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Hello again,

Even with the tremendous Roundhouse victory for our state's hemp industry, as another term passes for congress, we sit and view the key points which conflict between patients and the new regulations set for the Medical Cannabis Program In New Mexico. We, as a growing industry, have rights and with these rights we must recognize the laws that are being put in place and what type of roles those laws play in the future of medicine for our people. The requirements for testing are important to the health of patients. Verifying that a product has been produced meeting certain standards of quality is key when using cannabis as a medicine. This also plays an important factor when a patient is relying on a producer to provide them with a continuous supply of safe medicine. In return minimizing health risk for that patient when a product is smoked, ingested, or consumed. While the testing regulations are a good thing for patients, they can also cause dramatic impact on the patients. The extensive requirements set for testing and packaging is going to cause the cost of medicine to increase for patients, limiting patient access to safe medicine to help them with their debilitating conditions.

Are the leaders of today a reflection of our lack of efforts to vote and be a part of what type of people we choose to make the decisions (which reflect on the future of our generations to follow)? From this we must embrace ourselves as decision makers for our youth and be more involved with who we vote into office. We, as a publication, are dedicated to providing the most factual information in state, national and global forums, keeping you updated on the local, national, and international movement of cannabis, the industry and how it evolves. We appreciate the continuous support from all our advertisers and would like to take the time to Thank You, our readers and followers on social media, for your support as well.

If you are the type of person who is involved, we invite you to join us in a discussion at our Tribal Hemp and Cannabis Summit, April 23rd at Indian Pueblo Cultural Center. In partnership with Native Workplace, Kurple will host a forum on both industries and their futures in New Mexico's "Indian Country".

Sincerely,

Anthony Ortiz



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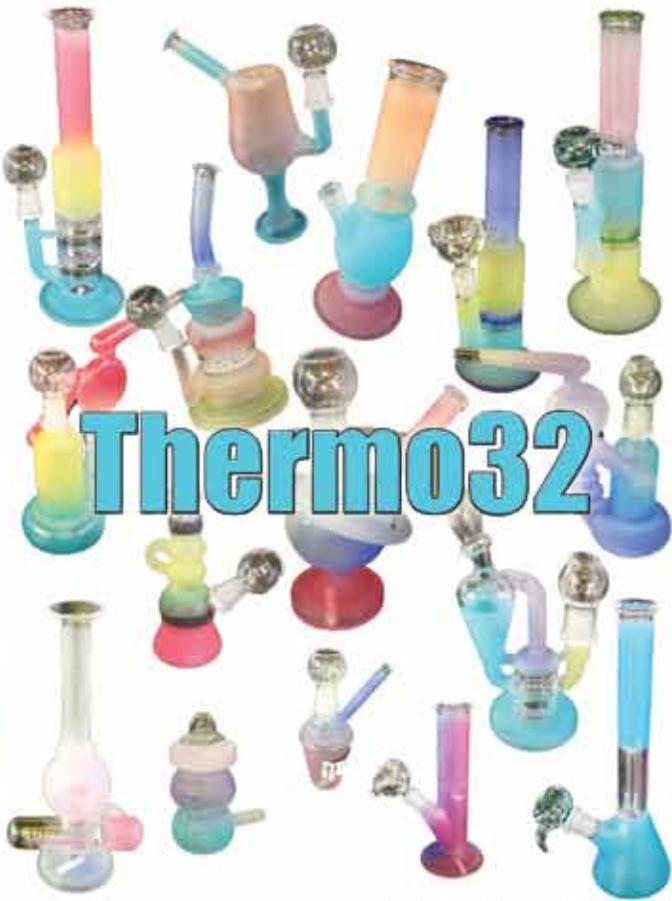


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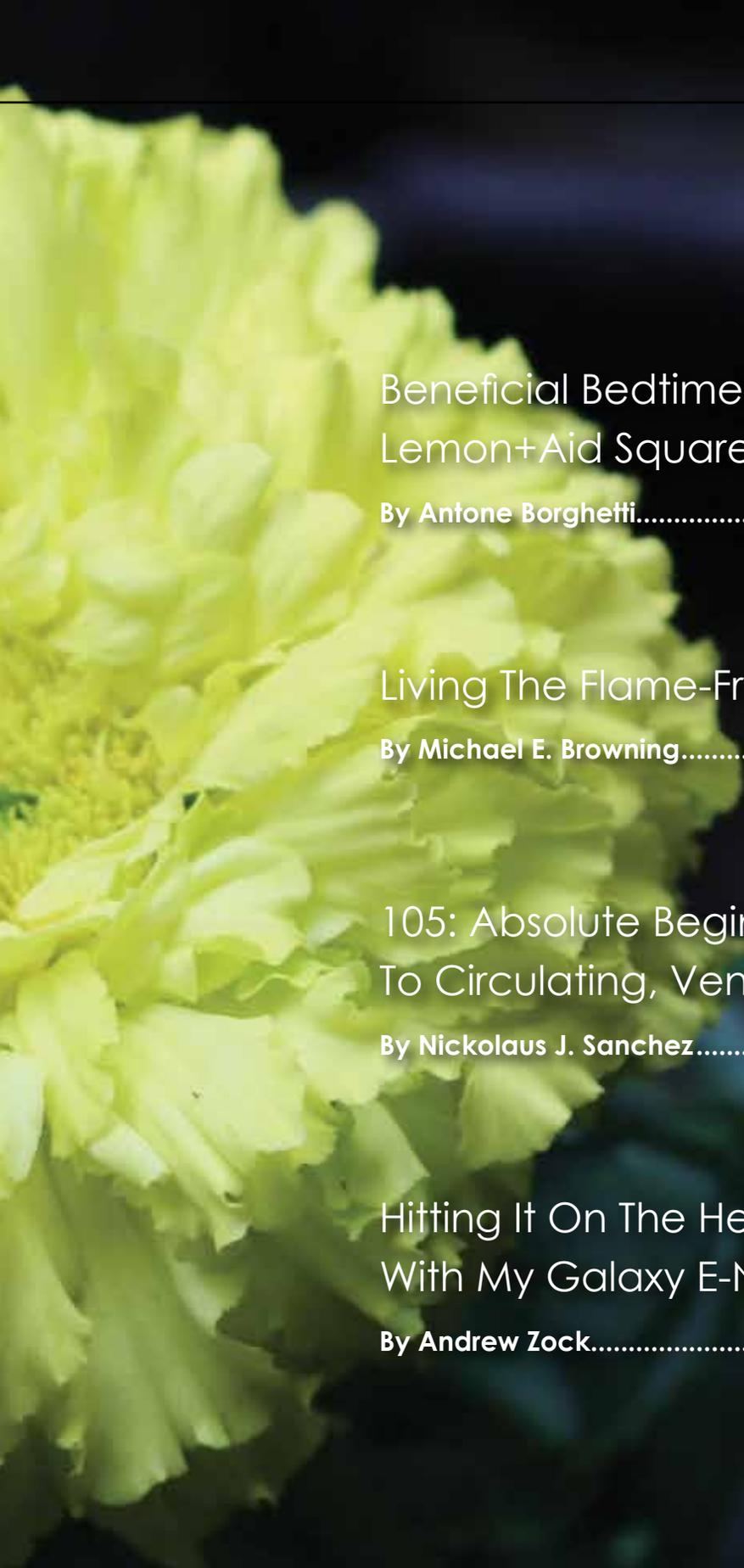
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Latest Rule Changes for New Mexico's Medical Cannabis Program

By Jason Marks, Esquire

Kurple Magazine asked me to summarize what might interest patients about the new Department of Health Medical Cannabis Program regulations that went into effect on February 27, 2015. The information that follows is not presented on behalf of, or endorsed by any of my specific clients, and is also not intended as legal advice to readers for their specific situations, or even legal advice generally.

