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CANNABIS LIFESTYLE

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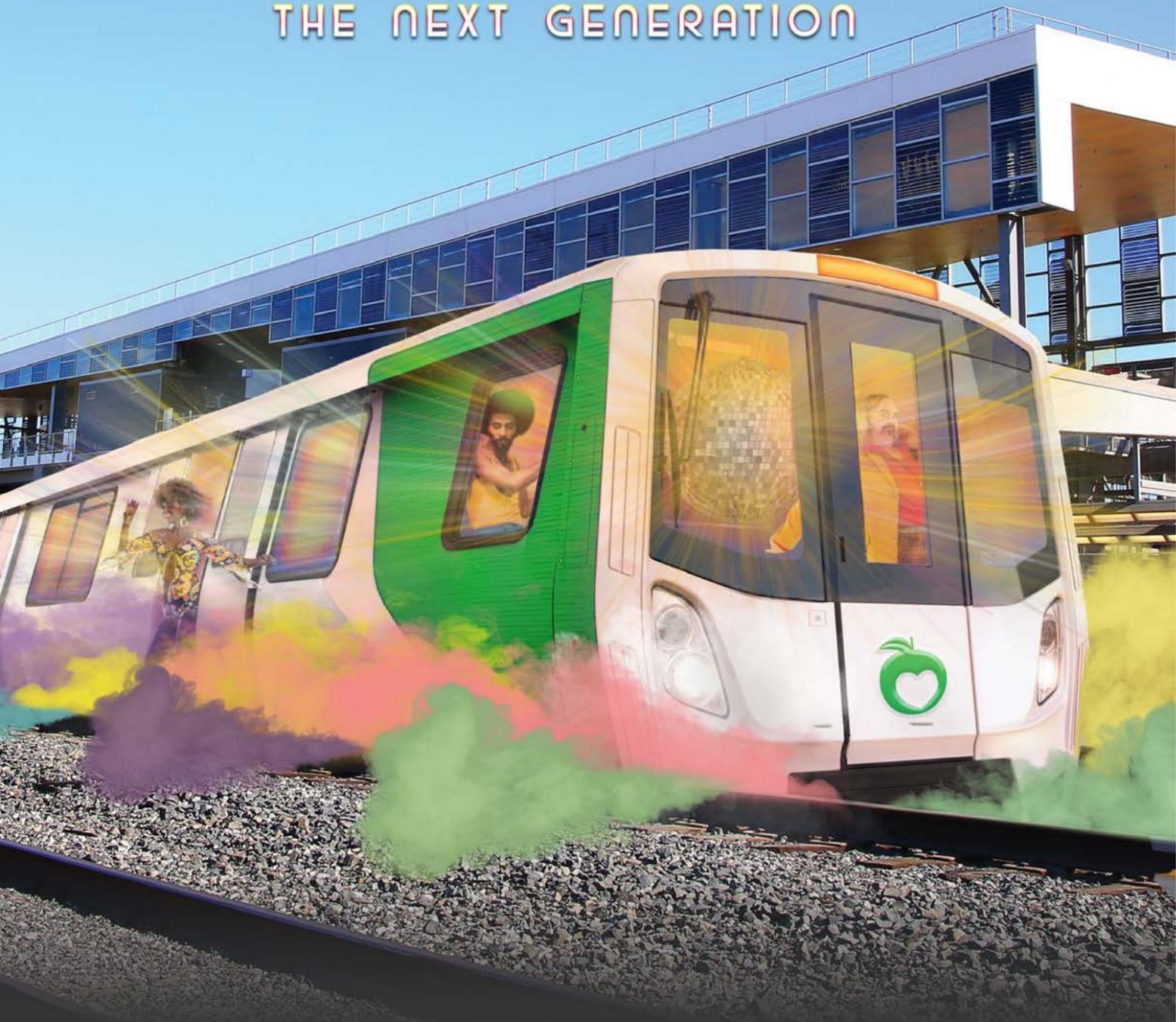


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Next Ad Deadline: November 20, 2018  
Next Month's Theme: The Outsider Issue

Published by Emerald Media Group Inc.  
P.O. Box 320057, San Francisco, CA 94132

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THE SENIOR  
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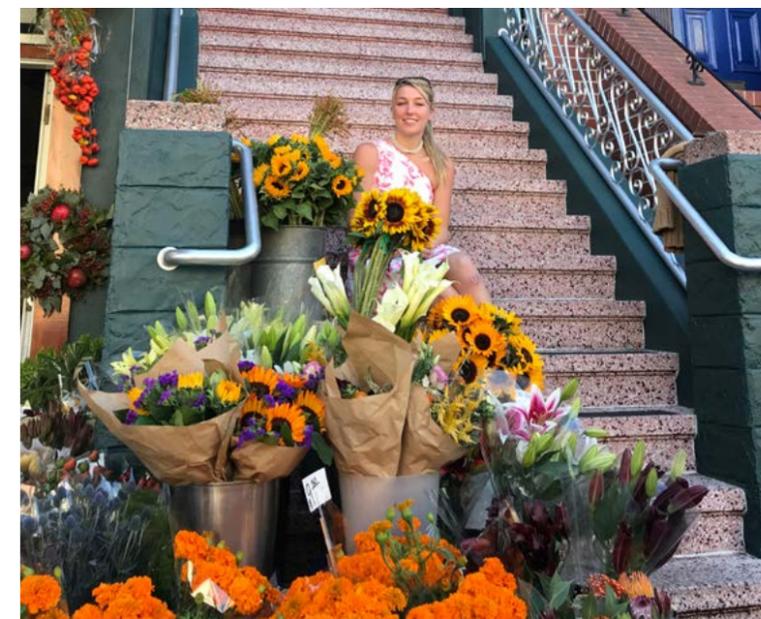
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## LETTER *from the* PUBLISHER

*Dear Reader,*

Thank you for picking up the November issue of the *Emerald Magazine*. This month, we shift our focus to one of the industry's largest demographics, senior citizens.

Since the 1950s, people have been living longer, better and happier lives than ever before. Many in the baby boomer generation are reaching a pivotal age when medication and quality of life become important factors.

With the pharmaceutical industry playing a primary role in the opioid crisis in the United States, cannabis has brought along alternative relief for many of the ailments people face.

The number of cannabis users over age 50 has nearly doubled in the last decade, making it undeniable that senior citizens play a major role in this emerging market.

This month, we explore organizations such as Octavia Wellness, which provides information and resources for seniors who are newly exploring their options.

From all of us at the *Emerald*, we wish you a safe and happy fall season. Join us in December for our *Outsider* Issue, where we will meet industry leaders who have stepped out of their lane for the greater good.

*High Regards,*

*Christina E. De Giovanni*

*Publisher*



Come hear me speak at the 2018 Imperious Cannabis Business Expo on December 12th and 13th in Little Rock, AK!



54  
COUPLES USING CANNABIS

By John Selby

# CONTENTS

The Senior Issue



18

10

## BABY BOOMERS ARE GROWING

by Melissa Hutsell

Baby Boomers Are Growing Into One of the Industry's Largest Demographics

14

## PALEOLITHIC PIPES

by Zoe Jon Alejandra

Handcrafted Smoking Implements as Old as Humanity Itself

42

## HEMP AND CBD

by Justin Keller and Amber Les

Legal or Not?

57

## MICHIGAN'S CANNABIS NURSE

by James Priest

How One Activist Is Working Toward Safe Patient Access

22 | AGING BETTER WITH OCTAVIA WELLNESS  
by Zoe Jon Alejandra

26 | A RADICLE OPTION  
by Zoe Jon Alejandra

38 | MINDFULLY HIGH  
by Molly Cate

52 | T'OAKALND SENIOR CANNA CLUB  
by Zoe Jon Alejandra

59 | HEALING HARBORS  
by Zoe Jon Alejandra

62 | Cannabis-Infused Pumpkin Spice Pie  
by *Edibles Magazine*

64 | INFUSED GRILLED VEGGIES AND FRENCH ONION STARDUST SOUP  
by *Edibles Magazine*

66 | SUPER STONEY SOUTHERN FRIED CHICKEN  
by *Edibles Magazine*



48

### PHOTOGRAPHERS

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# BABY BOOMERS ARE GROWING

SENIOR CITIZENS ARE ONE OF THE INDUSTRY'S  
LARGEST DEMOGRAPHICS

MELISSA HUTSELL

**CANNABIS USE IS** growing among nearly every age group in America. Seniors, however, have become one of the fastest-growing populations of new (or returning) users in the industry.

Baby boomers—those born between 1946 and 1964—are no strangers to the cannabis plant. They've been rolling joints and getting high since the 1960s and 1970s. But their interest in the herb waned over time. As members of this generation enter their golden years, more are reaching for cannabis again.

The increase in cannabis use among the middle aged and older is significant, according to new research published in the journal of Drug and Alcohol Dependence. The data show that use among adults ages 50 through 64 doubled from 4.5 percent to 9 percent in the decade between 2006 and 2016. Nearly 3 percent of Americans aged 65 and older reported trying cannabis at least once in the last year—up from .04 percent in 2006, according to a report on the study by *Science Daily*.

The fact that aging Americans are drawn to cannabis is unsurprising; baby boomers in particular have a long history with it. In fact, at least half of participants ages 50 through 64 in the study above reported using it by age 21 or younger. However, aging populations aren't as interested in getting high as they are the plant's therapeutic properties.

In a personal reflection published in *Cannabis Now*, baby boomer Allan Erickson, 62, best sums up his generation's experience with cannabis:

“While we recreated with cannabis, the government was building an anti-cannabis juggernaut... Tens of millions of us have been arrested, harassed and generally labeled as lazy couch-sitting layabouts... And somehow along the way, we've not just reconciled our use in spite of the cannabis bigotry so carefully nurtured by the prohibition bureaucracy, but we have also unleashed the power of cannabis medicine on a society desperate for safe and effective pain relief.”



Today, cannabis has taken on a whole new meaning, especially for baby boomers, explains Anna Maria Riedinger, the local organizer for the Central Valley chapter of Ellementa, a nationwide networking group for women interested in learning about cannabis. As with many, Riedinger's views on cannabis have shifted over time. Cannabis was known purely as a recreational substance during her youth. The term "medical marijuana" was never used in Riedinger's world, she said. "There was no medicinal talk about it, ever."

She first tried cannabis when she was a teen. "I grew up with teenagers in the sixties," she said. "Of course, as I matured, then had my own children ... I felt like I needed to be a good parent by demonizing [cannabis] as well." Riedinger, now 60, said she was re-introduced to cannabis five years ago—this time, as a medicine. She has since learned to appreciate it for its therapeutic value. She uses it for arthritis, as a sleep aid and to lift her mood when needed. "Currently, I like whole-plant hemp-based tinctures," she added. "I have one for sleep, for pain, for inflammation, and I also have an anti-depressant [tincture]."

As the local organizer for Ellementa, Riedinger hosts monthly, educational events for women of all ages in California's Central Valley. She has noticed that more women her age attend these events and are interested in the plant's medicinal properties. "This generation is basically talking about the same thing—arthritis, pain, sleep, inflammation," she added. "They're tired of taking pills. Pills aren't working anymore. In fact they're causing a lot of more problems. People want alternatives."

Across the board, this is why baby boomers are turning to cannabis, Riedinger explained. The demand for alternatives comes at a time when substance abuse among older Americans is also on the rise. Aging populations are more likely than other age groups to suffer from chronic health conditions and are therefore more likely to use prescription drugs like painkillers, according to the U.S. Department of Health and Human Services.

The AARP finds that "Today more than 70 million Americans ages 50 and older—four out of five older adults—suffer from at least one chronic condition."

The most common chronic health concerns among baby boomers and older populations include cancer, arthritis, osteoporosis, Alzheimer's disease and stress, according to Scripps Health, a San Diego-based, nonprofit medical facility. More and more research shows that cannabis can effectively treat the symptoms of these conditions and more.

