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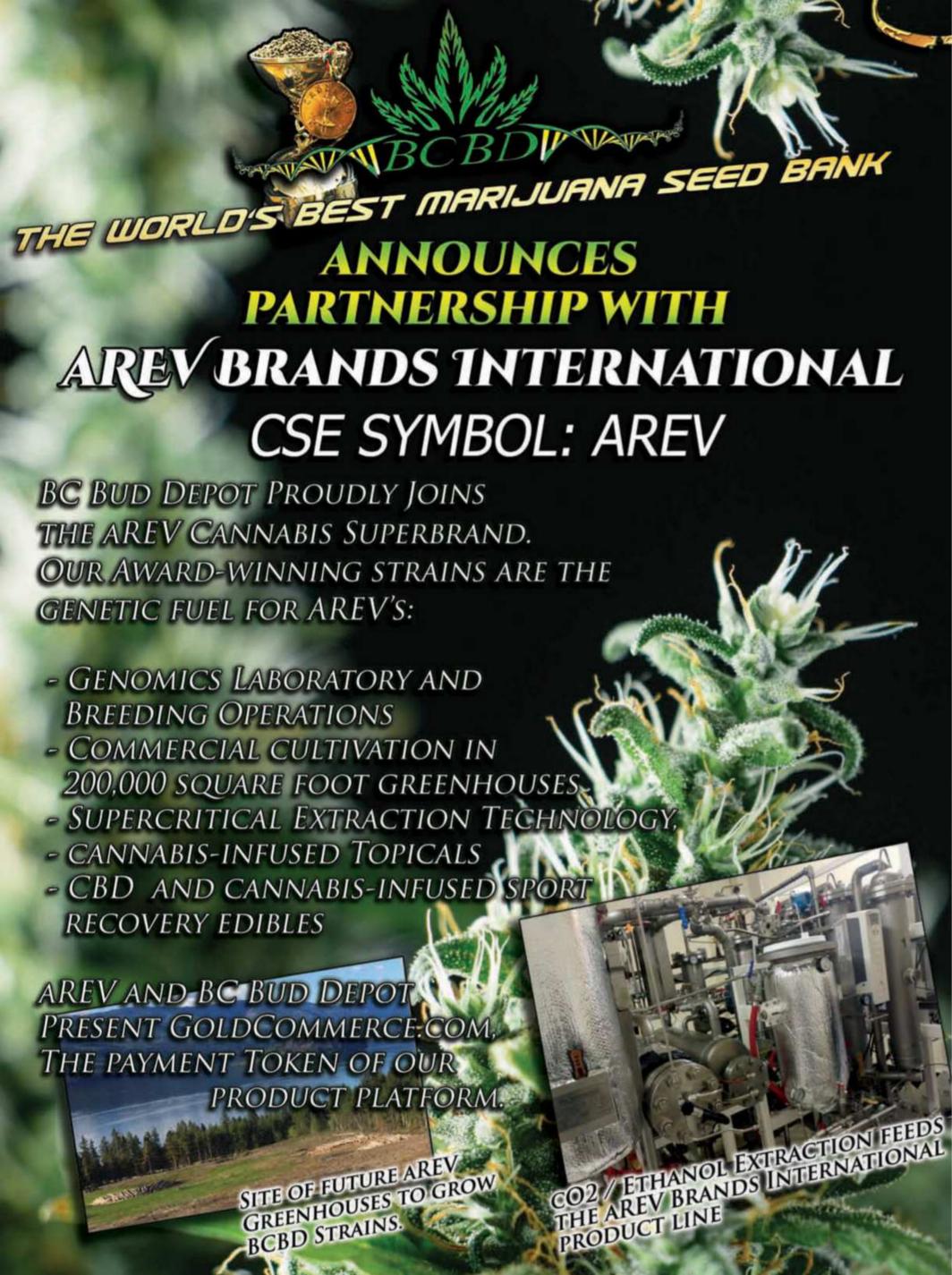


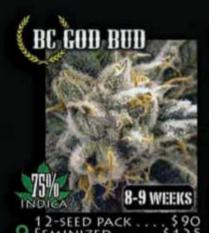
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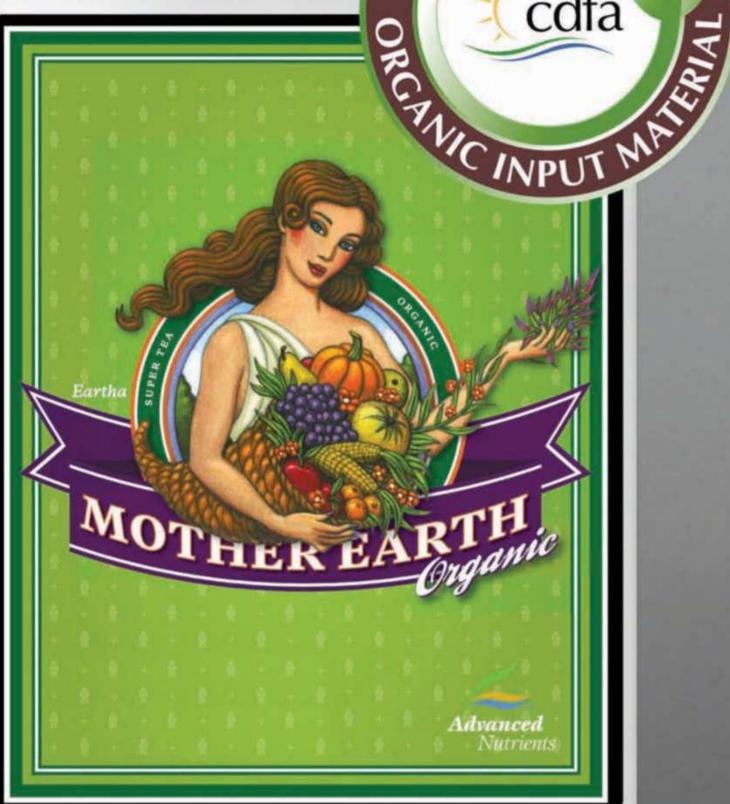
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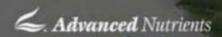
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Women on the Grow—page 80

- 10 INTERNET
- 12 EDITOR'S LETTER
- 14 LETTERS
- 16 CONTACT HIGH
- 23 HIGHWITNESS NEWS
 Cannabis in the Capitol
 and High Five
- 30 ENTERTAINMENT
 Style, Khruangbin and
 Reviews
- **38 CANNABUSINESS**
- **40 THMQ**Trans-High Market
 Quotations
- 106 DEAR DANKO
- 114 GEAR
- 116 EDIBLES
- 118 DR. MITCH
- 120 NORMLIZER
- 122 PIX OF THE CROP

45 THE WOMEN OF HIGH TIMES

High Times has a long, proud history of strong female leadership. We take a closer look at the world's premier marijuana magazine and the women who've been the driving force behind the publication and the industry. By Maureen Meehan

58 100 WOMEN IN HIGH PLACES

We present our first-ever list of 100 Women in High Places. Considered for their unique contributions, accomplishments and influence, these women are the leaders shaping the cannabis industry.

80 WOMEN ON THE GROW

Three female cannabis cultivators reveal their pot growing techniques as well as their origin stories including the many risks, challenges and triumphs they face in the changing marijuana business and community. By Danny Danko and Ellen Brown

64 FROM SOIL TO OIL

At Love and Laughter Farms, full sunshine produces pot plants oozing with essential oils that will be extracted into flavorful concentrates after harvest. Learn more about their earth-friendly approach to growing and processing pot.

91 HAVE POT-WILL TRAVEL

HT's summer of Cannabis Cups continued with events in Michigan and Amsterdam. Check out all the highlights, musical lineups and epic pot, hash and edibles from two of our favorite Cups of 2018.

96 THE HIGH TIMES INTERVIEW: DR. DINA & COREY THOMAS

Setting aside the traditional interview format this month, we invited two prominent industry professionals to discuss femininity, family and the business of cannabis.



FIND ALL THIS AND MORE AT HIGHTIMES.COM

THE BEST HOLIDAYS FOR WEED

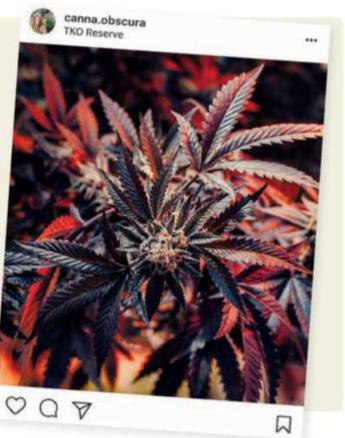


Just about any time is a good time to smoke weed—there are, obviously, a few exceptions, like court dates, job interviews and (most) funerals. But what are the best holidays to partake in our favorite pastime? Clearly, the high holiday of 4/20, as well as newcomer 7/10 for concentrate fans, are our all-time faves. However, that leaves 363 non-celebratory days of the year. So, *High Times* dug in and explored

the best holidays for lighting up. We look at a range of celebrations, from Halloween to Memorial Day to New Year's Day and weigh in with our opinions on which are the best for getting high. Check out *hightimes.com* for more and be sure to give your picks for the best stony holidays in the comments section!

ON INSTAGRAM

This month, instead of focusing on one weed account that caught our eye, we're providing picks for several great weed Instagram accounts that you should be following. Yes, we include accounts with dank shots of gorgeous nugs and hash. But we're also recommending purveyors of trippy art, fashion, smoking tech and more. For some surreal, marijuana-infused art, we heartily recommend the trippy @leafandpetaldesign. For gorgeous pot products and glam models, check out @hautesmokes. If old-school weed beauty shots are more your thing, visit HT fave @canna.obscura. Or, if you'd like to see what your fellow smokers are growing and consuming, you'll want to follow @flow kana. Check out "10 Weedstagram Accounts Worth Following" on hightimes.com to see all of our suggestions.



THE MARIHUANA TAX ACT OF 1937



Many stoners cite the Marihuana Tax Act of 1937 as the beginning of the federal prohibition of cannabis in the US. However, most people don't know the particulars of this monumental piece of legislation. The Marihuana Tax Act of 1937 is better understood as a turning point in the way Americans viewed cannabis. The law was incredibly successful at casting the plant in a dangerous light—an impression that has somehow survived to this day. But what exactly did this law do? What did the country think of it at the time? And what is its lasting legacy?

We're breaking down this landmark legislation and examining the indelible mark it has left on cannabis consumption, production and sales 80+ years after it passed.

Learn more on hightimes.com.



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Tweet your best high observations and comments our way (@HIGH_TIMES_Mag) for a chance to be featured on this page! And be sure to follow us on Facebook: (Facebook/HighTimesMag) and Instagram: (@hightimesmagazine) for all the latest news as it's happening!

@Interactions247: 'I smoked so much I remembered everything'. @HIGH_TIMES_Mag

@Canna_420: Anxiety is a broad term that covers a whole spectrum of feelings and experiences, from everyday worries and fears about life's many challenges to the crippling apprehension of triggering situations. #CBD #CannabisMedicinal via @HIGH_TIMES_Mag

@XXSAVAGENYXX: @HIGH_ TIMES_Mag If somebody says marijuana is worse than cigarettes they are straight-up bugging

@pot_cafe: @HIGH_TIMES_ Mag ALL mammals have an endocannabinoid system. if CBD can help humans, and it certainly does, then chances are, CBD can also help our pets and other animals as well.

@Islandenvy1: How cool to imagine that in #Oklahoma we could have a @HIGH_TIMES_Mag cannabis cup someday soon! #FreeWeed

@SixteenZips: @HIGH_TIMES_ Mag God, I love the future! Insane what we're able to breed and cultivate now compared our parents' bud.

@dago_guinea: Does anyone even smoke bud anymore?! All I ever see is the youngins vaping away on the liquid THC from their fancy vapes. Do they even know the joys of smelling some great sticky fresh buds, breaking it up, loading up the bowl in ur bong and ripping a huge hit? I hope so!

@SuperAwesomeLit: @HIGH_ TIMES_Mag As more and more people grow, especially in mass quantity they'll be giving it away.

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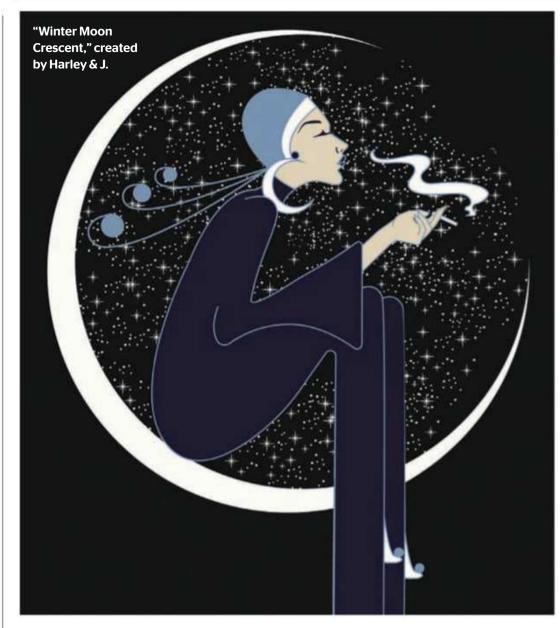
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Women & Weed

IN LATE 2016, High Times moved its headquarters from New York City to Los Angeles after 42 years in the Big Apple. The moment we stepped off the plane in LA, it seemed like weed was everywhere. I found myself asking, "What took us so long?"

The West Coast is a breeding ground for cannabis culture and innovation. It's a shining example of what can happen creatively when women feel empowered and weed is legal.

In this issue, we've attempted to honor *High Times*'s 44-year history of strong female leadership behind the scenes by featuring women writers, growers, photographers, artists, chefs, musicians and more!

This month, our feature interview brings together two OG cannabusinesswomen. Corey Thomas and Dr. Dina sat down for an in-depth discussion about cannabis and life.

We explore what it's like for women to grow up as the children of parents incarcerated for nonviolent cannabis crimes with a heartbreaking series of letters from daughters of the Drug War.

Plus we celebrate "100 Women in High Places." These women are currently impacting the cannabis world thanks to their unique skill sets, influence and leadership qualities, all of which signify progress in our industry.

Also this month, we get to know three female cultivators who are making their mark in a male-dominated field, and, in celebration of cannabis and creativity, we feature submissions from various female artists and art collectives.

To every entrepreneur, grower, craftswoman, activist, wife, mother, sister and daughter who has been working to destignatize cannabis and fighting for the freedom to consume it in America, we light one in your honor.

I invite you to consume this issue with an open eye and reverence for what this gorgeous plant is doing to not only get us high but to also bring women and men together.

Jackee Stang
GUEST EDITOR



PUBLISHER & CEO

ADAM LEVIN

EDITOR-IN-CHIEF
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DANNY DANKO

DIGITAL CONTENT
DIRECTOR
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STAFF WRITERS
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IMPLEMENTATION
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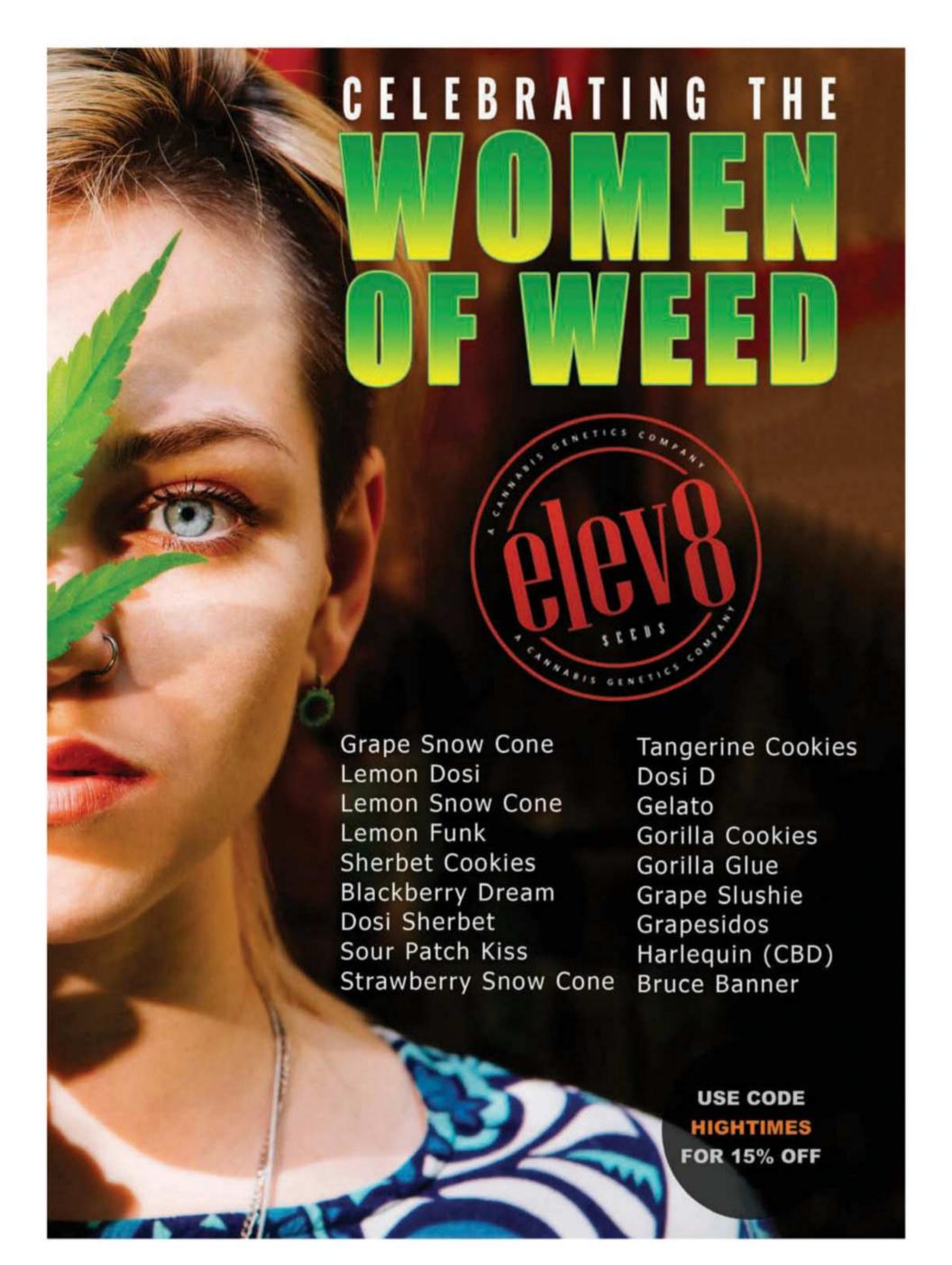
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CONTRIBUTORS

MIKE ADAMS, ERIK ALTIERI,
PAUL ARMENTANO, JEN BERNSTEIN,
ERIK BIKSA, SEAN BLACK,
JUSTIN CANNABIS, FRANCESCA GENNARI
ANDRE GROSSMANN,
BRIAN JAHN, K OF TRICHOME TECH,
MARK MILLER, HARRY RESIN, CHRIS ROBERTS,
MICHAEL SIMMONS

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DAUGHTERS OF THE DRUG WAR

COLLATERAL DAMAGE

I lost my dad when I was twelve years old. I have felt like an orphan since then. He is alive but imprisoned for a first offense, non-violent marijuana crime. He has lost 38 years of his life for a substance that now is legal in several states. He is the longest-serving prisoner of the marijuana war in the history of the United States. Not a title to be proud of. I can't imagine what it must be like for him. He doesn't tell us. Last week my father lost one of his two sisters. He will not get to spend time with her on the outside. I have never seen my dad cry. I was told he did when he found out.

I have always known that my father loves me. Ever since he has been able to, he has kept in touch. At first, we wrote letters, eventually he was able to make phone calls and now we even get prison-controlled emails. While communication has improved, how much can you really say when you know someone is always lurking in the background? How close can you really feel when there is distance and bars between us?

People often speak about the injustices that happen to people that go to prison with cruel and unusual punishments, like my dad. Very few speak of the impact it has on the children left behind. The first few years I didn't know what happened to my dad. He just disappeared. My mother didn't say anything to us. A family secret. Eventually I found out through a friend. I was fifteen. I grew up avoiding the subject, feeling embarrassed and hiding the truth. His situation has hurt me in many ways that I am aware of and many more that I probably don't even realize. I have been doing the time right along my father. The children of imprisoned parents in the drug war are the collateral damage than no one thinks about.

Myra Bascaro Daughter of Antonio Bascaro, prisoner of the marijuana war #03846021

FAMILY TIES

Being a daughter of the drug war had affected me growing up without a father. My dad was found guilty and I was separated from him on my 4th birthday. As I got older I started to understand why my dad got locked up. When I went to visit him I always asked why he isn't with us. He would tell me that he made



I WANT [MY DAD] AND ALL THE OTHERS WHO ARE INCARCERATED FOR CANNABIS TO COME HOME. I DREAM OF A DAY MY DAD CAN BREATHE THE AIR OUTSIDE OF PRISON. I DON'T WANT HIM TO DIE IN THERE. HE DOESN'T DESERVE THAT.

a big mistake. I never thought he would be a part of something that bad. On the way home I would always say to myself, "When I see him again I know he is going to come home."

Knowing that my dad wasn't there for me was hard to accept. I rarely got to see him. Yes, he would call but the call was only 15 minutes long, which didn't seem fair to me. I had so much to say to him in such little time. Sometimes, I would cry at night thinking how things would be different if he were in my life growing up.

I never thought of my dad as a bad guy, I look up to my dad. Despite the fact he wasn't there for me most of the time, he's still a good loving father that I look up to. He wants me to build myself a better future than he did and succeed in life with no worries. So, now that we're together, being a daughter of the drug war made our bond stronger than ever.

Nina Montes Daughter of Ricardo Montes High Times, 119 West 24th St., 2nd Floor, New York, NY 10011 Email: hteditor@ hightimes.com

Send your letters to Feedback c/o

FREE POT PRISONERS

I grew up in the suburbs of Chicago. At a young age my parents got divorced. My brother Curtis and I lived with our mom and on the weekends, we stayed with our dad. Seeing my dad was the highlight of the week. Since March 23, 2002, I have not seen my dad outside of the heavily guarded walls of a federal prison.

My dad, Craig Cesal, was convicted of conspiracy to possess with the intent to distribute marijuana. He received a life sentence without the possibility of parole. He was fixing trailers that had been used to smuggle marijuana over the border. My dad had never seen any of the drugs and refused to be more involved than fixing the trailers.

The court decided he was guilty and threw him away forever. He was stolen from us. I was 14 and in junior high school when my whole world changed. I was terrified. My brother was too young to talk to so I felt utterly alone.

At the age of 20, my little brother started using heroin. Behind prison walls, my dad felt hopeless trying to help him with his addiction. On December 27, 2014, my brother passed away from an accidental overdose. The prison would not allow my dad to come and say his goodbyes. I remember sitting over my brother on the phone with my dad describing how peaceful he looked.

Today, I make every effort that I can to try and help my dad come home. My dad is such a wonderful person and it breaks me to think of where he is and how long he has been there. He does not deserve to be where he is, especially for marijuana. I want him and all the others who are incarcerated for cannabis to come home. I dream of a day my dad can breathe the air outside of prison. I don't want him to die in there. He doesn't deserve that.