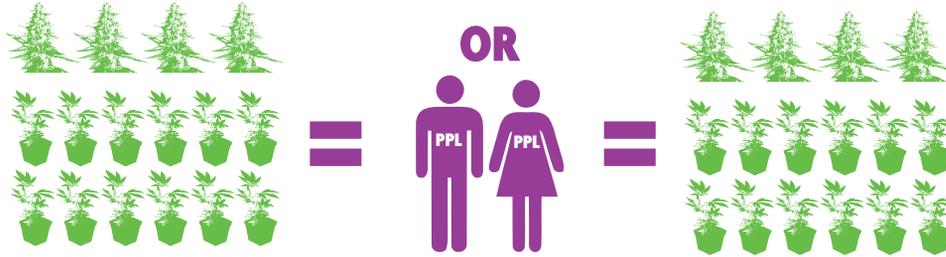
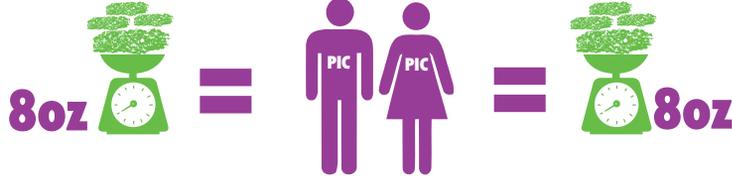
Chronic Pain Certifications: It will now be easier and less expensive for chronic pain patients to become registered and renew their registrations. With the new rules, certification for chronic pain only requires one physician, instead of the two that used to be needed. And, while the initial certifying doctor needs to be a specialist in pain management or a specialist in the underlying disease, renewals for patients with chronic pain can now be certified by a primary care physician.

Adequate Supply As A Purchase Limit: Since the start of the New Mexico Medical Cannabis Program "adequate supply" was

simply a limit on the amount of medicine that could be legally possessed by a patient under state law at any one time - six ounces - based on a three-month usage. Under the new rules, adequate supply is both a possession and a purchase/sales limitation. The quantity has been increased to 230 units, which is equivalent to 230 grams (roughly 8 ounces) of dried cannabis. Extracts and edibles will also count towards the 230 units, with 200 mg. of THC in an extract or edible counting as one unit (a typical edible will count as 1 unit or less; for example, a chocolate bar with 100 mg. THC content would count as 0.5 units).

TWO PATIENT HOUSEHOLD

PIC (Patient Identification Card) is allowed to purchase up to 8oz in a rolling 3 month period



PPL (Personal Production License) allows Patients to have 4 mature plants and 12 seedlings at any given time

Producers are required to track sales and cut-off a patient if 230 units are reached in any rolling three-month period. For now, producers will track their own sales by patient, but Department of Health plans to rollout a centralized computer system at some point that will track each patient's purchases across all producers.

70% THC Limit: The new rules impose a cap of 70% on the THC content of any extract or concentrate. High-quality/purity BHO, waxes and similar products that have potencies above 70% THC can no longer be sold by producers to patients, except by medical exception. It also means that a patient who possesses a higher-potency concentrate obtained from another source risks state law criminal prosecution. Patients who use concentrates may consider applying for a medical exception and/or look for reformulated products at their producer that



comply with the new rule.

Medical Exceptions: Patients who require quantities greater than 230 units of cannabis and cannabis-derived products every three months, and/or require concentrates above 70% THC potency to experience relief can apply for medical exceptions from the Department of Health. The application for medical exception must include a signed statement by a medical practitioner explaining why the exception is medically necessary.

Testing & Labelling: When the new rules are fully implemented, producers will be required to test all cannabis and cannabis-derived products offered for sale for; THC and CBD content, microbiological contamination, mycotoxins, heavy metals, moisture content, and solvent residue (for products made using solvent extraction). Producers will not be able to sell any batch of medicine that cannot pass the contaminant testing standards. New labels will be lengthy, giving the results of testing with THC/CBD units, also identifying the grower,

and manufacturer, if any. My understanding is that full implementation of the testing requirements will be delayed until there is sufficient testing laboratory capacity in the state.

Personal Production Licenses: There will now be a maximum of two personal production licenses issued per residence.

Other Stuff: Producers have been authorized to increase their plant counts (in return for higher license fees). Expect to see more safe and legal supplies statewide with alternatives to indoor-grown cannabis. As a result of effective advocacy by patients, producers, and groups like Drug Policy Alliance, many things the Department of Health had originally proposed, such as patient registration fees, reductions to the number of plants allowed to PPLs, and elimination of caregiver PPLs for minors were dropped before the publication of the final rules.

Personal Rights Victory At Home

Governor Susana Martinez signed HB 560 into law this month, ending the practice of civil asset forfeiture in New Mexico. Assets can no longer be forfeited unless the person is convicted of a crime. The new law means that New Mexico now has the strongest protections against wrongful asset seizures in the country.

Civil asset forfeiture, also known as "policing for profit," allows law enforcement officers to seize personal property without ever charging — much less convicting — a person with a crime. Property seized through this process often finds its way into the department's own coffers.

But change has finally come. New Mexico has succeeded today in reigning in one of the worst excesses of the drug war. Like most drug war programs, civil asset forfeiture is disproportionately used against poor people of color who cannot afford to hire lawyers to get their property back.

This law is an important step towards repairing some of the damage the drug war has inflicted upon our society and system of justice. Thank you, Governor Martinez!

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Why Does My Medicine Cost So Much?

By Paula Givens, JD, CFE

Paula B. Givens, is an attorney and certified fraud examiner who splits her time between providing legal and compliance consulting services to cannabis businesses and working closely with financial institutions to bring regulatory compliant “front door” banking services to the cannabis industry.

It can cost millions of dollars to bring a new pharmaceutical medication to market which is why the price of a new prescription medication often reflects this cost. These costly research and development processes - that can cause pharmaceuticals to be so expensive - are not typically involved in the manufacture of cannabis medication. The science of refining cannabis strains and creating new ones is complex and can take years, but neither is this the reason cannabis is “expensive”. Then why is the price of cannabis medication so high? The answer here is mainly because cannabis business owners have substantial regulatory compliance expenses (that are unique to the cannabis industry). Although still in its infancy, Cannabis is one of the most highly regulated - and taxed - industries in the country right now.



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In every state where cannabis is legal there are complex state and municipal laws, rules and regulations that are all costly to comply with. Most operating businesses are not subject to surprise inspection by state and local authorities. In the cannabis industry, routine visits by the various levels of regulatory agencies are common. Many cannabis businesses employ outside attorneys, accountants, and compliance professionals at a substantial expense to ensure these visits go well. Starting a business is normally as simple as a quick visit to the Secretary of State website. Starting a cannabis business is not that simple. There are layers of costly governmental regulation in each state where cannabis is legal. There are both

state and municipal application fees and related expenses that can be as high as \$250,000 - with no guarantee of being awarded a license. Initial and renewal license fees can be very expensive. States often require significant performance bonds as a condition of awarding licenses. Illinois, for instance, requires a two million dollar bond for cultivation center licensees.

The tax burden on cannabis businesses is substantial. Cannabis businesses not only pay traditional sales tax, but they also pay state sales and excise taxes unique to the industry. In Colorado, for example, there is an additional 10% retail marijuana tax, a 2.9% special sales tax (that is contributed to Colorado's Marijuana Cash Fund),

and a 15% retail marijuana excise tax, for a total tax of 27.9% just at the state level. This does not include further taxes imposed by the municipalities in which they operate. In January, 2015, Colorado collected nearly nine million dollars for all marijuana licenses, taxes and fees.

There is a substantial federal tax burden borne by the cannabis industry. Every business in the country can deduct ordinary and necessary business expenses, which includes employee pay, rent, interest, taxes, and insurance. Section 280E of the Internal Revenue Code prohibits any tax deduction or credit if the business consists of trafficking in controlled substances prohibited by Federal law. Cannabis, or "marihuana" as the federal Controlled Substances Act calls it, is a Schedule I controlled substance and the only expenses that are deductible are cost of goods sold. The effective federal tax rate is between 60 to 90 percent.

