the rewards are equal to the health benefits found within the plant. Humans will self-medicate, the trick is knowing why, and being educated on healthful options.



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In training others, Kaho said the cannabis topic is approached on a one-on-one basis.

“Now that legalization is in effect in California, it’s getting easier to talk about cannabis and working out,” Kaho informed. “Before it was a hush-hush topic, but I could kind of tell when someone was open to it.”

With legalization, the covert drawing of a proverbial leaf in the sand with your toe, so to speak, in letting others know you are copacetic with the herb becomes easier. One of Kaho’s clients was already smoking a joint prior to his workout.

“He smokes a joint just before the workout, to enhance his performance,” Kaho explained. “Then he smokes one after to quell inflammation and pain. Edibles are different. With smoking, the effects take about two - five minutes to kick-in; with ingesting, it takes about 20-30 minutes.”

Kaho likens his workouts to eating organic produce, stating it’s a holistic approach to a “green and organic workout,” with breathing techniques a big part of a runner’s high.

RunnersWorld.com gives advice on breathing techniques, advising, “inhale for three-foot strikes, exhale for two, inhale for three steps, exhale for two... inhale and exhale smoothly and continuously through both your nose and mouth at the same time.”

Kaho’s breathing techniques are unique, and though proprietary, he said he does incorporate the above two steps, adding eight more,

with a total of 10 breathing steps in his runs with clients – with or without cannabis in the mix.

“Every style of a workout has different postures and the numbers don’t correlate to health,” he shared. “Endurance breathing for runners is similar to a swimmer’s – the time they need to catch their breath, surface, catch air, then go back to swimming – I do this with running.”

With cannabis now legal in California, Kaho’s training with the beneficial herb is in demand. Gigs have included participation in the 420 Games, where he was awarded “Cannathlete of the Month” in February, 2018; training courses at Power Plant, a cannabis-friendly gym founded by 420 Games organizer, Jim McAlpine; and more workshops in the planning stages now.

The future looks fit and a bit green for the rapper turned trainer - excelling in both, thanks to cannabis.

“This is my year!” Kaho announces enthusiastically. “As I work more closely with Jim McAlpine of the 420 Games, I’m finding more similarities in our passion and dedication to spreading the word of cannabis health fitness. As Jim would say, ‘coming out of the stoner closet,’ means speaking up and educating the masses on how cannabis can work for you.”

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BETTY KHRONIC

RAISING THE BAR HIGHER

BY SHANNON PERKINS
PHOTO BY ELLE MAGAZINE

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"I've been a distance runner since I was 17 years old. I ran distance for the University of South Florida (USF). I was a track runner and a cross country runner. [After college], I moved to California and started training for marathons," she said, "and it was probably the most intense training in my entire life, way more than collegiate training."

"Doing that type of training, I never once took an Aspirin or Tylenol. I only used cannabis to recover. It was eye opening. I became faster as an adult using cannabis, than when I was a collegiate runner and not allowed to use cannabis."

Morales studied Public Relations at USF. "My last job before I went full cannabis was in the National Collegiate Athletic Association (NCAA) internship program

to become a coach. I was in the graduate program, doing the teaching and coaching hours, and then, I got fired," she said.

"I was the track coach at Downey High School," she explained, "Someone complained and said there was an inappropriate photo of me with cannabis products on my personal Facebook page... which my students had no access to. I wasn't smoking or anything, it was a picture with a bong next to me."

Morales said she never discussed cannabis with her students. "I would never discuss anything except running with my students."

"When that happened to me, one thing I argued with the principal about was that so many teachers have pictures of themselves at happy hour. They're not being fired. Why am I being fired?" His response; alcohol is legal.

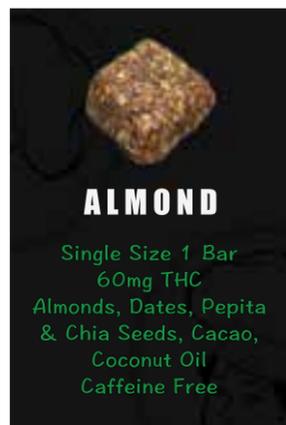
To that, Morales explained that medical cannabis was also, indeed, legal in the state at the time. Ultimately, however, the principle insisted it just wasn't a good look for someone coaching an athletic profession.

"My students tried to get me [reinstated]. They signed petitions, it was a whole ordeal," she said, "It changed my life because I quit graduate school, I quit my job, and I just went straight into cannabis. I started making edibles, and I was bartending on the side just to get the company up and running [...]."

Betty Khronic energy bars come in almond, peanut, and Cuban coffee flavors, as well as the cannabidiol (CBD) option, in almond flavor. The high amount of protein, 7g, combined with low sugar, 5g, means the body wastes less energy processing sugars with no nutrients and instead process protein to create energy.