According to Eaze's 2017 State of Cannabis Data Report, middle-aged and older Americans are spending more on cannabis products now than in previous years, a trend that "is due to people looking for wellness and therapeutic options." The report finds that spending on cannabis products by boomers grew 19 percent year over year, the largest increase among any generation. Generation X-ers (those born between 1965 and 1980) followed with an increase of 13 percent.

According to the data report, baby boomers—now in their 50s, 60s and 70s—gravitate toward products like topicals. Boomers and Gen X-ers also lead the sales of drops and tinctures, but vapes and flower are also popular among these consumers.

There's a world of opportunity for aging Americans in the cannabis industry. More cannabis-based products and services for seniors are popping up all over the nation. There are networking groups, educational seminars, tours and dispensary services geared specifically toward patients over 50 (such as Harborside Health Center or iCANN Berkeley in the Bay Area).

The baby boomer generation is one of the largest demographics in America. Every day, nearly 10,000 baby boomers turn 65, according to the Pew Research Center, which also finds that 18 percent of the U.S. population will be 65 or older by 2029. The aging of this population will have significant effects on the country ... and on the cannabis industry.

FOR MORE INFORMATION ABOUT CANNABIS AND AGING, VISIT [SAFEACCESSNOW.ORG/AGING](https://SAFEACCESSNOW.ORG/AGING). TO LEARN MORE ABOUT ELLEMENTA GATHERINGS IN YOUR AREA, VISIT [ELLEMENTA.COM](https://ELLEMENTA.COM).



Cannabis itself has changed over the past few decades. A recent analysis by the Society of Biological Psychiatry found that THC content has steadily since increased between since at least the mid-1990s.

Nearly 10,000 boomers turn 65 every day in the U.S.

More than 31 million Americans suffer from arthritis.

Half of all Americans suffer from at least one chronic disease, according to the Centers for Disease Control and Prevention. Almost one-third of the population lives with more than one condition, reports the National Healthcare Council.

The top chronic conditions in the U.S. are Alzheimer's disease, depression, arthritis, osteoporosis, cancer, high blood pressure, diabetes and alcohol-related health issues.

Cannabis is most commonly used to provide relief from pain, nausea, cancer, glaucoma, arthritis, insomnia, spinal cord injuries, PTSD, epilepsy and appetite loss, among other issues.



# PALEOLITHIC PIPES

HANDCRAFTED SMOKING IMPLEMENTS AS  
OLD AS HUMANITY ITSELF

ZOE JON ALEJANDRA

Smoking has been part of human civilization since 5000 BC, when it was practiced during shamanistic rituals. The traditional form of smoking is through a pipe made from materials such as stone, clay, wood, corn cobs, glass or metal.

## THE STONED AGE

**NATIVE AMERICAN CULTURE** has a rich history of pipe smoking that dates back before the arrival of Europeans. A variety of herbs are considered sacred among indigenous tribes. Tobacco, for example, is smoked ceremonially. Shamans would smoke tobacco, cedar, sage or sweet, depending on the type of ritual being conducted. Smoking during certain ceremonies occasionally involved leaves or herbs with some hallucinogenic properties. This aided indigenous peoples to pursue access to the spirit world while in their trance. Arabs as well as Indian traders travelled with cannabis on the same routes where they traded opium and other commodities.

Pipe smoking has been part of covenants, treaties and peace agreements, thus giving rise to the term “peace pipe.” Various types of pipes came into popularity as cultures began to influence one another. Among these variations are hookahs, which originated in the Middle East, along with a number of other designs that have recently gained popularity among recreational cannabis smokers. Cigarettes may have dominated the market for decades, but for some, pipe smoking is still the most dignified or classy way to enjoy a puff with a conversation.

Author Mark Twain loved to smoke, and he was known to keep his corn cob pipe on hand. Albert Einstein’s is another who loved the occasional smoke, reportedly having said, “I believe that pipe smoking contributes to a somewhat calm and objective judgment in all human affairs.” And who could overlook the classic storybook favorite Sherlock Holmes, who would obsess over a seemingly unsolvable mystery with his trademark briar pipe?

### A MAN WITH PASSION FOR HIS ART

Terry Harlow has been creating works of art from stone for about five years. His pipes give you the feel of a shaman in the process of a divining rite, or a village chief addressing his subjects. Terry has found a passion and has dedicated time and effort to produce some of the most unique pipes you could ever find. “I have been carving stone pipes full time since 2013. Paleolithic Pipes is the banner I work under, when attending cannabis conventions and shows throughout New England. The brand name originated from my fascination with the Paleolithic period and the human creativity it took to produce prehistoric stone tools,” he says.

Terry’s passion for pipemaking started one afternoon at a friend’s place. “[My] college friend Bob Ross and his son, Emery, got me started one afternoon, at their bed and breakfast in Bellows Falls, Vermont. Bob had set aside some stone pieces from an old Vermont soapstone sink. I went home with six or seven chunks, and by week’s end, I had carved a set of workable pipes. Over the following years, I took several courses with Sandy Cline, a Canadian soapstone sculptor, and refined my techniques and finishing.” This effort led to him starting what is now Paleolithic Pipes.



Terry has built a shop behind his home. He can carve five to seven pieces a day. He utilizes various sources for quality stone. With annual visits to Pierres Steatite Inc. in Quebec, Terry selects the best-quality soapstone he can find. He also gets his supply from eBay and is currently working on sourcing exotic stone from Pakistan.

Soapstone, or steatite, is a type of metamorphic rock composed predominantly of talc with magnesium and chlorite. It is formed by heat and pressure with fluid influx but not totally melted. Thus, it is soft enough to be carved but durable enough to resist heat. This type of stone is perfect for making smoking pipes. It can be carved easily with hand tools and comes out with a neat finish when polished. With these qualities of soapstone, Terry can enjoy experimenting with various creative designs.

Materials are a lot easier to come by right now, because they can be ordered from long distances. In addition to pipemaking, Paleolithic Pipes produces stone joints and incense holders.

Carving facsimiles of traditional stone pipes has helped Terry a lot in perfecting his craft. His workshop's privacy, offering a unique closeness with nature, has been very conducive to his creative process. Terry

also offers annual stone pipe-carving workshops, in Bellows Falls, Vermont, to share his craft.

Terry likes to preserve the nobility of the pipe-smoking tradition by means of good business ethics and customer service. Sometimes, the value of a man's craft is reflected in the satisfaction of the people to whom he offers it. He aims to further good customer relationships and, of course, the satisfaction of a great pipe-smoking experience. He concludes, "Traditionally, stone pipes were used to seal agreements between individuals, extended families, tribes and other groups. Paleolithic Pipes continues this tradition with face-to-face sales and building relationships with customers. Currently, I make approximately five finished pipes a day. Going forward, I will produce fewer, but more elaborately carved pipes. I enjoy the solitude and concentration I have by carving in my workshop (with my three dogs as constant companions) and will continue to do for the foreseeable future."

▶ TO LEARN MORE, VISIT [PALEOPIPES.COM](http://PALEOPIPES.COM).

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# COMFORTABLY NUMB

## Naturally Well

ZOE JON ALEJANDRA

“Come on now  
I hear you’re feeling down.  
Well I can ease your pain,  
Get you on your feet again.”

*From Pink Floyd’s “Comfortably Numb”*

**KAREN WATTS NAUMAN’S** family had a history of mental illness, and she was suffering from endometriosis, a condition where the tissues that normally line the inside of a woman’s uterus, or endometrium, happens to grow outside of it. Painful periods and excessive bleeding are common symptoms of this disorder.

“At the age of 16 in 1975, I took my first puff and knew immediately that I had found my medicine. I come from a family with a history of mental illness and had high anxiety and depression. My father was bipolar, and my brother was hospitalized for mental illness for the first time at the age of 19. Cannabis helped me, and I enjoyed the feeling and energy it gave me, so I’ve kept it up regularly since then. I hated pain pills. It’s funny, my mom always knew of and understood my use but worried because it was illegal. Unfortunately, she passed away before I was able to get my California medical card.”

Karen is from Washington but lived in Southern California for 34 years. Her difficult health condition and life experiences did not stop her from having a successful career in the international film and advertising industries for 28 years. She was also a

specialist in location filming in Latin America with her own company, Shoot Latin America, and now operates a digital marketing agency called WattsHappening.

Karen also found the love of her life in Jeff Nauman, a native Southern Californian in the point-of-sale industry. “My husband and I moved up from Long Beach, California, to Portland in May 2017, for a business opportunity for him, and a new career for me. I had interest in the cannabis industry, so I went to a Tokeativity Event in Portland and tried CBD for the first time, after being a Cannabis advocate and regular user for 43 years. But I had never heard of CBD and was impressed by it as an alternative, especially since many people just can’t handle the THC. When we started to learn more about it, we saw the crazy potential and the serious necessity for people our age to know about CBD and use it. We saw a huge difference in our health, with my husband throwing away sleeping pills after 30 years, and me being able to manage more comfortably a chronic IBS (irritable bowel syndrome) problem and bad anxiety. We decided to go in the CBD-only direction with an emphasis on education and selling high-quality Oregon products to seniors and our generation. In coming up with a name, my husband said, “Comfortably Numb!” We are old rock-and-rollers and had seen Pink Floyd several times, and we knew that this would resonate with our market and maybe spark fun memories of that time. Plus, the lyrics work, and the idea of becoming comfortably numb, to people with pain, is enticing.”



What started out as a venture in the cannabis industry soon became a mission for Karen and Jeff to help seniors like themselves find nature-based medications. Karen's family have suffered the effects of pharmaceutical drugs doing more harm than good, especially to her sister, who passed away very recently. Cannabis medical research has always been held back and stigmatized due to a long period of disinformation and a negative association with the War on Drugs. It is now Karen's mission to spread awareness for her generation.

"My family ended up being devastated by prescription and anti-psychotic drug use that was initiated by well-meaning doctors. My brother died at 61, and my sister just died at 63. After a battle of 8½ years of severe emotional illness, all the massive drugs she was given ended up making her a vegetable and killing her in the end. I couldn't save her, since I didn't get CBD to her until the end, but I am hoping that, in her honor, I can help others to know about a natural 'Xanax' instead of all the pharmaceuticals."

Comfortably Numb can be reached through their online marketplace and on Facebook. The company also offers free phone consultations with the goal of educating people of all ages on the ABC's of CBD. Their best-selling products are oil tinctures, pain patches and topical lotions. Karen recommends CBD for those suffering from chronic pain,

inflammation, anxiety and sleeplessness. Infused teas, olive oil and other edibles are also available. For pet owners, they also sell various products, including dog treats. All products are third-party tested and organically grown in Oregon or Colorado.

Karen and Jeff are members of Tokeativity, working with Hollywood and Friendly House Senior Centers in Portland. They also extend support to Oregon NORML and attend workshops at the Commune Cannabis space and collaborate with the nonprofit Women of a Certain Age (WOACA) in their fundraising. Although they have only been in business for six months, they have had a fulfilling experience. Knowing that they improve people's health and well-being with each transaction is more than enough to keep them motivated.

"We love getting phone calls from some of our technologically challenged seniors and getting their orders in. At times, we will do personal drop-offs for those that might have difficulty. One fun personal story is that I am now selling products to my cousin, whose husband and brother were cops when I was a pot-smoking teenager, who my poor mom thought for sure would bust me. Thankfully, it didn't happen!"

📍 TO LEARN MORE, VISIT [COMFORTABLYNUMBCBD.COM](http://COMFORTABLYNUMBCBD.COM).

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Interim Permit for 10,000 sf ML. ±120 Acres w/ creek frontage, well, springs, home, permitted structures, THP.

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**New Listing!**  
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**BLUE LAKE - \$579,000**  
**Reduced Price!**  
3/2 home on ±130 Acres w/ pool, deck, garage, screened in patio, spring & Redwood Creek access.