Another cost borne uniquely by the cannabis industry is the expense of a simple business checking account. Because cannabis is a federally controlled substance most banks, which are federally regulated, refuse to service businesses that grow, manufacture or dispense it. Most of the small number of banks that do service cannabis businesses utilize customer due diligence and know your customer compliance programs that are not inexpensive. As such, banks throughout the country are charging

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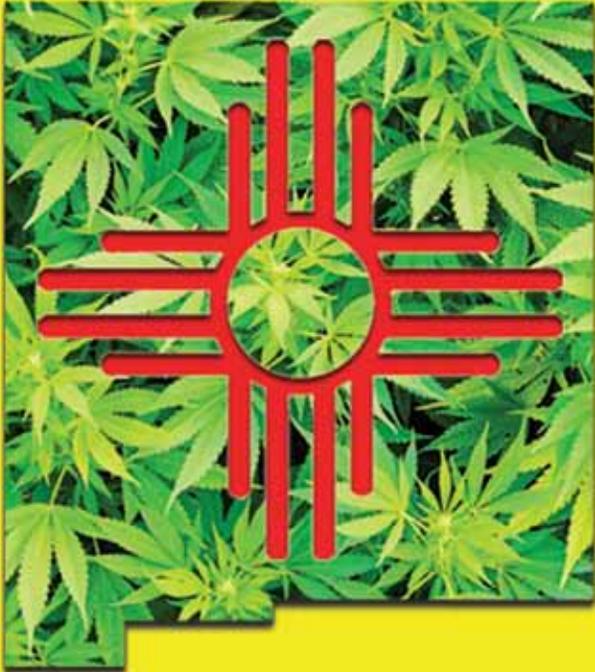
The big credit card companies have yet to jump into the cannabis business, so most cannabis businesses operate on a cash basis, or perhaps debit cards if they are lucky enough to have a bank account for

the proceeds of debit transactions to be deposited. Cash is expensive. Cash only businesses have greater loss due to theft, called shrinkage, than other businesses. There is also additional cost in the transportation and storage of cash, including security expenses.

The cost of operating a legitimate cannabis business can be substantial, and many fail. This is at least part of the reason there still remains a robust black market. Until the cost of regulatory compliance recedes, the retail cost of cannabis will remain high. While this may not help your pocketbook in the short term, at least you know better what your favorite legitimate gardeners are up against when providing your medication. 

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The Big Bhang Theory

By Melissa Salazar

Medicinal Cannabis Chocolate “Ice” Bar (200mg) is a 3 time Cannabis Cup Champion. The “Ice” Chocolate Bar winner is just one from the impressive line of Bhang Edibles that has earned praise throughout the medicinal cannabis community. Among others, their Cherries & Cream Chocolate Bar (200mg) took 2nd Place at the Denver Cannabis Cup in 2014. Beyond providing a deliciously, crowd pleasing, chocolate bar, Bhang maintains their reputation as an industry leader by remaining a patient-friendly company. Safety, quality and consistency, have always been the Bhang business model. The integrity the company holds has set the industry standard for other edible producers. Bhang’s dedication to patient-forward innovation allows them to stay on top of the edible cannabis game.



The patient-friendly company gained their roots as chocolatiers here in Northern New Mexico. By 2006 they were established as reputable chocolatiers throughout popular retail outlets, including Whole Foods Market. Scott and Tim Van Rixel started their small chocolate and gelato business in Taos, NM. With a growing business in the works, Scott and Tim moved the Taos-based business to Albuquerque, NM allowing expansion of current production.

With the two young entrepreneurs in a business mind set and with the passing of the Lynn and Erin Compassionate Act passing here in New Mexico, the brothers decided to revisit their prior vision of medicine infused chocolate with an intention of providing tasty, consistent medicine to the patient. Scott then ventured to Southern California to learn more about the growing medicinal can-

nabis industry. By 2010, Bhang Chocolates was well established and emerged into the growing medicinal cannabis industry, launching award winning edible Chocolate bars in over 5 Cannabis Cups. More than providing patients with High Quality Cacao Bean Chocolate Bars, the Van Rixel brothers demanded better industry standards for the patient. By utilizing food scientists to demand uniform dosages to each quality chocolate bar, Bhang Chocolates was recognized as a company with the patient in mind. Bhang's commitment to the patient has allowed global growth.

The company is now expanding their ability to better alternative medicine by applying the integrity of Bhang Chocolates to a new line of CannaBidol (CBD) compound products. Bhang's passion for innovation has led to a new line of CBD products about to hit the homeopathic market.



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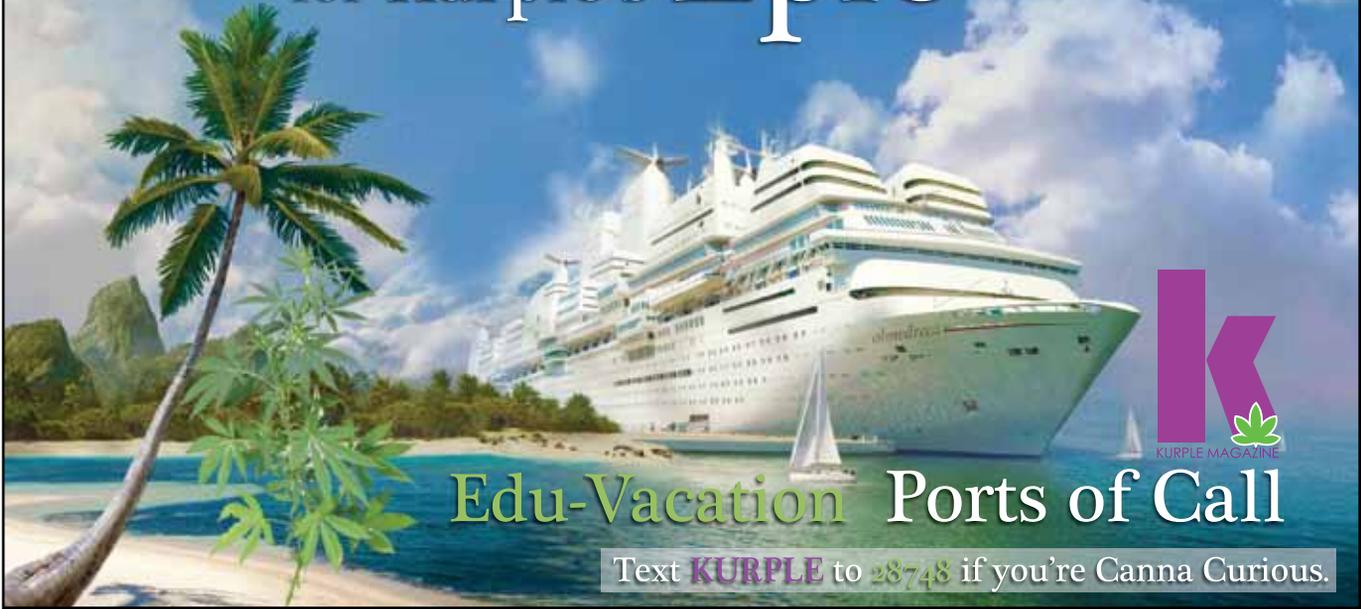


Bhang's new CBD product line is composed of the 99% pure CBD compared to the current industry standard of <30% on shelves. In the recent 2014 Denver Cup, their Pure CBD Powder Extract 99% won 1st Place. The CBD spray took 1st place at the San Bernardino Cup in 2015. Bhang's current line of CBD products includes, a 60mg Pure CBD Dark Chocolate Bar, a 25mg Pure CBD Dark Chocolate nugget, 150mg or 350mg CBD Fresh Mint Spray, and 80mg or 100mg Fresh Mint GAum 4 piece pack of chewing gum. This new line is just an extension of the well rounded line of cannabis infused products already popular with patients. More than chocolates, Bhang provides 100% Pure Cannabis Oil Vaporizer Cartridges and Disposable Vaporizer Pens containing All Natural Blends of Coconut Oil and CO2 Extracted Cannabis Oil (Sativa, Indica or hybrid available for both).^k

Kurple's intentions to offer the most innovative, consistent, safe products and information for each patient recognizes Bhang's commitment to the patient and is proud to have a globally-based company with their roots in New Mexico.