The bars have a nine month shelf life. There are no artificial preservatives, and products do not need to be refrigerated. The only sugars in the bars come from dates, there are no added sugars. Just for a point of reference, the daily recommended sugar intake for adults is about 25g sugar. A 2014 article by Ryan Jaslow for CBS News reported the World Health Organization (WHO) recently lowered the recommended daily sugar intake for adults to 25g, despite the fact that a can of soda has 40g sugar. For only 5g of sugar, Betty Khronic bars deliver 7g of protein, a solid 14 percent of recommended daily intake. Raw food is easy for the body to digest and absorb nutrients quickly. Athletes preparing for workout, and also during recovery, can benefit from the long lasting energy from nutrient dense foods like dates, almonds, coconut oil, pepitas, and chia seeds.

The body can also intake the cannabis without being depleted by sugar. Cannabis reduces inflammation in the body, which is a major concern for athletes when combined with lactic acid in the muscles after workout. Morales and I discussed some studies and clinical trials, in addition to



first-hand accounts of athletes addressing inflammation with cannabis.

Dr. Ethan Russo's August 2017 article with Natasha Ryz and David Remillard, called "Cannabis and Cannabinoid Research," describes traditional applications of cannabis medicine dating back to 1542 when Leonhart Fuchs, a German physician and botanist, recorded in his herbal book that "hemp root, boiled in water, and wrapped -- is also good for gout." The article goes on to cover modern studies of the biochemical activity of compounds found in cannabis roots, including an-

helped with both physical and mental stress," she said, "I started off very well in my adult career as a distance runner." Finishing in the top nine on her first pass at the Ventura Marathon, Morales made it to the Boston Marathon. Sadly, she suffered an Iliotibial (IT) band injury at mile 17 of the 26-mile race in Boston. "I couldn't run, but I did finish. I dragged my leg the last [...] eight miles."

Morales turned down Cortisone and steroid shots recommended by her doctors. "I said no because I'm scared about what the long term effects may be," she recalled

Morales doesn't do what she calls "crazy distances" anymore, with six miles as her maximum, which is still a "crazy distance" for most. "I'm so grateful that I'm able to run at all, and that I was able to do it very naturally just using cannabis and physical therapy with an elastic band. I was running again about a month after the injury," she said.

Betty Khronic's 50mg CBD bars are available online, and ship anywhere in the U.S. Please note, this is only for the 100 percent CBD bar, which does not contain any THC.



PHOTO BY SHANNON PERKINS

ti-inflammatory and antioxidant properties naturally available in cannabis plants.

As a collegiate runner, Morales did not use cannabis at all because NCAA regulations prohibit cannabis use. "We were drug tested... I was a 'good girl' and I didn't do [cannabis]."

"Training in my adult life and using it, I was faster, more rested, and way less stressed out," Morales said. "Training is so stressful. That stress of having to wake up to a regimen life everyday. For me that's one of the hardest parts about it, harder than the physical part."

Morales used cannabis to de-stress, and get motivated to run 20 miles in a day. "It

of being 29 years old, and wondering if she would be able to run in her 40s and 50s. "I said no to all the steroid shots and just started taking CBD and making my own THC [Tetrahydrocannabinol] oils."

"I try not to smoke while I'm training because it's not really that great for your lungs. I keep it to mostly tinctures and edibles, and intaking oil," explained Morales, "At the time, around 2013 - 2014, there were no organic products, vegan products, or products without sugar. So, I started making my own oils to recover. Gratefully, I did recover from my IT band injury." She stills runs three-four times per week.

Some may think 60mg of THC or 50mg of CBD is a small dose of cannabis. For others, that may sound like a lot; so, feel free to break the bar down into smaller pieces. The truth is, this is an edible for athletes just as much as for anyone interested in cannabis edibles, but wary of a bad experience. There's something about the lack of sugar that makes this bar exceptionally sweet, with long lasting energy. Blaze the lazy stoner stereotype in the dust, and raise the bar higher with Betty Khronic.

TO LEARN MORE ABOUT BETTY KHRONIC AND ORDER PRODUCTS, VISIT BETTYKHRONIC.COM

CAN OLYMPIC ATHLETES USE CANNABIS?

BY ALLISON EDRINGTON

PROFESSIONAL ATHLETES ARE driven to become the best versions of themselves, but who draws the line between what is a supplement and what is "doping" for an unfair advantage? That would be the World Anti-Doping Agency (WADA), and they made a historic change to their standards regarding cannabidiol (CBD) this year.

As of January 1, 2018, athletes now have the OK from WADA to use CBD, according to WADA's 2018 "Prohibited List." The new regulation suggests athletes stick to hemp-derived CBD because, "Cannabidiol extracted from cannabis plants may also contain varying concentrations of THC, which remains a prohibited substance."

Though CBD wasn't technically allowed by the WADA before, professional athletes were primarily tested for THC consumption, according to Emeric Delczeg, former International Federation of Bodybuilding and Fitness (IFBB) Professional League bodybuilder. He is the founder and creator of the dietary supplement, Hemp-cell.