# AGING BETTER WITH OCTAVIA WELLNESS

ZOE JON ALEJANDRA



**YOUTH MAY BE** described as the rising morning sun, a fiery and enthusiastic phase of our lives filled with all sorts of possibilities. As we age, the glow diminishes, and everything slows down. Everyone hopes to live the rest of their lives peacefully. Memories become more precious than material possessions and sometimes define who we are to others, or who people are to us. However, not everyone can enjoy their life's memories. Some suffer from a debilitating illness that steals them. The culprit is Alzheimer's disease, which is a type of dementia associated with problems in memory, thinking and behavior.

This illness accounts for 60 percent to 80 percent of dementia cases. Aging is a known risk factor, but Alzheimer's is not just a disease of old age, and neither is it a normal part of aging. It is the sixth leading cause of death in the U.S. Afflicted individuals ages 60 and older have only eight years to live, on average, if not treated properly. Survival ultimately depends on the level of health and treatment given.

Octavia Wellness's CEO, Carrie Tice, knows the struggle very well. Her mother, Gayle, was diagnosed with Alzheimer's in 2014. "Growing up, my mother was a smart, vibrant person, but while living in Montreal, Canada, for a stint with my family, we noticed her behavior starting to change. She was becoming forgetful, which was causing her a great deal of anxiety. When we moved back to the Bay Area, she had a peptic ulcer, which led to her staying in the hospital, and then eventually she was moved to a nursing home. Once in the nursing home, my mother's biggest issue was sleep. The caregivers at the facility recommended she try "pot drops" to keep her from roaming around at night. Once I figured out what exactly "pot drops" were, the next challenge was to determine where to find them and how she should take them. It was a daunting experience, but once we found the right product, the results were life-changing! My mom was able to sleep through the night, experience less pain and reduce her anxiety."

Cannabis affects patients differently. Like any medicine, it must be administered properly, or the desired results might not be achieved. Microdose levels were given to Gayle and brought almost instant relief, without the side effects from pharmaceutical medicines. It became Carrie's life's mission to get the good news out for everyone, especially to those with aging folks. Her



▲ VARIETY OF OCTAVIA HERBAL'S PRODUCTS

▶ OCTAVIA WELLNESS'S CEO, CARRIE TICE, AND HER MOTHER



SENIOR LEARNING ABOUT CANNABIS SALVE ▲

experiences as an executive manager in the digital entertainment industry were all she needed to build a company that focuses on educating people about cannabis and offering nature-based, nature-nurtured remedies. Octavia Wellness knows the difficulties of those contending with Alzheimer's. It is not only the patients who suffer, but family members as well.

"Just taking my aging mother to a dispensary was challenging, which is why Octavia has always made home delivery a priority. There were long lines of people at the dispensary, too many choices and not enough information about what product could really help my mom. I was lucky enough to have a friend involved with the Buck Institute on Aging, who provided me with solid information about what products could help my mom. Having gone through this process of discovery and the challenges we faced, we together determined we could make a difference and help fill the voids. Because of our experience, we have made education a pillar for Octavia Wellness. Our goal is to make sure that seniors and those new to cannathery have all the information they need to feel comfortable. This is why we've made our *Getting Started with Cannabis* free to download at OctaviaWellness.com."

Octavia Wellness products are carefully curated to ensure they come from licensed manufacturers complete with third-party testing for pesticides, potency and compatibility with the health conditions of seniors. They carry low-dose, full-spectrum and high-CBD products. Everything is meant to be used as "cannathery" minus the high that a majority of wellness seekers tend to avoid. Personalized service for seniors and beginners is conducted by wellness consultants. This means a one-on-one orientation about the conditions that cannabis may treat, types of products to use, dosage and usage.

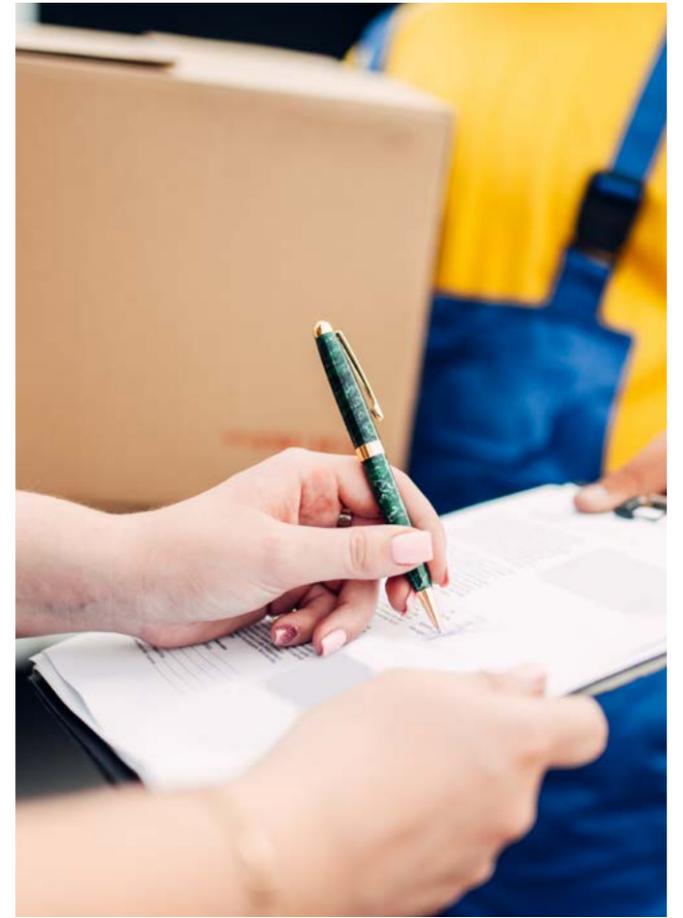
"Octavia's Nighttime Oral Sleep Drops are one of our bestsellers, which our clients swear by for relieving symptoms of insomnia without the many unwanted side effects that other sleep aids may cause. They use CBN, also known as the "sleepy cannabinoid," in a sublingual formula that one can take about an hour before bed to promote restful sleep. Another bestseller is Octavia's Heal Balm, which is a topical that's great for any kind of localized physical pain, ranging from a sore neck to arthritis pain in the hands or back pain."



Carrie Tice believes in the potential in every woman, which is why she supports women- empowerment programs like WEmpowered, a business community for female leaders who are working within the cannabis industry and helping to promote networking, partnership and advocacy. She also supports Whistlestop, an organization promoting independence, well-being and quality of life for seniors and people living with disabilities in Marin County, California. Octavia is proud to have 75 percent of their wellness consultants and brand ambassadors composed of baby boomers or seniors. The company supports adult aging communities by providing herbal samples, raffles, educational events, donation drives and other related programs for seniors.

Carrie says, "What we are finding most remarkable is the mounting research indicating there are preventative actions we can take in our 40s and 50s that may help prevent future outcomes of Alzheimer's. As a middle-aged person with a family history of Alzheimer's, this is the information I need to know, given my family history. Octavia will continue to develop treatments geared towards prevention!"

TO LEARN MORE, VISIT [OCTAVIAWELLNESS.COM](http://OCTAVIAWELLNESS.COM).  
E-MAILS MAY BE SENT TO [SUPPORT@OCTAVIAWELLNESS.COM](mailto:SUPPORT@OCTAVIAWELLNESS.COM).



EMERALD MAGAZINE  
26 Before turning to any type of medication to remedy an illness, it is best to take care of our health. It may be a cliché, but health is indeed wealth. Octavia Wellness advocates three best practices to help protect the brain. First is to maintain good sleep practices. This means getting at least eight hours of sleep per night, which may also be aided by Octavia Wellness Sleep Favorites Satori Chocolate Microdose Blueberries and Octavia Herbal Oral Sleep Drops. Next is to reduce and avoid stress, which may also be improved with a Dosist CALM Vaporizer. Chronic pain can also be a problem for seniors. Octavia Wellness has an answer for that.

The company's wellness consultants are a unique group of individuals with various skills and specialties, all dedicated to helping improve the health and well-being of others. "Our wellness consultants come from all walks of life, but they're all passionate about helping seniors live better with cannabis. Many of them have experience in health services, like retired nurses, acupuncturists or pain management professionals. Every wellness consultant goes through our Octavia Cannabis Basics 21-day training program, which covers the different modalities of cannabis and are best for different conditions, like chronic pain, anxiety and inflammation. Consultants learn about the human endocannabinoid system, including the different plant cannabinoids and the particular needs of seniors using cannabis therapeutically.

Wellness consultants meet with clients over the phone or in person, whichever is more comfortable. The first step consultants assess is what the client is hoping to achieve with cannabis. Once this is determined, we take into account a client's age, their familiarity with cannabis (specifically THC), and their disease state. Then, the consultants recommend products and dosages based on their client's needs. All of our consultants are dedicated to providing the necessary information in safe, comfortable environments, which allow clients to progress at their own pace. We are very proud of our consultant program and the fact that Octavia Wellness was awarded Best Personal Service 2018 by the *San Francisco Chronicle's GreenState.*"

Octavia Wellness hosts educational events weekly. Carrie kicks them off with free trials for patrons. They are asked to apply samples of Octavia Herbal Topicals to the painful spots on their bodies, which is always followed by sighs of relief and excitement from everyone after feeling the amazing effects.



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# A Radicle Option

## CANNABIS AS MEDICINE

ZOE JON ALEJANDRA



**THE UNITED STATES** national median age was 37.8 in 2015. Anywhere over that places an individual on the senior side of the population. According to the United States Census Bureau, 47 million seniors are living in the U.S. Population Reference Bureau estimates that about 14.5 percent of Americans will be 65 years and older by the year 2060. Baby boomers are the generation most identified as seniors. They are the most active, long-lived, and a majority are still technically not retired. Most are in their 60s, and with it comes the slowing down of everything as well as the appearance of age related illnesses. Surviving baby boomers will number 2.4 million by 2060, with the youngest among them age 96.

Radicle Health Chief Visionary Officer and co-founder Eloise Theisen is a board-certified Adult-Geriatric Nurse Practitioner who started her career at John Muir Medical Center. Her journey to cannabis treatment and advocacy started with a car accident that left her with a disability she could not effectively treat with conventional pain medications. Although reluctant at first, she finally turned to an alternative treatment involving cannabis medications. Having experienced the relief in this form of treatment led her to starting her own cannabis practice five years ago. She has treated over 5,000 patients and is one of the first healthcare professionals to bring a clinical dosing regimen to cannabis therapeutics.

For a majority of patients, Radicle Health provides access to cannabis. This nature-based treatment is used to help those with age-related problems and chronic illnesses. Being a nurse herself, Theisen has initiated instructor-led seminars and

self-paced, recorded curriculum packages that nurses can complete for continuing education credits. The Radicle Health team is comprised of Rebecca Byars who is the Chief Operating Officer, David Theisen who is the Chief Social Officer, and Timothy Byars who is the Chief Executive Officer. Cannabis, however, still bears a stigma from the War on Drugs. This is why patients are initially skeptical of a cannabis method. According to Radicle's recent research, seniors are one of the fastest-growing demographics of cannabis users. It comes with the difficulty of finding the right resource. With legalization steadily being pushed through, sales are also on the rise, coupled with confusing information and low-quality products. Theisen realized the need for proper guidance and information to avoid patients disappointment and turning to pharmaceutical drugs, that can be addictive in the long run.

Radicle Health offers 55-minute consultations in which Theisen discusses the health history of the patient, their primary treatment goals, as well as the conditions they live in. She reviews the prescription medications to assess potential contraindications. Routes of administration are discussed to the patient, including therapeutic benefits, treatment plans, dosage, frequency of use, and when to increase dosage. Theisen notes a prevalence in patients suffering from chronic pain. Many have been spending for conventional drugs and not getting the desired relief they get from cannabis. Worse, many report that their pain doctors are no longer willing to renew their opiate prescriptions, due to fear of addiction. This is a major problem right now in the U.S. with an estimated 115 people losing their lives to opioid addiction daily.