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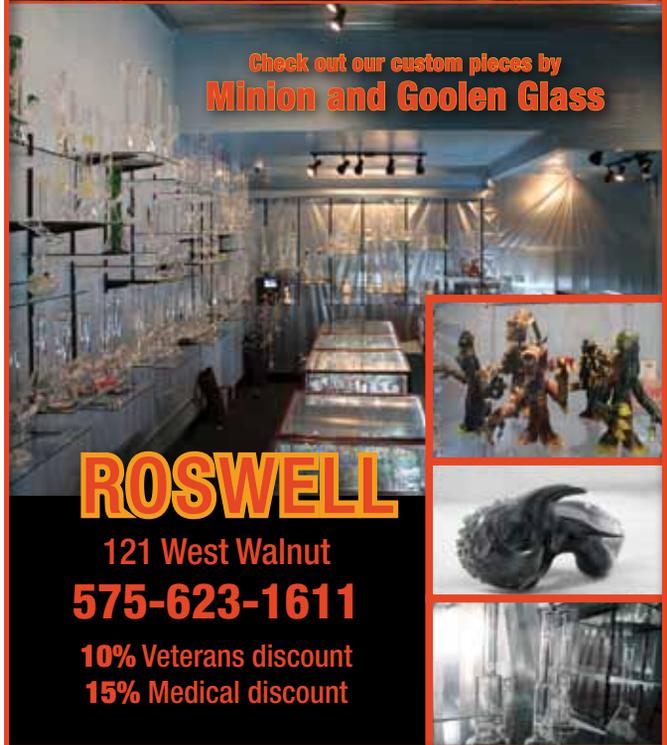


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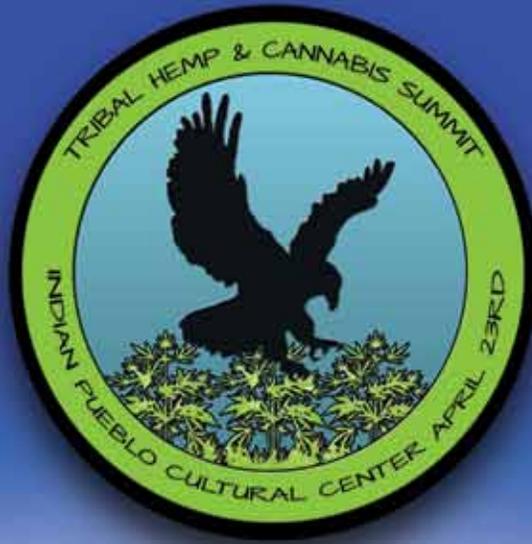
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Flower Power: Women Grow New Mexico

By Rachael Wilenta Speegle, RN. MSN

Personally, I've never identified with the feminist movement because I never felt that I needed to. Born in the early eighties in an affluent town in northern New Jersey, I grew up to believe I could do or be anything. I was more athletic than my big brother and loved to get right in the middle of any fight, as long as I was fighting for what was right. I had heard of the "glass ceiling" but didn't spend much of my time thinking about how to break through what I imagined to be a modern day urban legend. I became a mountaineer and a skydiver, again never stopping to take notice of any gender inequality. It wasn't until I stepped into the male-dominated world of marijuana that I noticed something wrong with my surroundings. Who knew cannabis would invoke my inner feminist?

On June 24th 2014, I decided to sit in on the "Women in Cannabis" session at the National Cannabis Industry Association's Canna Business Summit being held in Denver. Entering the auditorium, already skeptical of the content, I asked my husband, "Why women in cannabis? Why are we segregating ourselves?" He suggested I attend and find out. As I sat in the audience, I was star struck by the panel of speakers before me, one of whom was Jane West, co-founder of Women Grow. These strong women panelists were shifting the image of the industry and I found myself wanting to bring this shift to New Mexico. For too long, the pot culture [or dominant popular culture – Ed.] has objectified women and used their bodies as a landscape for product placement. With these images all

over head shops, this underground culture has tarnished the purity of the cannabis plant and the people it serves. Even opponents of cannabis legalization exploit women in their gamut of excuses. One of the most common claims of New Mexico's current administration is that women and families are not ready for the legalization of this plant. The truth is, it is time to give women a voice and establish female leadership within this booming commerce.

Women Grow empowers women by connecting them throughout every aspect of the industry and gives them a strong, uniting voice. These are some of the strong Women Grow New Mexico members committed to the cause.

Women Grow ABQ Co-Chairs

Hillary Carroll, Rachael Wilenta Speegle

women
GROW 



“Women Grow has given me the opportunity to connect patients, producers, artisans and other ancillary businesses while providing me with a rewarding career and blossoming passion.”

Hillary Carroll, M.S. CAM

Hillary is a native New Mexican, born and raised in Albuquerque. Hillary had many exposures to alternative medicine throughout her life but was most influenced to enter the field when her brother-in-law was diagnosed with Leukemia. Through this experience with serious illness and the healthcare system it became very clear that she wanted to further pursue an education in alternative medicine, to help others with their health and wellness. Hillary received a Master’s of Science in Complementary Alternative Medicine in 2013. While working with her clients, she became very interested in medical cannabis and how it was helping so many patients. In an effort to learn more about women in cannabis, she attended the first Women Grow New Mexico networking event in November 2014, and this is how we met. Shortly after this meeting, I offered Hillary a position as Assistant Dispensary Manager within The Verdes Foundation.

Women Grow was established to make sure Medical Marijuana (MMJ) is an inclusive industry, from inception. Cannabis needs the wisdom of female voices and we can help insure industry success by fostering strong female leadership.

*Women have too often been used as the excuse to keep marijuana illegal. As mothers, grandmothers, wives, educators, business owners, patients and community members we are establishing our own voice. **We are ready!***

Winter in Washington



On February 11th of this year seventy six women, including myself, joined forces at our nation's capital lobbying nearly one hundred members of congress to pass bills supporting State-sponsored cannabis programs. My first meeting was with Michele Lujan Grisham's office where I had over forty minutes to sit and discuss the issues our patients and providers face within New Mexico. She and her staff were recep-

tive to the concerns I raised regarding unfair taxation and other burdens faced by members of the medical cannabis industry. This was a Women Grow lobbying event, free for all participants and organized to the point of perfection. I am grateful to have had this opportunity to represent our great state and to give New Mexico's cannabis program a voice on a national stage.

The Women of Sacred Garden

"Sacred Garden Medical Cannabis Dispensary is very appropriately named. It is a dispensary that holds true to the sacred lineage of the plant they cultivate. The strong women who own and manage this cannabis business are greatly credited for its' success."

Rachael Speegle, RN

"I began this journey into the world of cannabis cultivation with literally one seed. My husband and I wanted to make a difference in the world. We used our ranch land in southern New Mexico to become farmers and we began growing cannabis. I believe that nature holds the power to heal and medical marijuana is one of the best herbal remedies available. As a mother, I am committed to raising my child with awareness about the health benefits of medical marijuana. As a business owner, I am dedicated to educating others about safe and responsible use. At Sacred Garden, we grow and produce all of our products in house giving us complete quality control. We stay true to nature by using natural and organic ingredients, mixing other medicinal herbs and roots to create healing products infused with cannabis extracts.

For me, harvesting medicinal flowers and producing natural products for health and healing is a gift that I do not take lightly. I'm having more fun helping others and sharing the healing benefits of cannabis than I have ever had in my life."

Kelly Kathleen, Director

"Being involved in Medicinal Cannabis is more than just a job to me. It gives me such a rush to see people

absorb information or come back with a story of successful relief. Women Grow is inspirational because it gives women like me a stake in the soft soil that the MMJ industry is sprouting from. We, as women, are growing with the industry, rather than trying to find our place in it (which has been the case with a lot of other parts of the business world). I feel the core of MMJ is very maternal. We are here to head this strong, feminine energy from the process of growth to the process of healing. This is so important and I am so proud to be a blossoming member of it."