His formula combines organic, hemp-derived CBD, using natural complex growth factors (not to be confused with growth hormones) intended to up-regulate the CBD receptors in the body and brain, without psychoactivity, he said. "FGF (fibroblast growth factors) are thought to act as "ligands" to receptors or intra-cellular and intra-nuclear sensors. A ligand that can bind to a receptor, alter the function of the receptor, and trigger a physiological response is called an agonist for that receptor," said Delczeg.

"I eliminated the THC," he added, "[Professional athletes], they all get tested, so they have concerns about testing positive for recreational drugs like cannabis."

CBD supplements can help football players, police officers, and boxers recover from the mental and physical exhaustion of doing their jobs, and the injuries that sometimes follow, Delczeg said. WADA's rule change makes that option possible for more athletes.

FOR MORE INFORMATION, VISIT WADA-AMA.ORG AND HEMPCELL.NET

Incorporating Cannabis Into Your Yoga Practice

BY LUCY DAGNILLO

THE PRACTICE OF combining cannabis and yoga can be traced back to “The Vedas,” an ancient Hindu text whose history spans all the way back to 2000 to 1400 B.C. Cannabis has been noted as one of the five sacred plants due to its uplifting qualities and its ability to release tension and anxiety when used purposefully. In today’s culture, many consumers are adding cannabis into their yoga practice, as people realize the plant’s healing properties create a deeper mind-body-spirit connection and help to calm the mind during meditation. Recognizing the intention behind consuming cannabis is the first step in the process.

UTILIZING THE PLANT MEDICINE THROUGH MEDITATION

Each individual should reflect upon their own reasoning behind using the plant medicine in conjunction with their yoga practice. Whether it be to release tension or anxiety, alleviate chronic pain, or to help guide one into the present moment -- the practitioner should set an intention before practicing. When consuming for the first time before practice, one should remain mindful of the effects of cannabis on the body, and take note of it. It is important to be aware of your own personal experience with cannabis before practicing yoga as everyone has varying levels of tolerance and strains affect each person differently.

Utilizing cannabis in meditation is a great way to drop into the present moment. The effects of cannabis in conjunction with breath work allows the mind to slow down and thoughts to dissolve.

STRAINS FOR YOUR YOGA PRACTICE

A strain like *Granddaddy Purple* helps to relieve pain, is anti-inflammatory, promotes sleep, and aids in alleviating depression and anxiety. Pairing high CBD strains, such as *Harlequin* and *ACDC*, are a great option for novice smokers or for those who

Pairing high CBD strains, such as *Harlequin* and *ACDC*, are a great option for novice smokers or for those who experience racing thoughts and anxiety from their higher THC counterparts.



PHOTO BY KENESHA FACELLO

experience racing thoughts and anxiety from their higher THC counterparts. CBD relieves pain, is anti-inflammatory, and reduces anxiety all while being non-psychoactive. Regardless of your preferred consumption method, each student should listen to their body and honor their individual, personal relationship with cannabis. Understanding how the body reacts to the high allows for a more intimate yoga experience. If you prefer consuming edibles before practicing, take note of how long the edible takes to enter the bloodstream. Often times edibles take longer to digest than smoking or vaping would. Starting low and slow on a dosage is the best way to experiment. When combining cannabis and yoga, one should remain open minded about the experience.

THE PRACTICE OF CANNABIS AND YOGA

Each teacher and class offers a unique experience for students to engage in. It is important for students to try out various classes in order to find a good fit for their own practice. Whether the class is a more upbeat Vinyasa flow paired with an uplifting Sativa strain -- or mellow movement enhanced by a sedative Indica -- each class has its own benefits. Students should feel empowered to try new cannabis yoga classes, which have appeared all across the country. With so many different methodologies on how to pair cannabis and yoga -- the options for self-exploration are endless. Cannabis opens the mind to new possibilities, and the ability to problem solve more clearly. When paired with yoga the end result can be euphoric.

RESULTS OF CANNABIS AND YOGA

The cannabis plant holds many physical and emotional benefits that can help people reach a total state of relaxation and bliss. Utilizing cannabis and yoga allows one to heal both the mind and body in the safe space of their yoga mat. I invite you all to explore the potential of adding cannabis into your yoga practice and share the experience with others. As more people become educated on its benefits the more the movement will spread.



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POT TALK

BY AMY WITT



LAMB'S BREAD

WHILE HITTING WEIGHTS at the gym the other day, I overheard a meathead flirtily ask a young female what she took before she came to the gym to get her "pump on." I chuckled as I listened to her proudly recite her list of chemical and synthetic-ridden pre-workout snacks. Smiling to myself, I took a sip of water and was reminded of how satisfied I was with my relationship to my pre-workout supplement, *Lamb's Bread*.

Unlike any other strain I have ever used, *Lamb's Bread*, aka *Lamb's Breath*, takes you on an exhilarating odyssey at the gym or in nature,

running, squatting, lifting and hiking to heights that you've never been.