Other major causes of discomfort for seniors are sleep-related issues, symptoms related to cancer and chemotherapy, anxiety and depression, as well as neurological disorders. Radicle Health has a growing number of patients in assisted living battling Parkinson's, Alzheimer's, and dementia being treated with cannabis. Theisen has a lot of unique feedback, with every experience different from each patient. However, they agree on one thing: that cannabis remedies have improved their lives.

"One of our favorite stories is from a 93-year-old woman who was diagnosed with advanced-stage dementia. Her 40-plus years of opiate use had lead her to become confused and disoriented, which led [her] to multiple falls. Once we started her on cannabis, we were able to eliminate her opiates, and she regained clarity and was no longer considered to have dementia.

Many of our patients tell us that they feel lost and overwhelmed by the process--what to order, where to go, how much to take--and they get little guidance from their other practitioners. After meeting with our clinicians, patients report that they feel more prepared to begin their cannabis journey."

Radicle Health aims to get patients' trust back to health professionals. Misinformation and biased or unclear laws have led them to put their confidence in mostly young retailers. Patients confess that budtenders know more about cannabis use to treat their illnesses than the patient's physician.

Theisen further states:

"These budtenders have been on the frontlines of cannabis activism, providing help and guidance to patients who could find no help elsewhere. These men and women should be applauded for their work. That said, evaluating a patient and creating a treatment plan, especially for an older adult, is complex. We can't expect a person with a non-medical degree to adequately assess a patient's needs, especially senior patients.

"Consequently, first and foremost, Radicle Health wants to return cannabis health care to professionals through education and developing best practices. Second, Radicle Health intends to provide the medical community with education to promote standards and best practices to govern cannabis care."

That being said, the company supports cannabis advocacy groups like The American Cannabis Nurses Association (ACNA), The Cannabis Nurses Network (CNN), United Patients Group, Patients Out Of Time, NORML, and project CBD.

◆ **RADICLE HEALTH IS LOCATED AT 2815 MITCHELL DR. SUITE 119 IN WALNUT CREEK, CA.**

**PATIENTS MAY ALSO CALL 925.357.8316 OR EMAIL THEM AT [INFO@RADICLEHEALTHCARE.COM](mailto:INFO@RADICLEHEALTHCARE.COM).**

**PATIENTS MAY ALSO VISIT THEIR WEBSITE AT [RADICLEHEALTHCARE.COM](http://RADICLEHEALTHCARE.COM) TO FIND OUT MORE ABOUT THEIR SERVICES OR SCHEDULE APPOINTMENTS.**

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NOVEMBER

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4



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CANNABIS LIFESTYLE

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7



### 7 • HELLCAT MAGGIE'S SKINCARE Clay Face Mask

Whole-plant CBD skincare line that uses organic, non-comedogenic ingredients. The skincare line is made specifically to treat problematic complexions such as acne, sun damage and sensitive skin. \$38 • [hellcatmaggies.com](http://hellcatmaggies.com)

**8 • ELLA ESSENTIALS CBD Body Butter** The entire Ella Essentials product line is handcrafted in small batches to ensure quality and consistency. Ella Essentials Body Butter is a cruelty-free and vegan topical designed for daily use. \$50/\$175 • [stellardistro.com](http://stellardistro.com) **9 • OMAX HEALTH Phyto-Max Sleep & Stress Remedy** Formula developed to help relax the body and mind, restore optimal sleep quality, relieve anxious nerves and provide an overall sense of well-being. Available in a pack of 60 softgels, each with 5mg of CBD \$99 • [omaxstressremedy.com](http://omaxstressremedy.com)

8



9



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<b>Vallejo</b> HTP Group Vallejo Relief Center	<b>Berkeley</b> CBCB Berkeley Patients Group	Mission Organic Center Purple Star MD Elevated SF	<b>San Andreas</b> Calaveras Little Trees Green Gold Cultivators	<b>Modesto</b> NRC Holistic Health Medallion Wellness	Abatin Wellness Center All About Wellness I Heart Canna A Therapeutic Alternative RCP Sacramento	<b>Diamond Springs</b> Pure Life
<b>Sebastopol</b> SPARC		<b>Denair</b> The Honest Choice				<b>Shasta/ Redding</b> 530 Cannabis

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NOVEMBER



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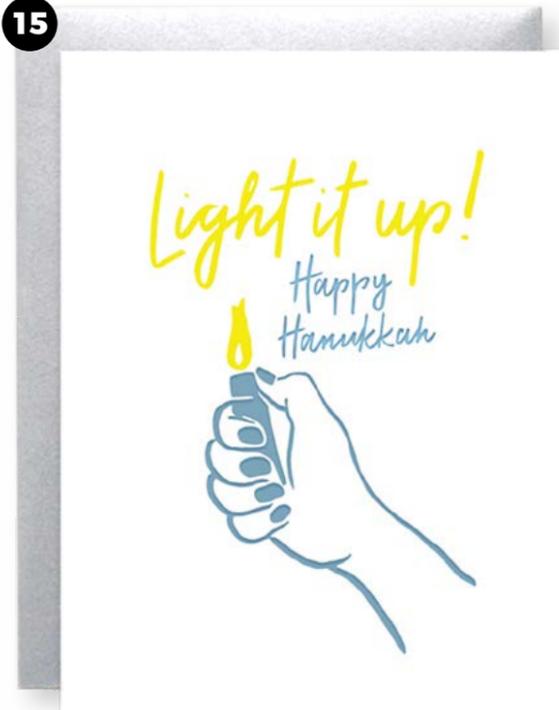
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**18 • L'EELA** is a line of artisan supplements and luxury body care products that feature the wellness benefits of hemp-derived cannabidiol (CBD). [leelabodycare.com](http://leelabodycare.com)

18



16



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17



19



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**21**

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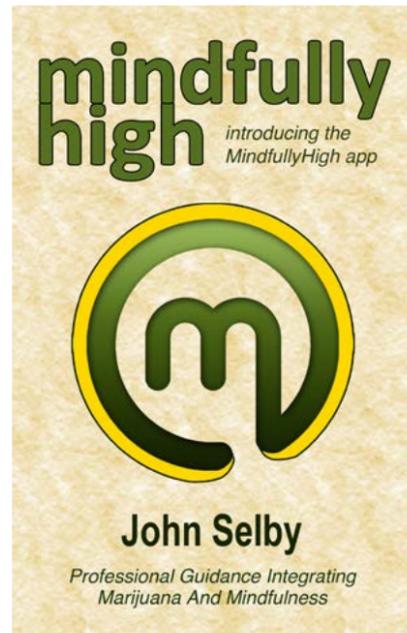
**25**



Gift Guide

▼  
MINDFULLY HIGH BOOK COVER

WRITTEN BY JOHN SELBY



# MINDFULLY HIGH

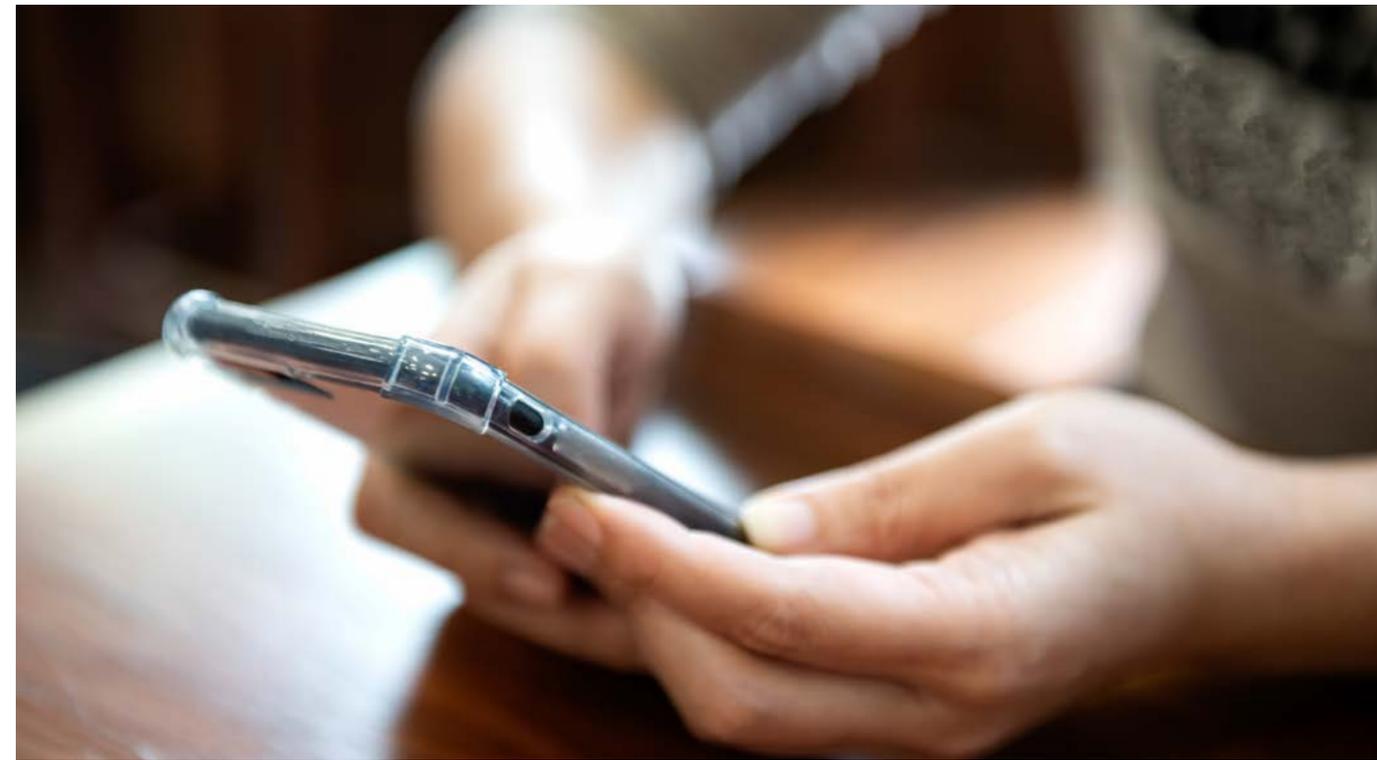
A REFRESHING NEW BOOK ABOUT POSITIVE AND  
MINDFUL WAYS TO USE CANNABIS

MOLLY CATE

**JOHN SELBY'S MORE** than four decades of scientific and spiritual training come together powerfully in his inspiring new work, *Mindfully High: Professional Guidance Integrating Marijuana and Mindfulness*. John trained as a psychedelic guide during the 1960s under the late, great psychiatrist Dr. Humphry Osmond, the man who coined the term “psychedelic” and taught the importance of (mental) set and (physical) setting. John also studied many forms of meditation with another late master, the philosopher Alan Watts, and learned experimental wellness techniques during five years in Europe and travelled the world experiencing different mindfulness methods.

The book and free app for Android and iOS devices bring all that learning together to benefit cannabis users and society in general. As John says, “The Mindfully High program has been designed to help fill the need for a more mindful, responsible and successful approach to cannabis in our society.” Applying his method, with or without cannabis, you learn to take charge of your emotional state, to reduce anxiety, to feel more centered and aware—in a word, more mindful, which John defines as mastering “the self-regulation of your attention.” Most of us were not taught anything this useful growing up.





Add cannabis to this mindfulness training, and you will enhance your experiences to the fullest. Cannabis isn't called the "insight herb" for nothing. The Mindfully High program teaches you how to claim the positive mental and emotional health effects of THC. According to John, "At least 50 percent of the effect of cannabis is psychological," and we can harness that power to "actively influence and control our experience as we get high, by focusing our attention in mindful directions." Cannabis is good; mindfulness is good. Together, they are more than the sum of their parts. In most settings, John advises moderation, what he calls "high versus stoned," though he always leaves room for those ultra-stoner moments in life, too.