Ashleigh Rhinehart, Dispensary Manager





"I am a lawyer and have been active advocating for medical cannabis in New Mexico for the past twelve years. My passion is now also my profession. I am both a medical cannabis patient and a lawyer focusing my practice on medical cannabis business law. In 2003, I joined other advocates and started persistently fighting for a medical cannabis law in New Mexico, including testifying in front of legislative committees many times. These efforts culminated in passage of the Lynn and Erin Compassionate Use Act ("the Act") in 2007. However, the Act did not include the debilitating medical condition that I experience chronically, intractable nausea and cachexia (wasting syndrome). Given that the Act provides for the approval of additional benefit from the medical use of cannabis, I started researching for scientific support of my petition to add these as qualifying conditions. Yet there was not a hearing for new conditions until January 2009 (after President George W. Bush was out of office). The more I researched, the bigger advocate I became. The two years of rigorous and exhaustive medical cannabis research absolutely enriched and confirmed my ardent support for medical cannabis. My petition to add nausea and cachexia as qualifying conditions for the use of medical cannabis was approved by

the Medical Advisory Board and the Secretary of the New Mexico Department of Health in February 2009.

A little later in 2009, I started representing clients who were applying for medical cannabis producer licenses. These clients were one of the first five medical cannabis producer applicants to ever be licensed in New Mexico. Since then I have continued to advise and represent clients interested in applying for New Mexico Medical Cannabis Producer licenses, licensed producers, and related medical cannabis businesses. I also represented the New Mexico Medical Cannabis Producers' Guild (name since changed to Cannabis Producers of New Mexico) in 2010 and 2014, researching, drafting revised regulations, and testifying at public hearings regarding the revision of New Mexico's medical cannabis regulations."

Patricia Monaghan, Attorney at Law

I was pleased to meet Shiloh at my very first local Women Grow event in Novem-

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ber, 2014. With her drive and commitment to acquire one of the new producer licenses being issued this year, Shiloh is the living embodiment of the entrepreneurial spirit.

Shiloh has since attended every Women Grow ABQ event. To her credit, she has used these meetings to connect herself with the right attendees and speakers to facilitate her dream. Through these connections she has taken tours of commercial grows, met with cannabis manufacturers, bankers, investors, consultants and so many more. She will bring this dedication and work ethic to The Kind Apothecary, her future LNPP enterprise.

“Cannabis is an ancient and versatile medicine and has always interested me for healing purposes. I’ve seen the healing benefits of cannabis first hand with friends and family members who use it for relief of various symptoms and ailments. I have always believed cannabis would find its

way into mainstream medicine and I hope to provide patients with symptom relief by providing high quality medications.”

Shiloh Taylor, Entrepreneur



“Becoming a patient of the State of New Mexico Medical Cannabis Program has aking a footprint in this industry, by taking away the stereotypical judgment of the past, is important to me. I will continue to be an advocate within the patient population, as well as help direct non-patients into the medical cannabis world.”

Nicole Morales,
Business Owner and Patient Advocate



"After a long struggle to stay in a job that I loved, my health forced me into early retirement. In and out of the hospital for several years and bored to tears, I thought early retirement would be filled with pharmaceutical drug induced hazy days and boredom. Thankfully, I couldn't have been more wrong...

I moved back to New Mexico in July of 2011 as I had always dreamed of doing for retirement. Once back here, I became a

patient and advocate for the New Mexico Medical Cannabis Program.

After a transformation from an opiate-induced miasma to treating my condition with nothing but cannabis, the haze lifted. My son and I attended Oaksterdam University in 2011 and graduated with honors, in preparation for the rapidly growing medical cannabis industry that surely saved my life.

My company, Herbal Edibles has been a brick and mortar business in Albuquerque since July of 2012, providing the New Mexico medical cannabis producers with a wide variety of post-harvest services. Consistent quality paired with superior taste is our mission at Herbal Edibles and we are proud to be one of the premier concentrate and edible manufacturers in New Mexico."

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*Joanne Farrell,
Edible Manufacturer and Patient*



“A native of Albuquerque, I received my Bachelor's degree in Finance from Northern Arizona University and returned to UNM to earn my MBA from the Anderson School of Management. In graduate school I became interested in small business development and the benefits these organizations can have on our community and economy. I was excited to get involved with Women

Grow when I learned they were connecting entrepreneurs in the business of cannabis. The strong presence of women in this budding industry inspires me and I hope to one day start my own cannabusiness. In the mean time, I plan to use my education, professional experience and passion to help this organization and its members affect positive change for patients, businesses, and the greater Albuquerque community.”

Casey Stephens, MBA



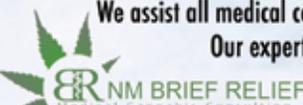
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New Mexico's Medical Cannabis Program (MCP), also called Medical Marijuana, was created under the Lynn and Erin Compassionate Use Act. The purpose of this program is to allow the beneficial use of medical cannabis in a regulated system to alleviate symptoms caused by debilitating medical conditions and their medical treatments.

New Mexico Brief Relief Medical Cannabis consultants and doctors are dedicated to helping qualified people receive and renew their Medical Cannabis license. Allow us the opportunity to consult with you for free to assess your condition. We promise discretion, professionalism and to provide our services with competitive rates.

The production and distribution of medical cannabis is provided by Licensed Non-Profit Producers throughout the state. A Qualified Patient may also obtain a Personal Production License to grow medical cannabis for personal use. We assist all medical conditions and also provide guidance for individual's seeking to acquire a Personal Production Licenses. Our expert consultants are also available if you need guidance setting up your personal indoor grow.



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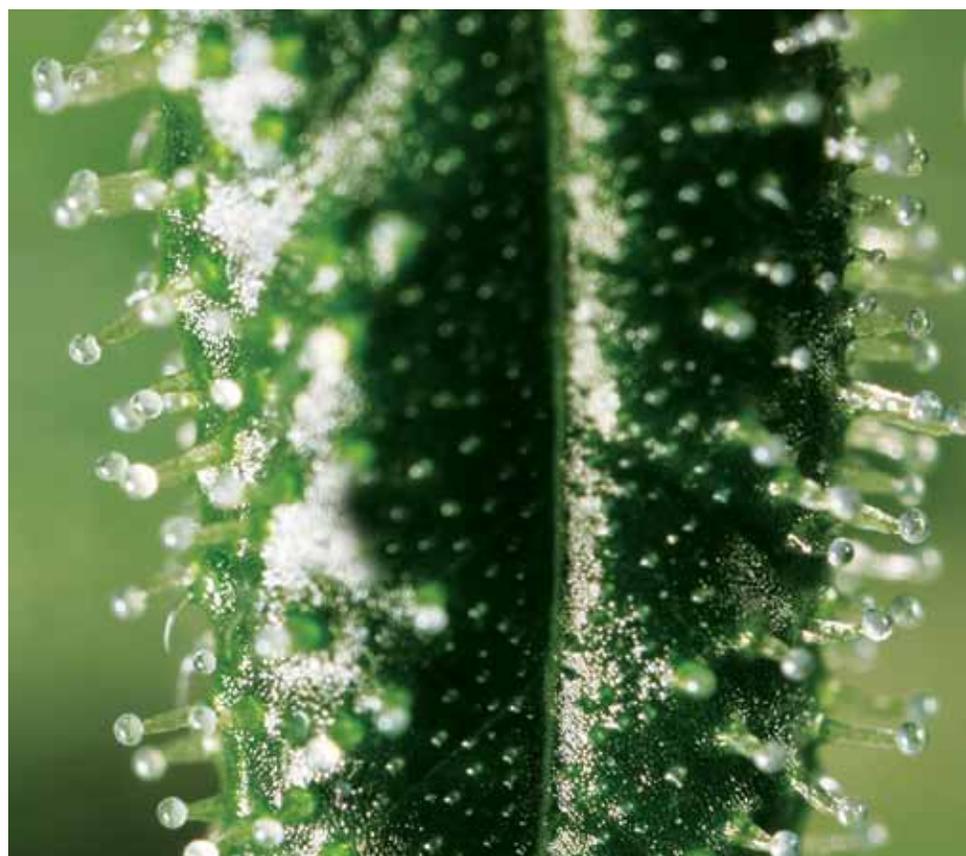
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One of the ways I feel New Mexico is most supported by Women Grow is through the vast resources it provides. In just the first five months I have been a member, I have become more connected to the cannabis industry than during the previous four years combined. A multitude of resources are now just a phone call, text message, or email away. Need seeds? HR consultations? Lab testing? Growing advice? Employee training? I got a guy for that, or better yet, a gal. With resources all over the world, Women Grow has made this industry more accessible and female-friendly than ever before! 