Lauren Cesal Daughter of Craig Cesal



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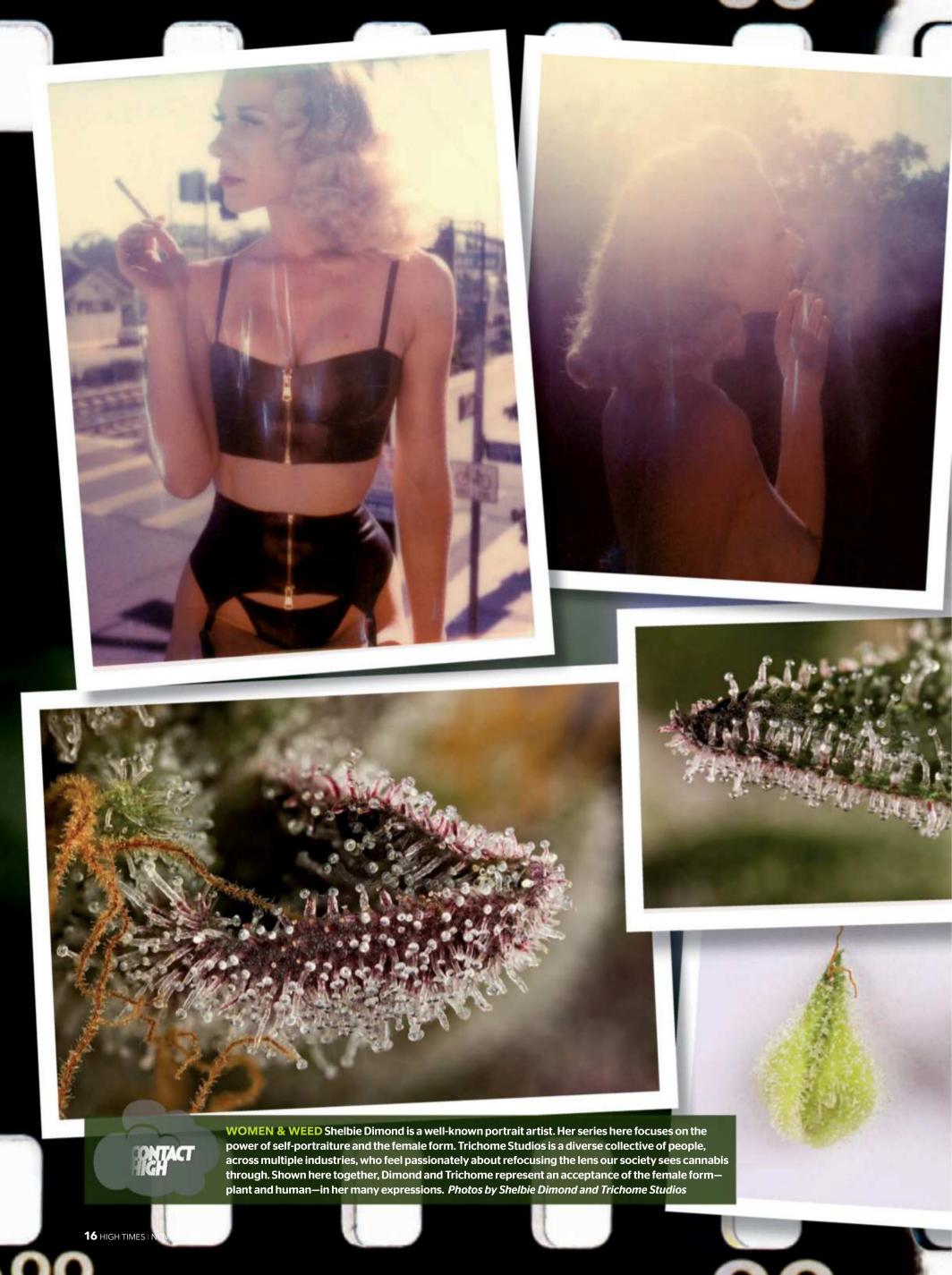


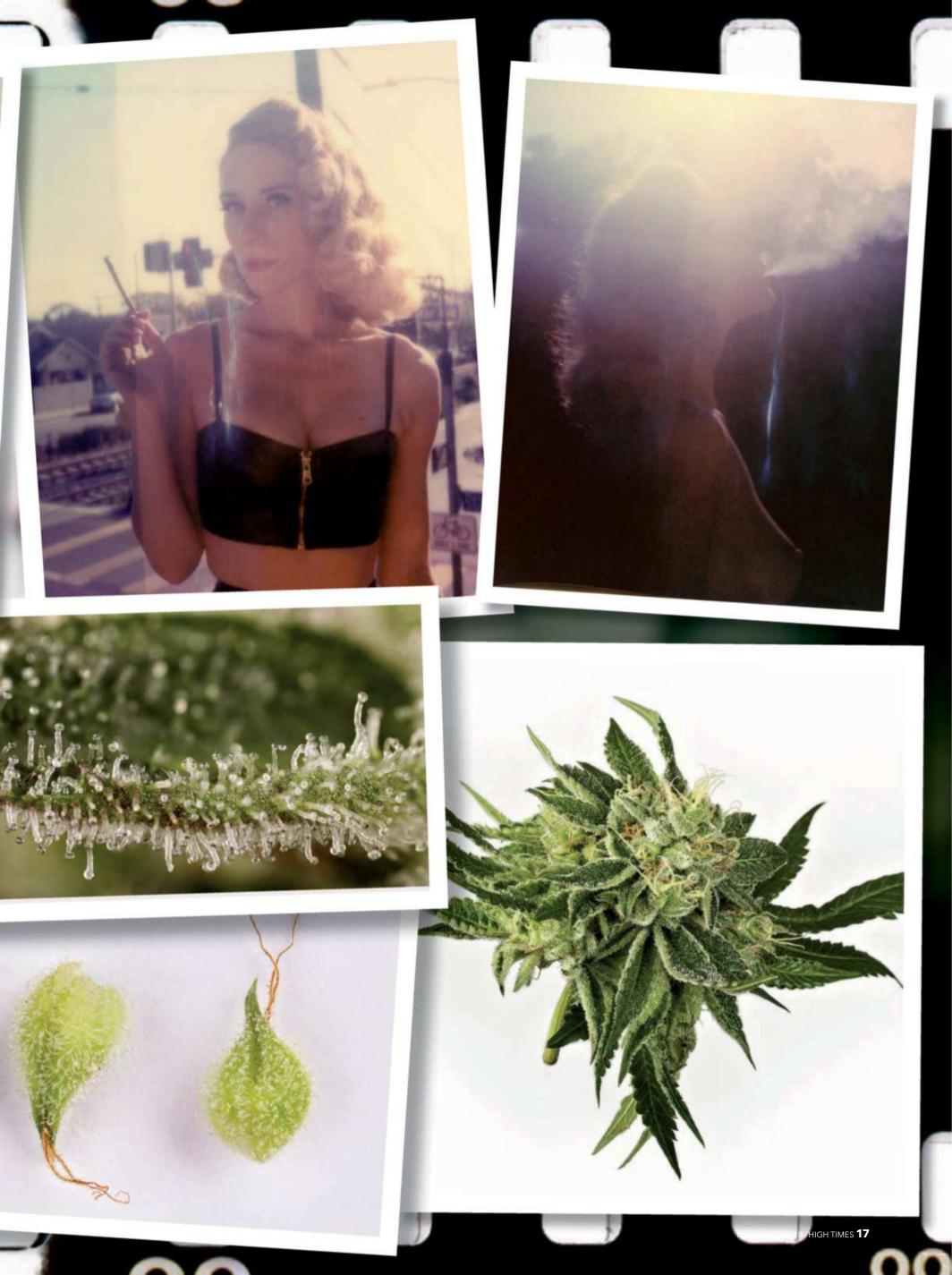
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STYLE

EDENIC VAPORIZER

House of Eden's 18-karat, charge-free vape was created by women, for women. p.30



ENTERTAINMENT

KHRUANGBIN

Khruangbin's bassist/ vocalist Laura Lee tells *HT* about cannabis and creativity. p.34





A CAPITOL IDEA

WASHINGTON, DC, HAS BEEN THE SOURCE OF MOSTLY CRAPPY NEWS LATELY, BUT THERE'S AT LEAST ONE REASON TO REJOICE: THEY'RE LITERALLY GIVING WEED AWAY (FOR A PRICE). BY MIKE DIPAOLA

ton, DC, you can possess small amounts of cannabis and you can grow a few plants at home, but you can't buy or sell the stuff—and you can't consume it in public spaces. If you're a DC resident, these are manageable problems, but what if you're a tourist or business traveler with a day or two in town and you

have the need for weed?

Turns out, the provisions of Initiative 71—the voter-driven legislation that (partially) freed the weed in the nation's capital in 2014—created an opening for ganjapreneurial types. Under I-71, an adult can possess two ounces or less, grow up to six plants (with three flowering, max) and consume on private

property. You may give weed away, but you cannot sell it.

Therein lies the loophole. It is possible to find clubs or events with membership or entrance fees. Wholly unrelated to the cost of admission—nudge, nudge, wink, wink—members receive gifts in the form of cannabis.

With a little advance research, I found and booked a membership with the Voyager Club, which had recently begun offering oneday deals. For \$120, I was met at Union Station with a gift basket—a tastefully arranged assortment of weed that included an eighthounce tin of Ninja Fruit, a raspberry-balsamic jam infused with 80 milligrams of THC, two 125-milligram cookies and a couple more at 80 milligrams. They threw in a few tasteful lagniappes as well. It was a good-looking gift basket, and an odd way to enjoy legal cannabis.

"DC is in this kind of gray area of regulation," explains Ben Garlock, owner of the

Voyager Club. "Because of DC's special congressional oversight, nothing's really going to change here until it changes on the federal level."

With the Voyager Club's business model, there is no cash exchanged, which is safer for the client as well as safer for Garlock, who says he was nearly ripped off recently. "If this were a regular business, we wouldn't have that problem," he says. The industry, such as it is, is still viewed as a countercultural bogeyman. "We need to legitimize it," Garlock adds. "There's a lot of stigma still, and I don't think it's good for a nascent industry."

I would say that the quality of weed gifted was excellent, though one could probably get more bang for that amount of buck from a conventional dispensary or a trusted dealer—neither of which were available to me. On the other hand, I was graciously met at the train station as arranged; my Voyager Club emissary would have delivered anywhere in DC. You can't put a price tag on that kind of service.

While my one-day membership was an unqualified success and I heartily recommend it for any traveler in need (see *voyagerclubdc.com*), the primary vehicle for "legal" weed purchases in DC is the pop-up event.

There are around a dozen pop-ups on a given day. The one I attended was held in an Airbnb space, as many are. The actual owners of the property, wherever they were, remained innocent of the transactions taking place under their roof

I was patted down and ID'd at the door, then invited into a dimly lit room where about a dozen tables, each manned by a couple of vendors, were piled with goodies. The first 75 clients through the door got a free gift (a small rollie), and there were free hits off a dab rig available as well, though this

CAPITOL POLICE TEND TO TURN A BLIND EYE TO THE EVENTS, AND USUALLY DON'T CRASH THE PARTY UNLESS THEY RECEIVE COMPLAINTS FROM PAIN-IN-THE-ASS INNOCENT BYSTANDERS.

particular event was not about socializing; it was about gifting weed. Tables were stocked with eighths, candies, gummies, Rice Krispies, lollipops and much of the fare you'll find in a regular dispensary.

Each vendor sells you a sticker for an agreed-upon price, then "gives" you the items you've selected. If you want to keep behaving legally, you limit your purchase to under two ounces of product but, since each vendor is in possession of far more than that, they are taking on the risks. My experience went very smoothly—I picked up a couple pre-rolls, an assortment of chocolates, gummies and my freebie.

This is not to say that the pop-up system is infallible. In June, 30 people were arrested at a giveaway event held near the National Arboretum, while 28 vendors lost several pounds of pot in the raid and at least \$10,000 in cash. Perhaps

of more interest to the police were the three handguns confiscated. Vendors and consumers were alarmed earlier in the year when city police stepped up busts right around 4/20, suggesting that giveaway events were being targeted.

"Distribution of marijuana is illegal for anything of value," DC Police Chief Peter Newsham said to WTOP at the time. "We're just trying to make it very clear to folks." In spite of that purported clarity, the Capitol Police tend to turn a blind eye to the events, and usually don't crash the party unless they receive complaints from pain-in-the-ass innocent bystanders.

If you're planning a trip to DC—or even if you're a resident—check out 420dc.com and its Twitter feed at @420eventsdc for info on events, clubs, vendors, delivery services and really anything a citizen needs to make a Washington experience complete. **

HIGH FIVE

TESTING FOR THC

AS LEGISLATORS ATTEMPT TO ENFORCE POT DUI LAWS, ACCURATE DETECTION REMAINS ELUSIVE. BY FRANK GREGORY



DRUG-RECOGNITION EXPERTS

Canada is planning to spend about C\$80 million training police officers as drug-recognition experts (DREs). Investigations have uncovered serious concerns since DREs will have to rely on observation and judgment, Such a practice can lead to false arrests, is prone to police bias and, according to one scientific expert, is no better at detecting high drivers than "flipping a coin." Oftentimes, people are arrested for demonstrating suspicious behavior but turn out to have valid explanations.



BLOOD TESTS

Unlike alcohol, THC, the psychoactive component in pot, is fat-soluble. Fatty tissues function like sponges for THC. However, when it comes to blood tests for cannabis intoxication, forensic toxicologist Barry Logan explains, "THC drops precipitously after somebody stops using cannabis... By the time someone is pulled over, given a roadside sobriety test, then brought to a hospital and had blood drawn, that number won't tell you anything about the number they had when they were driving."



NANOGRAM LIMITS

Marijuana remains in the system for long periods of time, making it difficult to pinpoint a driver's point of impairment. As an example, in Washington State, where the legal DUI limit is five nanograms, a Mount Vernon woman who legally uses medical cannabis for chronic back pain received a DUI from a test indicating 12 nanograms in her blood after not using cannabis for 10 hours and being totally unimpaired while driving. Due to any number of similar circumstances, nanogram limits are ineffective for enforcing impairment laws.



SALIVA

As reported by NORML New Zealand, saliva tests do not reliably detect the presence of THC. This was concluded from a review of 10 separate oralfluid point-of-collection drug-testing devices published in the Journal of Analytical Toxicology. Researchers at the Walsh Group in Bethesda. MD. evaluated the reliability of these devices to detect various controlled substances, such as THC. Of the 10 devices tested, six recorded either falsenegative or false-positive results for THC.



HAIR FOLLICLES

Hair-sample tests for traces of cannabis consumption look for the presence of THC and its metabolites THC-COOH and THCA-A. However, according to a 2015 study, their presence basically proves nothing as THC-COOH, THCA-A and THC can be found in the hair of noncannabis users. Transference of the cannabinoids via secondhand smoke, sweat, and through the handling of cannabis material, was observed within the hair of the non-consumer. This, of course, makes the hairsample test an unreliable means of detection.

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HIGHWITNESS NEWS



WACKO TOBACCO

And it begins. Big tobacco has entered the cannabis industry, as Imperial Brands—owner of iconic smokes Kool, Winston and Gauloises—has announced its investment in a UK biotech company, Oxford Cannabinoid Technologies (OCT). The move by Imperial comes a year after the chairman of a medical-cannabis company was appointed to its board. The size of the investment was not disclosed, and it came within days of the US Food and Drug Administration's first-ever approval for a cannabis-derived drug. Other investors include Snoop Dogg, via his dank venture firm Casa Verde Capital, putting down \$10 million, and actor Sir Patrick Stewart, who uses medical weed to treat arthritis and plans to serve on OCT's advisory board. "I am proud to become a patron of OCT," he said. delighted to be in on "one of the world's most exciting fields of medical research." Make it so.

EXTREME UNCTION

.....

While it's common knowledge that marijuana can bring on the sexy time, it is crucial to consider the delivery system. Vaginal lubes infused with herb is often said to act as an orgasm enhancer, but does it really? "In theory, cannabis could interact with receptors in the vagina and clitoris to produce a heightened sensation," Jordan Tishler, president of InhaleMD and the Association of Cannabis Specialists, told marijuana. com. "However, in practicality, I have not seen this work, nor believe in the general idea." Tishler thinks that the sexenhancing attribute of weed is something that happens in the brain, not between the legs, and the best way to launch this enhancement is via vaporized cannabis flower, whose effects set in quickly and cleanly. Tishler also threw ice water on the idea that men can get a lubricious boost down there. "Regarding absorption, there is even less surface area on the male genitals," he said.



New York gubernatorial candidate Cynthia Nixon is breaking new ground in campaign outreach. A recent fund-raising pitch featured a bong giveaway for donors—or even for non-donors who just enter the contest. On a July afternoon at precisely 4:20, Nixon tweeted: "Here's a sentence I never thought I'd be typing: You could win a bong signed by @BroadCity's @abbijacobson and @ilazer! This may not be a serious contest, but legalizing weed is no joke." The contest page notes the seriousness of the issue: "80% of New Yorkers arrested for marijuana are black or Latino, even though they use it at roughly the same rates as whites. It's time for NY to join 8 other states and DC and legalize the recreational use of marijuana." (It's nine other states and DC, but never mind.) The contest went on for 10 days and the winner, if there was one, was not publically announced.



BEST LAID PLANTS

Officials in the town of Powell, WY, discovered something dank growing in the planters around town: weed. Police Chief Roy Eckerdt told the Powell Tribune that someone must have slipped marijuana seeds into the planters among other plants and flowers, and that city workers unknowingly watered and tended to the young pot flora for weeks. "They recognized what it was once everything started to leaf out," Eckerdt said. City Parks and Recreation workers plucked the three plants they'd noticed and brought them to the police; soon they spotted more

little ones growing around town. Eckerdt did not infer malicious motives to the mysterious Johnny Ganjaseed. "My guess is that's somebody's sense of humor," he said. The first plants were spotted near the Powell police station, which dismayed the chief. "As soon as I heard that I went out and checked all the plants in front of the PD to make sure there weren't any in any of ours," he said.



HIGHWITNESS NEWS

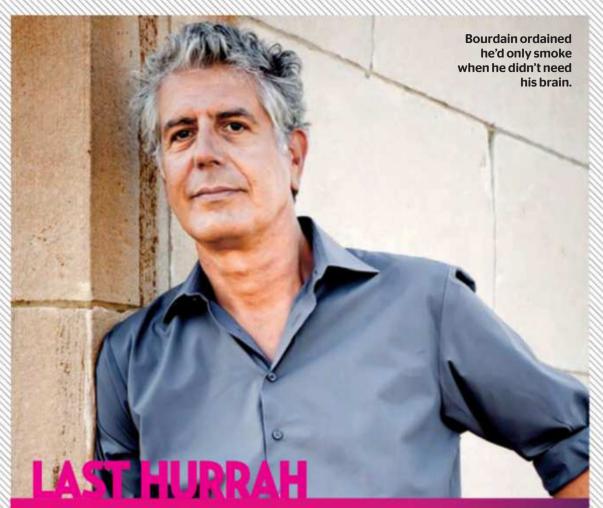


MELLOW HARSHED

An overzealous drug bust turned tragic when the Pennsylvania State Police deployed a helicopter and bulldozer to chase down and eventually crush to death Gregory Longenecker. The 51-year-old Reading man was fleeing law enforcement for the heinous crime of growing a handful of cannabis plants on state land, allegedly. "We simply cannot understand how a man is dead over an investigation involving 10 cannabis plants," Patrick Nightingale, executive director of NORML's Pittsburgh chapter and a former Allegheny County prosecutor, told the AP. "The whole investigation was ridiculous. I've seen law enforcement take down major heroin traffickers that haven't engaged in this level of aggression." A second man, 54-year-old David Brook Light, was arrested on felony and misdemeanor drug charges, along with trespassing, and released on \$25.000 bail. An investigation is currently underway, while the unidentified dozer-wielding trooper has been placed on administrative duty pending the outcome.

NJ LUBE JOB

As prohibitionists lose more and more territory to logic and facts, we see that some are augmenting their phony Reefer Madness-era stupidity with even more off-the-wall claims. Witness New Jersey State Senator Ronald Rice, a gatewaydrug enthusiast who thinks all hell will break loose if (read: when) the Garden State goes full legal. "If in fact we legalize recreational marijuana, right across the street from my office they're going to put up stores," Rice told NJTV. "They want to call them dispensaries, but they're going to be stores that do retail selling cupcakes with marijuana, candies with marijuana, sex toys and oils with marijuana, lipsticks with marijuana, all those kinds of products that kids can get and people can get." Sex toys and oil! Some scolds clutch pearls, but this genius is clutching Ben Wa balls. Unfortunately Rice, a Democrat, leads the NJ Legislative Black Caucus, which is widely viewed as the main obstacle toward legalization in Trenton.



The late Anthony Bourdain was always a friend of cannabis, or at least a steady consumer. A posthumously published interview with the beloved chef, writer and television host appearing in *Popula* covered a wide range of topics, from *#MeToo* and Harvey Weinstein's perfidy to the lame pundits of the *New York Times*, along with his thoughts on getting high. "I can smoke weed at home when I don't need my brain anymore but like as far as socially interacting with people, or being [in] any situation where I might be called upon to answer the phone or make a decision? I'm not gonna do it!" Bourdain said. Like a lot of people of a certain age, Bourdain remembered a time when pot was not the potent mind-bender it is today. "Now the stuff is devastating," he opined, "you can't leave bed." Most poignant was Bourdain's view of a certain billionaire: "Richard Branson is kind of a douche. That's not who I wanna hang out with. You know... time is short." Indeed.



ON THE WEED AGAIN

Country music legend and longtime friend of the kind Willie Nelson has expanded his cannabinoid empire, introducing a line of CBD-infused coffee. Willie's Remedy, made with hemp-derived CBD, is the latest brand from GCH, the cannabis concern Nelson launched in 2015. The online journal *Hemp* reported the rollout, which was announced

at Nelson's annual Fourth of July picnic and concert in Austin. "Willie's Remedy is our non-psychoactive product line that is made from hemp-derived CBD," said GCH spokesperson Elizabeth Hogan. "Just like Willie's Reserve, it's inspired by Willie Nelson's journey as a musician and as an activist." Said the man himself in a release: "It's two of my favorites, together in the perfect combination. Like coffee, cannabis is a plant that works for me." Also present at the Austin picnic was pro-weed US Senate candidate Beto O'Rourke, who grabbed a guitar and joined Nelson onstage to play stoner classics like "Roll Me Up and Smoke Me When I Die" and "It's All Going to Pot."







APPLE 20 VAPES

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HUDSON PIPE

The Hudson Pipe by Canadian brand Laundry Day is the perfect marriage of design and functionality. The wide chamber design allows the smoke to cool, making for a perfectly smooth smoking experience. Laundry Day is female-founded and -owned, with designs by creative director Victoria Ashley. C\$80, laundryday.co



LATITUDES LIGHTER

Lighting up should feel nice, so we love this polycarbonate-encased copper lighter by Tsubota Pearl, an iconic brand that's been crafting smoking accessories in Japan since 1952. The Latitudes Lighter looks great standing alone on your coffee table or desktop. \$40, shop-tetra.com



OSHIHANA

Portland-based Oshihana's plant-derived skin-care line combines high-quality cannabis oil with certified organic ingredients to provide the most effective topicals, promoting sexual wellness and recovery with a minimalist approach. Its incredible multi-use salve will alleviate pain and discomfort while stimulating all your senses and inspiring intimacy, without any parabens, sulfates, emulsifiers, fragrances, GMOs, phthalates, petroleum or silicone. \$70, available in Oregon

GOODSHIP EDIBLES

Before Jody Hall founded one of the best premium edible brands in Washington State, she was perfecting her craft at the much-celebrated Cupcake Royale—a chain of cupcake stores she founded in 2003. Her expertise in coffee and baked sweets is evident in the wide range of Goodship confections—everything from CBD Peppermint Patties to Tart Cherry Pastilles. Prices vary, available in Washington, thegoodship.com

EDENIC VAPORIZER

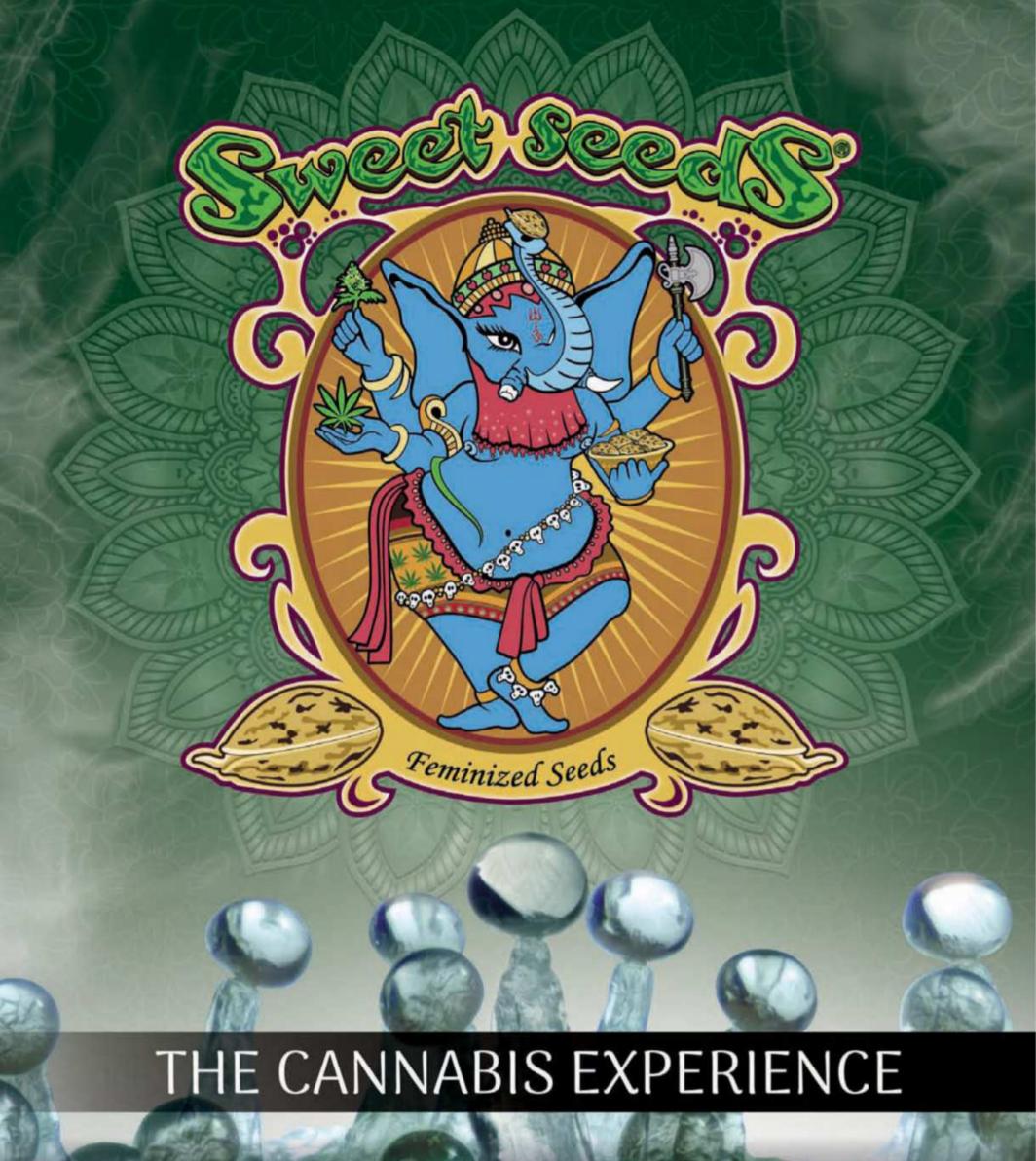
Created for women by women, this vaporizer from the House of Eden feels as luxurious in your hand as your favorite piece of jewelry. Stoner stigma aside, this 18-karat, chargefree vaporizer can be filled with a range of cannabis oils, essential oils and vitamin blends. Prices vary, houseofeden.com



Kin Slips have changed the game-discreet, reliable, all-natural sublingual strips that heighten the way cannabis is used in everyday life. We recommend the Cloud

Buster for a creative brainstorm. Pop one under your tongue, let it dissolve and bask in the bliss. Available in microdoses (5mg), regular strength (10mg) and extrastrength (20mg) in California dispensaries. \$25 for 10 10mg sublingual strips, kinslips.com





USA distributors:

www.oregoneliteseeds.com

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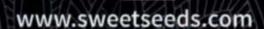


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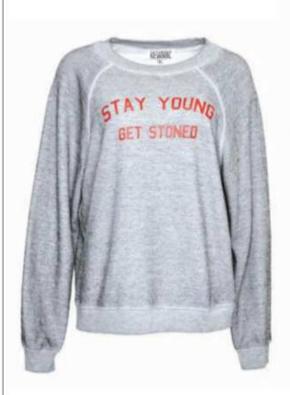