The book approaches mindful cannabis use from many perspectives: medical, psychological, social, effects on creativity, motivation, sexual pleasure, pain management and fun. John has included chapters on work life, educational settings, family relations and elders using cannabis for the first time. Not all of us found the blessed herb in the '60s. Throughout his book, John candidly and courageously speaks to teens, parents, teachers and moral leaders, urging an open-minded inquiry into the meaning that others give to their choice to use cannabis. There's even a section on "grass groups" to encourage candid discussion. On the website, you'll find suggestions for forming a group, and a set of discussion questions in the book.

John tackles the old claims about the negative effects of cannabis use and, with scientific help where it can be found, debunks most of them. For the few negatives that have some merit, like loss of motivation and memory, his encouragement toward aware, conscious use, rather than blotto couch lock, reminds us that we can choose our cannabis experience. As John puts it, "We all have the ability to be both high and responsible at the same time."

The Mindfully High app mixes affirmative statements, eye-catching visuals, soothing music and John's well-modulated voice to bring you into the practice of mindfulness. There are 24 six-minute audio-visual experiences for you to explore, starting with learning about aware breathing. You can use one or more to create a mini-vacation at home, or you can commit to a daily practice of mental focus enrichment. Topics to explore include: Short-Form Mindfulness Meditation, Anxiety and Depression Relief, Reducing Stress at Work, Senior & Student Groups, A Mindful Study Aid, Stimulating Creative Expression and Relax & Have Fun. All of these topics and more can be explored without cannabis, but, as John says, "when cannabis is added to this mindfulness process, we enter a realm of remarkable potential." You can get a sense of the power of the Mindfully High app by watching the short video introduction to it on the Mindfully High website.

John has a fine collection of mindfulness videos posted on YouTube also. But don't confuse him with the John Selby playing in the 2017 World Snooker Championship or the professional dancer. John's under-10-minute videos are drawn from his decades of experience guiding people into greater relaxation. You'll find titles such as: *Tapping the Source*, *Emotional Health*, *Deep Healing and Full Relaxation*, available 24/7.

It's John's respect for those who choose cannabis and his hope for the future that are the ultimate blessings of this book and app. You will never read or hear John Selby demeaning users. He never stoops to old stereotypes or assumes that we are people devoid of self-respect and honest intentions. He never confuses abuse with use; in fact, his mindfulness program can help anyone evaluate the benefits and costs of their particular level of cannabis consumption. It's all about developing mindfulness, that self-regulation of attention we all can practice, in toking, vaping and eating the kind herb and in life. John Selby's *Mindfully High* book and app deserve the widest possible audience.

▶ TO LEARN MORE,  
VISIT [MINDFULLYHIGH.COM](http://MINDFULLYHIGH.COM).



## TRIMMING PACKAGES

### BULK IN-BULK OUT

- EP receives product binned in bulk.
- Product is returned to client in bins, by strain, flower, trim, kief, stems.
- Summary Report will have flower, trim, and kief, (stems not weighed).

### ANALYTICS (TRACK & TRACE COMPLIANT)

- EP receives product binned in bulk.
- Product returned in turkey bags, weighed out to clients specifications & or packaged for sale.
- Analytics "Peak System" will have Flower, Trim, Kief, and Stems recorded (track and trace compliant). Individualized data per trimmer, totals of finished product and loss percentages all by particular strains.

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# Hemp and CBD— Legal or Not?

JUSTIN KELLER AND AMBER LES  
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**THE UNITED STATES** is the largest consumer of hemp products in the world, with the annual market value of retail sales estimated at more than \$688 million. You see it in oils and extracts and in bottles of lotion at your local Trader Joe’s—the Senate dedicated a whole week to its existence—so, it only makes sense to assume that industrial hemp used in products on your grocery store’s shelf is not a Schedule I illicit drug, right?

Well, you might be wrong.

Under current U.S. drug policy, all cannabis varieties, including industrial hemp and cannabidiol (“CBD”), are listed as Schedule I controlled substances under the Controlled Substances Act (“CSA”), the same classification used for heroin. Although the federal Food and Drug Administration (“FDA”) recently approved Epidiolex, a pharmaceutical drug containing liquid CBD used to treat certain epilepsy syndromes, the DEA rescheduled CBD only for that specific drug. Outside of Epidiolex, CBD and industrial hemp still retain their Schedule I classifications. Because this is the only major industrialized country that restricts hemp farming, the booming U.S. industrial hemp market has depended almost entirely on imports amid conflict, confusion, and ambiguity surrounding federal laws concerning industrial hemp and CBD products.

Much of the confusion has stemmed from the obvious—hemp comes from the same species of plant as marijuana, and certain by-products, including CBD, can be derived from either hemp or the cannabis plant itself. The legality of industrial hemp has largely been a



matter of interpretation, and one sticking point has been over the CSA's definition of "marijuana." According to the CSA, marijuana is "all parts of the plant Cannabis sativa L., whether growing or not; the seeds thereof; the resin extracted from any part of such plant; and every compound, manufacture, salt, derivative, mixture, or preparation of such plant, its seeds or resin." However, this federal definition does not include "the mature stalks of such plant, fiber produced from such stalks, oil, or cake made from the seeds of such plant," but it does include "the resin extracted [from the mature stalks]."

This definition, the exceptions and the exception to the exceptions, has put CBD products in a legal gray area—are they prohibited under federal law or not?

Although CBD- and cannabis-legalization proponents argue that industrial hemp and CBD products fall within the exception in the definition, the Drug Enforcement Administration (DEA) has disagreed. It has consistently held that industrial hemp, hemp by-products and CBD are included in the definition of "marijuana" and are therefore federally illegal.

In contrast, the U.S. Court of Appeals for the Ninth Circuit held in 2004 that industrially made products made from sterilized hemp seed and hemp seed oil are not federally illegal, since such products are non-psychoactive (containing less than 0.03% THC) and not technically "marijuana" under the CSA's definition.

Although the court ruled that the DEA has no authority to prosecute businesses for using hemp seed or hemp seed oil, it did not address the use of CBD extracted or derived from hemp stalk, or what else could or could not be considered "marijuana" under the federal definition. Consequently, the DEA continued to treat CBD and other resins extracted from hemp stalk as federally illegal, and the Ninth Circuit's ruling only applies to the nine states within its jurisdiction.



▲ Hemp Plant

However, on May 22, 2018, the DEA finally addressed the 2004 ruling, issuing an internal directive stating that, consistent with the Ninth Circuit's decision, the DEA does not enforce THC's Schedule I status with respect to products made from the cannabis plant that "fall outside the CSA definition of marijuana," and the "mere presence of cannabinoids is not itself dispositive of whether a substance is within the scope of the CSA."

#### THE FARM BILL: THEN AND NOW

Congress made its first significant changes to federal policy regarding hemp in the 2014 Farm Bill, authorizing the creation of state industrial hemp pilot programs. The Farm Bill allows universities and state departments of agriculture to cultivate hemp for various research purposes and establishes a statutory definition for industrial hemp as "the plant Cannabis sativa L. and any part of such plant, whether growing or not" with a THC concentration of less than 0.3%. Subsequent provisions in the 2018 Appropriations Act also bar the DEA from interfering with or prosecuting the transportation, processing, sale or use of industrial hemp or its by-products (e.g., CBD) grown or cultivated in accordance with the 2014 Farm Bill.

Certain provisions that may be included in the 2018 Farm Bill have brought new hope for proponents of federal legalization for hemp and CBD. In April, Senate Majority Leader Mitch McConnell (R-KY) introduced the Hemp Farming Act of 2018, which aims to legalize and clearly define hemp as an agricultural commodity, potentially removing hemp cannabinoids and extracts from the list of controlled substances and allowing states to regulate the production, commerce and research of the plant. Additionally, the Hemp Farming Act would expand federally legal commercial hemp cultivation to tribal lands, reservations and U.S. territories—lands that had been excluded from the 2014 Farm Bill.

Although this year's proposed law is an expansion of four different versions of the bill that Congress has previously rejected, McConnell inserted the same hemp-legalization language used in the Hemp Farming Act into the Senate version of the 2018 Farm Bill. In June, the Senate easily passed this version by a vote of 86-11. The Republican-led House also

passed its own version of the 2018 Farm Bill, but it did not include the hemp-legalization provision. Following the passage of two contrasting versions of the bill, a committee of House and Senate negotiators met in the subsequent months to compromise on the differences between the measures, including the measure legalizing hemp. Although Congress did not come to an agreement before the then-current farm bill's expiration on September 30th, the majority of the baseline programs funded by the expired bill remain funded until later this year. Negotiations to resolve controversies with the new bill, mainly surrounding food stamp and work-requirement provisions, will continue after the midterm elections, and proponents are hopeful that a new farm bill will be in place before the end of 2018.

On June 25, in the middle of the controversy surrounding the Farm Bill, the first CBD-based drug, Epidiolex, was approved by the FDA, a move that many believe is another step toward legalizing hemp, CBD and, ultimately, cannabis at the federal level. Following its approval, the U.S. Department of Health and Human Services recommended that the DEA place the Epidiolex CBD formulation on Schedule V, the least restrictive schedule. Although there is no immediate impact on the legality of CBD with this single drug's approval, the FDA's recognition of the possible health benefits of CBD is at least another step forward for the industrial hemp industry.

In the wake of this narrow rescheduling for just one CBD-based drug, the possibility of industrial hemp and CBD's legality as a whole has had broader implications, particularly at the international level. The United States is a signatory to the 1961 Single Convention on Narcotic Drugs and the 1971 Convention on Psychotropic Substances, both enacted to establish consistent control over international and domestic drug trafficking. Because of its commitment to these treaties, the U.S. is obligated to enact drug control laws consistent with the scheduling outlined in the agreements. To comply with these international obligations, the DEA is, at a minimum, obligated to classify FDA-approved drugs containing CBD (as of now, only Epidiolex) as Schedule V controlled substances.



▲ GROWING "ACDC" CBD PLANT FROM HUMBOLDT ORGANIC COLLECTIVE  
IMAGE BY MARK MCKENNA



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The World Health Organization (“WHO”) is the principal regulatory group that makes recommendations related to amendments or changes made to the 1961 and 1971 treaties in effect. In June 2018, the WHO conducted a critical review of CBD and announced that it would meet again in mid-November to conduct a similar review of other substances, including cannabis. In September 2018, the WHO’s Expert Committee on Drug Dependence (“ECDD”) recommended that CBD relinquish its current schedule previously established by the 1961 and 1971 international drug conventions, since it has “no psychoactive properties and presents no potential for abuse or dependence.”

Even if the UN Commission eventually removes the scheduling of CBD or cannabis from the regulatory treaties the U.S. adheres to, the U.S. Department of Health and Human Services and the DEA will still have the discretion to keep CBD, cannabis and industrial hemp on its list of Schedule I controlled substances and may continue to only provide a Schedule V classification to any future FDA-approved, CBD-derived pharmaceuticals.

Until the 2018 Farm Bill officially passes, it remains uncertain how the legality of the industrial hemp industry will change before the start of 2019. Although the Farm Bill could be passed without the hemp-legalization provision, and the Hemp Farming Act could also fail to pass, the trend is pushing for industrial hemp and CBD to be fully legalized in the United States, in one way or another, very soon.

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# Canine CBD

AN IMPERFECT SCIENCE (SO FAR)

ERIC DANVILLE

**A RECENT REPORT** from the American Pet Products Association shows that Americans spent almost \$70 billion on companion animals in 2017, up almost 5 percent from 2016. More than \$17 billion of that total was spent on veterinary care alone. Some replied to the study by wondering whether that money couldn't be more effectively spent on more human-specific altruistic concerns. But for the estimated 85 million U.S. homes with at least one pet, it's money well spent. The payoff is a lifetime of unconditional love, loyal companionship and the sense of community you build with other animal lovers, which makes it all the more heartbreaking when your furbaby starts to lose mobility, eyesight or hearing or shows declining mental faculties as they grow older.

According to HempBizJournal.com, total hemp sales last year came to \$820 million, almost a quarter of which—\$190 million—was spent on hemp-derived CBD products. Not bad for an industry that basically didn't exist five years ago. While the site makes no connection between stats for human-use CBD and animal-use CBD (primarily for dogs and cats), the money being generated by the growing animal-use CBD market is substantial, even though it is a small percentage of the total CBD market.