(How To) Get Involved!

Women Grow ABQ is looking for male and female Lobby Committee group members to lobby city, county, and state lawmakers in support of the medical cannabis industry for New Mexico.

Meetings are held on the first Thursday of every month providing attendees with education and networking opportunities that are far reaching. The Verdes Foundation provides sponsorship for patients interested in attending the events. To RSVP and purchase tickets to any of the events, visit [Eventbrite.com](https://www.eventbrite.com) and search Women Grow ABQ, or follow us on Facebook.



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Beneficial Bedtime Snacking With My Lemon+Aid Square

By Antonè Borghetti

Another restless night, my nerves are tense and it's time to wind down from a hard day's work. As I run through the list of household chores that one must endure, I come to an understanding that it's time to give my body the opportunity to slow down and get the proper rest it needs.

To induce a feeling of sleepiness, one may want to combust herbal medicine (which reacts immediately and lasts only 10 to 20 minutes). This will slow your heart rate down and ease your mind to the proper sleeping tempo. During the transition from stage one to stage two non-REM sleep the body temperature drops, making it harder to be awakened. Between stage two and three non-REM is when a cannabis edible will begin its catalytic effect in the body. Not to mention in the third stage of non-REM sleep the body repairs and re-grows tissues, builds bones and

muscles and strengthens the immune system. As we get older, it becomes harder to retain a constant sleep pattern. That's why many resort to pharmaceuticals and alternative medicines for ongoing sleep disorders. The Lemon+Aid Square is a great evening snack with low sugar but a sweet taste, sure to enhance your sleeping mood.

When the body starts to reach true REM cycle, your mind actually starts to speed up; many times inducing an unprepared awak-

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ening. That's why suppressing body fluctuation (with THC) is important for capturing the medical benefits of a full night's sleep. Caffeine, found in most edible chocolate, is known to dehydrate you, in return keeping your body awake during the sleep cycle (that is why the Lemon+Aid Square is a great alternative to chocolate when ingesting your nightly THC).

After a hardy dinner, as I sit down to dose out my Lemon+Aid Square, I am very cautious as to how much I consume. There have been times when I underestimated a product's strength and found myself resting for hours. The first time I tried the Lemon+Aid Square, I ate half and the entire evening was serene and tranquil. Being that, like some of you, my tolerance is high I felt it would be suitable to give you a full review as to how a full dose would feel like. While

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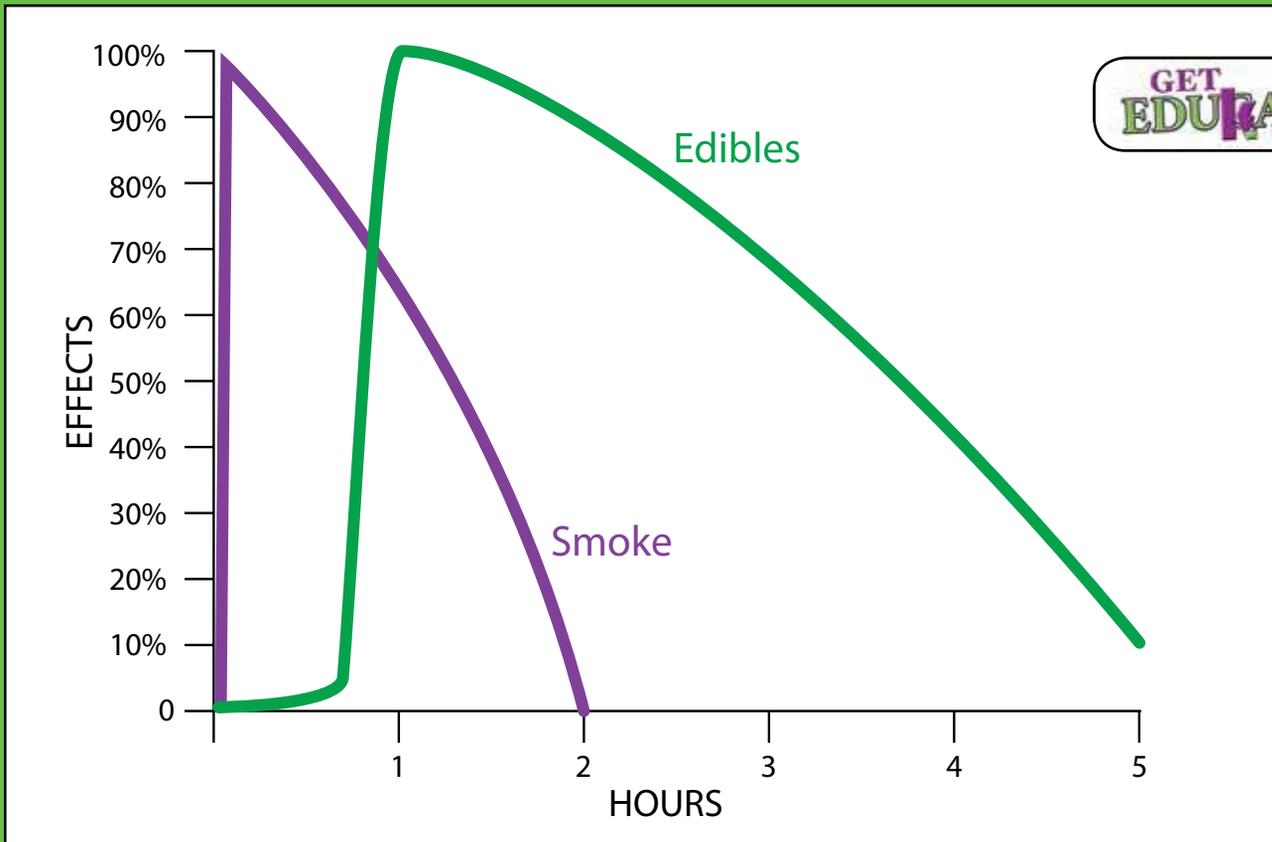
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trying my hardest to indulge in every bite, it isn't hard to gulp through the rest of the Square before I realize it's gone.

Approximately forty-five minutes after I consumed the Square I felt as though the weight had been lifted from my shoulders. I had relaxed my nerves and my anxiety had been put to rest.

It's been two hours now. My eyes are glossy and I have been keeping up with my hydration (always remember to drink lots of water). My arms feel lighter, like they have less pressure in them, along with my legs. I almost feel as though the edible has allowed my blood to flow more easily throughout my body. The lemon put a smile on my face, plus the aid brought me to a much better mood than I usually am in after a hard day's work.

The Lemon+Aid Square is where elegance meets ease of use. Consuming the Lemon+Aid Square for pain relief and insomnia helps adults open their pantry to other alternatives, such as medical cannabis. Inducing edibles has allowed me continue to having good interactions with family and friends. The amount of rest I have received from this alternative sleep aid is immense. Not only am I able to sleep better, the pain I experience nightly has been brought down to a tolerable level. This is why I feel the tasteful adventure of the Lemon+Aid Square

is sure to please any patient wishing to enjoy their medical experience, as well as a good night's sleep. **K**

WELCOME TO
TRUTH OR CONSEQUENCES



Living The Flame-Free Lifestyle

By Michael E. Browning

My first brush with the flame-free lifestyle occurred a few years back, speeding across Lake Washington on a late summer wakeboarding expedition. With Mount Rainier to the south, glowing peach-purple in the setting sun, the skipper spied a patch of glass near the eastern shoreline. He dropped the windshield and battened the hatches. Leaning back on the windshield with my feet in the bow, I felt for my new **Holi Smokes** branded 510 EVOD basic model vaping pen - loaded with their **Shakti Rising** organic eLiquid. As we took off I was pulling deep, tasty lungfulls, even as the boat's bow lifted off the water with our increasing speed. I knew right then that this device was designed for the adventurous to embrace. Wind be damned!