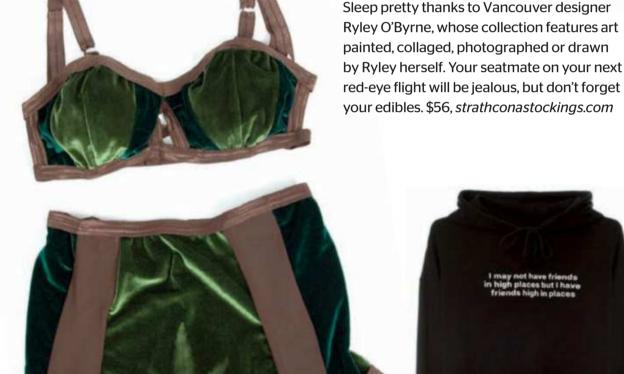
PEACE MAKER PYTHON CLUTCH

The Iranian-born and Miami-based designer Gelareh Mizrahi founded her namesake line in 2013. A little high fashion mixed with street—her store houses a 40-foot skate ramp-Gelareh has revolutionized accessories for stylish stoners. The Peace Maker Clutch is made of sustainably sourced python. \$595, gelarehmizrahi.com



STAY YOUNG GET STONED SWEATSHIRT

Industry veterans Trevor Larson (Wildfox, Rebel Yell) and Bridgette Bailey (Jeffrey Campbell, Nasty Gal) have created a new retro-inspired graphicbased collection of knitwear and accessories under the label Saturday School. Inspired by late-'80s and early-'90s pop culture and pre-millennial cool-kid style, this easy pullover is perfect for lighting up. \$88, saturdayschool.com



SWEET JANE COLLECTION

Natalie Maddon started Solstice Intimates in her kitchen in Tempe, Arizona. Now her company offers slight variations on three key styles, all sewn by Maddon: a bralette, bodysuit and highwaisted underwear. The brand is as unique as its handmade undergarments, and its goal is to enhance the form but empower the wearer from the inside out. \$25-\$160, solsticeintimates.com



MARY JANE SILK EYE MASK

HIGH IN PLACES HOODIE

Sundae School is a smokewear label that produces high-quality goods for high-minded people. Brother-sister duo Dae and Cindy Lim launched their line on 4/20 in 2017. They design with comfort and function in mind, inspired by latenight indica tokes as well as the vibrant sartorial scene and culture of Seoul and New York City. \$120, sundae.school

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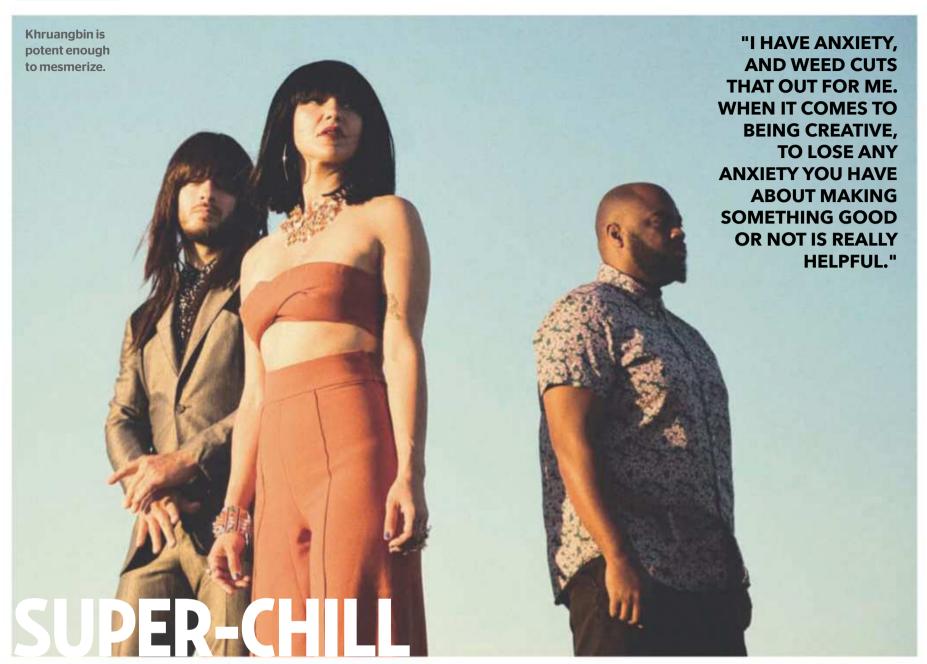






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PSYCHEDELIC, DREAMY AND TRANQUIL—THE SURF-SOUL SOUND OF KHRUANGBIN IS THE PERFECT ANTIDOTE TO THE GLOBAL CHAOS THAT CURRENTLY REIGNS. BY MARY JANE GIBSON

THE INTIMATE, LAYERED music of Khruangbin (which means "airplane" in Thai) breaks over you in gentle waves, cradling you in a soothing sonic embrace. Initially inspired by '60s and '70s Thai funk, the Texas trio-composed of bassist Laura Lee, guitarist Mark Speer and Donald "DJ" Johnson on drums-incorporates hints of Middle Eastern soul and their own breezy charm for a feelgood sound that's captured the attention of audiences around the globe.

Lee embodies the chill, carefree spirit of Khruangbin. Her hypnotic, reflective bass lines anchor the band's soulful vibes, and her pure, bright vocals and iconic style make her a mesmerizing stage presence. She grew up in Texas and lived in the UK before relocating to Los Angeles last year, where she now finds herself at the

nexus of cannabis and creativity. We caught up with Lee for a conversation about music, marijuana and being in the moment.

What is your current relationship to cannabis?

When I was younger, I had a much more frequent relationship with it. Now it's a thing I do when I'm on my own, usually when I'm doing something creative or technical. I'm naturally a multitasker-I think about 10 things at once. I use cannabis to think about one thing. I've been going through records. I have a bunch of mixers and compilations we're working on. [With cannabis,] I can sit there and go through all of them, have an amazing time and rip the ones I like.

How do you like living in a place with legal marijuana?

It's awesome. I was on my front porch waiting for the movers to come with my stuff from London. While I was waiting for the movers to get here, I Googled how to get a medicalmarijuana license. By the time the movers arrived, five minutes later, I had one. And then I ordered weed, and it was delivered while the movers were still here. To be able to get weed in that way just blew my mind.

Does pot play a part in your music writing?

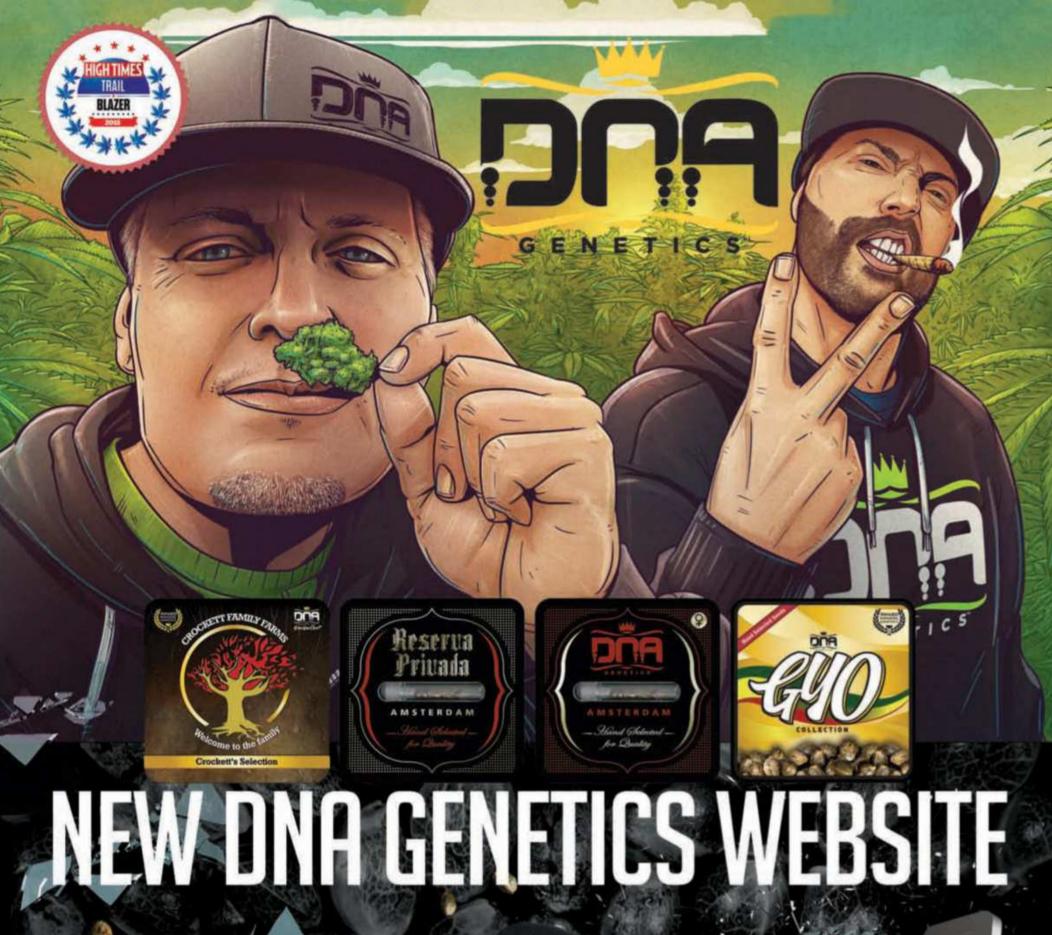
Being in a calm headspace [helps]—I have anxiety, and weed cuts that out for me. When it comes to being creative, to lose any anxiety you have about making something good or not is really helpful. If I feel free to write whatever comes out of my head, that's better than worrying about it.

Is it part of your creative process as a band?

DJ doesn't drink, doesn't smoke. But Mark and I do when we write together—he and I can play for like eight hours, because you're just sort of there. You can ride the wave of being in it. When we write music, we create a loop and play it over and over. When we're stoned, it gives us time to develop that loop. We might not if we hadn't been stoned—we wouldn't have been patient with it.

You learned to play bass when you started the band. Has this new life surprised you?

I always wanted to be an artist. I didn't know that it was going to come in this package, but it totally makes sense for me. I love traveling, so I get to do that. I love performing. I love having artistic projects. So I feel like I've found my path. Yeah. *





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ENTERTAINMENT



THE MIND IS A WONDERFUL THING TO CHANGE

AUTHOR MICHAEL POLLAN TURNS HIS ANALYTICAL EYE TO PSYCHEDELICS AND THE WAY WE THINK.

HALLUCINOGENIC MUSHROOMS HAVE been with us for millennia, but we still know little about how they work and what they might be good for. Fungi plump with psilocybin and psilocin, as well as other hallucinogens—from LSD to venom milked from the cheeks of the Sonoran Desert toad—are the main characters in Michael Pollan's latest book, How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence.

The ambitious subtitle neglects to mention the focus of the first half of Pollan's project, a romp through the history of psychedelics and the pioneers who lauded them. The early or "first wave" enthusiasts—luminaries like Huxley, Leary, Al Hubbard (the "Johnny Appleseed of LSD") and, let's



HOW TO CHANGE YOUR MIND:

What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence. (PenguinRandomHouse) face it, the CIA—were all about changing the world by blowing minds. The pioneer tripsters were creative catalysts who helped usher in the digital revolution, maybe. Unfortunately, the unsupervised indulgences they inspired in the 1960s gave LSD a bad name that led to the drug's eventual prohibition.

Now psychedelics are getting a second look, as legitimate researchers

have revived interest in the chemicals that take us on magic-carpet rides. Pollan is an intrepid chronicler for this trippy history, going so far as to try some of these chemicals on himself in guided tours. We are fortunate to have a talented narrator like Pollan on the job, because the subjective psychedelic journey is a difficult one to put into words. Ego dissolves but consciousness remains, and therein lies a path, perhaps, to how psychedelics can help us understand the most elusive mystery in all of science: the mind. Pollan's deep dive into the marvels of the psychedelic experience can tell us a lot about these drugs, and perhaps something about ourselves as well. Mike DiPaola

MUSIC RECOMMENDATIONS



GARCIA PEOPLES Cosmic Cash (Beyond Beyond Is Beyond)

This unironic young jam band from the wilds of Rutherford, NJ, are deservedly on their way to becoming the psychedelic darlings of New York City, and presumably more distant environs. Their debut album effectively presents not only their unique, spaghettinoodle guitar figures and

opulent vocal harmonies, but also their warm, open vibe and captivating energy. The songcraft is tight, something unusual for the genre; moreover, the generosity of spirit that was the hallmark of the earliest music of this kind is present here. It feels especially welcome in these fraught days. *Polly Watson*



YUNG HEAZY
Whenever You're
Around, I Hate
Everything Less
Self-Released

Next time you score some potent couchlock Kush, throw on this chill, indie dream pop debut from Vancouver's Yung Heazy. Whenever You're Around came about after Jordan Heaney—who records as Yung Heazy—released the very Beatles-like "Cuz You're My Girl" in 2017. The album

that followed is a must-listen. "Heroin Soup" is an ode to opiates—and decisions. "Time" is Yung Heazy at his most ambitious and psychedelic, before the perfect closer "Backup Plan" has Heazy confessing, "I don't have a backup plan / all I have is in the band." So buy his album already! Mark Miller

BOOK RECOMMENDATIONS



MY WEEK BEATS YOUR YEAR: ENCOUNTERS WITH LOU REED

Compiled by
Michael Heath
(Hat & Beard Press)

The late Lou Reed explored the dark side of the 1960s and '70s drug culture and his views are compiled by music critics like Michael Heath in *My Week Beats Your Year*.

Reed waxed sublimely on substance abuse, citing it as a requirement to "attain equilibrium" and allowing

him to remain a "caveman" in a postmodern world. Yet Reed could also be comical, encouraging audience members to smuggle *his* stash through customs. The book reveals a dichotomous 1990s-onward Reed, no longer needing to get high, yet still singing about drugs nightly onstage. *MM*

VIDEO GAME RECOMMENDATIONS



OCTOPATH TRAVELER Square Enix (Nintendo Switch)

Octopath Traveler is a game that doesn't hold your hand. From the outset, when the game asks you to choose one of eight distinct characters, it feels like an overwhelming choice. Though you end up recruiting the other seven characters, you have to teach yourself how to navigate (and when to avoid certain areas) in a vast world.

These travelers each have deeply personal journeys, which means none of their stories overlap. Sometimes it creates a lack of urgency—JRPGs, or Japanese roleplaying games, are known for their world-destroying villains—but it's also

satisfying to see most of the arcs play out, though a few can become a slog.

Square Enix has developed a love letter to the JRPGs of yore (Final Fantasy, Dragon Quest, Chrono *Trigger*), and the care that went into Octopath Traveler is evident in everything from the graphics to the character classes to the deep weapon system. Almost every positive element that Square Enix has learned over the last 20 years of RPG development is present here, for better or for worse: Octopath Traveler won't make you love the genre, but if you're already a fan, it's a journey well worth traveling. Casey Holliday

vwww.jairaburns.com

FOOD FOR THOUGHT ABOUT CANNABIS CUISINE

THE EDIBLES MARKET IS GROWING RAPIDLY IN LEGAL-POT STATES.

J.J. McCoy is Senior Managing Editor for New Frontier Data

HIS HOLIDAY SEASON, cannabis-industry retailers, restaurateurs and stakeholders can toast "bottoms up!" to the bottom lines of their enterprises, especially in the nine

US states that have legalized recreational cannabis.

will be a driver of market growthing social acceptance of marijuate players and mainstream corporations.

Trader Joe's or Whole Foods gets

As adult-use markets expand across the country, chefs are entertaining guests with wide and sometimes wild menus featuring cannabis-infused food, drinks and desserts. Food accounted for 17 percent of overall sales (worth \$137 million) in 2017's total cannabidiol (CBD) market, according to *Hemp Business Journal* (*HBJ*, a division of New Frontier Data). Events featuring cannabis cuisine have functioned with a speakeasy vibe since California legalized medical marijuana in 1996—however, those were mainly private affairs with guests required to hold valid medical-cannabis cards.

Dublin-based *Research and Markets* has forecast the global cannabis-infused-edible-products market to grow at a compound annual growth rate of 25.01 percent from 2018 to 2022. As the market matures with better consumer education, product awareness and distribution, traditional retailers, as well as natural and specialty retailers, will gain market share against internet and smoke-shop channels. In its "CBD Report 2018," *HBJ* estimates the total US hemp-derived CBD market will reach \$646 million in sales by 2022.

The industry's food-related segment (including natural and specialty retailers, conventional and mass-market retailers, online sales and restaurants) has seen sales grow steadily from \$50 million in 2012 to an estimated \$150 million throughout 2018. By 2022, sales are estimated to hit \$212 million, according to *HBJ*.

Of course, the number of countries decriminalizing cannabis

et growth in conjunction with the growmarijuana and the willingness of major n corporations to participate. Once a

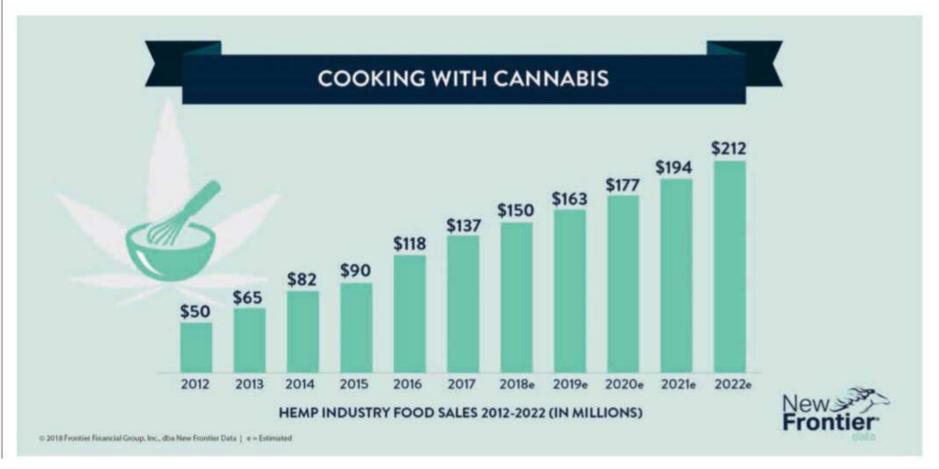
will be a driver of market growth in conjunction with the growing social acceptance of marijuana and the willingness of major players and mainstream corporations to participate. Once a Trader Joe's or Whole Foods gets onboard, a Starbucks, Hershey or Nestlé won't be far behind.

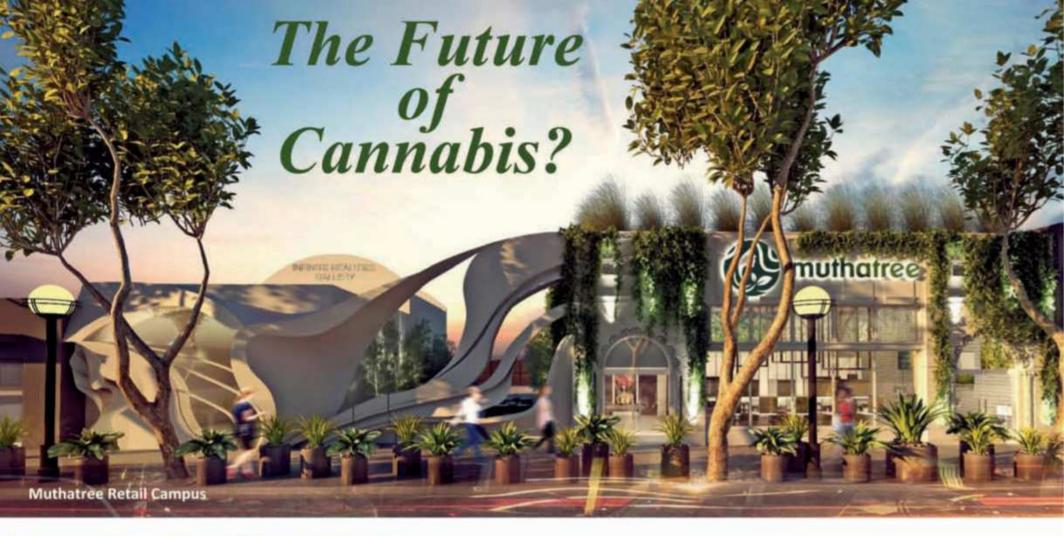
At the moment, when consumers think about edibles, they tend to imagine sugary treats. However, the reality is that the market has expanded to specialty foods, gourmet items and beverages like CBD-infused teas or THC-infused beer and wine.

The most affordable and versatile option for consumers is to devise their own meals and drinks. There are plenty of potrelated cookbooks available with unique takes on cannabis cuisine and beverages. One bartender's guide is *Cannabis Cocktails, Mocktails & Tonics: The Art of Spirited Drinks and Buzz-Worthy Libations*, with 75 recipes (both alcoholic and nonalcoholic).

The trick is how best to incorporate cannabis into a dinner party, and to let guests know what to expect. There is nothing inherently unsafe about edibles, especially once tested for sale in a regulated store or dispensary. But THC metabolizes into a different compound when ingested, so the subjective "body high" varies.

Realizing that, Christopher Sayegh, "the Herbal Chef," offers cannabis-infused fine dining with an average dose of about 10 milligrams spread throughout several courses. This is far less than what you would find in an average edible; however, Sayegh found this amount allows patrons to enjoy their meal without getting overly inebriated or dealing with a negative experience. Pacing can also help to ensure that guests do not have an overly intense time. Most important, guests should know what to expect before dining. **







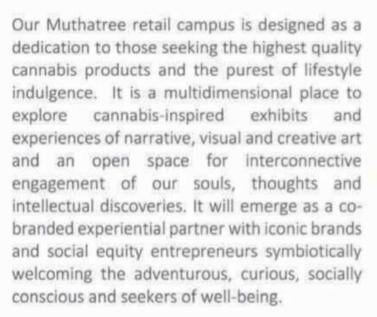






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STATE	CITY	STRAIN	PRICE
ALABAMA	Albertville	Gorilla Glue	\$450
ARIZONA	Scottsdale	Sour Diesel	250
CALIFORNIA	Santa Monica Santa Rosa	G-13 Lamb's Bread	350 120
COLORADO	Aurora Denver	Girl Scout Cookies Sour Diesel	150 175
CONNECTICUT	Meriden	Sour Patch Kiss	280
FLORIDA	Pensacola	Sour Diesel	280
GEORGIA	Atlanta	Gelato	430
HAWAII	Honolulu	Pineapple Express	200
ILLINOIS	Champaign Prospect Heights	Purple Kush Gorilla Glue	360 480
INDIANA	South Bend	Sour Apple	420
IOWA	Sioux City	Grapefruit Diesel	175
KENTUCKY	Madisonville	Lemon Kush	280
MAINE	Portland	Blue Wizard	250
MASSACHUSETTS	Boston Medford	Dutch Treat Sour Diesel	400 280
MICHIGAN	Detroit	Blue Dream	420
MINNESOTA	St. Paul	Gorilla Glue	350
MISSISSIPPI	Corinth	Gorilla Glue	280
MONTANA	Billings Bozeman	Pineapple Express Girl Scout Cookies	225 175
NEBRASKA	Lincoln	Kush	320
NEVADA	Carson City Las Vegas	Headband Pineapple Express	360 235
NEW HAMPSHIRE	Nashua Somersworth	G-13 Gorilla Glue #4	200 280
NEW JERSEY	Somers Point	Blue Widow	260
NEW MEXICO	Las Cruces	Strawberry Fields	365
NEW YORK	Buffalo New York	Amnesia Sour Diesel	300 400
NORTH CAROLINA	Chapel Hill Wilmington	Gorilla Glue Critical Kush	270 400
NORTH DAKOTA	Williston	Blue Dream	480
ОНЮ	Berea	Trainwreck	280
OKLAHOMA	Tulsa	Sour Apple	450
OREGON	Oregon City Portland	Trainwreck Mind Eraser	295 190
PENNSYLVANIA	Berwick Philadelphia	Blue Dream OG Kush	440 320
RHODE ISLAND	Providence	Purple Diesel	320
TENNESSEE	Jackson	Girl Scout Cookies	275
TEXAS	Greenville	Super Glue	335
VIRGINIA	Richmond Roanoke	White Gold OG Gorilla Glue	360 320
WASHINGTON	Seattle	Dr. Who	350
INTERNATIONAL			
AUSTRALIA	Melbourne	UK Cheese	AU\$300
CANADA	Vancouver	Afghan Kush	C\$230

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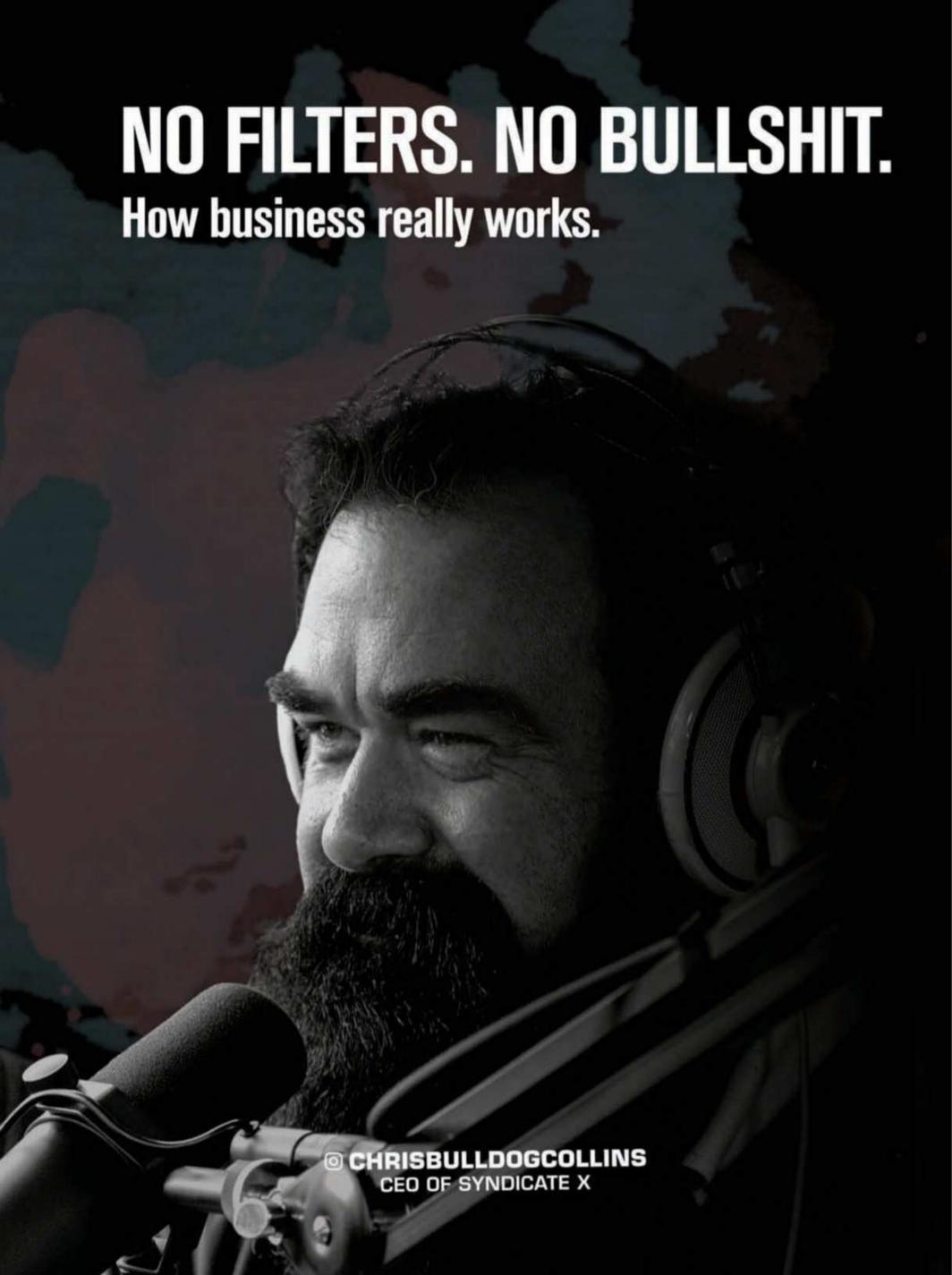
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The Women of HIGH ES

