# CANNABIS

With Love and in Good Health

Spring 2020 Vol 1 Issue 1

## 

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## PACIFIC GROWN IMPACT

Pacific Grown Impact is a nonprofit dedicated to career development and life skills training for workers in the Santa Barbara agricultural industry.

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Cannabis by the Sea makes every effort to ensure the published information is correct, informative, and practical. Editorial content is not intended to replace the advice of medical professionals. Cannabis by the Sea advertisements do not imply endorsement of products or services.

We'd love to hear from you. Send your comments and questions to hello@cannabisbytheseas.com.

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### Virtual Leaf Learning

Mondays & Wednesdays 4:20 PM VIA FACEBOOK LIVE

Leaf Learning Online will continue for the foreseeable future! Make sure you are following us on Facebook to join in on this LIVE (online) learning opportunity! https://www.facebook.com/kopsuninc/

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Spring 2020

#### **FEATURES**



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In addition to her Ventura-based family practice, Dr. Margaret Peterson serves as the Medical Director of the Claudia Jensen MD Center for Integrative Medicine, named for a pioneer of cannabis health and wellness. Read why Dr. Peterson advocates for plant medicine and how she feels we all can take better care of our bodies.



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Industry workers, leaders, and players have set new philanthropic benchmarks in this era of COVID-19. Reaching all sectors of society, the volunteer force and donation dollars have provided meals, transportation, shopping trips, and information, to keep neighbors as healthy and safe as possible. And the plan is to keep on giving until it's not needed any longer.



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Thanks to Patty Pappas and Carrie Mapes, menopause doesn't have to mean fits of rage, night sweats, or lack of intimacy. Addressing the huge need for female representation in the burgeoning medical cannabis market, these two entrepreneurs have enabled women to care for themselves in a brand new way.

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#### Cover Shot

Carpinteria, aka the World's Safest Beach, claims some of California's most scenic coastline as its own. So popular is the beachside campground, more than 1 million visitors stay there each year. The ag town also is known for cultivating some of the state's most effective medical cannabis under the sun. Photo credit: Tina Fanucchi-Frontado.

From

Welcome to the inaugural issue of Cannabis by the Sea.

This magazine has been incubating for a long time, and we were not going to let something like a global pandemic slow us down. Besides, it was important for us to have *Cannabis by the Sea* debut on 4/20 at 4:20 p.m.

A labor of love, *Cannabis by the Sea* was produced remotely and published digitally. We describe it as a lifestyle magazine for those who value the health and wellness aspects of cannabis. There are personality profiles, industry news, home matters, product recommendations, and plenty more cannabis-related items.

What is with the 4/20 at 4:20 p.m., you may be asking. April 20 is known as the unofficial day of cannabis culture. According to Time Magazine, the term originated in Marin County, circa 1971. "Five students at San Rafael High School would meet at 4:20 p.m. by the campus statue of chemist Louis Pasteur to partake. They chose that specific time because extracurricular activities had usually ended by then. This group — Steve Capper, Dave Reddix, Jeffrey Noel, Larry Schwartz, and Mark Gravich — became known as the "Waldos" because they met at a wall. They would say "420" to each other as code for marijuana. Later, Reddix's brother helped him get work with Grateful Dead bassist Phil Lesh as a roadie, so the band is said to have helped popularize the term."

As we put the finishing touches on this first edition of *Cannabis by the Sea*, California is under a shelter-in-place order. Working remotely has been a challenge, and one we happily will embrace again, if necessary, to get our summer issue on the streets. Look for it on June 20.

Please let us know if there is something you would like to see featured in *Cannabis by the Sea*. We'll do our best to cover it. You can email us at hello@cannabisbytheseas.com. Thank you for your support. Stay safe. Be healthy. Until June 20...

With Love & In Good Health, XO KopSun LLC, Amy, Leigh-Anne, and Tina

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By Tina Fanucchi-Frontado

Cannabis has been illegal for almost 100 years in our country. Prior to that it was freely and lawfully procured and used for everything from building supplies to pharmaceuticals. Since its criminalization, the only way to purchase cannabis has been through the Black Market. For clarification, when talking Black Market, we don't include your neighbor Katherine who grows her own six legal plants (to which every Californian of legal age has the right) and regularly gifts you flower. We are talking about when Katherine sells her flower without having a valid California Cannabis License. 2) The price of legal cannabis is roughly 40% higher than the price of Black Market cannabis. According to Autumn Shelton, CFO and partner of Autumn Brands, "As cultivators in the state of California, we pay approximately 16 to 20% of revenue to the state for cultivation tax, plus 4% to the County of Santa Barbara. We also have to abide by the tax code 280e, which means we aren't allowed to deduct normal expenses. Normal expenses include items like administrative wages, liability insurance, state cultivation licenses (\$5k to \$35k per license), compliance fees required by the state and county, permits, marketing, legal and accounting, donations, etc. The start-up costs are enormous