Since the introduction of those early, basic designs, e-cigs and vaping has blossomed into a billion dollar industry. The technology, form factors and opportunities for personalization have grown right alongside. Of course, you can still get those early designs, sporting ultra-low prices borne by inferior materials and mass production (available now in shockingly diverse retail locations). Many, like me, who were early adopters of the "510" threaded finger-thick "pens" have moved into higher quality options, preferring to spend the extra

money for designs that eliminate hassles. Even in the "pretty basic" category, my orange **Atmos 510 Optimus X** (for slippery "oils" or eLiquids) delivers far superior performance than similar appearing devices (that you can save a few bucks on). The lithium-ion battery lasts me for days and fully charges from dead, in about a movie-length of time (90 minutes). The patent pending spring-loaded contact maintains your atomizer's connection at any angle, at any speed. The 510 threading means I can use Atmos cartridges (like the **Opti-**

mus Wickless, S12 or their **Pro Tanks**) or any other pro tanks whether from Kangertech, Aspire or whoever.

For our weekend getaway to **Blackstone Hotsprings - Lodging & Baths** in Truth Or Consequences, I packed my orange Optimus, an **Ole Ultra**, a **Vapor Connoisseur Ceramique** and very few flowers. During check in we asked the owner, Ralph, about the medicating policy for patients and they seemed absolutely understanding, suggesting the semi private back porches and neighborly courtesy (while also reminding us about the \$125 fee for people who leave smoke smells in the rooms when they leave). A practice that is getting more and more common, creating a concern for those who maintain a regular routine. Enter the vapor adventure.



Interiors of the TV show themed rooms showcase touchstones from our shared past. We enjoyed the **As The World Turns** room, featuring the largest in-room tub there, about 6' x 5' with an overhang rock fountain and 4' bench. We checked out the **Twilight Zone** room at the other end of the building and there were other shows I liked better than the soap we

stayed in, but the big tub totally rocked. So did the room furnishings, right down to the silky thread-count of the sheets. Blackstone does offer day tubs, but everyone who gets a room also gets an hour in the **Wet Room** by the office. With a step down waterfall pool, a steam enclosure and shower alcove, open shutters to sunny blue sky dripping with lush green flora down the 12' walls, it's a private tropical paradise. Well worth the booking and a return trip!



The Hot Springs District offers an assortment of overnight options. Big parties are encouraged to check out **Riverbend's** 1, 2 and 3 bedroom suites, private bank side hourly tubs, along with probably your best public day-soak atmosphere in town, right on the Rio Grande. You can even bring your own BBQ picnic for the shaded grill area. For those who like to pair some jets with their heat source, **Charles Motel & Hotsprings Spa** offers rooftop hot tubs with a great assortment of propulsion, as well as the hallway of cement tub stalls reminiscent of **Jemez Springs Bath House**. All of these are within blocks of each other on the Hot Springs Bathhouse Historic District Healing Waters Trail. We were also lucky enough (totally by chance) to have our visit coincide with the second Saturday of

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the month, when downtown's Main Street sparkles in the desert night with the creative revelry known as **Art Hop**.

A solidly relaxing mineral, heated escape, enhanced by a nice pile of wax to load my Ole Ultra every few hours. Atmos claims Ultra takes five seconds to get up to temperature, but I'm usually off the button by then, feathering the contact after about three seconds (to keep a lower temp vaporization flowing in bursts during a steady draw). With the window open, you can feel fairly confident that you will leave no lingering scent when vaping oils or waxes, either by pen or by rig. I didn't have a torchless nail on this trip, but check out the review on page 62 of the **Galaxy E-Nail**. Probably just as discreet in the flame-free lifestyle.

The Ultra's ceramic heating chamber means my wax tastes deliciously right from top to bottom, slim design means it's very discreet while packing that terpene and cannabinoid punch. So discreet I even have to show people who might know, the cap that hides the rubber mouthpiece. Elegant, dependable and durable, good for dry as well, much like the Ceramique, my other slim companion. Sporting a vented black exterior with a shaved circumference that helps keep your grip on the anodized surface, Ce-



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ramique features a blown glass tip specifically designed to keep bubbling goo out of our mouths. Smart! Comes with an extra cartridge to keep your dry and waxy moments manageable, it also has the good breeding of ceramic heating elements to keep the flavor (**Mango** in this instance)

true to the end. One thing I love is how either one of these seems sort of bottomless. When it looks empty, it's not and it still tokes tasty!

Also, again, lithium-ion. When I woke on Saturday night with some tummy trauma, my sweet CO2 extracted **Girl Scout Cookies** loaded orange Optimus X was within bedside reach, ready to satisfy, even though it had spent the weekend before passed around the lift chairs on one of Sandia Peak's last best days.

Maybe I just don't take

enough, but these quality pens seem to stay charged and delivering the goods for me for many days running (a highly admirable trait for the adventurous amongst us who are living the flame-free life). Sitting in the hot springs, or a hotel room, by never really igniting or burning anything, vape pens can be a real asset for traveling with discretion. I'm no dabbing neophyte and can honestly say that these slim, ceramic units deliver an equally lung ripping cloud of oily goodness as other, more obvious dabbing methods. BTW, there was no "stinky" charge on our bill, thanks to flame-free vaping! **k**



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"Thank goodness Magic fits in my purse. In my job as an MMJ dispensary budtender, it seems I always have a, shall we say, "interesting" smell that follows me around. The terpenes may change but the pungency is always there. Except when I spray Magic. This stuff really erases odors. I'm so glad my owners carry it for our patients now too. They were asking!"

Brooke - Santa Fe, NM

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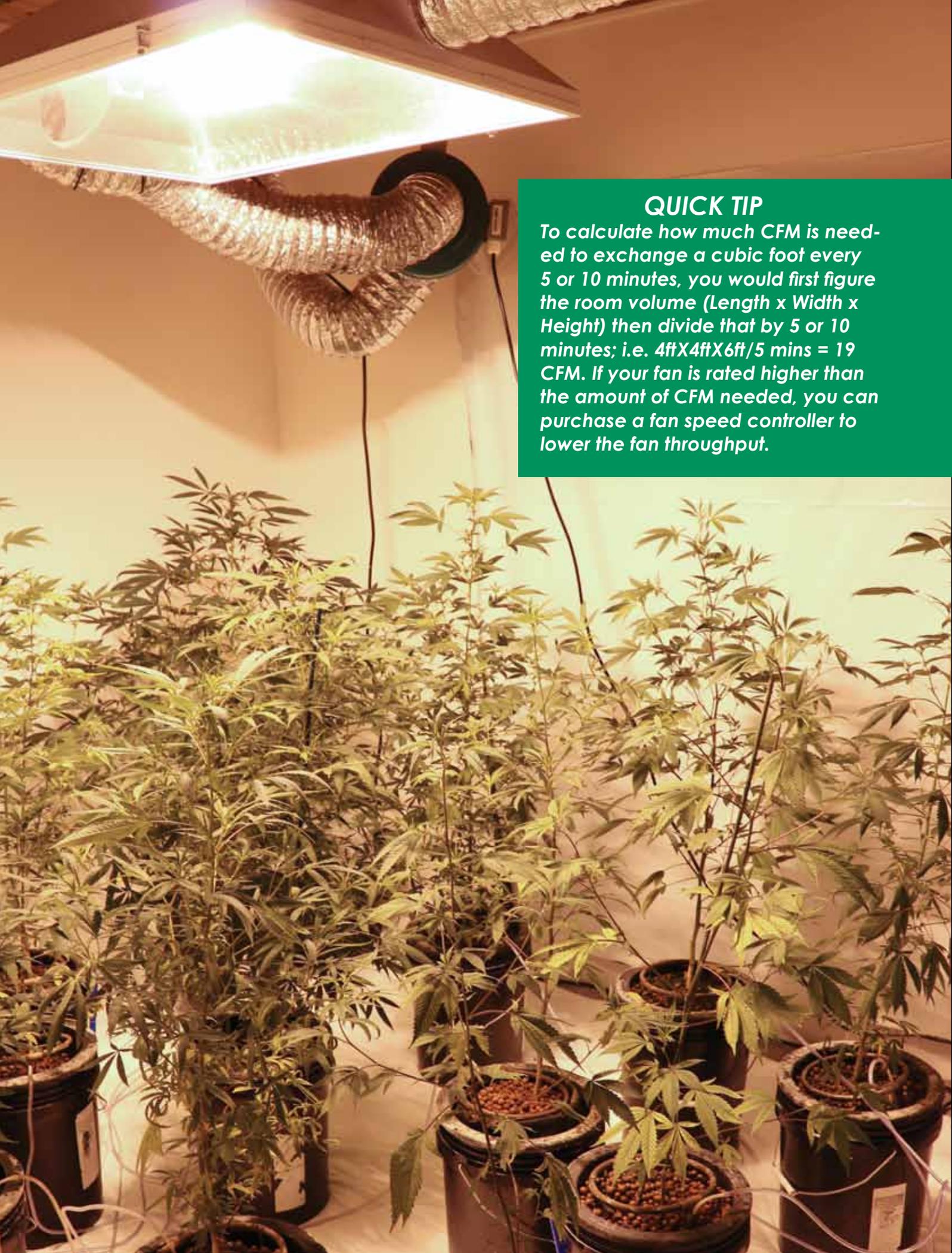