Ailments in dogs (and other animals) being targeted with CBD in oil, cream, pill or infused-treat form mirror those being targeted in humans: arthritis, anxiety, seizures, epilepsy and inflammation, to name a few. If you've taken CBD yourself, you know the quality of relief possible in humans, but the research into the effectiveness of canine CBD therapy shows . . . basically nothing. The industry is that new.

Research into CBD treatment for elderly animals is beginning in earnest, though. Scientists at the Veterinary Teaching Hospital at Colorado State University are currently conducting tests involving the use of CBD in canine epilepsy, and while it's still very early in the trial, results are promising; according to California State University neurologist Dr. Stephanie McGrath, 89 percent of poodles studied experienced reduced epileptic activity as a result of CBD treatment.

So, considering the current lack of credible, long-term scientific research on the benefits and risks of CBD in our canine friends, most evidence surrounding canine CBD is anecdotal and not empirical, and since I'm not a veterinarian, just a doting doggie daddy, . . . meet Noodle.

A female purebred miniature poodle, Noodle was born in Texas and relocated four months later to New York City's East Village, where she's lived for the past 15 years. She's been healthy all her life, aside from a few minor medical issues that are unavoidable, regardless of where a dog calls

home. About a year ago, she began staring into space, sitting in the corner, walking in circles and crouching down on her front paws and looking up in the air as though seeing something flying back and forth, symptoms of what the American Kennel Club describes on their website (AKC.org) as Cognitive Dysfunction Syndrome (CDS). She also apparently suffers occasional petit mal seizures. Having read about CBD use for pediatric and canine epilepsy—and having used CBD myself for relaxation and joint pain—I decided to give it a try with Noodle. So far, the results have been good! Here's what we've found:

## NOODLE'S TIPS FOR CANINE CBD USE

### *Do Your Research*

While information about the actual, real-world effect of CBD on elderly dogs is lacking, you will find information about potency, dosage, effects and risks of canine CBD use online (generally from canine-use CBD companies, none of which was contacted for this article). Hunt this information down. Read it. Be curious, and be skeptical. If you read something that doesn't sound quite right, seek out a second source. Or a third. Or a fourth. If possible, buy your CBD in a brick-and-mortar store instead of online. Employees at most stores will be happy to answer your questions, but again, be wary of what you hear, especially if a salesperson is giving answers that are vague or unrelated to your questions. If you aren't satisfied with their knowledge, go somewhere else.

### *Oil, Capsules or Treats?*

The way you give your dog CBD is crucial to safe and effective treatment. I've opted to give Noodle CBD oil. Again, finding the proper dosage is key; you don't want to give your dog half a dropper's worth of CBD oil that's meant to be administered one or two drops at a time. Depending where you buy it, CBD oil can be pricey, but I find that the extra control that an eyedropper gives me over caps and pre-made dog treats is worth the expense. And while, as with human use, taking CBD oil on or under the tongue is the most effective way for your dog to absorb it, whatever you do, do not stick the eyedropper in your dog's mouth. One quick twitch when an anxious or unprepared dog clamps its jaws can break the dropper, resulting in a mouthful of sharp shards of glass or plastic and a most unpleasant trip to the vet. (Pro tip: I use the eyedropper to dose Noodle's favorite treat, the puppy-size dog biscuit. I have one or two made up with about 2 mg to 3 mg of CBD already soaked in for when a seizure has started or is obviously on the way. I keep these safely away from her normal treats so I don't dose her by accident.)

*Story continues on page 52*



“  
A general rule of thumb is about 5 mg of CBD for every 20 pounds of canine body weight, but your dog's physical build and even the amount of food in their stomach will factor in as well.”

#### Find Your Dog's Dosage

This is where CBD can get confusing, for both human and animal use. CBD comes in different concentrations. A general rule of thumb is about 5 mg of CBD for every 20 pounds of canine body weight, but your dog's physical build and even the amount of food in their stomach will factor in as well. A dosage chart should be on the side of the packaging or in the instructions. Start out small, and take the time to learn what's right for your canine friend. (Pro tip: A “dropper's worth” of anything is not the entire volume of the shaft. Place the tip of the dropper into whatever liquid you're using, squeeze the rubber bulb, and let it go. The amount drawn into the dropper is a dropper's worth. The quantity of liquid is determined by the size of the rubber bulb, not the dropper itself!)

#### See What Happens

Don't be surprised if a mainstream vet tries to discourage you from giving your dog CBD in any form. CBD use is still in its infancy as far as the federal government is concerned. (Pro tip: Try keeping a medication diary, both for your own education and to bring along if you decide to consult a vet or holistic animal doctor. Make note of the reason(s) you're giving your pet CBD, such as seizures or anxiety. Note the CBD's strength, the time it's administered, how long it takes to affect your dog and how long the effect lasts.)

The more time, effort and money that scientists and pet owners spend studying the effects of canine-use CBD, the better we'll be able to realize its benefits. And that's a small enough price to pay for the pets we love so much.

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# T'OAKLAND SENIOR CANNA CLUB

ZOE JON ALEJANDRA

**BEING A SENIOR** citizen brings rewards as well as challenges. Seniors qualify for discounts and numerous other privileges, for example. However, many are not able to enjoy these rewards fully because of illnesses. Heart disease, arthritis, cancer, respiratory diseases, Alzheimer's disease, osteoporosis, diabetes, pneumonia, obesity and depression are among the many debilitating illnesses that can prevent one from enjoying a comfortable senior life. Heart ailments affect an estimated 37 percent of men and 26 percent of women from ages 60 to 65. Arthritis is an umbrella term for over 100 types of joint conditions that can be classified as degenerative (brought about by wear and tear of joints and ligaments), inflammatory (brought about by disease), infectious (brought about by bacteria or viruses) or metabolic (in which uric acid is a common culprit). Other ailments are results of the body's immune system weakening as we age. When not properly cared for, depression can set in.

T'Oakland Senior Canna Club board member Melodye Montgomery knows very well the struggles of seniors. The group was founded by the members of the East Bay Senior Cannabis Club: Mike Grafton, Sharon Betrand, Devlin Francis, Theresa Farley and Melodye, East Bay's Mama Bear herself. A first look will tell you that they are more of a family and not just a group of senior cannabis enthusiasts.

Melodye is the owner of TendaHead cannabis topicals and Learn What's Right for You, where she provides cannabis consultancy. Since seniors are a rapidly growing demographic among cannabis users, she realized that there is a great need for them to understand proper use.

"We noticed the need for more cannabis education among seniors. Old-school smokers did not know the differences among Sativa, Indica or hybrids. They also needed to be educated about things like topical use and vaporizing. Opioid use is high among seniors who are dealing with pain, and that's scary. My co-founders and I wanted to bring a less dangerous way of pain management to seniors as well as provide a community with people our own age. Senior citizens are often solitary in their cannabis use. We wanted to provide a place to feel safe with like-minded individuals."

According to the National Institute on Drug Abuse, more than 115 people in the United States die from opioid overdose every day. The most common causes

are Fentanyl, heroin and prescription pain relievers. The Centers for Disease Control and Prevention estimates more than \$78 million in economic burden each year. This includes the costs of healthcare, productivity loss, addiction treatment and criminal activity.

Melodye believes that more attention should be given to senior communities, especially those that are less able to fend for themselves. Synthetic drugs can be fatal when used carelessly. For seniors, improper self-medication for even a minor ache can lead to a domino effect of damage to both mental and physical health, or even death. Melodye believes that nature-based, nature-nurtured remedies are the safest choice.

"I believe we need more outreach to senior communities, more education, and to provide a sense of community. I see seniors at all levels in our community, from business owners to patients to adult users. Our current meetings have 30 to 40 members attending, even 75 at times."

From personal experience, Melodye can attest that opioid use can be avoided for pain medication.

"I can only speak for myself. I no longer take opioids for pain or inflammation. I use cannabis topicals, concentrates and edibles to manage all symptoms of arthritis throughout my body. I am able to build my own business, be active in the community and attend many events because of cannabis and the many benefits it provides."

T'Oakland Senior Canna Club also supports the Budding Compassion Network and other grassroots organizations. Tali Eisenburg and Barbara Blaser at Magnolia [Oakland dispensary] are working with the club as well for further cannabis-education programs.

"Our group will grow. We are just now asking members themselves what their needs are and how we can help. We'll keep you posted. We are beginning to put together outside activities for the group, such as movie nights and pinball excursions. I would like to find a way to provide further education as well. This means education, community and activities with other senior cannabis users."

TO LEARN MORE, VISIT  
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# C O U P L E S U S I N G C A N N A B I S

JOHN SELBY, ThD



EMERALD MAGAZINE

56



**CANNABIS** is a powerful psychological force that can evoke transformation for couples who choose to get high together. So, how does grass alter the ways in which we relate with our intimate friends? Is this alteration a plus or a minus in terms of intimacy and relationship sustainability? And specifically, how can two people safely and enjoyably tap the benefits of sharing cannabis together so that they boost both pleasure and intimacy while high?

Two generations ago, only the far fringe of our culture was using cannabis. Now studies show that more than 12 million American couples use cannabis together, with 10 million more expected to join in by 2021. Hundreds of new texts teach us how to raise, sell, cook and ingest this powerful herbal additive—but very few books offer couples professional insight, information or advice for successfully using cannabis for intimate relating.

Studies have documented that enthusiasts use cannabis to relax, relieve pain, enjoy life and explore new realms of relating—it often acts as a social lubricant, a creative enhancer, a meditative aid and a sexual stimulant. But there can also be downsides to the cannabis high. Cannabis, especially strong strains, needs to be approached as a mild psychedelic that carries significant power to impact a relationship. Couples will want to engage the muse of cannabis wisely and mindfully in order to reap its multidimensional benefits.

The early psychedelic pioneer Dr. Humphry Osmond, with whom this writer had the privilege of working in research settings, often pointed out that everyone who gets high is asking for the invisible muse of cannabis to come and tap them with its magic wand ... and stimulate a transcendent inner experience. Osmond was also the first to point out that our current “set and setting” will strongly determine the level of heartfelt sharing that can develop when high.

Mundane life can be repetitive and uneventful, so most of us seek periodic moments of transcendence. When high, either alone or with a friend, the thinking and scheming and worrying mind drops away temporarily, and we’re set free to expand our consciousness into new ethereal realms. We experience a sudden shift in consciousness that can lead us into either solitary inner realms or expansive interactions where we include another person in our intimate grass bubble.

Here are several things you can remember to do when high together, to steadily enhance your intimate experience.

First of all, just before you get high with your lover, take just ten breaths where both of you simply “do nothing” but exist together, sharing the same space, the same air and the same intention to get high and explore your relationship. You also might find it valuable to talk with each other about how you’re feeling just before you get high, and what you might do when high. Pause and tune in to each other’s presence.

And then as you partake of your preferred cannabis concoction, repeat this step consciously, relaxing and enjoying the act of sharing the ritual herb. Rather than rushing through a habitual intake phase, stay aware of each moment so that you’re in an optimum mindset to enter into the universe of cannabis delights together.

Much has been said about the value of being mindful in life, and nowhere is this more important than when you’re actually altering your mindstate. You’re taking grass to induce a desired shift in consciousness together, so do your

best to remain fully aware of the changes that begin to impact your inner experience.

There seem to be seven different types of experience that are usually induced when we get high together. For instance, after the first wild rush of THC hits the brain, couples tend to spend ten or fifteen minutes in a high chatty buzz. Great insights and sharing, and also considerable emotional release and healing, can occur during this initial “talking phase” of a shared high. But it’s vital to stay aware and notice when you’re talking too much and failing to give your partner an equal amount of time to express their own feelings and ideas.