Loved by Bob Marley, this hard to find, tropical, sativa strain originated from Jamaica and leaves a very pungent sweet and tangy taste on the palette. Skunky and spicy in smell and taste, the buds are small, dense and bright green. It's got a high trichome content, and diamond, glistening sticky buds. This rejuvenating, earthy strain instantly boosts mood, increases energy, productivity and creativity.

I start my mornings off with a *Lamb's Bread* joint, a cup of coffee, and a couple of eggs -- it not only empowers my thoughts, but increases my metabolism. In 2014, a "Men's Journal" study reported, "The compounds Tetrahydrocannabinol (THCV) and cannabidiol (CBD) found in cannabis may help raise metabolism, speed fat loss, and lower cholesterol." In conjunction, lab results show that THCV is most abundant in sativas, and acts as an appetite suppressant.

The extremely uplifting cerebral high provides positive, introspective, intense mental stimulation that enhances confidence and focus. Accessing flow state with *Lamb's Bread*, provides for a heightened experience, immersed in connectivity, enlightenment and an alert sense of consciousness. If you're weightlifting or doing cardio, this strain aids focus on form -- meaning you can train smarter by targeting specific muscles, push through five more minutes, or five more reps. Pair *Lamb's Bread* with a high intensity jump rope routine, and some music, for best results.

Cannabis has the natural ability to take the things we love, and make us love them even more.

To create something magical, combine nature, hiking and *Lamb's Bread*. While climbing, it enables me to remove the monotony or the burning agony in my heavy calves, and replace it with a steady, rhythmic zone and competitive speed. With an elevated mindset, *Lamb's Bread* allows me to explore, while amplifying my mental, spiritual, emotional and physical state.

This sativa will let you explore and push yourself to new limits -- in and out of the gym.

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Bong Rips and Boat Trips

BY L. ANDREW

THE PADDLE'S BLADE is placed gently into the water, as far forward as your twisting spine can reach. Then, a microsecond pause, followed by an explosive pulse of force as the spine recoils and your top hand drives the shaft of the paddle through the suddenly solid water. The blade moves less than a foot through the thick water, though the boat is propelled exponentially further.

A unique boat, the Outrigger Canoe is a Polynesian craft made to traverse the open ocean with speed and stability. The long, thin design allows the vessel to nearly fly over flat water, and pierce through the violently breaking swells of larger seas. Stability is achieved with the "ama," a float that is held several feet off to the side boat by two sturdy cross-bars called the "iakus." The ama is the "outrigger" and is set on the left of the boat. If you are in trouble, just lean left and there is little chance that you will flip the boat, or "huli," as in huli huli chicken. If you do flip, you will need need to stay calm, so it's a good idea to take another puff off that *Super Lemon Haze* pre-roll before you set off. Maybe take three puffs, as that bay wind can have way too much chill.

In the one-person canoe, you sit about 6 inches above the water. Down so low there is much less wind, and the anxiety of flipping into the abyss eases as you set off. The *Lemon Haze* intensifies everything. The thick bay air tastes like salt, mud, and crab. To the west the sun is melting into clouds of orange and purple, reflecting off the water like a Jackson Pollock painting come to life.

As you become part of the bay's ecology, your connection to nature grows. You learn the graceful snow-white egrets that perch elegantly around the bay have really, really weird sounding voices. Like toads with colds. If you are lucky to find seals laying out on a mudflat during a low tide, and you quietly sneak up on them, they startle into a bullet-fast, shimmy-scoot across the mud like a fleet of chubby torpedoes. If you don't time the tide right, you will find yourself float-trudging through deep, silky, bay mud -- mud that will steal your flip-flop like a Menehune (a mischievous, mythical being according to Hawaiian legend) in the night.

The return portion of the stroke is effortless, with a slight lean forward and roll of the wrists the blade hops out of the water like a Malolo (flying fish). The blade feathers forward through the air like the wing of a pelican (there are no pelicans, or seagulls in Hawaii), returning to its starting position stretched far forward, a few inches above the water. Another microsecond pause before the blade is again submerged, and the stroke is repeated, over, and over again. Proper technique requires setting your deltoids on fire.

The cannabis helps to focus on breathing rather than pain.

Upon returning to the dock, a serene calm overtakes any discomfort from exhaustion, wind, or cold water. Putting up the boat you feel existentially accomplished, having communed with nature physically and psychedelically. A CBD infused chocolate just before bed helps the muscles recover though the night. And you fall asleep still feeling the sway of the bay's water below you.

Finding Releaf with Papa & Barkley

BY BRANT HARTSELL



PAPA & BARKLEY IS leading the charge, expanding the growing topicals market with their discrete and highly effective trans-dermal Releaf Patches. A combination of both cannabidiol (CBD) and tetrahydrocannabinol (THC) patches deliver a potent kick I personally have never experienced from just a topical alone. Patches come in four varieties, which vary in potency.

Papa & Barkley's Releaf Patches caught my eye because they were the first cannabis patches I have come across in the five years that I've been a 215 patient. Awesome, I thought to myself, a topical I can apply without worrying about a messy application process or staining my clothes! I was interested in the CBD patch first, and was curious about how it would affect my workout routine, and the soreness I experienced trying to get back in the gym.