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QUICK TIP

To calculate how much CFM is needed to exchange a cubic foot every 5 or 10 minutes, you would first figure the room volume (Length x Width x Height) then divide that by 5 or 10 minutes; i.e. $4\text{ft} \times 4\text{ft} \times 6\text{ft} / 5 \text{ mins} = 19 \text{ CFM}$. If your fan is rated higher than the amount of CFM needed, you can purchase a fan speed controller to lower the fan throughput.

105: Absolute Beginners Guide To Circulating, Ventilating Air Flow

By Nickolaus J. Sanchez

Most all indoor growers would agree that the total environment is the final result of all your grow room efforts. Whether you are in a small closet, a bigger tent, or a full room; if your total environment isn't kept up to good standards, your plants will struggle. So far, we have covered the basics for maintaining your lights, soil, and water. The next step for realizing the total environment is to create essential air flow and ventilation, for the plants to dance.

Much like humans, plants need fresh air to survive. The major difference between us is that plants inhale carbon dioxide and exhale oxygen. Plants also have "lungs" or "pores" like humans called stoma (plural: stomata), which are found on the underside of the leaves. Without efficient air flow these stomas can't breathe, which will result in a very sad plant. It's important to remember that when growing indoors you want to imitate nature as much as possible. This means making the room's air feel like you are walking through a nice breezy forest of Northern California in the middle of Spring. So you might be asking yourself, "How do I create such an environment?"

To create an outdoor effect indoors, fans are required. Circulating the air will not only allow the plants to breathe, but it also allows the air to move around the room so no stale pockets occur. In addition, setting up fans that encourage your girls to sway in the wind is very necessary to building trunk and branch strength. If you are in a small closet or a small tent, you could get by with one or two small, 6" clip fans (as long as all the plants are moving evenly). In a larger area, like a room, a few oscillating fans should do the job. Remember the stomata are on the underside of the leaves so aiming air movement from both the bottom and top of the plant is optimum.



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Now that you have air circulation set up, the next thing to do is to set up the air ventilation. As mentioned above, fresh air is essential for healthy plant growth. *In order to exchange air in your grow space a vent, that allows fresh air in situated towards the ground, and another vent, that releases the stale air situated towards the top, are a requirement. An inline fan will be attached to the top vent to suck the stale air out. This creates the vacuum that pulls the fresh air in down below. Selecting your inline fan depends on the size of your grow (including cubic volume, plant count, fixtures, circulation fans, etc.).

Inline fans come in different sizes and ratings. The bigger the opening size, plus the motor power, the bigger the rating. Inline fans are rated in cubic feet per minute (CFM). So a 4" fan rated at 171 CFM will exchange 171 cubic feet per minute. Most 4" fans will be about 160 CFM, 6" fans will be around 450, and 8" in the ballpark of 720. Choose a fan with a CFM rating higher than the volume of your space to create proper negative pressure. For example, a 4'x4'x6' tent is 96 cubic feet (which would require at least a 4" 100 CFM fan). In a larger room, like 8'x8'x8' with a volume of 512 cubic feet, an 8" 720 CFM would be more than enough. In a basic grow, having this negative pressure alone will do, however, an air exchange of every cubic foot every 5-10 minutes is most efficient. See side bar for details. Also, to create negative pressure, fans should always be set up to pull air out rather than push air in. Some larger grows will require a fan to push air in along with another fan pull air out.

The next question to ask yourself is if your lights put off heat? If so, are they air cooled? When growing with a light like an LED or a fluorescent T5, ventilation should be a lot easier for a beginner because they don't put off a lot of heat (which, in turn, doesn't require air cooling).



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The opposite is said for High Intensity Discharge (HID) lights like High Pressure Sodium (HPS) and Metal Halide (MH). HID lamps are used either with an open hood or a closed, air cooled hood. The Trifecta setup mentioned in 102 features an open hood that doesn't have any air cooling. In the winter this light works perfectly, considering it also acts as a heater. In the summer, it's best to use an air cooled HID. If you do use an open hood in the summer, you will most likely need to also employ an air conditioner. This will not only help with any heat buildup, but adds more circulation as well.

Air cooled hoods have a removable glass lamp cover with an entrance and exit hole on both ends of the hood. This will allow for the ventilation ducts to be hooked up to the light, that way the heat from the

light isn't dispersed inside, but instead pulled to the outside of the garden. The only thing that changes is; rather than the room's air exiting straight through the fan, it now passes through the light housing first.

The final step in this process is setting up the air cooling system, which is fairly simple. First you are going to connect heat resistant ducting from the light to the exhaust fan. Ideally, you want the fan and the entrance/exit holes of the light to be the same size, especially if you have more than one light. However, if your light and exhaust fan aren't the same size, for better air flow you want the ducting to match with the bigger size of the two. You will also need to purchase an adapter so the ducting will attach to the smaller size. If you have more than one light, connect the lights to each other with the ducting until they are all connected to the fan. The rule of thumb here is three lights maximum for one fan. If you attach more than three lights per fan, your air ventilation becomes poor. Also, always be sure that your ducting is as straight as possible because the more bends you have, the less efficient the air flow.

Remember that air circulation and ventilation not only make the plant healthy, but happy too. As I mentioned earlier, it's important to imitate nature because plants evolved outdoors. So creating that simulation will put them in good mood, which will result in a better harvest. **k**



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Hitting It On The Head With My Galaxy E-Nail

By Andrew Zock

I've been indulging in concentrates (or dabs) for the past few months, using many variations of titanium nails, domes, and pens to experience my meds. It seems like an endless search for the optimum heating source. The traditional torch is difficult to gauge and overheats easily. These temperature inconsistencies also made it easy to burn myself and other surfaces, as well as dripping molten concentrate all over the place! OUCH!

Then there's the butane. Many times I would run out after the stores were closed or would find myself hunting all the hardware stores in my area just to find that they were out of stock! The extra time, cost and headache really made butane inconvenient. And then there are the literal headaches and overall health concerns that come with inhaling the butane itself, mixing with and polluting my medicine.

Now while vape pens are discreet and portable they don't deliver a large dose consistently. I also tend to overuse them (how easy it is to just keep clicking that button!). Vape pens are notorious for spillage and leakage issues. That's why when I was shown the Galaxy E-nail I decided to invest!

It's a cross between a traditional ceramic nail and an electric coil infused in it to heat and control the temperature during the vaporization of concentrates. One of the key selling points for me was that it worked with 18 and 16mm fittings, practically all of my glass is one of these sizes -- it even works on my Jay Hook! Plus it's nice to come home from work and have it already plugged into the wall. All I have to do is turn it on and set the temp.

Overall the design and quality is better than most products on the market and pairs wonderfully with my high end glass. Even though it's a bit pricey, it's well worth the investment. And the clean-up has never been easier! I would recommend this to any enthusiast or patient looking for truly amazing results from their oils and concentrates. **k**

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