At some point, most couples then experience an inner “pop” as they snap out of the chat phase happening in their heads and into a perceptual mindset where sensations become dominant. Many people say they actually experience an inner snap and that thoughts then drop away as sensations rise to the fore. When both you and your partner experience this shift at around the same time, you can both go deeply into all the sights and sounds around you. Mundane objects become beautiful and significant, your ears come alive with the sound of crickets, music, a breeze rustling the green leaves in a backyard tree...

You can either get lost in your own sensory experience or mindfully remember to stay tuned in to the experience of your friend so that you’re sharing heartfelt communion not only with nature, but also with the physical presence of your lover. Your awareness when high can either expand or contract in this regard. If you observe the meandering of your focus of attention, moment to moment, you can actively choose where you want to flow when high.

And, of course, once you tune in to your senses and the pure pleasure of being immersed in feeling and sensation, you’re probably going to drop deeply into your own body at some point—and this will often lead to one of the most important effects of grass ... sexual engagement and intimate relating. Again, you can either get caught up in old intimacy habits and intercourse patterns or remember to pause together ... just be together, and let the muse of cannabis spontaneously guide you into a totally new erogenous experience with your lover.

Afterward, you’ll find that taking time to talk openly about this shared process will add considerably to the experience you’re having. Every couple develops their own personal habits of relating as the cannabis muse begins to take effect. And after the first hour or so of intensity, cannabis can also help you and your friend quietly explore deep topics that don’t otherwise rise up to the surface of your discourse—you can openly share feelings and memories, imaginations and visions that will help nurture a lasting involvement.

In working with couples in therapy, I’ve found that when approached mindfully, the sharing of the cannabis high on a fairly regular basis can help to open up a seemingly endless adventure into all the subtle realms of intimacy. You might find yourselves ending a grass session quietly meditating together, listening to music, taking a walk, cooking a great meal—what’s important is learning, step by step, to maintain a part of your awareness as a witness that lovingly reminds you, over and over, to aim your “high attention” in directions that both of you deeply value and enjoy. It’s always new—always new!

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CANNABIS LIFESTYLE

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## Michigan's Cannabis Nurse

HOW ONE ACTIVIST IS WORKING TOWARD SAFE PATIENT ACCESS

JAMES PRIEST

**MICHIGAN IS HOME** to an estimated 9.9 million residents. Its senior community makes up a large portion of the cannabis consumer base. The state is home to more than 11,000 lakes and is famed for the automotive industry that helped shape America. Medical cannabis was legalized there in 2008, but it has seen a bumpy road ever since. Finally, in 2018, retail cannabis has made it onto the November ballot.

Seniors are looking to learn about cannabis as a potential alternative to dangerous prescription drugs that cost them their hard-earned money and potentially even their health. Helping the senior community and others to learn about cannabis in a responsible manner is vital to breaking the negative stereotypes associated with cannabis. That's exactly what one remarkable woman is doing in western Michigan.

### A PASSION FOR PEOPLE

Cathleen S. Graham began her career in health care as a home health aide in 1995. She worked her way up to become a certified nursing assistant and continued her education in nursing to receive her LPN (Licensed Practical Nurse) in 2005. She continued on to receive her associate's degree in nursing from West Shore Community College in 2008. As a student there, she was a member of Phi Theta Kappa Honor Society. She graduated on the National Dean's List with a 3.5 GPA and was part of the honors program for medical surgical nursing.

Cathleen is passionate about hospice care, and since 2009 she has been a hospice nurse. From 2011 to 2016, she was the RN, a co-founder and a member of the board of directors at the Cannabis Standards Institute, where she performed many different roles such as testifying on health care issues before committees of both the Michigan Senate and the Michigan House of Representatives. She proudly says, "I was pleased when MMFLA became law and when emergency rules were issued that finally required medical cannabis to be labeled with a listing of all the active ingredients and evidence that it had passed both a microbiological and a chemical residue analysis."

In 2015, Cathleen was the clinical educator for the Visiting Physicians Association in greater Grand Rapids, Michigan, educating physicians and families about hospice care. Today, she focuses on her work with hospice as the regional manager for weekend service operations, in addition to her latest endeavor, Cannabis Nurse. Cathleen is optimistic about cannabis treatment in Michigan. "At last, we will have accurate information that can help guide both medical teams and patients in making informed choices, because it will allow for a specific dosage to be determined, like with all established medications."

### CANNABIS NURSE

An estimated 300,000 medical cannabis patients have registered with the state of Michigan, approximately 50,000 of whom live in western Michigan. Although Cathleen is only one person, she has the ability to help thousands. This is good news for Michigan's growing senior population. Cathleen explains: "In hospice, we recognize that providing a peaceful and comfortable death is an essential goal of health care and that death is not a failure but rather that living and dying well, on your own terms, is an ultimate success. With legal, regulated medical marijuana that comes with lab-validated in-



formation on its active ingredients, and with all staff who have direct patient contact trained to understand cannabinoids, terpenes and dosing, thousands more of our friends, neighbors and families will also be able to find this victory."

Cathleen can help people understand medical cannabis and how it may benefit them. She offers consulting services ranging from patient regimens to educational programs and more. If you're looking to learn about cannabis from a medical professional who understands cannabis and has fought to help bring legal medical cannabis to Michigan, please visit [cannabisnurse.com](http://cannabisnurse.com). "From my personal experience, I have seen medical cannabis accomplish many things for patients facing their final days, including control nausea of a patient undergoing chemotherapy, stimulate appetite in a patient facing malnutrition, ease muscle spasms, decrease pain and improve ability to sleep," Cathleen attests.

Cannabis Nurse can help you learn about the basics of cannabis use, such as the endocannabinoid system, becoming an advocate and the process for becoming a medical cannabis patient in Michigan and the qualifying conditions. All of the information you need, can be found on the website.

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- Educational programs.
- Guest speaking.
- Comprehensive consultations to assess your medical history, treatments and procedures, medications and goals.

Michigan could become the third-largest adult retail cannabis market in the U.S., according to Roy Bingham, CEO of BDS Analytics. This means that a lot of people will have a lot of questions. You will find Cathleen S. Graham there to help answer those questions and break the stigma of cannabis. If you have questions about cannabis, Cannabis Nurse has honest, accurate answers.



Kanna was founded to promote the use of medical cannabis while educating patients about herbal healing as a safe alternative to over-the-counter and doctor prescribed medications. By drawing on the medical knowledge, industry experience, and professional expertise of our dedicated team, we remain committed to the responsible introduction of plant-based medicines into the cannabis industry.

Our team has strong Oakland roots, a passion for community service, and insatiable drive for sharing the medical benefits of cannabis with our patients, families, and neighbors. As a pillar of the business endeavors for the company, Kanna will lead by example as a positive force for change for our community, our city, and our industry.

[GOKANNA.COM](http://GOKANNA.COM)

# HEALING HARBORS

ZOE JON ALEJANDRA

**HEALING HARBORS WAS** founded in 2016 by Stacy Moore. With determination and perseverance, the business took off, selling their first product in July 2017. Long before that, Moore was formulating and testing her own items, which eventually shaped Healing Harbors into the company it is today.

Healing Harbors mission is notably inspiring as they aim to bring healing help to as many people and their pets as possible. The main products are CBD-infused personal care items, along with their animal line.

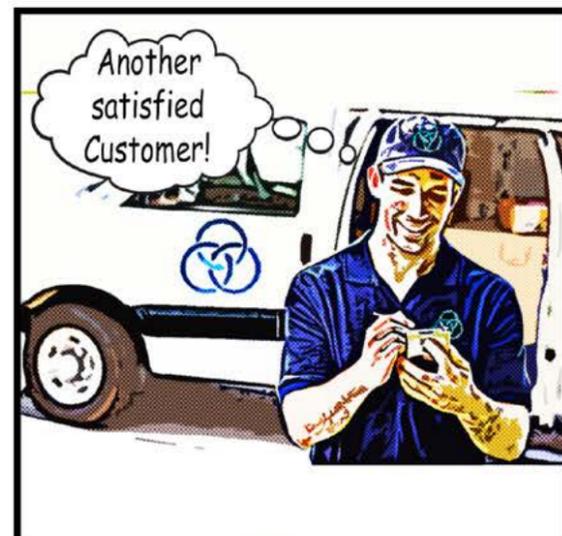
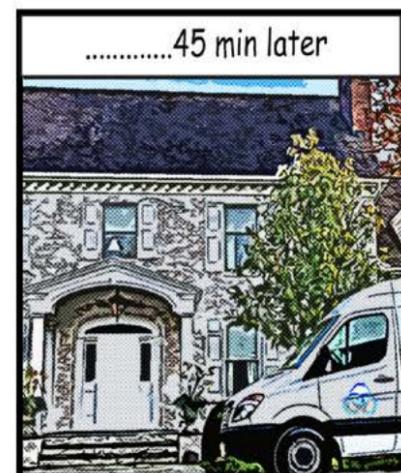
Moore was a at-home health care worker with a patient who experienced a steep decline in quality of life, having lost all movement on the right side of their body following a massive stroke. The eureka moment came when Moore noticed that the patient was applying some cannabis salve on herself. She noticed that over time, the salve actually helped loosen up the range of motion and improve the patient's motor skills, which made physical therapy much easier. From then on, Moore began to take classes so that she could learn about cannabis and its by-products. She eventually came up with a line that did just that. After more than a year of constantly changing up and improving her formulations, Moore was able to help her patient regain the ability to lift her right arm—a huge milestone and breakthrough. That patient became her first major investor.

Healing Harbors is headquartered in Brunswick, Maine, and make all their products in a commercial kitchen set against the backdrop of a picturesque organic farm. The location is something that the proprietors and their employees are in love with, and with good reason. They have a miniature horse, goats and a slew of lovely walking trails, and everything is aligned with the core values as well as the mission and vision of the company.

The owners of Healing Harbors also run a non-profit project called Growing to Give. It is already in its second year and is



Meanwhile.....somewhere in the East Bay Area, two friends search for the best selection and most affordable cannabis available to be delivered.



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aiming to donate roughly 8,000 pounds of organic produce to local food banks as well as public pantries all over the community.

The company doesn't have a retail store yet, but all their products are available online as well as in local Maine stores.

The biggest challenge Healing Harbors has faced as a company is the lack of education among customers. Many people are under the impression that CBD-related products will get them high, but this isn't always the case. There are many different classifications and variations when it comes to the overall effects. Consumers often seem not to understand the difference between hemp and cannabis and can be doubtful about the therapeutic effects of CBD. There is still quite a lot of ground to cover, but the company aims to do its best to address questions head-on in larger community settings. Mainstream consumers are the largest population needing education.

Healing Harbors is the first "Maine Made" certified CBD brand. This is a title that it holds with great humility but with great honor as well. The company aims to ensure that the quality of its products not only is maintained but continues to improve.

Healing Harbors believes that its biggest contribution to the community so far is their effort to help build up other businesses by sourcing as many local ingredients as possible. Healing Harbors will also show up when friends need help harvesting or planting new crops. The company participates in local events to show support for other people and organizations. Just this summer, Healing Harbors helped raise thousands of dollars for families in need during the Harpswell Lobster Boat Races. This helped to bring awareness to suicide prevention. They also sponsored a fundraising dinner for "Growing to Give," which helps feed families and entire communities. But more importantly, they have made countless house calls to consumers in need.

Ashley Lenz, Healing Harbors' Chief Operating Officer, said, "We'd like to add that while we're currently only found in Maine stores and online, we're very interested in finding distributors and retailers on a national level who share our vision. If anyone has interest or knows a great organization we should know about, please let us know at [sales@healingharbors.com](mailto:sales@healingharbors.com)."

 TO LEARN MORE, VISIT [HEALINGHARBORS.COM](http://HEALINGHARBORS.COM).