It all sounds innocent enough buying from your trusted dealer, but we know that growing healthy, clean, environmentally conscious cannabis takes a tremendous amount of knowledge, commitment, skill, and resources. And in resources, we mean the capital and commitment to hire compliance officers, experienced farmers, and

So why are people still buying from the Black Market and risking their health? It appears that lack of availability, price point, and routine are the biggest drivers. and the tax liability can put businesses at 30-50% of gross revenue owed just in taxes."

We all want a deal, but would you buy your Tylenol off the Black Market. Better yet, if you're using cannabis to manage a health imbalance why would you risk ingesting toxic chemicals?

other professionals to implement all necessary requirements set forth by local and state jurisdictions. One of the many, many required regulations is third-party testing of each and every batch of cannabis grown. Batches are tested to the parts per billion for contaminants, molds, toxins, mycotoxins, heavy metals, pesticides, and other impurities. Testing ensures only clean and properly labeled cannabis enters the legal and compliant market, hence protecting consumers from unhealthy and even potentially life-threatening contaminants.

So why are people still buying from the Black Market and risking their health? It appears that lack of availability, price point, and routine are the biggest drivers.

1) Cannabis is an estimated \$11 billion business in California. Meeting that demand requires accessibility, and with only one legally compliant dispensary per 35,000 people, procuring product takes great effort. In many locations, cannabis is near impossible to access. 3) Changing our routines or habits is not something we humans welcome nor do well. If we've been buying our cannabis from neighbor Katherine for 10 years, moving ourselves into the light of the legal market takes some real discipline and self-love. Yes, self-love. Because buying from legal licensed dispensaries produces a gigantic ripple effect of goodness from consumers receiving top-shelf advice from knowledgeable budtenders to knowing exactly who grew the cannabis to consciously circulating money in local economies to not fueling the Black Market, which is often filled with unethical and unscrupulous humans, from which nothing good can ever come.

As I write this article, we're on a Shelter-at-home order and fighting hard to support the hospital and medical community so we can manage carefully and effectively what's expected to come. Health is the end all, without it nothing else matters. So, I encourage you to work hard at buying legal because our economy deserves it, our environment deserves it, and damn it, You Deserve It!





#### Autumn Brands Purple Punch Vape

Grown under the coastal sun. Autumn Brands uses California's enviable climate and perfect growing conditions to bring the best flower to you. Described as "flavors of berries and cream with a hint of sweetness," the Purple Punch Vape is a beautiful cross of Larry OG x GDP. Exacting standards and pride of craftsmanship ensure a cannabis best. Plus, we really like that Autumn Brands is a family farm and 50% female owned. If your dispensary does not carry it, ask them to. autumnbrands.com

#### Humble Flower Relief Balm

Out of the famed redwood forests of Humboldt County, the Humble Flower company provides for a luxurious cannabis skincare experience. And their Relief Balm is pretty awesome, too. The mix of olive oil, shea butter, arnica, and lavender with cannabis bring quick relief to stressed muscles and joints. It also works miracles on inflammation. Humble Flower products are available in dispensaries. Their CBD line is available for national shipping. humbleflowercannabis.com







Petra Mints stakes claim as manufacturers of California's first microdosed cannabis infused mints. And we are glad they did. Not only has the non-intimidating 2.5 mg microdose-sized mints introduced countless people to the wellness aspects of cannabis, they provide consistency for a low dose throughout the day. There are a variety of flavors (Morroccan Mint and Saigon Cinnamon are just two) that come packaged in purse-sized tins. Very discreet. kivaconfections.com

#### CANN Cannabis Infused Social Tonic

Want to try a different experience? Check CANN, a carbonated drink with 2 mg of THC and 4 mg of CBD. Not a soda, but a "social tonic," CANN gives a nice, social buzz because it is a beverage. The effects are felt within 10 minutes and subside in about an hour. There are taste choices, too, such as Blood Orange Cardamom and Grapefruit Rosemary. Buy in a dispensary or visit the Web site for delivery options. drinkcann.com





#### Papa & Barkley Releaf Balm

Releaf Balm works on pain. Papa & Barkley makes this balm with the whole plant and organic oils, such as eucalyptus and lavender. Simply apply to skin. The calming scent and warmth work wonders on the body.