I applied the patch under my armpit after I finished my workout. I immediately experienced an intense heating and cooling sensation. 'Well that's different,' I thought to myself. The sensation revitalized me as I felt my stiff muscles begin to relax. Then, about half an hour later, the CBD began to kick in, and my muscle stiffness vanished. I became more talkative on my daily commutes and even engaged in conversations I normally would have avoided due to social anxiety I commonly experience in public. After going about my day, I forgot the patch was even there; it comfortably fit on my skin without becoming a chore to manage to keep on.

When I removed the patch after the 12 hours, it came off clean, leaving absolutely no residue on my skin, which is sometimes common with bandages and other over-the-counter patches if left on for a significant amount of time.

The following day, I applied the 3:1 THC to CBD ratio patch in the morning to see if I could notice any subtle effects. Within 30 minutes, noticeable psychoactive effects began to set in. As the THC hit my endocannabinoid system, I felt a strong sense of relaxation and creativity, all while still being fully engaged with what I needed to do that day.

Whether a consumer wants psychoactive, non-psychoactive or even a happy in-between, Papa & Barkley's Releaf Patches have you covered. Infused with premium whole plant cannabis flower resin, this slow release formula includes over 30mg of CBD for a 12-hour duration. Papa & Barkley are masters when it comes to the field of cannabis topicals and their Releaf Patch is a prime example of their craftsmanship.



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Irish Soda Bread

- With Green Butter -

A bread with humble, working class roots, Irish Soda Bread is a great recipe for novice bakers. Though you end up with a beautiful sweet and savory loaf, the recipe doesn't require any leavening (i.e. yeast) or kneading. Just simply combine ingredients, stir, shape and bake! A warm slice of soda bread smeared with green canna-butter is the perfect addition to any St. Paddy's feast. Or try a morning slice of soda bread toast with green butter for good luck!

BREAD INGREDIENTS:

- 2 ½ cups white whole wheat flour*
- 1 ¼ cup all-purpose flour*
- 3 tablespoons sugar
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 1 cup currants or raisins
- ¼ cup (4 tablespoons) cold butter, cut into pieces
- 1 ¼ cups buttermilk
- 1 egg

*Using only all-purpose flour will still make a wonderful loaf of bread. Though the name is confusing, white whole-wheat flour is actually milled from a softer variety of white wheat (not bleached whole-wheat flour, as the name suggests). In traditional Irish Soda Bread, white whole wheat is used to provide a more rustic color and flavor.

INSTRUCTIONS:

Preheat oven to 400°F. Lightly grease the bottom of round cake or tart pan (pictured).

Whisk together dry ingredients and currants or raisins in a medium-sized mixing bowl. Using a pastry blender, two forks or your fingers (always my preference), work the butter into the flour mixture until it has even consistency and no chunks of butter larger than a pea remain.

In a separate bowl, beat egg with a whisk and combine with buttermilk. Pour this mixture into the dry ingredients and mix to combine. If dough is too stiff and won't hold together, add another tablespoon of buttermilk. If dough is too wet, add a few tablespoons of flour. Place dough on floured countertop and knead a few times before shaping into a ball and placing in your prepared pan. Use a serrated knife to score a 1/2inch-deep cross across the loaf. Bake for 45-to-50 minutes (I baked mine 48 minutes), until it's golden brown and a toothpick inserted in the center comes out clean.

Allow bread to cool on countertop until only slightly warm to the touch. Cut a large slice and smear with canna-butter -- you'll taste the luck of the Irish in every bite! Enjoy.

HUMBOLDT GROWN CANNA-BUTTER

Using trim from Humboldt grown *Chemdawg*, here's my formula for a mild canna-butter that's versatile in countless recipes:

INGREDIENTS

- 1 stick (1/4 lb.) Humboldt Creamery butter
- ½ cup water
- ¼ ounce high quality trim, decarboxylated at 250° F for 30 minutes

INSTRUCTIONS:

Combine butter and water in large stockpot over medium heat until butter is melted and simmering. Add trim and stir. Reduce heat to lowest setting and cook for at least 1 hour, stirring occasionally. Strain through fine mesh strainer; if you have any on hand, line strainer with cheesecloth for a more refined final product. Store canna-butter in the fridge.

Wanna know how much THC you're consuming? Lab tested by Leaf Detective, Humboldt County's first legal cannabis testing facility, my Humboldt grown canna-butter contains only 2.6 mg of THC per tablespoon. In comparison, many retail canna-butters are much stronger, but offer the advantage of knowing the exact potency of your edibles before consuming. If you want to save money by using DIY canna-butter or oil, start with a similar ratio to my ¼ ounce cannabis to ¼ cup butter. The low potency allows more flexibility in the kitchen. If using flower instead of trim, expect a higher THC potency. Finally, I always recommend decarboxylating your plant matter so that your canna-butter or oil performs regardless of what temperature you consume it.