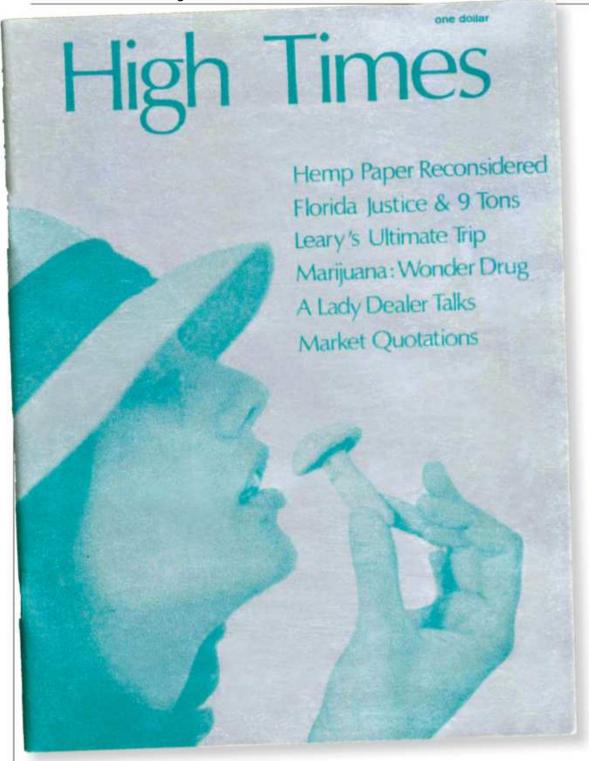
HIGH TIMES HAS ATTRACTED STRONG FEMALE PROFESSIONALS FROM THE VERY BEGINNING. THESE WOMEN HAVE HELPED SHAPE THE HISTORY OF THE WORLD'S PREMIER MARIJUANA MAGAZINE AS WELL AS CANNABIS CULTURE. MEET THE WOMEN OF HIGH TIMES. BY MAUREEN MEEHAN



IF YOU'RE HOLDING THIS MAGAZINE IN YOUR HANDS, YOU'VE LIKELY HEARD SOMEWHERE ALONG THE LINE THAT HIGH TIMES HAS BEEN PUBLISHING WITH RELENTLESS REGULARITY SINCE 1974. FOUNDED BY THE NOTORIOUS VISIONARY AND HIGHLY SUCCESSFUL WEED SMUGGLER TOM FORÇADE, THE MAGAZINE HAS RARELY SKIPPED A BEAT IN ALL THESE NEARLY 45 YEARS.

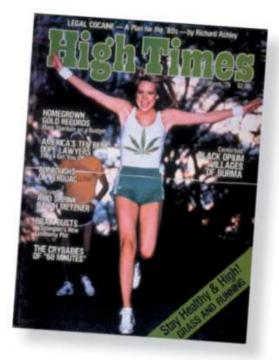
WHAT YOU MIGHT NOT HAVE HEARD MUCH AROUT IS WHAT AND MORE IMPORTANTLY WHO MADE THIS LONE VOICE.

What you might not have heard much about is what, and more importantly who, made this lone voice of cannabis tick, and tick loudly.





Some of *HT*'s earliest, most iconic covers featured women; clockwise from left, Summer 1974, Winter 1975 and March 1979.



Hint: Observe the first, now-legendary silver-foil cover featuring the stunning Elizabeth Donoghue in a floppy hat and a perfect mushroom an inch from her sensuously open lips. Robyn Scott took the iconic photo, becoming the first in what would be a long line of female art directors, photographers, writers, editors and publishers of this magazine.

The names Diana Drucella, Karen Limroth and Cindy Ornsteen—who authored the premiere issue's "Recollections of a Lady Dealer"—all appeared on the original masthead of the magazine. Its creation was "shrouded in the smoke of a thousand joints," in the words of Rex Weiner, one of the magazine's founding editors, 40 years after helping unload a pallet of boxes with the first copies of *High Times* fresh from the printer. That was the spring of 1974.

The female-influenced art department stayed in place for several years, eventually including Diana LaGuardia from 1974 to 1975 and the late art director Toni This radical experiment in journalism... was making its unique mark on American culture as an intellectual stoner publication. Women clearly had a steady hand in making that happen.

Brown, who created the historic December 1978 *High Times* Christmas cover featuring Andy Warhol as Santa and a jean-jacketed Truman Capote as his elf. That issue of the magazine, then in its fourth year, featured a spread of Peter Beard's African photos, a story about jazz legend Charlie Parker and an article by the renowned British psychedelics researcher Michael Hollingshead, who had just published *The Man Who Turned On the World*.

Other writers such as William S.

Burroughs, Charles Bukowski and Tom Robbins wrote regularly for the magazine. There were interviews with Susan Sontag and Noam Chomsky.

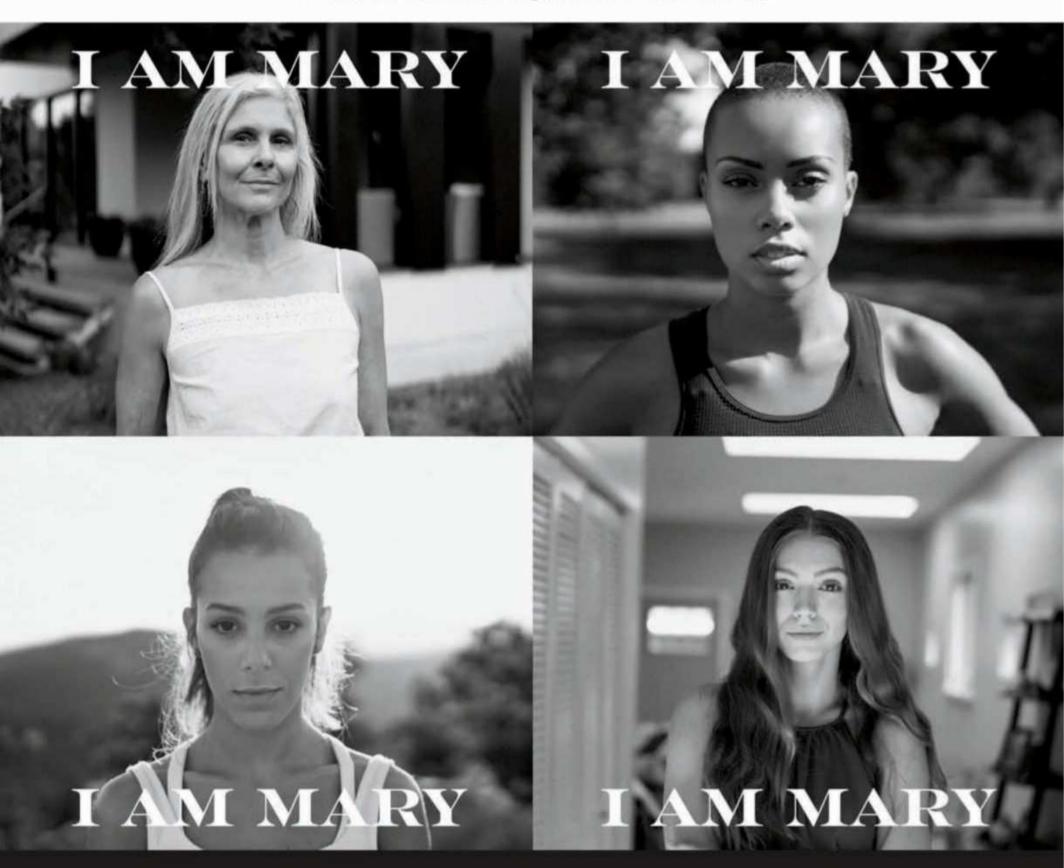
Point being, this radical experiment in journalism, which sought to subvert marijuana prohibition by teaching the world how to grow it, was making its unique mark on American culture as an intellectual stoner publication. Women clearly had a steady hand in making that happen.

When Tom Forçade took his own life in 1978 and stunned those who loved him and respected his bold vision, doubt, regret, conflict and sadness hovered over *High Times*.

Forçade's longtime friend and the magazine's general counsel, Michael Kennedy, eventually took the reins along with his wife, Eleanora, and Forçade's sister Judy Baker as major shareholders and directors. Several members of Forçade's Arizona family, including his cousin Colleen Manley, supported the magazine's mission from afar and still do.

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More women featured on the cover of *HT*, including our Women of Rock November 1979 issue and our ode to *indica* sinsemilla from Asia in November 1981.

Gabrielle Schang, Forçade's wife, took over as editor for a year along with two female associate editors, Nancy Borman and Sheera Stern. Twelve other women controlled the editorial, artistic and sales divisions of the magazine throughout the 1980s.

"Although the demographic of the magazine was young, white and male, we knew the value of women. So we sought them out," said Eleanora Kennedy, now a High Times board member and consultant who has worked on the magazine in a variety of capacities for

the past four decades.

They found them, but it wasn't always easy. "For years, there was an internal zeitgeist of the male pot grower, the renegade, the tough outlaw. Women may not have felt comfortable with that, but they wanted to be part of the magazine," Kennedy said. "There was no doubt in our minds that if we wanted the magazine to survive and thrive, women had to be part of the project."

Shelley Levitt, editor between 1977 and 1982, put together some of the magazine's edgiest stories: interviews with Ken Kesey and Allen Ginsburg, the 1977 LSD cover story, R. Crumb's "Fabulous Furry Freak Brothers" edition and the "Five Years High" special anniversary issue of 1979. Susan Wyler made her mark as managing editor in 1976 along with Pamela Lloyd Shakespeare as executive editor.

"They were heady times. The more women there were on the staff, the more productive the magazine was," Kennedy recalled. "Men who were highly evolved never felt threatened by the women."



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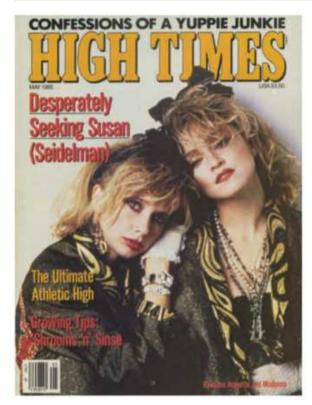
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BY MONTEL WILLIAMS

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Celebrating female celebs: Madonna and Rosanna Arquette grace the cover of our May 1985 issue and Frances McDormand shines on the cover of the May 2003 issue of *HT*.

By the 1990s, women filled posts as contributing writers, assistant publishers, ad representatives and art-department staffers. The *High Times* masthead began to confirm that women's contributions were increasing.

In 1997, Mary McEvoy came on board and brought with her the philosophy from her previous job at *Ms*. magazine, which

was viewed in the 1970s as a brazen act of female independence, the first national publication to bring women's voices, journalism and worldviews to the public.

The founding editor of *Ms.*, Letty Cottin Pogrebin, said its authors translated "a movement into a magazine."

High Times translated a magazine into a movement.

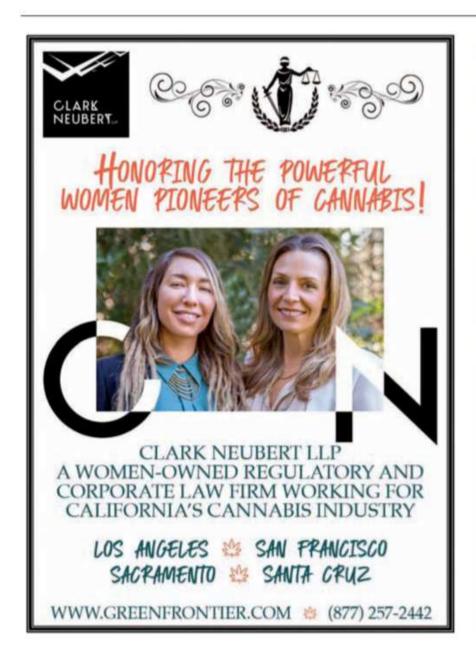
McEvoy became the first and longestrunning female publisher of *High Times* and changed its modus operandi forever. She pumped enthusiasm into the publication at a time when cannabis was still viewed as socially unacceptable. Her position at *High Times* was regarded as an odd career choice for a New Jersey businesswoman and mother of two.

"High Times was a cause, a labor of love. We believed we were in the right. We wanted to spread the word and change the narrative and misinformation about cannabis," McEvoy said. "Through the magazine we had the power to do that."

McEvoy, a steady force for 20 years except for a four-year hiatus, was the magazine's first female business manager, publisher, president and, later, events producer.

Then something big happened—not in the world of weed or women, but technology. *High Times* became one of the first magazines to shift from outsourced typesetting to an in-house computer-software system, which required people with new skills. Women had them.

Over the years, as digital media became increasingly important, women helped lead the charge as digital directors, managing editors, writers and photographers.





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In 2010, the stateside Cannabis Cups kicked off when the first medical Cup in the United States took place in San Francisco. (Cups had previously been held annually in Amsterdam since 1988.) Artisan Rebecca Harris handcrafted every exquisite golden Cannabis Cup. The dozens of volunteers at the US Cannabis Cups were mainly women. Anna Kennedy, daughter of Michael and

Eleanora, never missed a Cup, helping to run product and ticket sales as well as anything else that needed to be done, which was always a lot.

In 2013, with the magazine having grown to 160 pages, circulation reaching new heights, and web and mobile traffic exploding, Roxanna Allen became the magazine's design director.

"My first empowering moment was

when [company chairman Michael] Kennedy came into my office one day and asked my opinion on something," said Allen. "I was used to working for large companies where no one cared about my opinion. As a woman of color, it was especially empowering since most black women are labeled as angry when they express an opinion."

Allen called the women of *High Times* "very outspoken."

It was around this time that *High Times* ownership approached 75 percent female. The women who played such a crucial role in creating *High Times* led the way for women to join the once heavily male-dominated cannabis culture.

"As the years passed and the outlaw culture faded, more women got involved and took up the cause. Now we're essentially leading the way," said Eleanora Kennedy. "We all tried to make *High Times* a space where women could grow. I think we did it."

Roxanna Allen agrees with her former boss.

"We all had eccentric, witty, smart-mouthed attitudes, drank whisky and smoked tons of weed," Allen said. "And we had no hesitation kicking some butt if something needed to be done."





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1000 Women in High Places

OMEN LIKE WEED. This is not news. And we're not just talking about "stoner chicks," because it's now your mother, your grandmother, your sister and your lover who are interested in cannabis. In fact, this growing demographic could well be the final push that tips the scales to federal legalization in the United States at long last!

In this first-ever "women of weed"-themed issue of *High Times*, we'd like to introduce (for the first time ever too) our list of 100

Women in High Places. These are the owners, executives and thought leaders who are actively cultivating innovation in the marijuana marketplace. The women named here were considered for their unique contributions, accomplishments and influence in the cannabis space.

Some names you will recognize and some you won't. But all of these women deserve to be celebrated for their passion, professionalism and hard work. *High Times* is proud of its legacy of strong female leadership, and we're honored to pay tribute to the other women in the cannabis space who work to free weed from coast to coast.



SILENCED HIPPIE

Positive social influence— People's Choice Winner

DEBBY GOLDSBERRY

Advocate and owneroperator of the Magnolia Oakland dispensary

DR. DANIELA VERGARA

Evolutionary biologist, founder of the Cannabis Genomic Research Initiative/Agricultural Genomics Foundation

DR. SUZANNE SISLEY

Advocate, researcher and psychiatrist

COREY THOMAS

Founder of the Honey Pot

MILA JANSEN

Master hashmaker, creator of the Pollinator

AMANDA REIMAN

Head of community relations for Flow Kana

JENNIFER SKOG

Editor in Chief of *MJ Lifestyle*

KIRSTEN GILLIBRAND

Advocate, US senator from New York

KRISTI KNOBLICH

Founder of Kiva Confections

HILLARY PECKHAM

COO of Etain

HOPE WISEMAN

Owner of the Mary & Main dispensary

MEGAN SCHWARTING

Artisan topical maker, founder of Kush Creams

BROOKE GEHRING

Co-founder & CEO of Patients Choice of Colorado

CARISSA DAVINO

Director of 14th Round

CARLY MORRISON

Creative director of Futurola

CASSANDRA FARRINGTON

CEO of *Marijuana Business Daily* and president of Anne Holland Ventures

MAYA ELISABETH

Edibles maker, co-founder of Om Edibles and Whoopi & Maya

MEG SANDERS

Owner of MiNDFUL dispensaries

ELIZABETH CAFFREY

Master operator of Greenwolf Kingpen

LIZZY JEFF

Activist, content creator for Zen & Kush

LORI AJAX

Chief of the California Bureau of Cannabis Control

LULU BONNER

Founder of LuLu's Botanicals and LuLu's Chocolates

CAT PACKER

Executive director and general manager of the LA Department of Cannabis Regulation

JESSICA BILLINGSLEY

Co-founder and CEO of MJ Freeway

MISTY BRUNSON

Operator of Caviar Gold

MZJILL

Breeder, cultivator and co-founder of TGA Genetics

NANCY WHITEMAN

Co-founder of Wana Brands

NICHOLE WEST

Director of business development for COWA Science

TAHIRA REHMATULLAH

CFO of MTech Acquisition Corp., managing director of Hypur Ventures and president of T3 Ventures

OPHELIA CHONG

Founder and CEO of Stock Pot Images, managing partner of the Bevel Group

PAMELA REACH

CEO of Rare Dankness

CEVON LEE INY

Co-founder of the House of Eden

ROSA CAZARES

CEO of La Mota dispensary

ROSIE ROTHROCK

VP of branding and marketing for Caliva

SABRINA NOAH

VP of government relations for Moxie

SALLY NICHOLS

Head of distribution for Bloom Farms

MEGAN CHAMPION

Founder of Deviant Dabs

VALERIE CORRAL

Founder of the Wo/Men's Alliance for Medical Marijuana

JODIE EMERY

Activist, editor and journalist

EMILY PAXHIA

Founding partner and director of relations for Poseidon Asset Management

EMILY SCARBROUGH

Extract artist, founder and owner of Empress Extracts

FRANÇOISE LÉVESQUE

Master horticulturist for Tilray

HILARY DULANY

Director of operations for AccuVape

ADA LEE

Executive vice president of MedMen

DR. DINA

Founder of Alternative Herbal Health Services in West Hollywood and co-owner of OG Collective

JADE STEFANO

Cultivator for Puffin Farm in Oregon

NOELLE LIVAS

Master cultivator for Meowy Jane

JAZMIN AGUIAR

Activist and cannabusiness consultant

CYNTHIA SALARIZADEH

Founder and CEO of Salar Media Group, co-founder of Industry Power Women

DARCY COZZETTO

Senior vice president of operations for Eaze

DASHEEDA DAWSON

CEO of MJM Strategy

JESSIMAE PELUSO

Comedian, featured on MTV's *Girl Code*

DONA FRANK

Founder of the Natural Cannabis Company

DR. CHANDA MACIAS

Owner and general manager of the National Holistic Healing Center dispensary in Washington, DC

SIOBHAN DANGER DARWISH

Founder of the Grow Sisters/Blessed Coast Farms

SOPHIE SAINT THOMAS

Writer and journalist

CHELSEA KERWIN

Artist, co-founder of Ras Boss

ANJA CHARBONNEAU

Editor in chief and creative director of *Broccoli* magazine

ALISON DRAISIN

Founder of Ettalew's

ALLYSON GREY

Artist, co-founder of the Chapel of Sacred Mirrors

KRYSTAL KITAHARA & ALYSIA SOFIOS

CEO and CCO, respectively, of Yummi Karma

ADELIA CARRILLO

Founder and CEO of the Direct Cannabis Network

ALAINA AUSTIN

Founder of Green Fire Genetics

ALISON GORDON

CEO of 48North Cannabis Co.

ALIX HADLEY

CEO of the Citizens Research Alliance for Therapeutics

TRACIE EGAN MORRISSEY

Journalist for *Vice*, *Broadly*, *Jezebel*

TREE FEMME COLLECTIVE

Activists and cannabiscontent creators

WENDY KORNBERG

CEO and president of Sunnabis

MISS RAD REEFER

Cultivator for Luxury Craft Cannabis

MAMA SAILENE

Co-founder of Ganja Goddess Getaways

MARA GORDON

Edibles maker, founder of Aunt Zelda's

MARITZA BERMUDEZ

Vice president of business development for Loop Insights (Fobisuite Inc.)

ANNA COZY

Master grower

ARIEL CLARK

Cannabis attorney at Clark Neubert

LYNN HONDERD

CEO of Mary's Medicinals

MADISON ORTIZ

Influencer, entrepreneur, HappyTokes, CannaSmack

SHANEL LINDSAY

Founder and president of Ardent Cannabis

SHANNA DROEGE

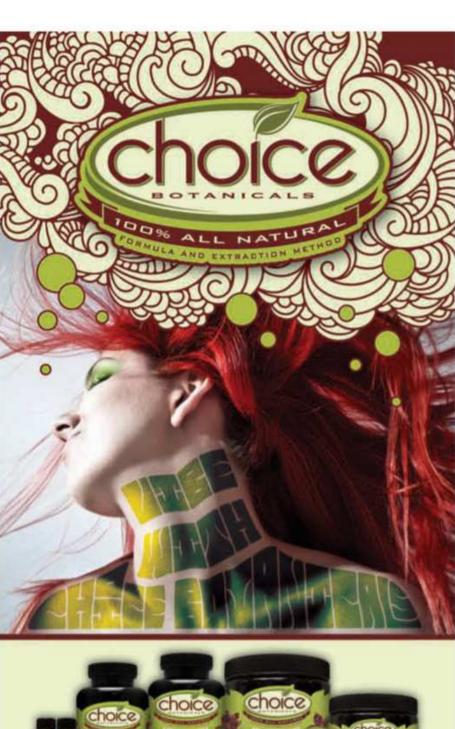
Founder and COO of Sol Distro

KATHY THIBAULT

Chief culture and people officer for Advanced Nutrients

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100 Women in High Places

KATJA BLICHFELD

Co-creator, writer and director of *High Maintenance*

KERRIGAN BEHRENS

Co-founder and CMO of Sagely Naturals

KIM BASEHART-GAETANO

Operator of 420 Wellness

KIP MORRISON

Owner-operator of Kip Morrison & Associates

SARAH KENNEDY

Consultant for In the Weeds Consulting

LADIES OF PARADISE

Female-positive content influencer

LISA HARUN

Co-founder of Vapium

LISA MARCUS

President of GLE Brands

JESSICA ASSAF

Founder of Cannabis Feminist

CHELSEA KOSSOWER

Head of Business Development for Puffco

OLIVIA ALEXANDER

Founder and CEO of Kush Queen

KAREN GOLDSTEIN

Deputy director of Florida NORML

ZOE WILDER

Cannabis public-relations and communications specialist

MISS GRASS

Female-centric cannabis content

DAHLIA MERTENS

Founder of Mary Jane's Medicinals

MARY JANE GIBSON

Performer and cannabis writer

LOLA LANGUSTA

Founder of Stoned Fox

CHELSEA LEYLAND

Cannabis activist

CINDY CAPOBIANCO

Co-founder of Lord Jones

CHEF DEE (DANIELLE RUSSELL)

Master chef, author of *The Happy Chef THC*

People's Choice Winners

It's impossible to deny the power of social media in the burgeoning cannabis culture. For our Women in High Places feature, we received thousands of nominations for the People's Choice category, and tens of thousands of votes. The first-place winner, SILENCED HIPPIE, received 25,000 votes and earned the top spot on our 100 Women in High Places list. Here are the rest of our People's Choice winners, as voted on by you, the reader:

IZZY BLAZE

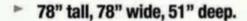
MACDIZZLE

KOALA PUFFS

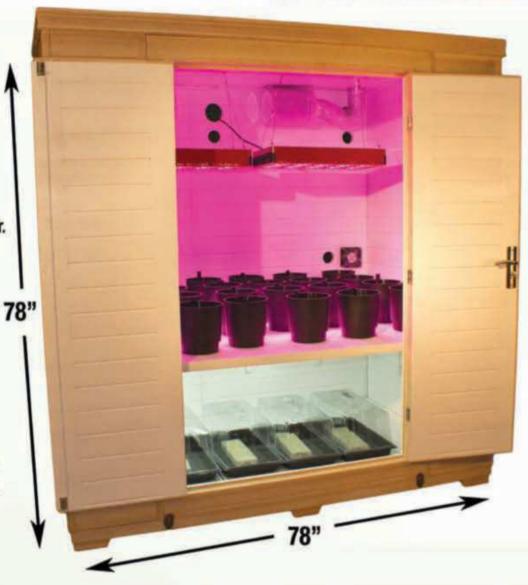
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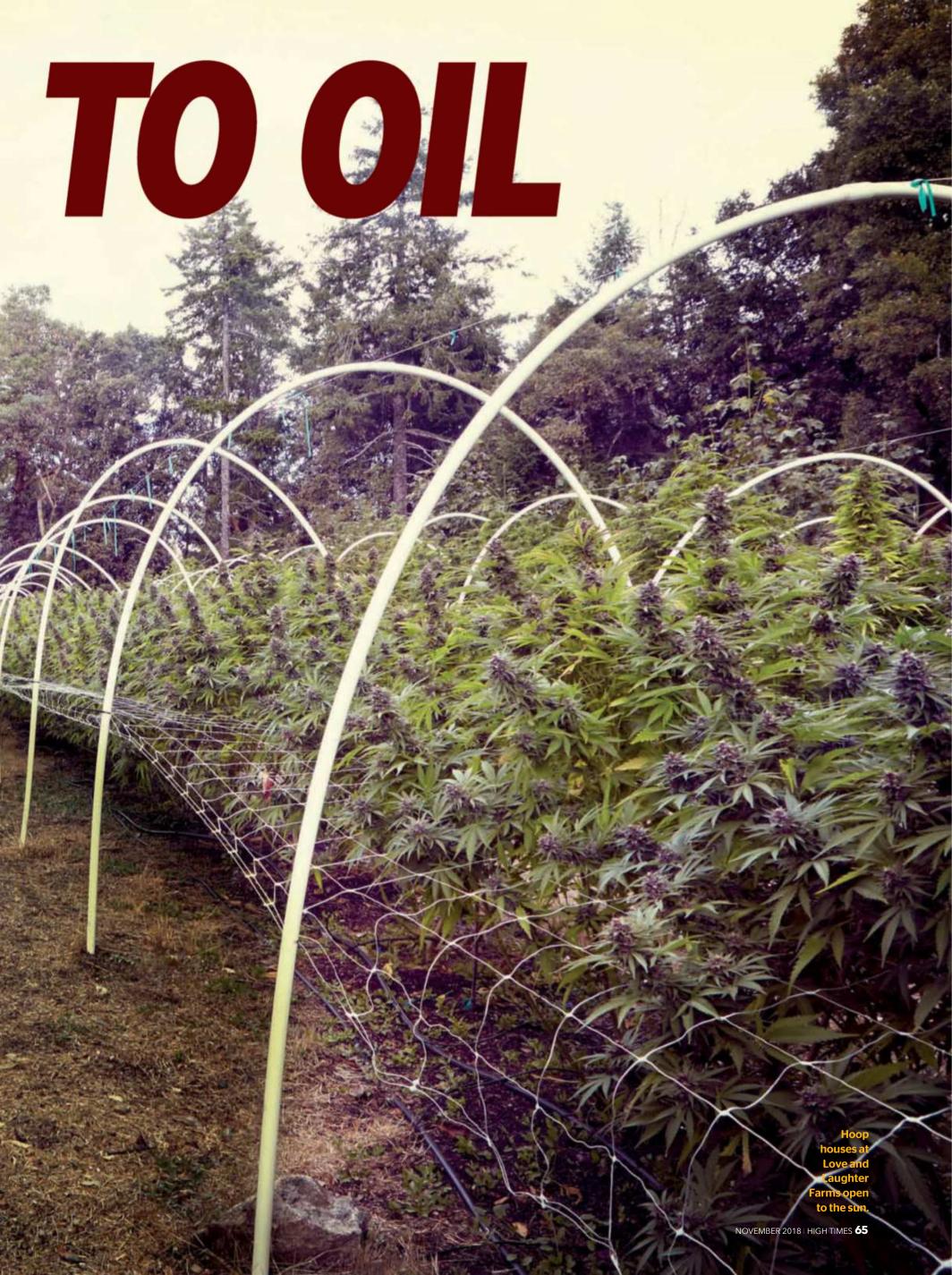
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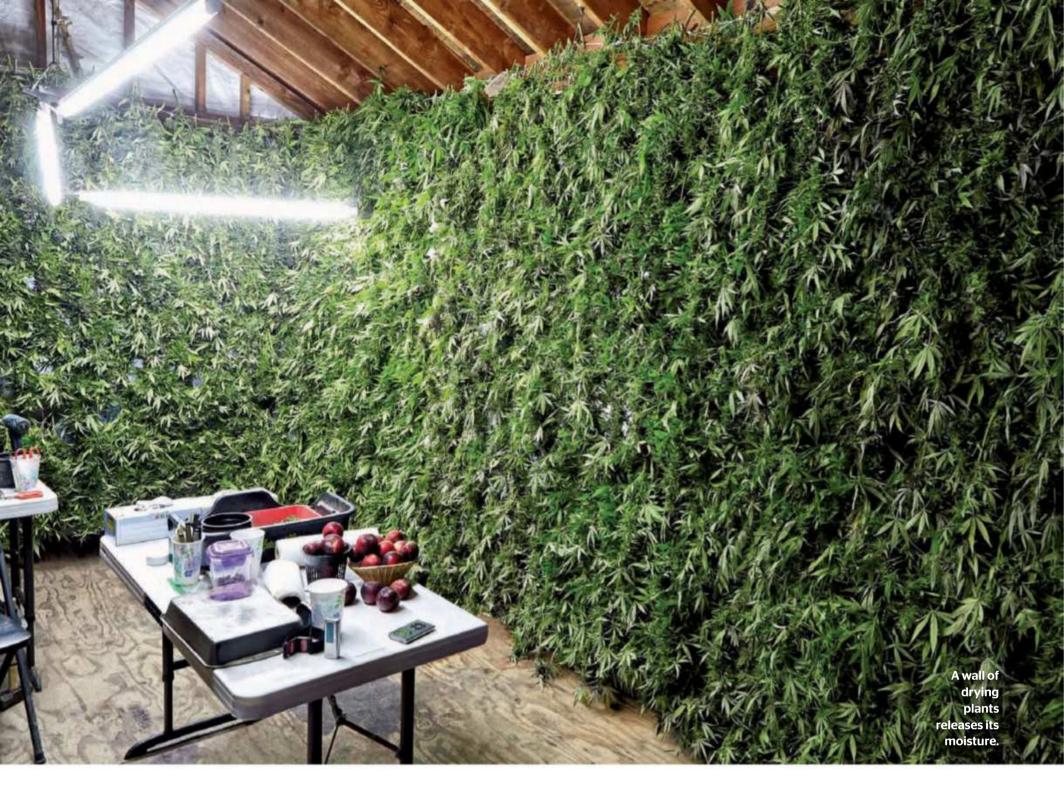
FROM SOIL

TAKE A PEEK INSIDE A NORCAL POT FARM WHERE CONSCIENTIOUS GANJA GROWERS CREATE CLEAN CANNABIS FLOWERS FOR PROCESSING INTO PURE ESSENTIAL EXTRACTS.

BY IAN STOUT, STEPHEN DITURO AND JOHN OLLILA. PHOTOS BY IAN STOUT







THE SOIL IS EVERYTHING

One can spend a lifetime reading about soil—and if you're a farmer, you should. For those embracing legalization and organic growing methods, proper soil development begins with knowing what you've got. Whether you've just had your first load of soil dumped or you're an experienced grower with established beds, you should have a soil sample tested by a local soil-testing lab.

Through the analysis, the lab establishes the pH balance, nutrient content, fungal and bacterial count, and soil composition. This is especially important if the soil might have had chemical fertilizers and pesticides running through it in the past. Many of those compounds are insoluble, or they break down extremely slowly, and can stick around for many years. Even clone stock from mother plants that were treated with conventional fertilizers and nonorganic pest-management products can introduce contaminants into a grow site, which can lead to a dirty test at market time.

If you're pretty sure that your beds are clean and want to forgo the soil test, an electric soil or electrode meter, available at your local hardware store, is highly recommended to help dial in your pH. pH levels are the key to unlocking a plant's ability to synthesize the provided nutrients. For outdoor growing, the soil pH should ideally be in the range of 6.4-6.8. All too often, nutrient deficiencies in the growth cycle can be traced right back to a pH imbalance.

There are essentially two kinds of outdoor growing styles when it comes to garden beds: aboveground or in ground, or, to put it in grower parlance, pots or trenches. Both have their pros and cons, but trench beds can be developed over time. The idea is to have soil that consists of the necessary components of organic matter, minerals, air and water, but also contains a healthy mix of bacteria, fungi and worms. Essentially, it's the creation of a whole permaculture environment in the growing beds that, if properly maintained, will give back to the plants year after year.

The key minerals or macronutrients for marijuana are nitrogen, phosphorus and potassium, or NPK. Nitrogen helps spur growth and photosynthesis in the plants' vegetative cycle. Initially during this phase, the nitrogen level in the fertilizer should be raised, as the plants will require more of it as they grow through the summer. Phosphorus is needed for nutrient uptake, and it also has its part in the vegetative cycle, but it's usually

associated with flowering. Initially during the vegetative stage, phosphorus levels should remain lower.

As flowering approaches, nitrogen should be dialed back and phosphorus and potassium levels increased. Sometimes overlooked, potassium takes care of the plant's roots, metabolism and immune system. During flowering, phosphorus and potassium will be the driving force in flower or bud production. The amount of phosphorus and potassium used during this time has a direct impact on the growth and final size of the buds.

Dry and liquid amendments, including compost teas, should be used as organic fertilizers. Dry amendments, which are used as a general fertilizer and soil conditioner, are more insoluble and break down slowly over time. Compost teas are like a quick hit, and because they are soluble or water-based, the plant will be available to synthesize or use the nutrients more quickly. Both types of amendments can be used on a schedule throughout the season, but the teas should be used to quickly correct for deficiencies or to add small amounts of nutrients at different stages of the growth cycle when nutrient requirements change.











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TIMES



SO HOW DO THEY DO IT?

The foundation of Love and Laughter's soil begins with a growing method called *Hügelkultur*, or "hill mound," which is kind of a mix between the in-ground and aboveground methods. *Hügelkultur* is an ancient practice, used by many native peoples around the world, but it gained its most recent popularity through farmers in Germany and Eastern Europe. The basic idea of *Hügelkultur* is to bury wood and other organic plant material in a trench beneath the growing bed. Soil and other nutrient compounds are then added and mounded slightly above the existing ground level. As the wood matter slowly rots underground, it creates a long-term source of nutrients rich in nitrogen, increases water retention, helps aerate the soil and produces heat that will keep roots happy as fall temperatures drop during the flowering season.

For the gardens at Love and Laughter Farms, *Hügelkultur* was implemented in a big way. For the bed rows, five-foot-wide trenches were dug five feet deep, then filled with various types of oak (except for black oak, which has excessive toxins in its acorns). After the wood and leaf matter were placed at the bottom of the trench, organic mushroom soil, loaded with earthworms, was added on top of the wood base. Next, mealworm castings from an organic avocado farm in Southern California were mixed into the mushroom soil. Finally, a 50/50 mix of organic compost and potting soil, from a local landscape supplier, was added on top—just the tip of the iceberg of the *Hügelkultur* trench. The soil was then mounded over with the peak of the bed sitting about 16-20 inches above ground level. As the plant matter

underneath decomposes with the help of proper amendments, the soil is rich in life and singing.

In the spring, the beds are weeded of their winter ground cover of alfalfa. Love and Laughter Farms practices a "no-till" method of farming. This means that other than the removal of the ground cover, there's no root-ball removal or yearly tillage of the soil as is commonly practiced in modern commercial and home farming. After the harvest, stalks are cut as close to the soil surface as possible. By not disturbing the soil, healthy bacteria, fungi and worms are not harmed and allowed to flourish.

PUT THEM IN THE GROUND

After the beds have been prepped and fertilized, and the proper spacing has been determined, the plants are ready to go in the ground. For each plant, a hole four times the size of the root-ball is dug out of the beds. The soil is saved and mixed with composted goat manure, mealworm castings, mushroom compost and mycorrhizal powder. This will surround the plant with an added mix of bacteria and fungi along with what's already present in the soil. The manure is composted before being directly applied, which removes excessive ammonia and nitrogen levels that can burn plant roots, and it also kills grass seeds that are still alive in the manure, saving the farmers many hours' worth of weeding and nutrient loss to pesky weeds. Once the plants are in the ground, they'll receive only water for the first week or so as the roots establish themselves.

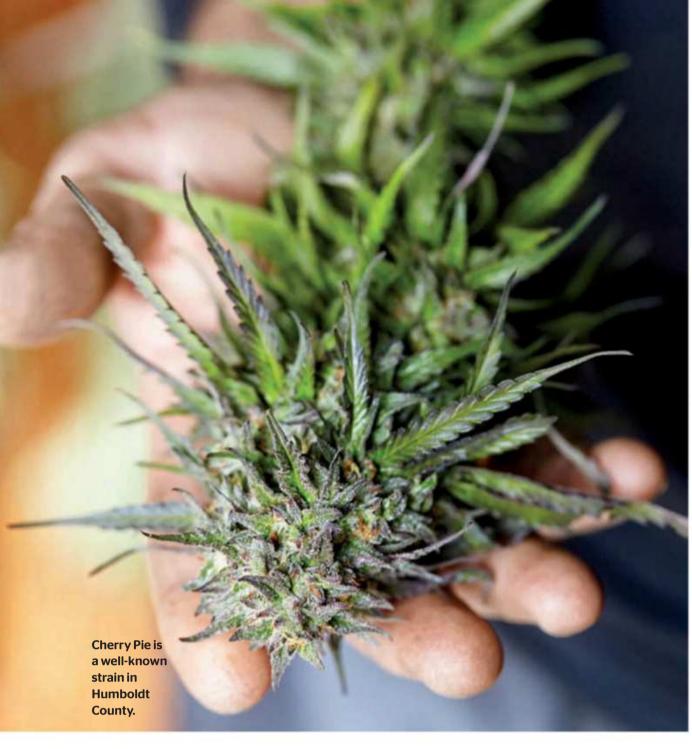


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THE MAGIC OF TEA

As the roots take hold and the young plants begin to grow, custom compost teas are introduced into the feeding regimen. Although there's a wide variety of great concentrated premixed solutions on the market, Love and Laughter Farms' custom tea consists of, but is not limited to, bat guano, earthworm and mealworm castings, yucca extract, silica, bacteria, fungal spores, bone meal, oyster shells, dolomite lime, fish concentrate and emulsion, seaweed powder and molasses, which is a chelating agent. The compost tea is brewed in 60-gallon pickle barrels in the shade for 24 hours at an ideal temperature of 72°F. Aeration with a standard aquarium pump and air-stone diffusers produces oxygen supersaturation. When the tea is done, it's hand-watered into the plant wells through a standard inline feeder, usually a quart dispersed throughout 150 gallons of water.

Initially, the tea is richer in nitrogen, but a couple weeks before flowering begins the nitrogen is dialed back and a higher-phosphorus bat-guano solution is maintained. Some people like dialing the nitrogen way back, but Love and Laughter actually keeps it somewhat high. This keeps the plants stronger and more disease- and pest-resistant throughout the plant's natural life cycle.

PRUNE HER FOR PRODUCTION

There are many techniques out there for pruning marijuana for higher yields. The preferred method at Love and Laughter is a technique called bending. The structure of the plants will vary depending on whether they're *indica*- or *sativa*-dominant and how far along they are, but essentially young plants will have a main stem referred to as an apical meristem and then sub-stems called laterals. Traditionally, growers cut main or apical meristems, from which several more meristems will grow. These additional stems are the key to creating larger colas versus one main cola on an unpruned plant.

Cutting, however, can stress the plant for sometimes up to a week or more. By bending the main stem 90 degrees 7-10 days after the young plants are in, auxiliary growth points are created. And from this auxiliary growth point, several more meristems will begin to grow (eventually forming additional colas). This process is ideally repeated three or four times over the vegetative cycle, but should be completed a couple weeks before flowering begins.

Another important aspect which falls under pruning is defoliating. Yellow leaves will develop on marijuana plants for a variety of reasons, but the most common are due



to nitrogen deficiencies, overwatering, a pH imbalance or shock from cold weather. It's easy to correct for these problems, but leaves that have begun to die are removed before they start to mold.

Another defoliating technique that increases yield is the selective removal of fan leaves throughout the plant. This creates better airflow and allows more light into the inner and lower canopy, which in turn creates larger buds in places that might usually end up with "larf" (spindly lesser buds). By paying attention to the plants throughout the day, farmers can see which ones receive less light and remove those selectively. Lastly, if the bottom third of lower branches are removed (which usually produce larf anyhow), a plant will divert its energy up to the apical buds. This results in healthier colas and bigger yields.

FLUSH AWAY

A common mistake that novice growers make is improperly flushing before the end of flowering. Flushing helps the weed burn cleaner and improves aroma and flavor. Different strains, even different phenotypes of a same strain, will have different flowering times. By knowing the flowering time of the strain you're growing, you can subtract two weeks from the total flowering time. Also, paying attention to the trichomes will help as well. If they look big and sticky but are still clear, it's a good point to stop fertilizing. Love and Laughter harvests when about half of the resin glands have turned from milky to amber. During the last two weeks, a good trick is to flush by alternating between water alone and water mixed with humic acid, fulvic acid and molasses. This mixture will help break down the remaining insoluble fertilizer still in the soil and stems.



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GOLDEN ENDING

Until very recently, many farmers discarded their trim and waste material. But in a short time, this material has become a sought-after commodity for those with knowledge of extraction techniques. While nugs may yield the most flavorful concentrates, hand trim and even machine trim can be more valuable to an extractor's bottom line.

Take a half day's drive down Highway 101 to Route 1, at Monterey Bay, and you will find an enclave of cutting-edge extraction artists. Among them is John Ollila of Santa Cruz Concentrates and Hushpuff. An early adopter of CO₂ extraction, Ollila is fighting the wave of investment dollars pouring into many large hydrocarbon labs that are tanking concentrate prices in parallel with what farmers have experienced with flower rates in recent years.

Love and Laughter Farms provides properly cured, organic, pesticide-free trim that is ideal for supercritical CO₂ extraction. Raw material is sorted for remaining stems and fan leaves before being vacuum-sealed to preserve terpenes. While many manufacturers start with fresh frozen material to achieve a "live resin" or "sauce," this is only a viable option for solvent-based extractions—mainly butane, though ethanol extracts are on the rise. California has always frowned on hydrocarbon (butane and propane) extractions because of the risk to public safety, and it should be noted that this is still an illegal

practice without a local hazardous-materials license and applicable state license. The rest of us are allowed to use CO_2 , ethanol, water, manual press and sifting techniques.

Properly cured trim will be free of excess water, which is detrimental to most of the above-mentioned techniques. Using a liquid CO_2 extraction machine fabricated by Paradigm Supercritical Innovations of Springfield, Oregon, Santa Cruz Concentrates prefers to operate extraction chambers at roughly 2,700 psi and 100°F. Ollila's unit, named Lucy, is powered by a 15-horsepower compressor that keeps the flow rate high. It takes roughly 7.6 liters of supercritical CO_2 to extract one gram of THC, so patience for this process is necessary while being limited to processing a maximum of 101 pounds in a 16-hour day.

Many turnkey CO₂ systems that allow an operator to walk away and return a day later to a completed extraction cycle run upward of 4,500 psi and 130°F; while this will allow for a more complete extraction of cannabinoids, it also pulls many impurities that decrease the initial potency of the extract and make it more difficult to achieve maximum oil potency after refinement. There are, of course, solutions to any problem if you have deep enough pockets. Wiped-film units are becoming increasingly common, and, similar to turnkey CO₂ systems, they allow operators with little or no chemistry knowledge to hop in the game and refine crude oil to shockingly potent distillate.

CLEAN OIL

Here on the Central Coast, Santa Cruz Concentrates does it the old-fashioned way. Supervised by an intelligent chemist, the short-path distillation of a properly dewaxed and bleached CO₂ extract yields just as potent oil as a wiped-film unit running crude B/PHO. Pressures and temperatures on the lower end of the supercritical spectrum during extraction also allow Santa Cruz Concentrates to achieve a shatter with no additional post-processing required other than a few hours in a vacuum oven to remove residual water content. And in an exciting move to more accessible cannabisderived terpenes, innovation continues further as Paradigm has just provided an in-line terpene trap to add to its extraction units.

With all the dollars flooding into this industry with the goal of mass-producing marijuana vaporizers, Santa Cruz Concentrates is just fine with being a micro-brew, proud to source from small organic farmers, like those at Love and Laughter Farms, who take pride in their process.

Patients and recreational users should be encouraged to be picky about what they inhale; while our lungs may be able to take some hits, they are very sensitive and, especially in a smoker's life, often the most susceptible to compromise by heavy metals or carcinogenic pesticides. Know your grower and your extract artist. Demand test results. Be very wary of bottom-dollar extracts. And #puffon. ¥





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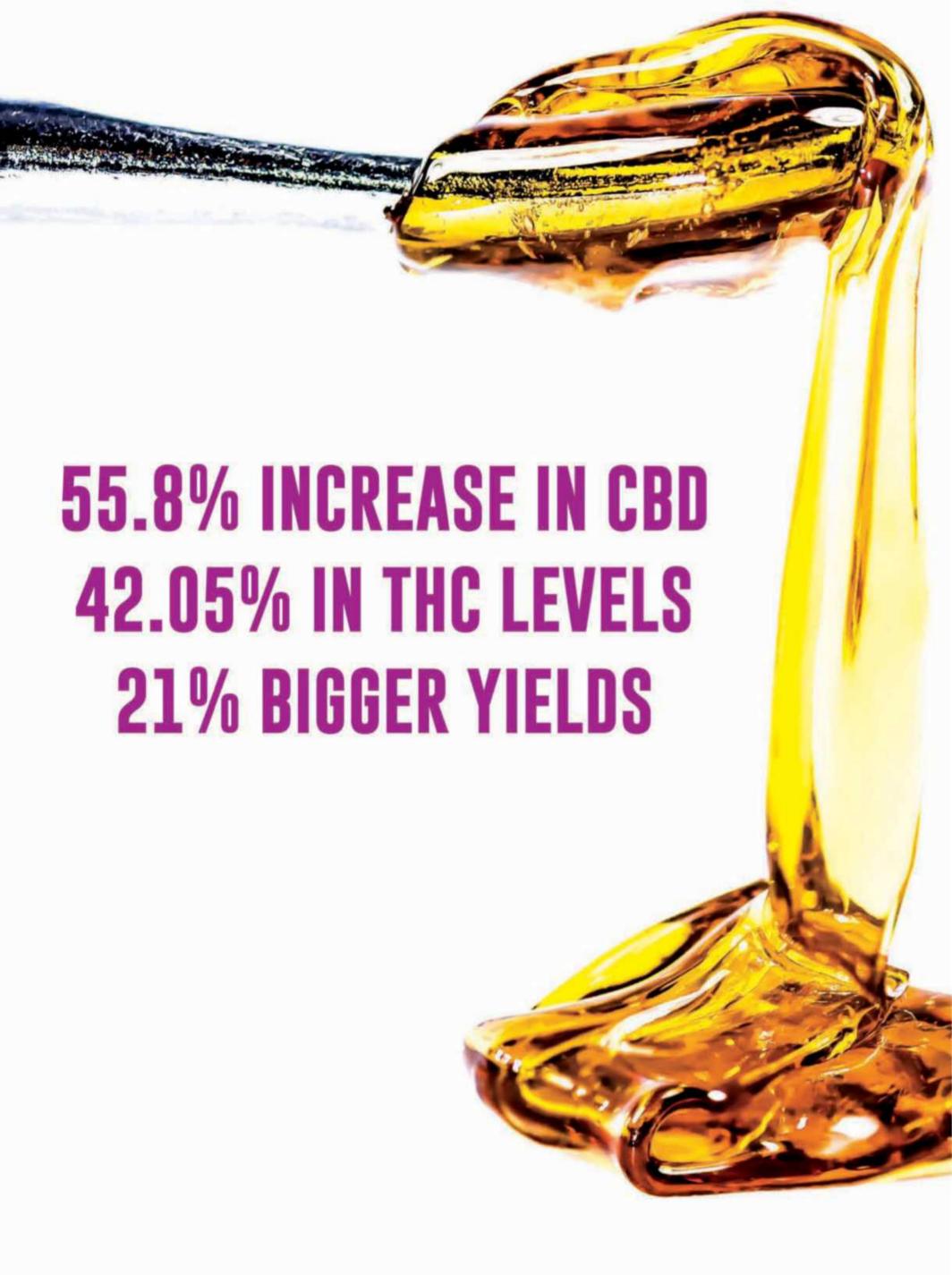






Diesel Clovis F2 WPapaya Tart F1

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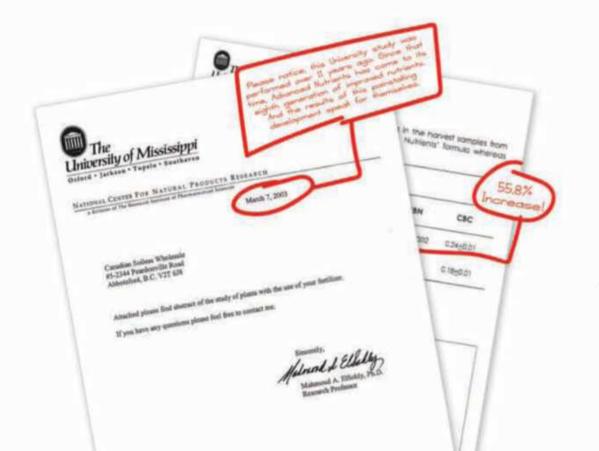


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MzJill

OF MZJILL GENETICS

MzJill's love affair with cannabis began in 1997. Afflicted with scoliosis since birth, she'd been searching for relief and tried just about every remedy under the sun. With their side effects and potential for addiction, pain medications didn't appeal to her. Instead, she tried cannabis. She took her first puff and the rest is her-story.

To MzJill, cannabis was a revelation. "On top of reducing my scoliosis symptoms," she said, "I was instantly reminded of the calm I had on the farm I grew up on as a child... I felt the peaceful calmness of my youth, which was so hard to find, especially as a single mother of three young daughters."

MzJill quickly leveraged her horticultural knowledge into growing medicine for herself to offset the cost of the only medication she found that worked. But, as it was during the dark ages of cannabis prohibition, she needed to protect herself and her kids from draconian law enforcement. "I set up a discreetly camouflaged, free-standing room in my garage,"

MzJill said. "I used hydroponic methods because I didn't want to dispose of conspicuous bags of soil. And, given increased surveillance, I was advised to avoid local hydroponic stores, so I crafted my own bubbler-bucket system with items I collected from local plumbing and hardware stores... Despite the initial stress associated with cannabis cultivation, I instantaneously rediscovered how therapeutic tending my garden was."