**PUMPKIN PUREE**  
1 (15 ounce) can



**CONDENSED MILK**  
1 (14 ounce) can,  
Sweet



**EGGS**  
2, large



**CINNAMON**  
1 teaspoon, ground



**GINGER**  
½ teaspoon, ground



**NUTMEG**  
½ teaspoon, ground



**SALT**  
½ teaspoon



**GRAHAM CRACKERS**  
1 ½ cups finely  
ground



**SUGAR**  
1/3 cup white



**CANNA BUTTER**  
6 tablespoons, melted

# Cannabis-Infused Pumpkin Spice Pie

EDIBLES MAGAZINE

1 (15 ounce) can pumpkin  
1 (14 ounce) can sweetened condensed milk  
2 large eggs  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger  
½ teaspoon ground nutmeg  
½ teaspoon salt  
1 (9 inch) unbaked infused pie crust (recipe below)

## INSTRUCTIONS:

Preheat oven to 425 degrees F. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes. Reduce oven temperature to 350 degrees F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish as desired. Store leftovers covered in refrigerator.

## GRAHAM CRACKER PIE CRUST

### INGREDIENTS:

1 ½ cups finely ground graham cracker crumbs  
⅓ cup white sugar  
6 tablespoons canna butter, melted  
½ teaspoon ground cinnamon (optional)

### INSTRUCTIONS:

Mix graham cracker crumbs, sugar, melted canna-butter and cinnamon until well blended. Press mixture into an 8 or 9 inch pie plate. Bake at 375 degrees F (190 degrees C) for 7 minutes. Cool. If recipe calls for unbaked pie shell, then chill for 1 hour.



# Infused GRILLED VEGGIES

EDIBLES MAGAZINE

## INGREDIENTS:

1 small butternut squash, diced  
2 red bell peppers, seeded and diced  
2 carrots, sliced  
1 sweet potato, peeled and cubed  
4 red potatoes, peeled and sliced  
1 red onion, sliced

2 beets, diced  
1 tbsp chopped fresh thyme  
2 tbsp chopped fresh rosemary  
¼ cannabis infused olive oil  
2 tbsp cannabis infused balsamic vinegar  
salt and pepper to taste

## INSTRUCTIONS:

Preheat oven or grill to 475 degrees. In a large bowl, combine all chopped vegetables. Combine all of the herbs and spices in a smaller bowl. Combine the veggies, herbs and spices together in the large bowl and toss the mixture with the oil and vinegar. Spread out evenly on a roasting pan, then place in the oven or on the grill for 35-40 minutes. Stir the veggies every 10 minutes until all the pieces are tender and brown.



# French Onion Stardust Soup

EDIBLES MAGAZINE

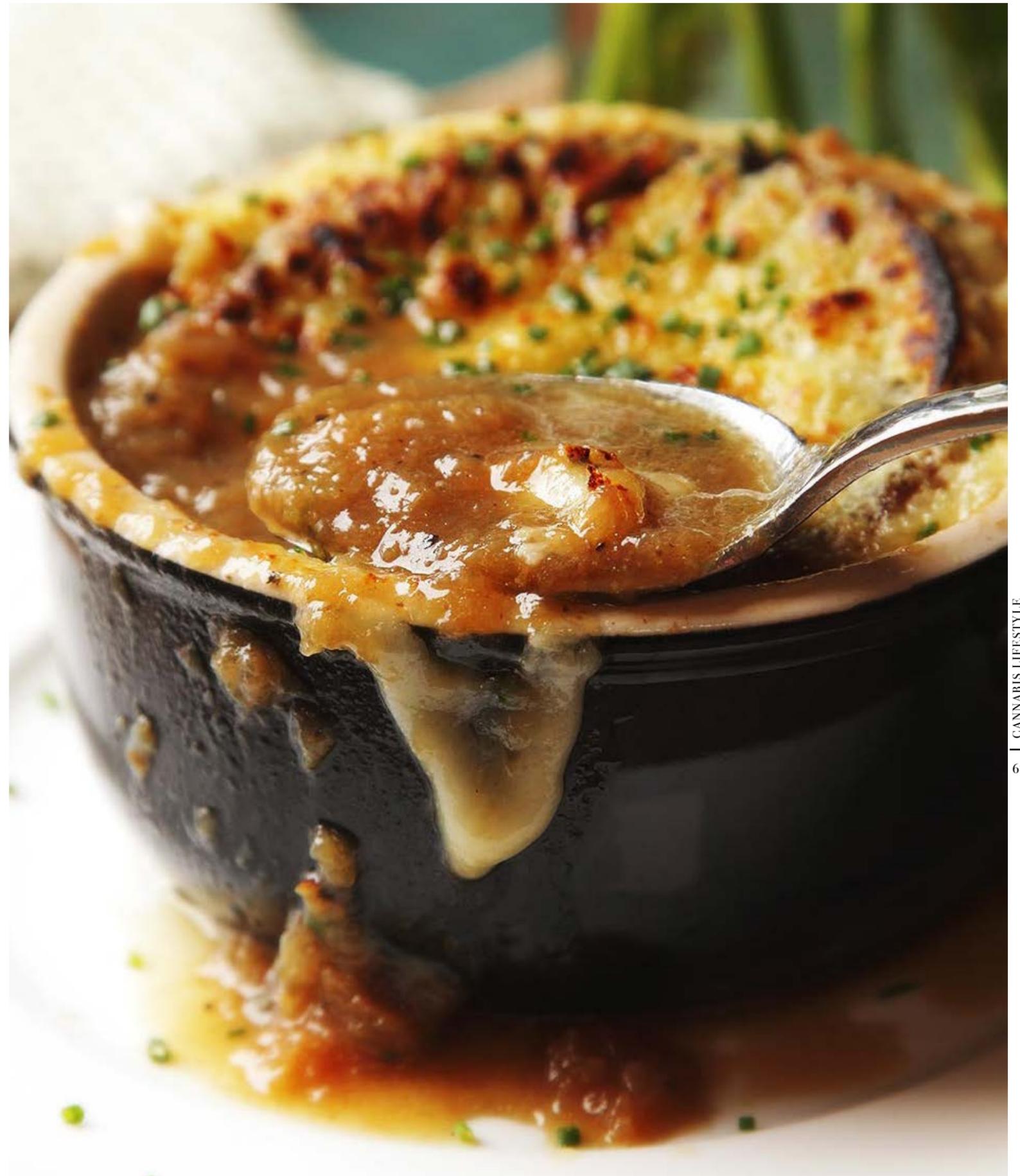
## INGREDIENTS:

2 Tbs. CannaButter  
1 Tbs. infused olive oil  
5 large onions (about 3 lb.), halved and thinly sliced  
3 cloves garlic, minced (about 1 Tbs.)  
½ tsp. Kosher salt  
2 Tbs. all-purpose flour  
6 cups vegetable, chicken, or beef stock  
⅓ cup dry sherry or white wine  
1 Tsp. apple cider vinegar  
6 ½-inch slices sourdough bread, toasted  
⅔ cup shredded Jarlsberg or Gruyere cheese  
3 packets of Ed Rosenthal's Stardust Powder: 45mg THC total

## INSTRUCTIONS:

Heat CannaButter and oil in heavy, large saucepan over medium heat. Add onions, garlic and salt, and cook 5 minutes, stirring often. Reduce heat to very low, and cook, stirring occasionally for 50 to 60 minutes or until onions are very tender and brown. Stir in flour, and cook 3 to 4 minutes, stirring constantly. Blend in the stock and white wine sherry. Cover and simmer for 15 minutes, stirring occasionally. Stir in apple cider vinegar.

Preheat broiler. Ladle soup into six heat-proof bowls. Add one ½ packet (7.5mg of THC) to each bowl. Top each with a slice of toast and grated cheese. Broil until cheese is bubbly and golden, about 1 to 2 minutes. Serve hot.



# SUPER STONEY SOUTHERN FRIED CHICKEN

EDIBLES MAGAZINE

## INGREDIENTS:

6 large eggs	1 teaspoon crushed red pepper
Kosher salt	Freshly ground black pepper
Cannabis Infused Butter	One 3 ½-pound chicken, cut into 8 pieces
3 cups all-purpose flour	Vegetable oil, for frying
½ cup cornstarch	
1 ½ tablespoons garlic powder	
1 teaspoon paprika	

## INSTRUCTIONS:

In a large bowl, beat the eggs with a pinch of salt and 2 tablespoons of canna-butter. In another bowl, whisk the flour with the cornstarch, garlic powder, paprika, crushed red pepper, 2 ½ tablespoons of salt and 1 teaspoon of black pepper. Pat the chicken pieces dry. Line a baking sheet with wax paper. Season the chicken with salt and pepper and dredge in the seasoned flour. Dip the coated chicken in the egg, then dredge again in the seasoned flour

and transfer to the baking sheet. In a large cast-iron skillet, heat ¾ inch of oil to 360°. Set a rack over another baking sheet. Fry half of the chicken over moderate heat, turning occasionally, until golden brown and an instant-read thermometer inserted nearest the bone registers 165°, about 15 minutes. Transfer to the rack. Drizzle with melted cannabis butter. Repeat with the remaining chicken. Serve right away.



## WE HAVE SOME SIMPLE PHILOSOPHIES AT HUMBOLDT COUNTY INDOOR.

Waste no water, use no pesticides, and test our cannabis beyond what is necessary to ensure we are always delivering the finest flower possible. Powered 100% by solar and renewable energy sources, our state of the art cultivation facility allows us total control over the environment, with monitoring systems that ensure our ladies are kept happy around the clock. We strive to create the cleanest cannabis possible and would never put anything on the shelf we wouldn't give our brothers or sisters.

Welcome to the Humboldt County Indoor family.

Grown with Humboldt Seed Company genetics.



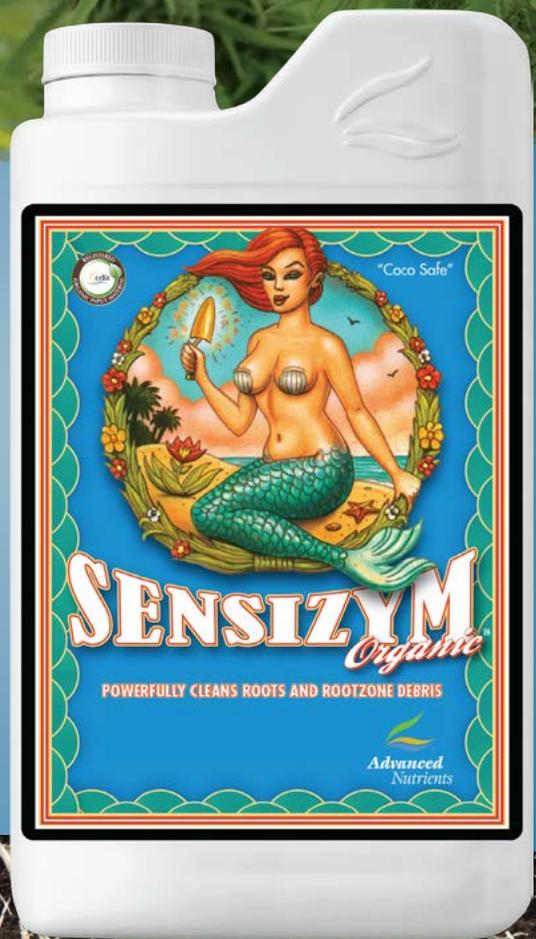
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# FINALLY, AN ADVANCED ENZYME ROOT-ZONE TREATMENT FOR HEALTHIER ORGANIC CROPS.

**INTRODUCING SENSIZYM ORGANIC OIM -  
A SPECIALIZED ACTIVE ENZYME BLEND, APPROVED  
FOR ORGANIC CROP PRODUCTION, THAT SCOURS  
YOUR ROOT ZONE FOR DEAD DEBRIS AND KEEPS  
YOUR ROOTS CLEAN, WHITE AND BRIGHT!**

Strengthen your crops' roots and help them avoid disease with an organic root renewal system: Sensizym Organic OIM's three-enzyme blend. This proprietary enzyme formula breaks down dead root material — which can harbor harmful pathogens — and converts it into a nutritious food source that supports healthy plant growth and maximum bloom production. Sensizym Organic OIM is so powerful, it can even be used to recondition used growing media like coco coir.

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