BY NORA MOUNCE

NAPA COUNTY

WINE OF THE WEST

Counting Calories During a Wine Tasting Weekend

BY ELIZABETH GREEN

🕒 4 Wineries

👤 5 People

CHEAT DAY

Though living in a major city has its rewards and benefits, a trip out of town to Napa County, California is a treat. As a lover of all things sweet, it was hard to resist this tempting offer. And when you're on a diet, everything cheat-worthy is even more tempting. But like the saying goes, you only live once, and with a diet in mind, here's how I navigated my calorie count in wine country.

Stags' Leap off Silverado Trail was our first stop. The second Stag's, not the first, as we learned there are two. Visit's are by reservation only, with a chance to reserve the Library for a full wine tasting with food pairing.

When counting calories, stick to white wine as they generally have less (roughly 140 cal per six ounce glass). But since this is a tasting, it's okay to go for a little red too. Cabernet Sauvignon brings an average 130 calories per five



fluid ounces. Our group tried both, in addition to wine on the "very-reserved" list, or "rarely-served" list as our host, Brian, joked. It's best we don't count those calories though, as the wine was dark and delicious...

Every wine was superb, as were the vineyard grounds. Brian gave a light tour and detailed the history behind the vineyard, which tells of a Native American fleeing hunters byway of a rock, now known as Stag's Leap.



The second stop on our Wine in the West tour was the cozy estate of Duckhorn Vineyards. Their warm and welcoming patio with oversized wicker furniture is an inviting setting for an afternoon of wine tasting.

Fortunately, for those watching their intake, know the average pour is one ounce, so a tasting of Merlot brings in only 30 calories. With a few Merlots to try at Duckhorn, you can get out the door with less than 100 calories in your back pocket -- which really isn't bad!

Duckhorn Vineyards, who took first place in the "Wine Spectator" for their 2017 Merlot, is not to be missed.

The third stop on the map was Grgich Hills Estates. When you beat the French at their own game, you know you have something good going on. Mike Grgich won the 1976 "Judgment of Paris" competition thanks to a group of French judges who blind-tasted his Chardonnay to fame. It was the first time anything like that had ever happened, and you can still feel the

joy resonating there today. There's a laid-back atmosphere and comfort at Grgich's place. The wines are crisp, and the cheese platters are exceptional.

By the end of your wine tasting trip you may decide to finish it off with a sweet night-cap. Prager Winery & Port Works, located right off St. Helena Highway, is covered from head-to-toe in dollar bills on the inside. The fun runs high at Prager, and the ports live up to their reputation. The place is family owned, with the owner himself coming out to introduce his tasty selections. Don't think of this place as a calorie splurge, think of it as a cheat day well deserved. Because, after all that dieting, you've earned it!

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Canna-Sesame Chicken Salad

With Infused Blueberry Pineapple Sesame Dressing

BY JEFFTHE420CHEF

PHOTO BY LEELA CYD

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🕒 40 Minutes Prep 👤 12 side salads / 6 entrées

This colorful grilled chicken salad is a fan favorite and a great pre-workout meal that offers anti-inflammatory benefits. It will also help you shed down fat without compromising muscle. According to Nick Tumminello on bodybuilder.com, you should consume a lean protein source like chicken breast, a fibrous carbohydrate source like salad, and a piece of fruit (preferably lower-glycemic sources like berries) 2-3 hours before your workout. This has all of that and more...plus it's infused and chock-full of flavor. It also kicks in pretty quickly since the cannabinoids are in the dressing and are therefore more easily metabolized.

For the Chicken and Marinade:

- 6 boneless, skinless chicken breasts
- ¼ cup hoisin sauce
- ¼ cup barbecue sauce
- ½ teaspoon kosher salt
- 2 tablespoons sesame oil (plain)
- ½ cup of water

For the Dressing:

- ½ cup blueberries, muddled
- ¼ cup pineapple juice
- 2 tablespoons "light tasting" canna-oil plus 2 table-
spoons toasted sesame oil
- ¼ cup sesame oil
- 3 tablespoons rice vinegar
- ¼ teaspoon dry mustard
- 1 teaspoon minced garlic
- Pinch of salt and freshly ground black pepper

For the Salad:

- 3 cups kale, torn or as chiffonade
- 3 cups baby greens
- 1 cup broccoli florets
- 2 blood oranges, divided into supremes or 1 small
can mandarin oranges
- ¾ cup blueberries and strawberries (sliced)
- 1 mango, diced
- 1 cup snow peas
- 1 cucumber, sliced thin
- ½ package dry instant ramen noodles, crumbled
- 3 teaspoons sesame seeds

Steps to Marinate the Chicken:

Pound the chicken breasts until the sides are even.

Mix the hoisin sauce, barbecue sauce, kosher salt, and plain sesame oil into ½ cup of water and stir well. Pour the mixture into a 1-gallon Ziploc bag along with the chicken and marinate in the refrigerator for at least 4 hours, or overnight.

Grill for 4 to 5 minutes on each side. I like to rotate each side 45° halfway through cooking time. Remove from the grill and let cool 5 minutes. Cut chicken breasts into bite-sized pieces.