While still working full time as a teaching assistant and caring for her children, MzJill began cultivating and eventually co-founded TGA Genetics with Subcool in 2003. The seed company soon became the first well-known cannabis-genetics source native to the United States that gained entry into our High Times Seed Bank Hall of Fame. (In fact, MzJill's own Jilly Bean creation was my choice for a Top 10 Strain of 2007.) Everything seemed to be going great.

Then came October 8, 2017. MzJill and Subcool went outside to find the yard and garden in flames. They all quickly evacuated, leaving everything behind except for the cat



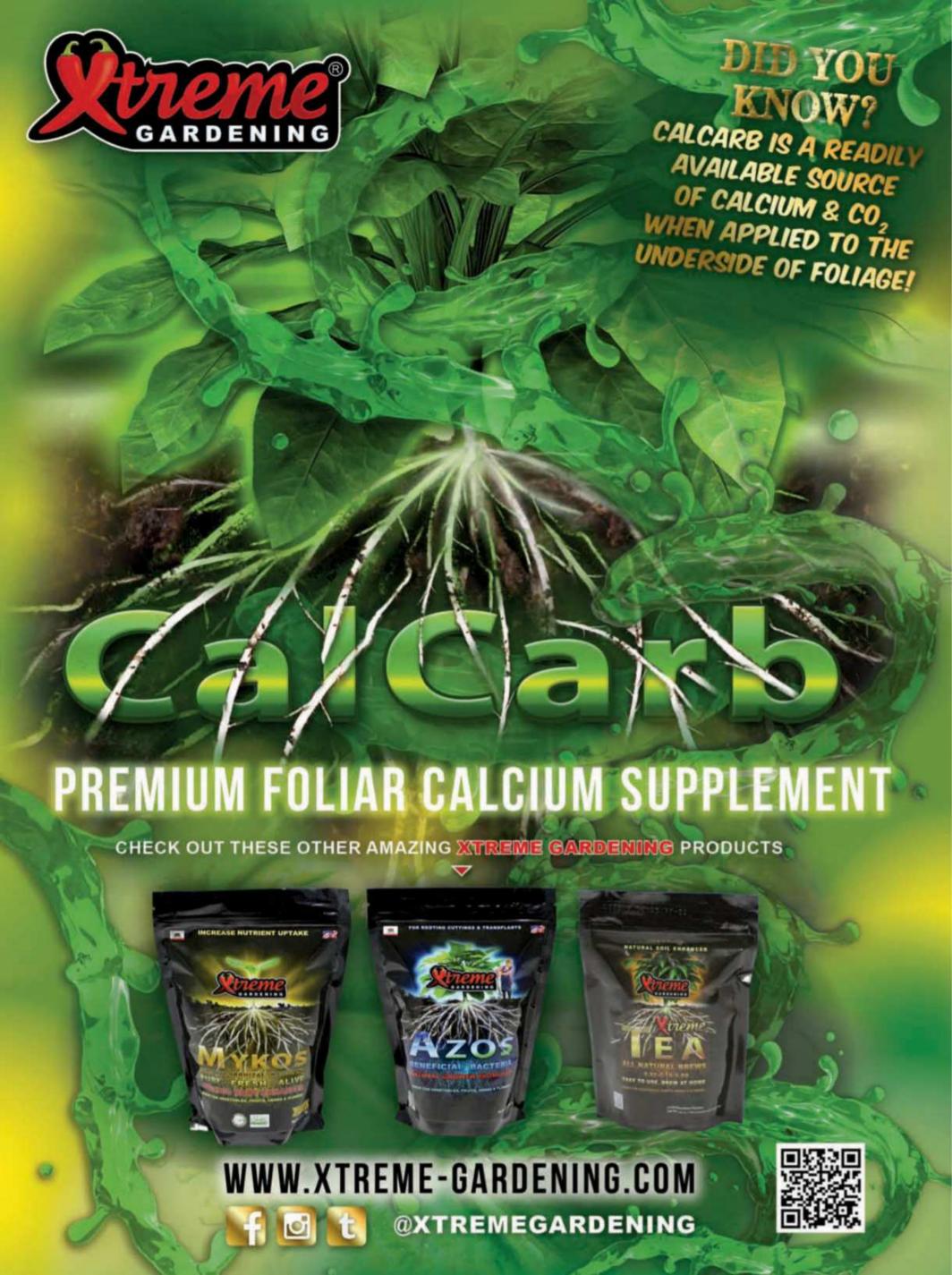
MzJIII is particularly excited about her new line of stabilized Jilly Bean crosses with cherry, lime and grape Playors.

and the clothes on their backs. Within 45 minutes, the wildfires burned everything down. Undaunted, MzJill later decided to begin anew, leaving TGA and starting a company of her own: MzJill Genetics. She also founded the charity People Helping People, which organizes holiday food, clothing and toy drives; fund-raises for veterans and children with disabilities; and works to empower women in the cannabis industry.

MzJill now has over 20 years' experience in sourcing and curating high-quality medicinal-cannabis seeds. She said that her identity has been shaped by growing up on a small farm, reminding her that "even the simplest things can bring about the most profound pleasure." Today, as the owner and head breeder of MzJill Genetics, she continues to take the "same gentle approach to cultivating strains." MzJill currently has eight strains available, each a cross of Brian Berry, which was created to honor her friend Brian Damewood, who passed from ALS in 2014.

MzJill is particularly excited about her new line of stabilized Jilly Bean crosses with cherry, orange, lime and grape flavors. She'll also continue to offer Agent Orange and Plushberry. Her advice for young growers? "If you've never grown a plant, I encourage you to buy a pack of seeds ASAP—your choice—and place a few in a sheet of moistened paper towel to bring them to life! As cannabis lovers, I promise your enjoyment will only deepen. There are certain sounds, smells, places, things that evoke feelings for all of us, even long after we've separated from them, and this will feel familiar, even though you've never done it."

For more strain and vendor information and official merchandise, **visit** *mzjill.com*.



women on the grow

Alaina Austin OF GREEN FIRE GENETICS

A third-generation pot farmer who learned the trade from her father, Alaina Austin started growing in her early teens and was taking care of multiple growrooms by age 14. The family business endured some serious ups and downs, and Austin quickly learned to adapt to the challenges along the way—including raids that resulted in her parents being incarcerated. Knowing that "the grow must go on," she found ways to keep the strains and the operation alive.

Though only in her 20s, Austin combined her cultivation knowledge and access to old and new cannabis genetics to found Green Fire Genetics in 2012 from her home base in Lake County, California. She's bred many exotic strains and provides packs of seeds for pot farmers near and far.

Green Fire Genetics quickly became known for the exotic flavors and scents of its strains, including Rainbow Flame, which has won multiple awards including High Times Cannabis Cups for second- and third-place Best Non-Solvent Hash at our 2018 Southern California event. It's a hybrid cross of Green Fire's original P1 Green Fire Keeper with its Everglades AKA, clocking in at 20-24 percent TCH. It's rich in cannabinoids and terps, and, as Green Fire Genetics boasts, it's "also an extremely vigorous cross both indoors and outdoors with resiliency to cold, wet temperatures, making this variety a breeze to cultivate."

Another Green Fire strain, Dozizoz, provides flowers that smell and taste like tropical fruits. It's an *indica*-dominant cross between Zkittlez and a Dosidos pheno called Zozizoz that's not a huge yielder but makes up for

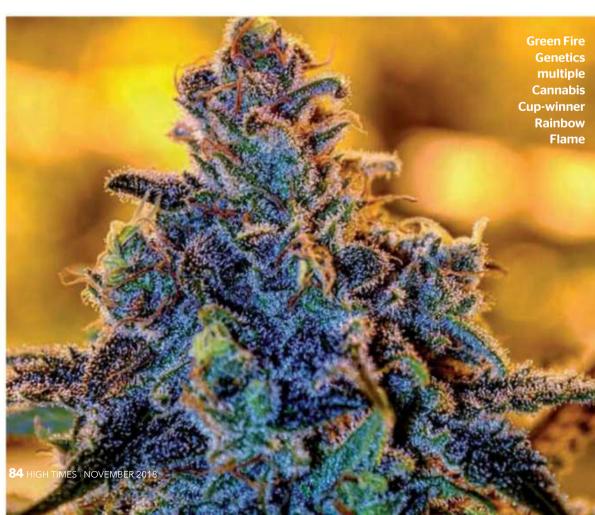


it with potency and flavor for days. It can produce deep-purple buds similar to Dosidos, or others that are lime green.

Austin's signature strain, however, is Green Fire OG—a hybrid of her celebrated P1 Green Fire BX Fire OG that finishes after 55-65 days flowering. Green Fire Genetics describes it as having "a super-diverse and complex terpene-rich profile, with hints of citrus, lemon, lime, soda and bags of fruity candy."

Having lost several family members to cancer, Austin also plans to specialize in CBD-rich varieties to provide medicine for patients. Lately, she's also placed an emphasis on organic growing using compost teas and adding beneficial microbes and bacteria to improve her soil year after year.

You can find Green Fire Genetics at Harborside Health Center in Oakland and San Jose, Berkeley Patients Group in Berkeley and Compassionate Heart in Ukiah, CA. **Check out** *greenfiregeneticss.com* for more info.



Five Grow Tips From Alaina

REMEMBER THAT LESS IS MORE

This applies to a lot, but in this particular situation we're talking about feeding. A lot of growers tend to overfeed. Most nutrient companies encourage this, leading growers to believe that more is more and to feed their plants excessively. I typically use less than recommended. Remember, you can always add more, but you can't add less.

Get yourself a TDS (total dissolved solids) meter and start reading your ppm levels. If you happen to overfeed and have identified your plant's issue as nutrient burn, carefully remove all the damaged material. Break off all the damaged leaves because dead flowers and leaves will rot. As soon as possible, flush your growing medium out with clean, pH-balanced water.

TRACK & COMPARE DATA

It's hard to know where you're going if you don't know where you've been. The ability to compare and reflect on data from your worst crop to your best crop is paramount. You must record every aspect of your cultivation facility. Having the ability to compare data from past harvests will further help you dial things in. It also allows you to analyze the nuances between varying results and to explain any disparity. Record every possible aspect of the facility, even if it's just handwritten notes on paper. You'll thank yourself later!

ACQUIRE GOOD GENETICS

You can have the best skill set in the world, but if you don't have good genetics it's not going to aid you in any way. Finding what works best for you and still produces amazing quality at the finish is every grower's dream, right? Good genetics should be at the top of your list. Whether you're breeding your own genetics or you're acquiring it elsewhere, it's always a major plus to have genetics that are acclimated to your region.

CLEAN DOWN TO THE SEED

Cleanliness is one of the most important tips in cultivating quality cannabis. Start clean and end clean—from minuscule stuff, such as cleaning CO_2 tanks and any supplies from grow stores before moving them into your facilities, to quarantining your cuttings if you outsource. With various insects and viruses circulating around such as the infamous russet mite and the tobacco mosaic virus, starting from seed has become the new, preferred method for a lot of growers.

FLUSH PROPERLY

A proper flush can make a world of difference in a smooth, good-tasting end product. It's a straightforward process. Whenever you would normally feed, you flush instead. At least two weeks before you harvest, you should begin to flush with plain reverse-osmosis water to ensure that there are no leftover minerals or nutrients. Flood your growing medium until you see drainage beginning to run off. Continue to do so over the course of the last two weeks. You will begin to see your leaves changing colors throughout the process. If you're indoors using pots, pay attention to the color of the water that's draining from the bottom. It will be stained and look dirty. Over time, the color of the draining water will lighten up and appear cleaner.

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COMING SOON





Ellen Brown OF SINSEMILLA SEMINARS

(as told by Ellen Brown)

Two weeks after graduating high school, off I went into the wild blue yonder to join the United States Air Force. During my service, I worked in the hospital at Mountain Home Air Force Base in Idaho. I knew that no matter what I did with the rest of my life, I wanted to continue working with patients.

During my service, I spent my days teaching large-scale classes as well as holding one-on-one patient-counseling sessions. I created curriculums and developed dietary programs for my patients. I'm proud to say that I achieved Airman of the Quarter and Air Combat Command Nutritional Medicine Airman of the Year awards.

Once out of the service, it was time to head home to Cape Cod, Massachusetts, where my friends were eager to provide me with the senior summer I had never had. In a safe environment, we enjoyed some marijuana, and the feeling that came over me of tranquility, peace and mindfulness became something I wanted to pursue. It was 2009 and we didn't have a medical program in Massachusetts, so I knew where I needed to go if I wanted to be able to become a medical-marijuana patient and grow my own cannabis without such intense fear of prosecution. I worked two jobs for a year with the dream of moving out to Humboldt County and making a go of it.

In 2010, the dream started to take shape as I drove across the country. Within the first week of moving to Humboldt, I had switched over my license, had become a medicalmarijuana patient and had six plants growing in my closet. Becoming a medical-marijuana patient opened my eyes to cannabis as a medicine, and I realized that my goal was no longer just to grow for myself but to become a part of the cannabis movement and help take care of patients. I decided to look outside of the three dispensaries in Humboldt and moved to Redding, where there were 26 dispensaries.

I started working as a trimmer on Veteran's Day at my favorite place, Nature's Nexus.

Eventually, I became a budtender and then started working on the cultivation side. There was a lot for me to learn in that 3,000-square-foot facility. For a successful perpetual harvest, it's crucial to understand your genetics, as these are the same strains we were using to create our cannabis byproducts such as edibles, topicals and concentrates.







В O A U R B_R L E E L

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women on the grow

In November 2012, California was shaken by the Pack v. Long Beach court case. It was during this time that the Redding City Council banned all the city's 26 dispensaries. To this day, there are still no brick-and-mortar dispensaries in Redding.

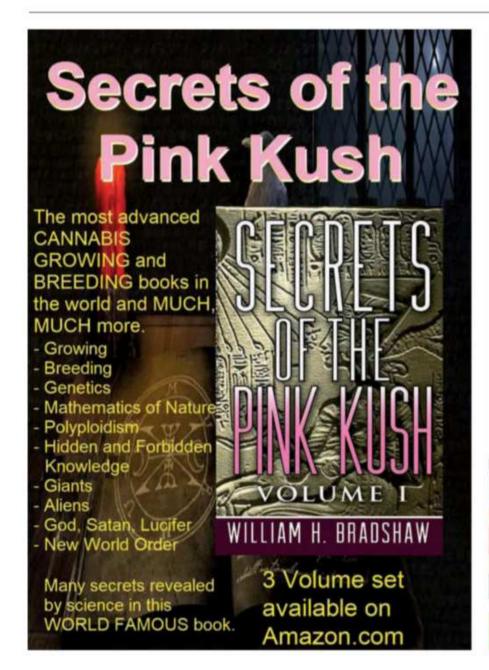
I moved back home to Massachusetts in 2012 and voted "Yes on 3" for our medical-marijuana program. I decide to combine my teaching experience from the Air Force and my firsthand experience in the cannabis industry from California to create Sinsemilla Seminars

I take pride in teaching my students how to be their own best advocates and the best practices for cultivation, creating cannabis byproducts and the importance of sustainability. Holding seminars and consulting across the country, I know that it's important to be educated on all the laws and regulations of the different states. I always advise students to "know before you grow," including what your plant count is, if there are square-footage restrictions and what genetics you're planning to produce.

Genetics can make all the difference when you're in a place where there are squarefootage restrictions, and I advise people to acquire strains that have tight internodal spacing. If you're growing outdoors in northern



Genetics can make all the difference when you're in a place where there are square-footage restrictions. Maine, you're going to want to have an *indica*-dominant strain that's an early yielder. If you're growing in a place that allows for a longer flowering cycle, you might want to grow a *sativa*-dominant variety such as my personal favorite, Super Lemon Haze. The best advice I can leave you with is to continue to educate yourself and push yourself to try new things in life and in the growroom. Because just like an outdoor cannabis plant, the sky's the limit! **



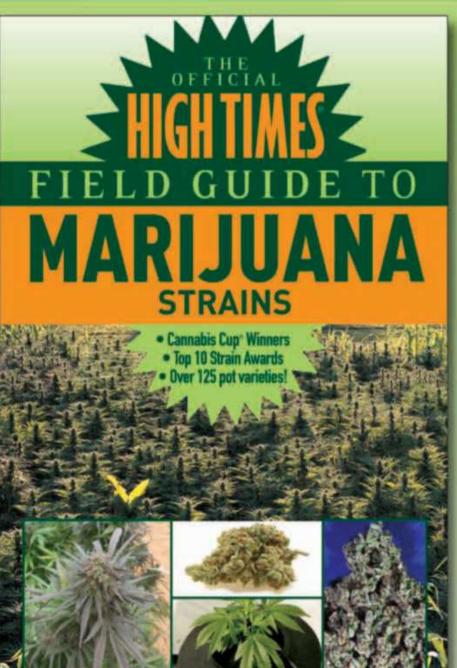


"In this excellent field guide, Danny's years of experience translate into easy-to-reference information on more than 125 strains, all at the flip of a finger, condensing everything you need to know into an easy-to-read, well-researched, concise package—with great photos too!"—Jorge Cervantes,

AUTHOR OF MARIJUANA HORTICULTURE: THE INDOOR/OUTDOOR MEDICAL GROWER'S BIBLE











"If you wish to become more sophisticated about the large number of strains now available, you will be hard-pressed to find a better written and superbly photographed little compendium than this book." —Dr. Lester Grinspoon

By Danny Danko, Senior Cultivation Editor with a foreword by Jorge Cervantes





- Cannabis Cup® champions
 "Top 10 Strain" award winners
- Over 125 pot varieties described Cannabis buyer's guide
 - Landrace & heirloom genetics
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HAVE POT—WILL TRAVEL

THIS SUMMER, HIGH TIMES HOSTED EVENTS IN THE MIDWEST AND EUROPE. FROM THE BURGEONING DIY MEDICAL-MARIJUANA SCENE IN MICHIGAN TO THE ICONIC COFFEE-SHOP CULTURE OF AMSTERDAM, CUP-GOERS WERE TREATED TO EACH REGION'S VERY BEST CANNABIS PRODUCTS.

2018 MICHIGAN CANNABIS CUP

Vendors from Loud House displayed their goods.

While California is unquestionably the king of the US Cannabis Cups, with events in Southern, Northern and Central Cali, Michigan has become a mainstay of High Times' stateside events over the last decade. After hosting the first Michigan-based Cup in Detroit in 2011, High Times found a permanent home at the Auto City Speedway in Clio soon after. Thanks in part to a strong partnership with the venue, High Times has hosted a series of epic cannabis gatherings in the Wolverine State. And this year was no different.

On June 9 and 10, the finest cannabis cultivators and hashmakers of the Midwest converged on Clio to celebrate the plant. Attendees of the Cup were treated to a racetrack rife with booths displaying the hottest pot products, gear and, of course, cannabis. Samples of flower, concentrates and edibles were plentiful, and grateful Cup-goers attempted to take it all in.

The competition was stiff at the Michigan Cup, as each category announced during the Sunday-afternoon award show was hotly contested. Local legend Herbal Solutions was the big winner, taking home Cups in the CBD

Concentrate, *Indica* Concentrate, *Sativa* Concentrate and Hybrid Concentrate categories in collaboration with Element Extractions and the Best *Sativa* Flower category in collaboration with Leaf Doctor. Herbal Solutions also won the CBD Flower category and scored several second- and third-place finishes. You can see all the winners from the 2018 Michigan Cup on page 94.

Over the weekend, the *HT* podcasts Free Weed and The Green Room recorded conversations with cannabis-industry pros like Frenchy Cannoli, Nichole West and Hurricane Hydro, as well as former NHL star Darren McCarty. And attendees were treated to exemplary musical lineups each evening. Saturday saw Waka Flocka Flame kick things off before giving way to up-and-comer Vic Mensa. Cannabis-industry vet Berner kept things going on the main stage, and headliner Lil Wayne closed out the first day of the 2018 Michigan Cup. The hits kept coming Sunday with local fave Trick-Trick, followed by Yo Gotti and Machine Gun Kelly. Sunday headliner Ludacris closed out the Cup, sending the stoned crowd home happy. Mike Hughes



usel





2018 AMSTERDAM CANNABIS CUP

On July 12-15, High Times once again hosted our legendary Cannabis Cup in the Netherlands, where it all began in 1988. Back then, Cup founder Steven Hager envisioned a "coffee-shop crawl" to help determine the finest weed and hash available for purchase in Amsterdam. Later, seed companies were added to the mix, and the event became a global search for the world's best buds.

Upon arrival in Holland, judges were greeted with goodie bags and maps to direct them to participating pot shops so they could try the various entries in the Flower, Nederhash, Import Hash and Edible categories. Because of the uniquely tolerant Dutch take on "soft drugs" like marijuana, shops are allowed sell up to five grams of buds or hash to adults who can then consume their cannabis on the premises, along with snacks, coffee, tea or juice. It's a civilized approach to social use from which many other countries could learn.

Aside from roaming around town visiting the many coffee shops, attendees had access to the Cup Expo at the Melkweg, featuring

daytime wake-and-bake yoga, comedy routines, a joint-rolling contest sponsored by Randy's and marijuana-growing seminars from Soma of Soma's Sacred Seeds and Doug from T.H.Seeds.

Judges entered their winning scores into iPads to determine the shops with the best pot products available around town, while a smaller panel of chosen expert judges meticulously tested the seed-company entries with an eye toward determining the finest pot and concentrates on earth. Nighttime performances at the Melkweg included scorching sets from Bone Thugs-n-Harmony, Ty Dolla \$ign, Afroman, OG Maco and Waka Flocka Flame (and his crazy hype man).

The 2018 High Times Amsterdam Cannabis Cup culminated in the Sunday-evening award show, honoring the Best Seed Company and Coffee-Shop Pot and Hash. Winners were announced from the Melkweg stage, where they accepted their one-of-a-kind Cups designed by psychedelic-art legends Alex and Allyson Grey. The show was capped off with incredible performances by Berner and the Original Wailers, who kept the celebration going well into the night. *Danny Danko*





SEAN COOLEY (



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2018 MICHIGAN CANNABIS CUP WINNERS

BEST BOOTH

1st Place: Exotic Genetix 2nd Place: Ethos Collective 3rd Place: Lake Effect

BEST GLASS

1st Place: The Stone Owl by Space Kassle Glass with MidnightRoots

2nd Place: Coyle Ryno Glass Collab by Dab Smiths

BEST PRODUCT

1st Place: Mint Chocolate Chip Seeds by Exotic Genetix 2nd Place: Cannaclamp Handheld Rosin Press 3rd Place: Foil Stamp Labels by Labelmybud

BEST EDIBLE

1st Place: La Supreme Creme Biscuit by Zilla's Performance Products

2nd Place: Buckeye by Captain Kirk Edibles

3rd Place: Lemon Lime Tincture by Zombee Lab Extracts

BEST TOPICAL

1st Place: CBD THC Body Rub by Chill Medicated

2nd Place: Organic Healing Skin Treatment by Zilla's Performance Products

3rd Place: 150 mg Natural CBD Face Moisturizer by Ella Essentials CBD with Radicle Genetics and PinCanna Rx

BEST CBD EDIBLE

1st Place: 1:1 Caramel Apple Pie Push Pop by Kozmic Gardens with Radicle Genetics and Pin-Canna

2nd Place: Confruity Crunch Biscuit by Zilla's Performance Products

3rd Place: 1:1 Tincture by Gooeyman

BEST CBD FLOWER

1st Place: Cannatonic #4 by Herbal Solutions

2nd Place: Moose Cookie by

LightSky Farms

3rd Place: Scandinavian Moose

Lodge by Lake Effect with C West Farms

BEST CBD CONCENTRATE

1st Place: Lemon Tonic by Herbal Solutions w/ Element Extractions **2nd Place:** Doctor Death Skunk by LightSky Farms w/ Real Leaf Solutions

3rd Place: Grandma's Cookie Dough by Dabbenport Extracts w/ Dank Rapids Extracts

BEST MEDICALLY INFUSED CANNABIS

1st Place: Pure Detroit Caviar Moonrock by Grateful Meds **2nd Place:** Crown Cannagar by Lake Effect in collaboration with Crown Caps and Nug Abduction Extracts

3rd Place: Citrus Berry THCA with Blue River Terps by Herbal Solutions with Element Extractions

BEST PREROLL

1st Place: GMO Drysift Preroll by Kozmic Gardens with Radicle Genetics and Divergent Flowers **2nd Place:** Wook Fingers by The Source Genetics **3rd Place:** World's Finest Magar by Midnight Roots & Jean Carlos

BEST VAPE PEN CARTRIDGES

1st Place: Death Star by LightSky Farms **2nd Place:** Blueberry Yum Yum

VFire by Claw by Claw

3rd Place: Fire OG by Gold Drop

Michigan with Blue River and

Claw VFire

BEST NON-SOLVENT HASH

1st Place: Purple Pebbles Live
Rosin by @Superior_Flowers
with Michigan Made Melts
2nd Place: Cookies and Cream
Live Rosin by Arborside with
Jugo Hash
3rd Place: Dosidos x Honey
Bananas by Pure West
Compassion Club with Grumpy
Bears Farms

BEST INDICA CONCENTRATE

1st Place: Skywalker THCA by Herbal Solutions Ypsilanti w/ Element Extractions 2nd Place: Fine Wine Sauce by Liberty Meds with 710 Savant 3rd Place: Kosher Kush THCA Diamonds by Arborside with 710 Savant

BEST SATIVA CONCENTRATE

1st Place: "22" THCA by Herbal Solutions Yspilanti with Element Extractions

2nd Place: Juan Herer by Delicious Seeds with Highway 710

3rd Place: Las Vegas Lemon Skunk Live Resin Cake Batter by Zombee Lab Extracts

BEST HYBRID CONCENTRATE

1st Place: Pineapple Chunk
Sauce by Herbal Solutions with
Element Extractions
2nd Place: Grape Sherbet Sauce
by Liberty Meds with 710 Savant
3rd Place: Gorilla Glue #4 Live
Resin by Ghostbudsters Farm
with George Waxington

BEST INDICA FLOWER

1st Place: Sunshine Kush by Midnight Roots Genetics 2nd Place: Purple GMO by 420 Dank in collaboration with Organic Gold Farms 3rd Place: The Don Mega by Sol Fire Gardens

BEST SATIVA FLOWER

1st Place: NTB Eastside Sativa by Herbal Solutions in collaboration with Leaf Doctor

2nd Place: Papa Smurph by High Level Health

3rd Place: Sunshine OG 4 by Zilla's Performance Products

BEST HYBRID FLOWER

1st Place: Sunshine #4 by Heavy Weight Heads 2nd Place: CASE by Herbal Solutions Yspilanti in collaboration with Leaf Doctor 3rd Place: Zkittlez by Totally Herbal Care with MI Terp Farmz

2018 AMSTERDAM CANNABIS CUP WINNERS

SEED COMPANY HASH

1st Place: Gelato 41 by Field Extracts x Connected Cannabis

2nd Place: Headbanger by Nature Boyz x Karma Genetics **3rd Place:** Sour Power OG by Karma Squad x Flawless Extract

SEED COMPANY HYBRID FLOWER

1st Place: Biscotti by Connected Cannabis

2nd Place: Rainbow Rider by Karma Squad

3rd Place: Smarties by Kush for Breakfast

SEED COMPANY *INDICA* FLOWER

1st Place: Wedding Cake by PhenoFinders Seeds **2nd Place:** Spumoni by The Plug Seed bank x Alien labs

Seed bank x Alien labs **3rd Place:** Gelato 41 by Connected Cannabis

SEED COMPANY SATIVA FLOWER

1st Place: Gelonade by
Connected Cannabis
2nd Place: Purple Strawberry
Sherbert by PhenoFinders Seeds
3rd Place: Purple Lemon Punch
by The Plug Seed Bank

COFFEESHOP EDIBLES

1st Place: Amnesia for Time Bomb 2nd Place: Voyagers for Lemon Bubble Space Cake 3rd Place: The Dolphin's for the Dolphin Muffin

COFFEESHOP NEDERHASH

1st Place: Barney's Coffee Shop for Liberty Dry Freeze 2nd Place: Grey Area for Grey Crystals

3rd Place: Solo for Platinum Valley Ice O Lator

COFFEESHOP IMPORT HASH

1st Place: Amnesia for Amnesia Polm

2nd Place: Voyagers for Atlas **3rd Place:** Grey Area for Golden Souls

COFFEESHOP FLOWERS "THE CANNABIS CUP"

1st Place: Barney's Coffee Shop for Strawberry Jaffa **2nd Place:** The Plug for Skittles

3rd Place: Voyagers for Chem

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Dr. Dina & Corey Thomas THE HIGH TIMES INTERVIEW IN HONOR OF OUR "WOMEN OF WEED"-THEMED ISSUE, HIGH TIMES ASKED TWO OF THE MOST PROMI-NENT WOMEN IN THE CANNABIS SPACE TO DISCUSS THE INDUSTRY THEY'RE SO PASSIONATE ABOUT. Dr. Dina is the founder of the Alternative HERBAL HEALTH SERVICES (AHHS) DISPENSARY IN Los Angeles as well as the inspiration for the NANCY BOTWIN CHARACTER ON THE GROUNDBREAK-ING POT-CENTRIC SHOW, WEEDS. A NOTED CANNABIS ACTIVIST, DR. DINA HAS MADE A NAME FOR HERSELF AS BOTH A BUSINESS OWNER AND A PHILANTHROPIST. Here, setting aside the traditional HT inter-VIEW FORMAT, DR. DINA TALKS TO HER COLLEAGUE COREY THOMAS, THE FOUNDER AND CEO OF THE **Cup winner** Corey HONEY POT CANNABIS COMPANY AND WINNER OF **Thomas** MULTIPLE HIGH TIMES CANNABIS CUPS. tends to her garden.

Dr. Dina: I'm honored right now to be here. I've watched you blossom over the years as an entrepreneur. I've seen you build your brand from the ground up. I'm really proud of you. I think that you set a great example for so many women in the industry. And I know that as a mom, you have something stronger to fight for. You should be pretty damn proud of yourself.

Corey: Thank you.

Some girl love—we got to put it out there because it's true. We don't always express how proud we are of one another as much as we should. What you've accomplished is really impressive. And it's very difficult without taking on millions of dollars from the very beginning. But what I really want to know is: How do you think the role of women in cannabis has evolved in the last 10 years?

I wouldn't say that our roles have necessarily changed much. I've been in the space for close to 20 years now and there's always been strong women—the mothers, the sisters and the wives that made the industry what it is today. They've always been the ones that were trusted to run the [businesses]; some of the most successful dispensaries in California are run by women—current company included. We've always been integral parts of the space.

I think the real evolution over the last 10 years is society's point of view on what we're doing. The lack of education before and the stigmas that we dealt with created a fear-based lifestyle for us. And now with the changes in legislation, we're able to come out of the closet a little bit more and step into the light and build businesses. But I think that's the same for all genders. We're all in a safer space now, at least here in California.



"WOMEN STARTED GETTING INVOLVED IN HELPING THEIR HUSBANDS OR THEIR BOY-FRIENDS BUILD THEIR BRANDS. AND ALL OF A SUDDEN, THE WOMEN KIND OF STEPPED OUT FROM BEHIND THE MEN. LIKE, 'LET US HANDLE THIS. WE CAN DO THIS BETTER.'"

I agree. I've seen a huge difference. Twenty years ago, I feel like most of the women were stav-at-home moms, and they would take care of their kids while their husbands would grow. Because if something happened, they would go to jail. So the wives would be at home with the kids. That's a situation we've nad to fight for so many years. But eventually women started really getting involved in helping their husbands or their boyfriends build their brands. And all of a sudden, the women kind of stepped

out from behind the men. Like, "Let us handle this. We can do this better."

Oh, yeah, we've been here the whole time.

We've always been here. But now we're in the front. It's interesting, when you go to the High Times Cannabis Cups, you don't see a lot of guys that show up to work the booths; you see girls. People want that because females are friendlier. They're just naturally more nurturing and [people] connect with that.

Yeah, I mean this is a compassion industry first.

That's what I think makes the difference. I think the compassion side of it is where the women really shine.

Oh, definitely. I will say numbers-wise, there's probably more women working in the industry overall, because of those budtenders and all the women working in the retail space.

Yeah. So what do you think are the biggest misconceptions people have about you?

Oh, man. I mean, I've been labeled a stoner for the longest time. I think you can probably relate.

I understand that.

Ignorance created a lot of misconceptions about who we are and what it meant to have a relationship with cannabis. I think that the legalization and the change of legislation and us being able to step out and show that we are powerful businesswomen who have been able to accomplish things against those odds [challenges] the lazy-stoner stigma that we all dealt with.

Productive stoners.

Yeah, I mean, cannabis consumers. I have a relationship with cannabis that is extremely special to me. Whatever society wants to call us, that's on them.

How were you first introduced to cannabis?

My parents are actually in the space.

So you had a head start then.

Well, honestly, D.A.R.E. class was the first time I heard about cannabis. I think that's how most of us heard about drugs, even though they thought that they were teaching us what to avoid. Other than D.A.R.E., my parents were always really honest. But they didn't share that side of their life with me. Because it wasn't safe to do that. You don't tell your kids because they just like to talk.



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The first time I ever consumed cannabis was in the parking lot of a bowling alley... And it was actually from my parent's roommate. So technically, it was through my parents. It was the summer before freshman year of high school. I turned 14 that year, and I never looked back from that point forward.

Bowling was very fun that night.

You know, I think the first time you consume cannabis, you're so concerned about what it is you're going to be feeling. I hit it one time, and the whole time I was like, "Am I high? Am I high? Is this what it is to be high?"

I was so paranoid.

I mean, it was introduced to me by someone that my family trusted. And my parents never looked down upon it or said anything bad about it. They were always honest about the medicinal benefits, but at the same time, I knew that we couldn't talk about it, that this was a part of our

"I JUST HOPE THAT MY RELATIONSHIP WITH CANNABIS AND THE PRODUCTS THAT I MAKE COULD JUST HELP ONE PERSON'S LIFE A LITTLE, MAKE THEIR LIFE A LITTLE BIT EASIER, A LITTLE BIT MORE PEACEFUL."

lives that was a secret. It's a different time now, for sure.

How do they look at your career? Are they blown away by what you built?

I would say so. I think that my parents are really proud. I hope they are. I feel like I owe it to them. There have been a lot of changes over the last 20 years. [We can't forget about] the generation that survived prohibition and helped to make the space what it is today.

We gotta make sure they're

Yeah. My family [and I have seen] the dark sides, you know? I mean, this is all puppies and rainbows.

What do you think are the biggest achievements in

terms of marijuana image and portrayal?

Well, first and foremost, shout out to *High Times*. *High Times* magazine has been around for longer than I've been alive. [For 44 years,] they have been teaching the world about the wonders of cannabis. Not only cannabis, but also the other wonderful natural substances that we can use to enjoy life a little bit more.

Other than that, in the last 10 years, Sanjay Gupta's docuseries and how monumental that was [that he admitted] his ignorance and that he was wrong.

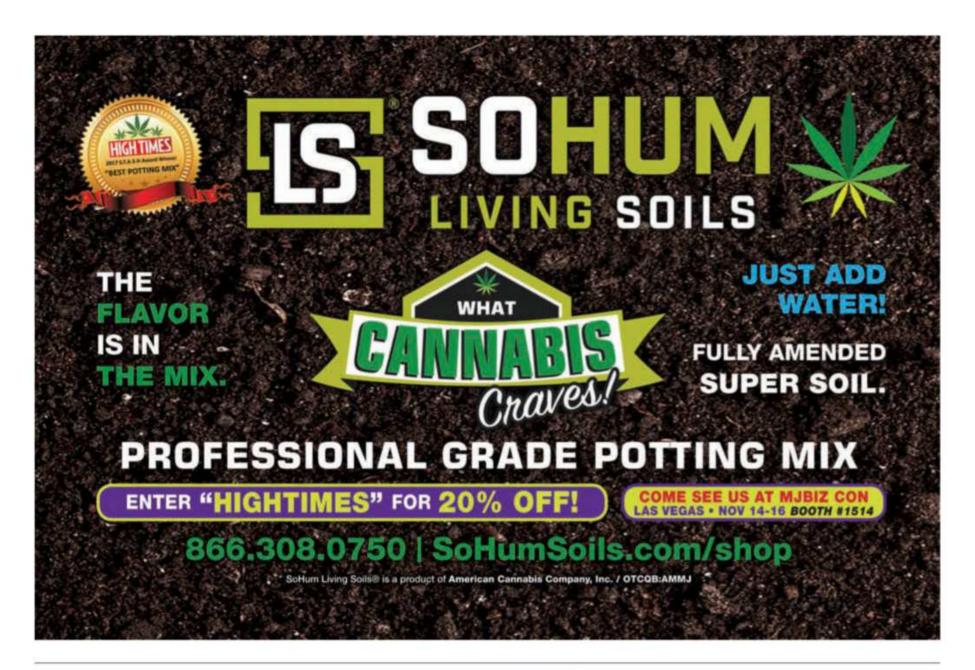
Isn't it crazy, though? Have you noticed when you're driving down the street you look up and all these billboards are for cannabis brands?

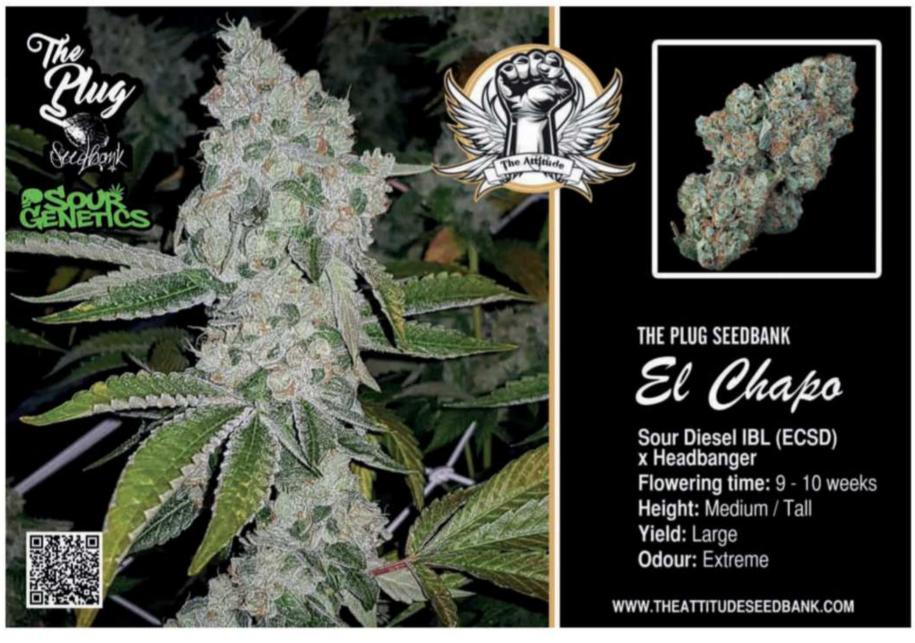
It's amazing. I mean, we're in national publications. *Newsweek*, we've been in *National Geographic*, we're on Netflix [*Disjointed*]. Thanks to you. You know, there's *Bong Appétit* on Viceland, which is a show that is teaching people how to infuse their own food with cannabis. It's amazing.

Let's talk about product development with your advertising. The Honey Pot bear was that famous bear that everyone knew. And it was something that really helped brand your product. Everyone knew you guys, you stood out as the Honey Pot. But as everyone knows, with Prop 64, and our new regulations, we cannot appeal to children. And so we had to say goodbye to the bear...

Yes, exactly. In 2012, when I started Honey Pot, I had to store the honey. The bears are kind of synonymous [with honey]. When I made that first batch, I just poured it into bear containers. It became the Honey Pot bear.

Then we won our first High Times Cannabis Cup in 2015,





THE HIGH TIMES INTERVIEW





Women are quickly becoming the face of cannabis with many entrepreneurs, such as Central Organics owner Shawna Boynton, taking charge in the industry. Shawna takes pride in being part of the industry and is one of the few women with a true hands-on approach to this fast paced, quickly growing industry. Central Organics in Madras is your Premier cannabis destination in Oregon. Come see our huge selection of flower, edibles and extracts. Central Organics is proud to be the only locally owned and operated dispensary in Madras. Located at: 780 SW 4th St Madras, OR 97741



for Honey Pot Bear Balm. So that solidified the bear as being a part of who we were. Fast-forward to 2018 and the bear is considered to be attractive to children. The Bureau of Cannabis Control here in California has quite a few regulations of how edibles need to be packaged and labeled and so on.

We've committed to evolving. But it's creative, like the creative process of building a brand, and building that package, it's something that is really enjoyable. The regulations have taken a lot of that creativity out of it, but it still is amazing. I'm really happy with our new branding and our new logo and our new packaging, and I'm really excited about the future.

Well, people have always loved your product, Corey. It's not about the container. It was cute and kitschy, and I think it opened up a lot of people to trying a product that they were scared of. So thank you for that, because there were a lot of older women that came in and they were really scared, they didn't even know what to do. "Here, we have CBD honey, just put it in your tea." That opened them up.

We were microdosing way before, and now everyone is forced [into] microdosing. We've been doing it for a long time. But cannabis consumers are smart. They'll purchase something because it's in a pretty package one time or because it has a celebrity's name on it, but if it is not a good product, they're not going to buy it again. The products speak for themselves there. I just try and use ingredients that are as medicinal as possible. And if they work well together and have

a beautiful marriage and can help the consumer just feel better, that's really the goal.

What would you like your legacy to be?

Well, first and foremost, my son is definitely my legacy—third-generation cannabis-educated. He's 11, so he's not anywhere in the space nor will he be, but I've always been honest with him about who I am and who our family is.

Well, you've had a legitimate business for a large part of his life, but that business has been kind of in the gray area.

I've always told him what I did and the products that I made. I was honest with him that you can't talk about these things, because not everyone believes that mommy's helping people. That was hard for him to understand. It's hard for all of us to understand...

It's really hard.

It doesn't make sense. But other than my wonderful child, who I hope to leave as a better version of myself, I just hope that my relationship with cannabis and the products that I make could just help one person's life a little, make their life a little bit easier, a little bit more peaceful. We all want to make a small difference here in the world. If I'm able to transform my personal relationship with cannabis into making people's lives easier, then I think I succeeded at life.

So what do you think about the current censorship that is being directed at cannabis, like on YouTube and other platforms? There's a massive movement that's trying

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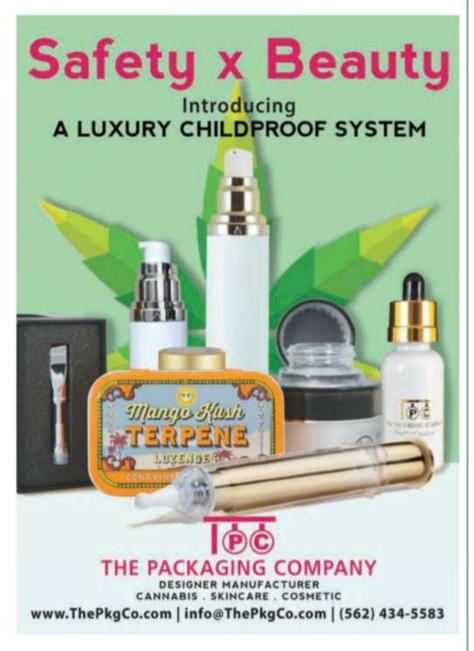
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THE HIGH TIMES INTERVIEW

to [tell] the truth about cannabis and they're not allowing us to do so.

I think there are two sides to that, because we were just talking about Netflix and Viceland, and all of these amazing things that are happening. But at the same time there's no legislation and there are no rules for how this information is supposed to be broadcast. At the end of the day, big business still runs our government and our entertainment industry. I feel like there are a lot of monopolies in this country that would be affected by the legalization of cannabis.

So we've been talking about equality. We know there's still some sexism and misogynistic behavior going on in the industry. Do you feel that we're being treated equally?

We are equal, we are part of this industry. That's how I see it.

I remember with my first shop, I would have a vendor come in and I would try to negotiate a price with them. They'd be like, "\$5,000." I'm like, "I'll give you \$3,500." And they would look at me like, "She's trying to lowball me" or something, and they would say, "Where's your husband?"

Oh, yeah, it still happens today. I almost feel like it's a benefit to be underestimated. Sometimes. I mean, we've been in this game a long time. And, you know, yes, there is sexism, sexism exists.

Do you have any thoughts about the budding female cannabis social-influencer market versus the female growers and owner-operators?

Well, I mean, first of all, we didn't have social media. We had to have code names and burner phones. And I was taught not to say anything about anything.

All photos are evidence against you in court...

There's been a big shift in social media that has helped to educate the masses about the wonders of cannabis. And it's been great for brands when Instagram was first going and there weren't the algorithms [it has now]. You're really able to speak directly to the consumer and let them know who you are and tell your story, and I think that's been really great for cannabis patients. Anyone that's considered an influencer has a tremendous responsibility. You're influencing a generation.

Where do you want to be five years from now?

I know that I always want to be a part of the cannabis space. It's just a part of who I am.

Where do you see Honey Pot five years from now? What do you have in store for us?

We recently partnered with a beautiful organic facility, and we're now manufacturing all our products in a state-of-the-art facility. So we're very, very excited about that. There's lots of growth and amazing things happening at Honey Pot. We're coming out with a bunch of new products and the old favorites are coming back.

How does the packaging change for you?

We are now in opaque bottles with a measuring cup so the consumer can measure their 10-milligram doses.

OK, last question: What advice would you give to your younger self?

Just be confident. Believe in yourself. Don't believe in that stoner stigma that everyone else does. It was a big moment for me when I won my first Cannabis Cup. It made all the struggles and stigmas worth it. It felt like I was on the right path and supposed to be here. **

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SUBJECT: Shocking Plants

FROM: Mike

**I recently heard about certain growers "shocking" their grow during the last two weeks to produce bigger, better and stickier buds. You have always recommended flushing during the last two weeks. I wonder if you have heard about this and would comment on what it means.

Dear Mike,

I don't believe in shocking plants for any purpose. Some people talk about using strange light cycles such as three days of darkness or techniques such as cooling or boiling the roots of their plants to produce some desired effect. I think there's no science behind these ideas and they only serve to stress your plants out with no documented benefits.

Flushing, however, isn't a shock tactic at all. Flushing is the act of using plain water to leach out excess salts and minerals from your growing medium and

roots in order to produce buds that burn cleanly and properly. Flushing should be done for the last two weeks prior to harvesting. Use a ppm meter on the water that flushes out through your plants in order to determine the amount of nutrients you're removing. You may see some yellowing of fan leaves or some fall colors developing, but that's perfectly okay—in fact, it shows that your flush is working and your flowers will burn properly.

SUBJECT: **Hydro-Reservoir Aeration** FROM: **Waterbug**

How important is aeration in a hydroponic reservoir? I've always thought that overkill was okay, and I have several air pumps pushing through air stones placed in several spots in my reservoir. I let the nutrient solution pouring back into my reservoir agitate it as well. It seems to always be moving and full of bubbles. My buddy

keeps just one cheap aquarium pump going in his rez and his plants seem fine. He thinks I'm crazy to run all that electric just to move my water around. What's your take?

Dear Waterbug,

You're right to move, aerate and agitate your nutrient solution the way you do. You're far more likely to succeed due to a properly oxygenated solution, and the electricity spent on a couple of extra air pumps is minimal compared to the benefits of lots of tiny bubbles of O₂ in your water. The more aeration, the better. This is the theory behind aeroponics, in which plant roots dangle in a nutrient-solution mist. The available oxygen combined with proper food levels enable explosive growth in the roots, resulting in healthier and stronger growth of your plants. Eventually, your buddy's going to be dealing with root rot or some sort of fungus that you will have avoided by providing more air to the liquid in your reservoir.



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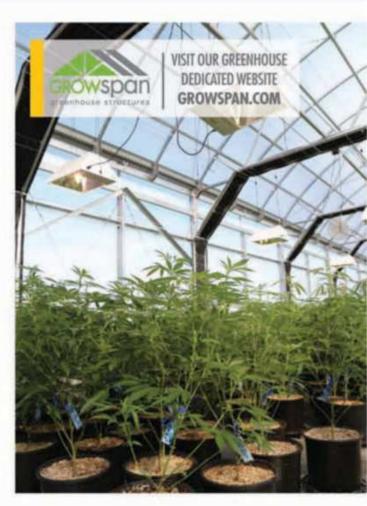
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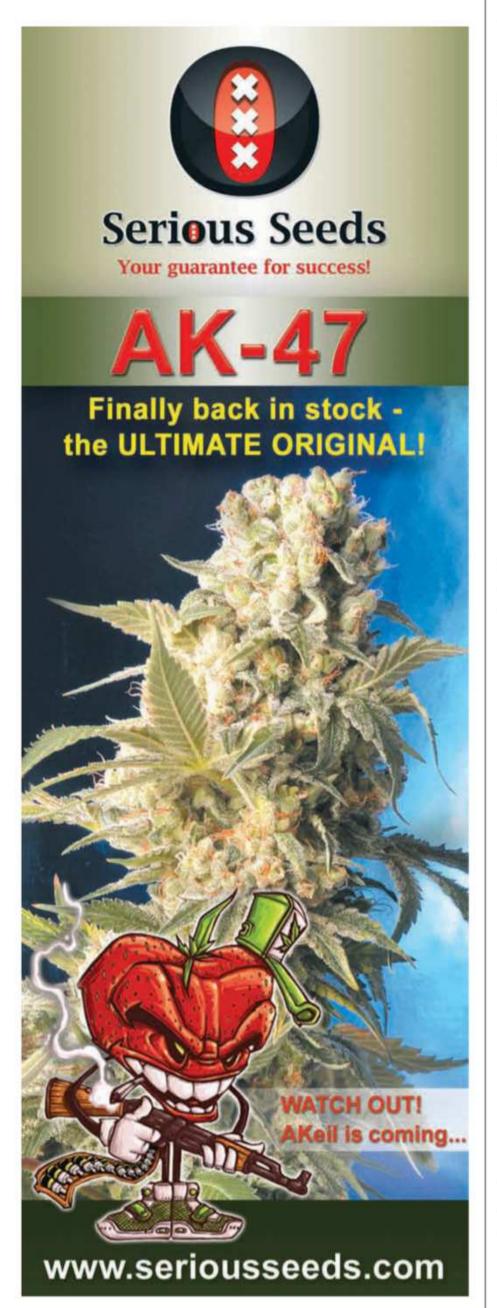
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Danko Tip: Different strains require different feeding regimens, so learn their needs and feed accordingly.

SUBJECT: Cloning Success

FROM: Root Whisperer

At least half of my clones always seem to die. Can you provide a simple cloning technique that won't kill half my young girls every time?

Dear Whisperer,

The two most important factors to cloning are heat and humidity. Your room temperature and typical moisture levels might be too low, so you need to increase these in order to have more success. Always take your cuttings with a sharp blade from a healthy mother plant in vegetative growth. Cut just below the node, dip the cutting into cloning gel or solution, and then gently but firmly secure the cut end into your growth medium. Keep your clones in a tray with a clear dome under a bank of fluorescent T5 lights, and within 7-14 days you should see white roots poking out. I highly recommend an electric heating pad under the tray for ultimate success. Use these techniques and your percentage of healthy clones will increase greatly.

SUBJECT: Feeding Time

FROM: Justin S.

Are there certain times during a plant's life during which it needs to be fed more nutrients, or should I always feed about half of what the label says? I've heard so many differing opinions, so I'd like to get a definitive answer. You always say that people are overfeeding their plants, but is there a time to feed more?

Dear Justin,

Yes, plants have different nutritional requirements at different times during their life cycles. During the vegetative stage, a plant needs more nitrogen-rich food after a few weeks of growth than when it first goes into its container. As the plant develops a bigger root system and the stem, branches and leaves grow larger, it will require more nutrients added to the solution you're feeding it.

During the flowering stage, the plant will need more food from week 2-5 or so, depending on the flowering time of the strain you're growing. The early stage of flowering is a transitional phase, during which not much food is required. Once flowers begin forming and growing larger after a couple of weeks, you've reached the time to boost the phosphorus and potassium levels in your feeding solution. Cut back around week 6-7 of flowering, depending on your strain's total flowering time, and begin the flushing process of watering with plain water only. This ensures that any remaining built-up nutrients are leached out of the plant matter and that the resulting buds will burn properly and taste the way they should.