Make the Dressing:

Make the dressing by mixing all the ingredients together in a small bowl. Set it aside to let the flavors develop.

Finish the Salad:

Toss the kale, baby greens and broccoli. Top with the marinated chicken, orange supremes, berries, mango, snow peas, and cucumber.

Drizzle with the salad dressing and sprinkle with crushed ramen noodles and sesame seeds before serving.

Approximate THC per Serving*

Chicken and Marinade
10%: 2.5 milligrams / 5 milligrams

Dressing
15%: 3.8 milligrams / 7.6 milligrams

Salad
20%: 5 milligrams / 10 milligrams

*Approximate dose per serving is based on infusing 5 grams of cured/dried/decarbed cannabis into 5 ounces of oil.

Micro-Dose

Sweetly with Lemon Tartlets

BY NORA MOUNCE

MAKES TWO DOZEN TARTLETS

A sweet and elegant dish, these tartlets aren't potent enough for green flavors to come through. You'll just taste tart lemony sweetness on top of a gluten-free coconut crust! Though making lemon curd your first time can be challenging, it's sooo worth it. Just stir constantly while it's cooking to be on the safe side! A beautiful mini-dessert to satisfy your sweet tooth, these tartlets are perfect to share at a 420-friendly Easter brunch.

INSTRUCTIONS FOR CURD:

Combine butter, canna-olive oil and sugar in a stand mixer. Beat for 3-4 minutes. Add eggs and egg yolks, one at a time, while beating. Add the lemon juice and mix for one more minute. At this point, the mixture will look curdled, but don't worry about it! Pour the lemon mixture into a small saucepan over a medium-low heat, stirring often, until it becomes smooth and slightly thicker. Increase the heat to medium and cook, stirring constantly, until the mixture thickens: this step prevents little bits of egg from cooking and ruining your beautiful curd! The entire cooking process will take at least 10 minutes. Transfer the curd to a bowl, cover with plastic wrap, and refrigerate until curd is cold; it will continue to thicken in the fridge.

INSTRUCTIONS FOR CRUST:

Preheat oven to 325 F. Combine all the ingredients in a large bowl and mix well. Lightly grease two mini-cupcake tins with oil or butter. Using your fingers, fill each cupcake hole and then press your thumb into the center, making an indentation and pushing the crust up the sides – you're creating a small divot to plop the lemon curd into! Place each tin in the oven and bake for 15 minutes or until edges are golden brown. Remove from oven and allow to cool, at least 10 minutes. When ready, use an offset spatula and carefully remove the crusts, running your spatula around the edges of each tartlet. Fill each generously with lemon curd. Serve and enjoy!

*Potency will vary based on your oil making method: using flower vs. trim, time cooked and whether raw materials were decarboxylated, which converts THCA to THC. I made my canna-olive oil using trim in a crockpot, yielding 33 mg of THC/ tablespoon. If the lemon curd is evenly distributed among 24 tartlets, each contains 2.75 mg of THC. Again, this depends on the THC of your flower or leaf material and your infused-oil formula. Store bought oils will guarantee potency, but are always pricier!

THC levels for this recipe were provided courtesy of the Leaf Detective, Humboldt County's first legal cannabis testing facility.



INGREDIENTS FOR LEMON CURD:

- 3 tablespoons butter, softened
- 2 tablespoons canna-olive oil*
- ¾ cup sugar
- 2 eggs
- 2 egg yolks
- 2/3 cup fresh lemon juice
- 1/2 -1 teaspoon grated lemon zest, depending on how tart you like it

INGREDIENTS FOR CRUST:

- 3 cups large flaked coconut, unsweetened
- 2/3 cup coconut milk
- 1 egg white
- ½ cup almond flour (more if moist)
- 1/2 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest
- 1/8 teaspoon sea salt

Stay Calm...

and Make This Cocktail

BY NORA MOUNCE

The Pink Herb

Makes Two Cocktails

INGREDIENTS:

4 ounces grapefruit juice

4 ounces Lillet

2 ounces gin

1 dropper Humboldt Apothecary's

Calm Tincture

Edible flower blossoms* (optional)

INSTRUCTIONS:

Combine grapefruit juice, Lillet, gin and ice in a cocktail shaker.

Shake vigorously. Strain and divide cocktail between two coupes or tumblers. Finish each drink with

float of 1/2 dropper of Calm tincture and garnish with an edible flower.

Cheers!

With the sunshine pouring into my kitchen lately, I suspect it's going to be a short winter. As someone who respects science and logic, I fear that climate change is largely responsible for the picnic weather on California's typically cold and gray North Coast. As our disturbing political reality continues to take a toll on the environment, it's even more sobering to realize we're facing another three years with the current state of affairs. What misfortunes await the country, and the world, are yet unseen. If reading the news is making your stomach do somersaults lately, consider fortifying yourself with some calming medicinal support - it's a long road ahead. Luckily, 2018 brought a wink of good news with the kick start of California's recreational cannabis market, allowing anyone over 21 to purchase edibles, extracts and tinctures crafted to help us stay calm.