SUBJECT: Re-Vegging

FROM: Gary

i've heard some very interesting things about growing that make me wonder. A friend of a friend claims she has clipped buds from her mature plant, returned it to an 18/6-hour light/dark cycle and



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DEAR DANKO

Danko Tip: Transplant rooted clones into larger containers as soon as you see roots coming from the bottom.

it started growing again. Ever hear about this? Is this a bunch of fertilizer?

Dear Gary,

Yes, it is absolutely possible to do this. It's called re-vegging your plants. After you've harvested most of your plant, leave some fan leaves on a few branches and place the plant under a vegging light cycle, and you'll see new leaves and branches start to develop after a week or two. This is particularly a good technique if you are trying to save a certain strain and the plant is your only genetic connection to it. Once enough leaves and branches have formed, take a clone from your revegged plant and root it to create a mother plant. I don't recommend re-vegging in order to re-flower the plant, however. The law of diminishing returns is at play, and while you will get some buds out of the plant, your yield won't be worth the effort and time spent in accomplishing the task. You're always better off starting with a fresh seedling or rooted clone than with a re-vegged plant. Consider re-vegging as a last resort to save particular genetic material, and not as a way to get a second harvest from the same plant.

SUBJECT: Power Outage

FROM: Giggle Grassachusetts

Greetings and thank you so much for bringing back your fantastic Free Weed podcast! Here's some background information on me: I am an indoor grower. I have a 2' x 4' tent and a 2' x 2' tent. In March, when the plants just went into flower, Massachusetts was hit with a big snowstorm. It knocked the power out for seven days, then, a few days after it was restored, we lost power again for a day. About a month later, the light for my 2' x 4' tent stopped working and had to be sent out for repair. It was gone for 10 days.

When we lost power, I put my plants near a window to get some sort of light, but the temperature in the house was only 45-55°F, and the humidity level was low. The plants only received 3-4 hours of direct light every day. Later, when my light was being repaired, I moved a small LED light to the big tent and crowded all the plants in.

The plants made it, but the harvest wasn't great, and it seems like they were flowering for more like 12-14 weeks, rather than the 8-10 weeks they should have taken. What could I have done differently (short of having a generator)? What would you have done?

Dear Giggle,

It seems to me that, without employing a generator, you did the best you could do in those circumstances. Plants will undergo a bit of shock when the light they receive is drastically reduced, and in your case, the lack of lumens lasted more than two weeks over the course of just a couple of months. This will slow plants down substantially and require a recovery period as well once the lights come back on.

The ideal solution would be to reduce the amount of light lost with a generator, but that sounds like it wasn't an option for you, or by placing the plants outside in the full sun. March in New England, however, won't provide enough light at warm enough temperatures to sustain vegetative or flowering growth. I suggest you invest in an alternate power source if you think you'll encounter this problem again in the future. **



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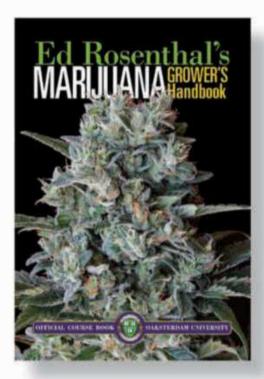
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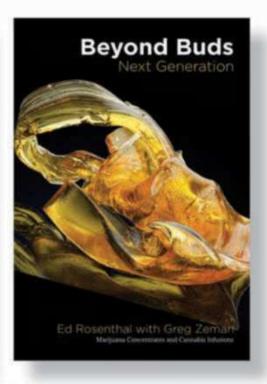
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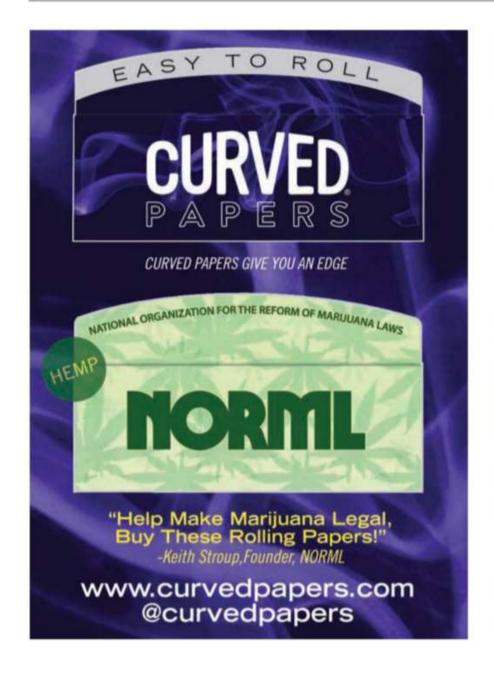


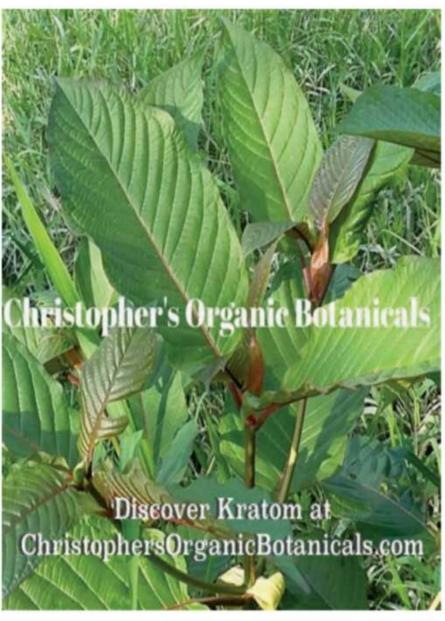


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Edibles





SPICED CANNA-CIDER

OUR THC-INFUSED TWIST ON A TRUE FALL CLASSIC BY JOANNA O'BOYLE

AS THE AIR TURNS CRISP, the days get shorter and sweater season is upon us, a warm, comforting drink is a necessity! Spiced cider is the perfect fall option—forever a classic, arriving on coffee-shop menus annually as the undeniable, official herald of autumn. Making your own cannabis-infused version of the seasonal favorite with a local cider might just be the best of all possible fall combos, and the aromatherapy of the cider infused with spices is well worth the effort alone. Spicy, aromatic and best served warm, this inviting cannabis-infused libation is super-simple to make and definitely meant to be shared. **

INGREDIENTS

1 gallon apple cider
1 medium orange
1 (1½-inch) section of fresh ginger
1 tsp. allspice
1 tbsp. whole cloves
4 star-anise pods, whole
5 (3-inch) cinnamon sticks
Half a gram activated THC distillate

Half a gram liquid sunflower lecithin

Orange or lemon slices and fresh cannabis leaves,
for serving (optional)

DIRECTIONS

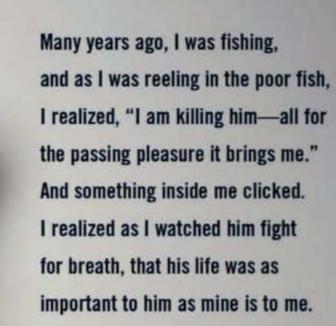
Cut the ginger and orange into slices. Combine cider, ginger, orange, allspice, cloves, star-anise pods and cinnamon sticks in a large pot. Bring cider just to a simmer over medium heat, then reduce heat to medium-low and cook just below a simmer until flavors meld, about an hour. Strain the cider to separate the solids from the liquids, then discard the solids.

Carefully measure and reserve two cups of the spiced cider. Place distillate, liquid sunflower lecithin and the two cups of the reserved spiced cider into a high-speed blender (alternatively, you can use an immersion blender and add the distillate and liquid sunflower lecithin directly into the cider without the separation step). Blend until fully incorporated, about three minutes, or until all specks of oil have fully emulsified into the cider.

Whisk the infused cider into the rest of the spiced cider remaining in the pot. Serve warm with lemon and orange slices (optional).

POTENCY

I used half a gram of pure activated-THC distillate at 88 percent THC and 1.49 percent CBD, which came in a plastic syringe for easy measuring and handling. A half gram of the distillate provides around 440 milligrams THC in the starting material, so each one-cup serving size contains around 27.5 milligrams THC, as the recipe makes one gallon (about four liters) of cider. Please consume responsibly: Take it slow and don't forget to hydrate with a non-cannabis-infused drink. Remember to label clearly and keep out of the reach of children.





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ASK DR. MITCH



THE HEMP PROTEIN BAR WITHOUT ALL THE CHICAD



It seems like new cannabinoids get discovered daily. How many chemicals are there in marijuana? What do they do?

Number Queen

Hi Queen, We've identified over 112 cannabinoids and 550 different chemical compounds in marijuana. A handful get some research attention, but rarely in combination. It's going to be a long time before we know what they all do.

New research proves that marijuana leads to hypersexuality. How can you support legalization now?

Oliver Knickers

Hey Oliver, This correlational survey reveals that people who had tried marijuana at least once in their lifetimes scored higher on a measure of "hypersexuality"—using sex to improve mood, getting into trouble for sex, or feeling strong cravings and urges for sex. The control groups were literally less than half a point apart on a 76-point scale. The survey did not show that using the plant preceded or caused hypersexuality—in fact, it didn't prove anything. Even if cannabis made every consenting adult have sex with every other consenting adult, I would not want to see anyone lose a job, clog the justice system or waste the time of law-enforcement officers because of it.

Got a favorite cannabis drink?

Bard Tender



Hello Bard, A student from India gave me her grandmother's recipe for bhang. I'm sworn to secrecy, but the almonds and rose water set it apart!

I don't really understand how a plant can be male or female. Are there any trans plants?

Meriweather Sativa

Salutations Sativa,
At the chromosomal level,
male plants have an XY pair
and females have an XX pair,
just like humans. Male plants
have no buds. Female plants
have buds. Male plants literally have grapelike balls that
fill with pollen. We don't know
how to measure the internal
experience of their gender yet,
but let's stay sensitive to the
rights and experience of all
living organisms. ¥

Dr. Mitch Earleywine, PhD, is the author of Understanding Marijuana and The Parents' Guide to Marijuana.



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2018: THE MARIJUANA MIDTERM

THE TIDE IS TURNING, BUT IT IS CRITICAL TO CONTINUE THE PUSH TO LEGALIZE CANNABIS NATIONWIDE.

Erik Altieri is executive director at NORML. Visit norml.org.

make. In 2017, we found our movement in a precarious position. Attorney General Jeff Sessions was gearing up his war-on-marijuana rhetoric, and we seemed primed for a head-on collision between marijuana legalization and Trump's Department of Justice. A few months later, Sessions reversed the Cole Memo that provided cover to states with legalization, giving an opening to any reefermad US Attorney if they wanted to prosecute state-legal marijuana patients or businesses.

How quickly the tides can change. Unfortunately for Sessions, his outspoken opposition and not-so-veiled threats to legalization may have been the fuel our fire needed to finally get Congress to act. Our beleaguered attorney general made a huge miscalculation. He may live like it's 1956, but the rest of the world is living in 2018. Sixtyeight percent of American voters are on our side and believe we need to end our failed, racist prohibition on cannabis and legalize it for adult use. We have won the hearts and minds of the people. Americans from all political persuasions and demographics are saying enough is enough. We will not go backward. We will not continue to lock up more than 650,000 of our fellow citizens a year for simple possession of a plant that is objectively safer than currently legal alcohol and tobacco products. We will not put patients into handcuffs for using cannabis to treat their suffering. We will not allow jackbooted thugs to continue to knock down doors in communities of color and tear apart families. We will not continue to fuel a school-to-prison pipeline that is destroying the future of countless promising students. We will not continue to allow money to flow to drug cartels when it can be going to state tax coffers to fund new school construction and important social programs.

Are they not ashamed? Prohibitionists and their flat-earth mentality continue to shout and push back against the inevitable. They continue to flail against the forward march of progress, endlessly defending an utter disaster that will go down in history books as a national embarrassment like alcohol prohibition and racist Jim Crow laws before it. Their names will be listed as ignorant enablers of discriminatory and anti-American policies, a footnote to be laughed at in disbelief—that is, if they are remembered at all.

In response to the last-ditch efforts to

slow our momentum, the prohibitionists inadvertently converted new vocal supporters to our cause. They shook our elected officials out of their state of complacency. Once-ravenous drug warriors such as Senator Chuck Schumer (D-NY) and Senator Dianne Feinstein (D-CA) are now preaching the gospel of marijuana descheduling. Republican lawmakers, once largely unified in their opposition, are now taking up leadership roles in the fight for federal marijuana reform. Representative David Joyce (R-OH) and Senator Cory Gardner (R-CO) have become strong and necessary allies. Our fight is now mainstream and bipartisan, as we always knew it should be.

With the wind at our backs, we must redouble our efforts. This year is truly shaping up to be the year of the "Marijuana Midterms," and we need to make sure all our supporters are informed and ready to vote. Much remains at stake. With every single member of the House of Representatives up for reelection as well as pivotal Senate seats in play, we are in the position to help shape the makeup of Congress to our liking. This election will determine who chairs committees that will be critical when it comes to moving our federal legislation forward. It provides the opportunity to vote out prohibitionists and vote in reformers. Candidates from across this country, with our encouragement, are adding support for ending marijuana prohibition to their campaign platforms because we have shown them it is no longer a political liability, but rather a political opportunity to end up on the right side of history. With more Americans running for office than ever before, we can help usher in a new era of federal leadership that truly represents constituents' wishes when it comes to marijuana.

Our issue is no longer a regional one confined to deep-blue states on the West Coast or the Northeast. We have gone nationwide. Voters increasingly agree that legalization is an important issue of civil liberties, personal freedom, racial justice and sound economics. We are winning this fight, but that is no reason to relent in our struggle. We must double down and end this war on cannabis once and for all. Together, we have already accomplished so much. When we stand shoulder to shoulder and fight with one voice against these unjust laws, we will cross that final finish line. Together, we will legalize marijuana nationwide. 💥

Designed by:

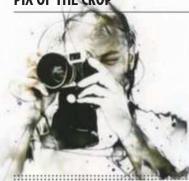


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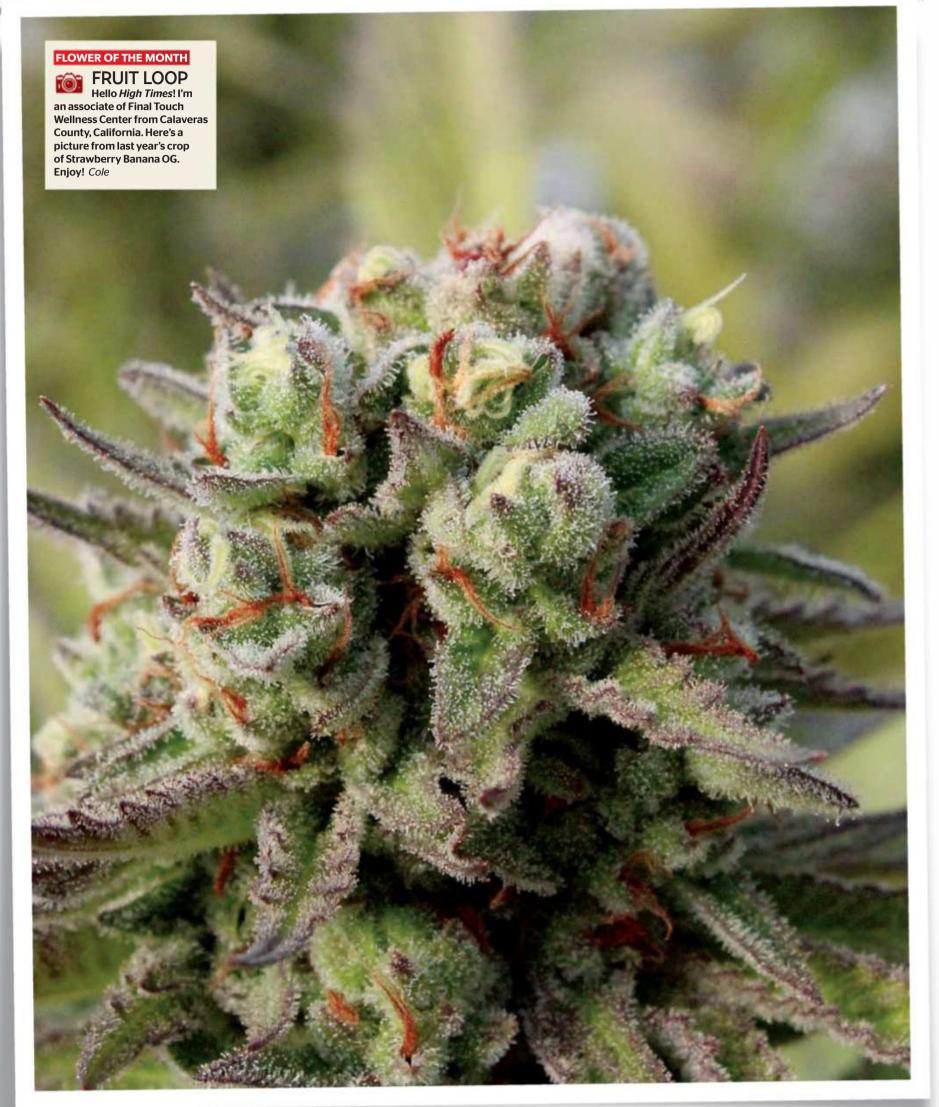
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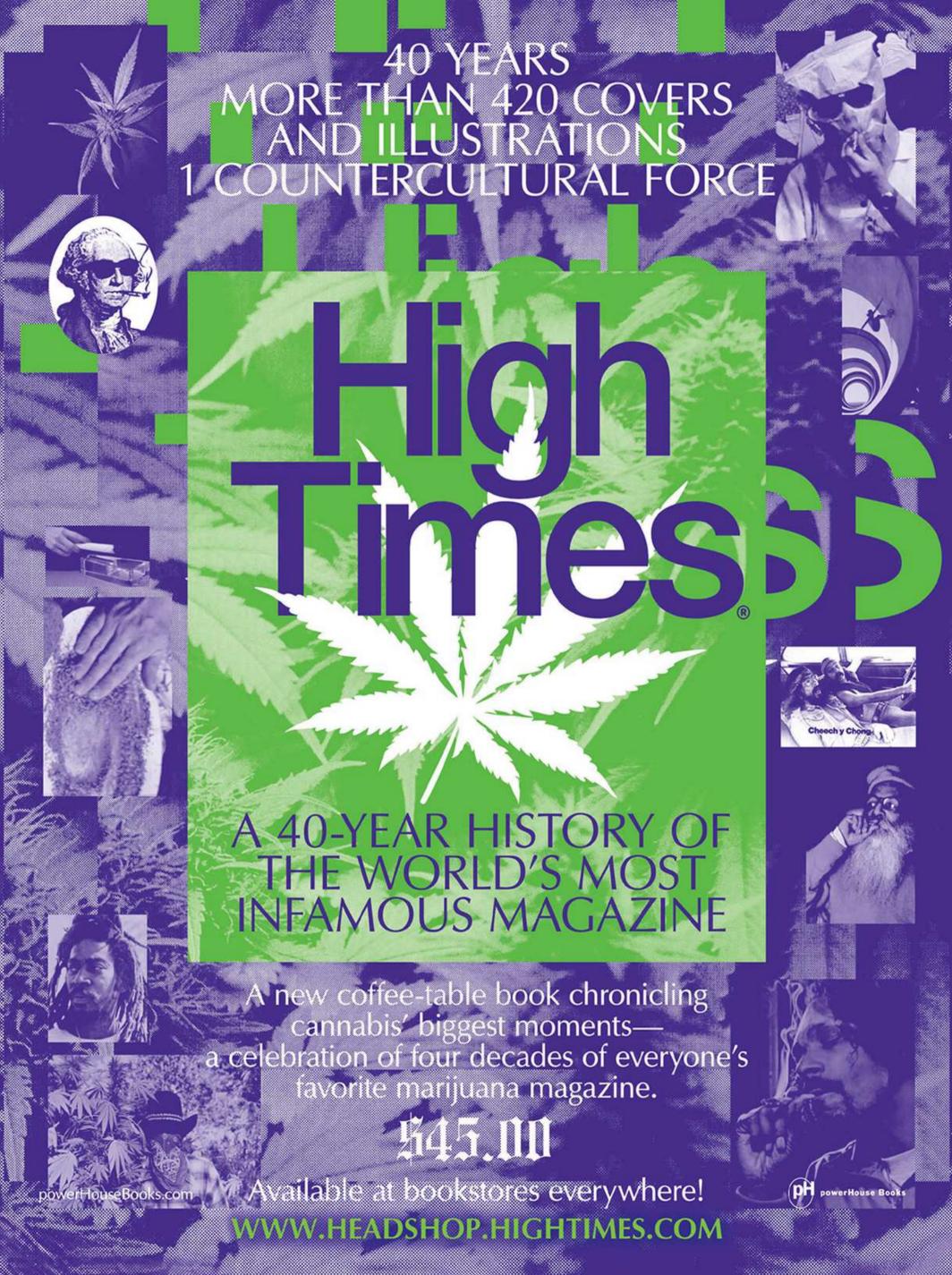
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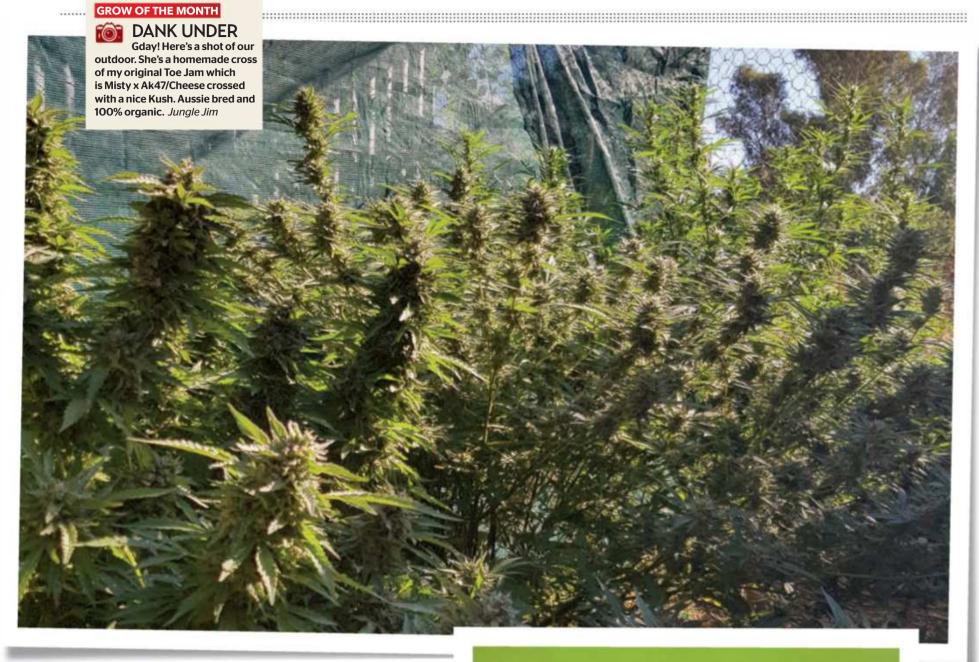


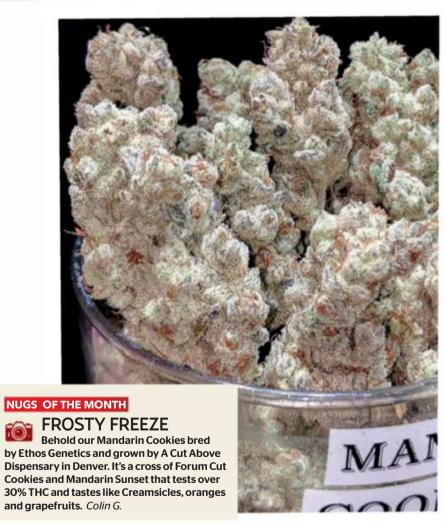
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KANSAS

Justin A. Barrett

Barrett Law Firm, P.A. 280 N. Court Colby, KS 67701 Phone: (785) 460-0188 Fax: (785) 460-9817 Jbarrett@st-tel.net

Christopher A. Rohr

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MARYLAND

Adele L. Abrams, Esq., CMSP

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David E. Kindermann

Potomac Legal, LLC
10122 River Rd.
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Office: (301) 299-2063
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Cell: (301) 762-7900
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MASSACHUSETTES

Joseph Goldberg-Giuliano, Esq.

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MICHIGAN

Matthew R. Abel

Attorney at Law
Cannabis Counsel®, P.L.C.
Lawyers Who Roll The Right Way
2930 E. Jefferson Avenue
Detroit, Michigan 48207
Phone: (313) 446-2235
AttorneyAbel@me.com

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Dan Viets

15 N. 10th St.
Columbia, MO 65201
Phone: (573) 443-6866
DanViets@justice.com
Former president of MO Assoc.
of Criminal Defense Lawyers,
NORML Board Chair.

MONTANA

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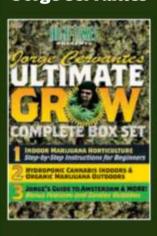




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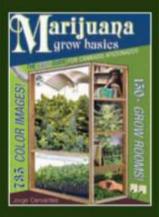
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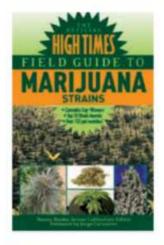
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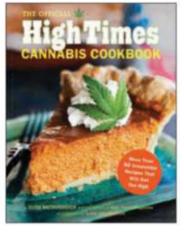
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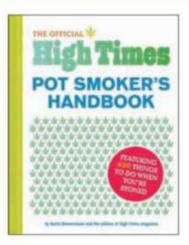
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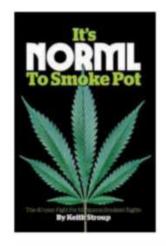
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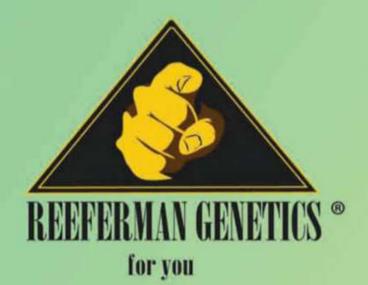
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