Two Humboldt County business owners, Gillian Levy and Susan Cleverdon, are passionate about promoting optimal wellness and radiant health. The pair opened Humboldt Apothecary in 2015, offering a line of holistic cannabis tinctures derived from whole plant medicine. Today, anyone over 21 can purchase the tinctures, choosing from formulas designed to treat insomnia, respiratory congestion, brain function, PMS, anxiety, and inflammation. Humboldt Apothecary's Calm formula is intended to combat general anxiety via their 3:1 CBD to THC tincture, formulated to help regulate stress response. The tincture works synergistically with other healing herbs (lemon balm, skullcap, and passionflower) that are compounded in organic honey and alcohol. Overall, the tincture has an incredibly vibrant and sweet herbaceous flavor.

Blending the verdant and spring-like flavor of gin, a touch of grapefruit juice for color and the classic Lillet, the Pink Herb has a clean, almost bracing, profile. The kiss of sweet herbs from Humboldt Apothecary's Calm tincture is the perfect finishing touch.

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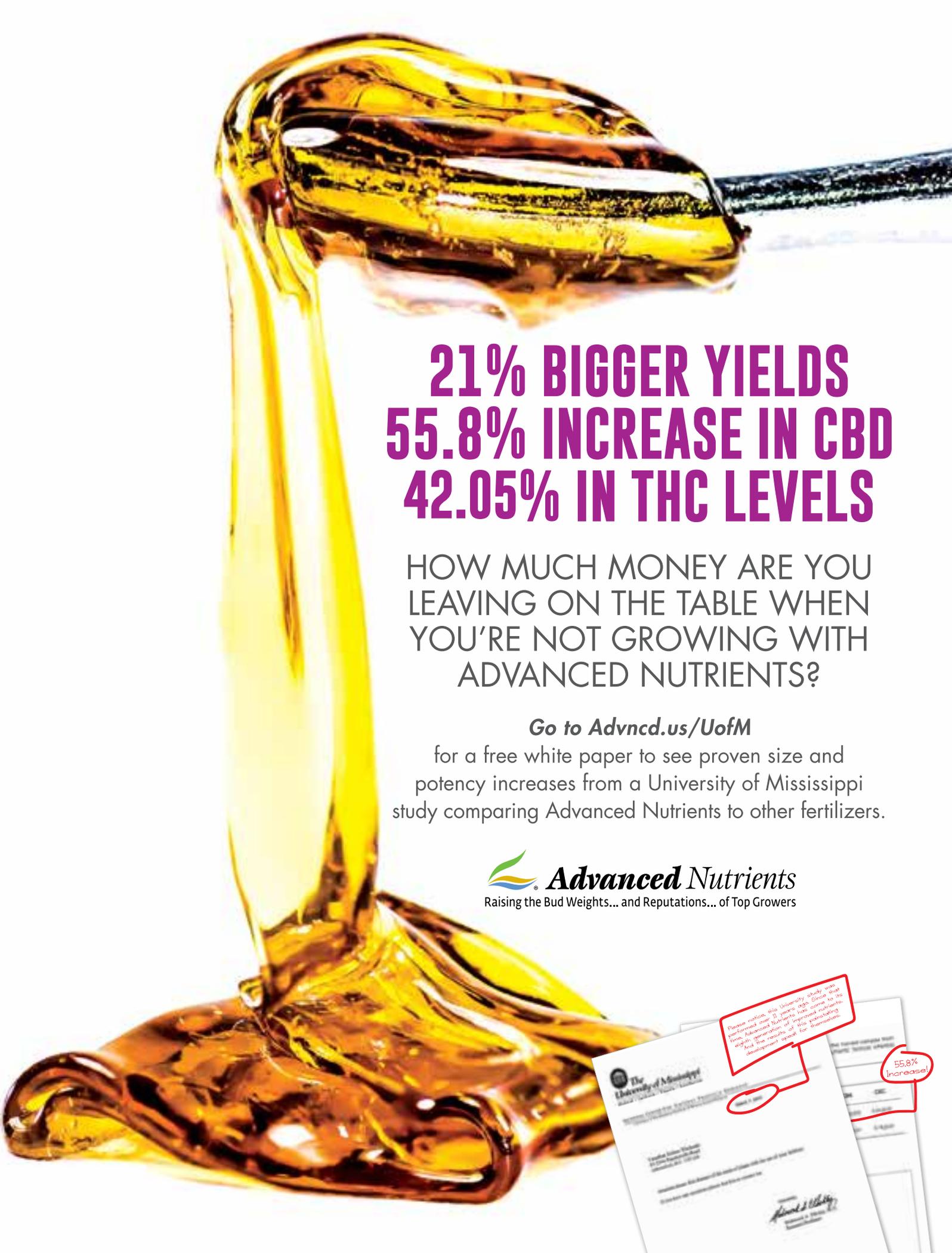
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