Purchase at a dispensary or their Web site. papaandbarkley.com

#### Kikoko's Cannabis Tincture: NIGHT

With 5 mg CBN and 2 mg THC, Kikoko's tincture for nighttime is a garden pathway to dreamland. Made with chamomile, rose, and a hint of melatonin, NIGHT induces sleep more quickly and makes for a groggy-free morning. Kikoko is well known for its teas; we think soon they will be as well known for NIGHT. At dispensaries or visit the Web site. kikoko.com





## Cannabult Basics

**Cooking with cannabis** is growing in popularity. And why not? Along with the medicinal value, there is the earthy taste paired with the fun factor. Creating cannabis dishes allows for a simple and potent dosage without smoking. Trying any new cuisine comes with new methods and ingredients, and the same holds true with cannabis. If this is your first foray into the cannabis kitchen, the following tips may be helpful.

- When grinding your cannabis, you want to go for a uniform look like the catnip or oregano that's dried and sold in the spice aisle. Don't overgrind or make a powder.

- Decarboxylation. That's the chemical reaction that removes a carboxyl group and releases carbon dioxide. It happens through heating and cannabis flower needs to be decarboxylated to release the maximum THC. Simple method: Put cannabis on a cookie sheet, grind it up a bit beforehand, and let it bake in a 225° oven for an hour or so. - Watch those ratios. Don't equate the amount you smoke with what you add to the recipe. The effect of edibles takes much longer than inhaling. Start low and go slow. Experiment and see how you respond. Most likely, too much cannabis won't cause any harm, but it can be unpleasant. - Move beyond the brownies. Say "edibles" and most people think of sweet baked goods. With the growing amount of marijuana cookbooks and dedicated Web sites, there is no reason to limit oneself to the dessert side of life. Plus, cannabis is savory and herbal, making it perfect to season meats and root vegetables. §

#### Recipe - Basic Cannabutter

For some, cannabutter is a hand-me-down recipe with no measuring cups or spoons. For others, this basic building block of canna-cuisine requires a recipe. The following will get you started. Soon you'll be adding your own touches and creating a signature cannabutter.

#### Ingredients

Unsalted butter, 1 pound Water, 2 cups Cannabis flower, .25 oz, 15% THC

#### <u>Method</u>

Decarboxylate the flower in a 225° oven for an hour or so.

Melt butter in a saucepan. Add water and bring liquid to a simmer for a few minutes.

Add the cannabis flower, mixing well with the liquid. Maintain low heat, don't let it boil, for 2 or 3 hours and stir occasionally. The butter and water should keep a 50-50 ratio. It is OK to add more water if necessary.

When cooled off, pour cannabutter through a cheesecloth into a jar. Don't save the bits caught in the cheesecloth.

Store the jar of cannabutter in the refrigerator. Drain off any liquid. Cannabutter can be used just like butter.

Enjoy!





#### Dr. Margaret A. Peterson, MD

#### By Tina Fanucchi-Frontado

"Neither cannabis nor the endocannabinoid system are required learning in med school; it took several years into my practice before I first learned about the medicinal benefits of this plant," explains Dr. Margaret Peterson, who graduated from the Ponce School of Medicine in 1987, followed by a 3-year residency at Kern Medical Center in Bakersfield.

Fast-forward 33 years, she is now one of the most desired and respected physicians in the area of functional and integrated medicine. Her impressive commitment to perpetual learning and problem solving makes her the goto touchstone for many medical and health professionals in search of cures and remedies for their patients' sufferings.

Located in the beautiful beach side community of Ventura, Dr. Peterson's Family Practice has been caring for all ages and conditions for nearly 29 years. Here, while in search of solutions for her patients' misery, she first met Dr. Claudia Jensen, MD, founder of the Center for Integrative Medicine.

A successful pediatrician, Dr. Jensen observed the incessant dependence of children medicated on pharmaceuticals for ADD and ADHD. In 2003 she courageously conceptualized and implemented a physician-based practice focused on the medicinal and holistic benefits of cannabis. Dr. Jensen's inspiring determination and foresight forged the path for other physicians to find the confidence and persistence to learn about the healing properties of this plant and the ways it collaborates with the human endocannabinoid system.

Sadly, following a heroic battle with breast cancer, Dr. Claudia Jensen lost her life in 2007. Her daughters offered Dr. Peterson the Medical Directorship of the Claudia Jensen,



MD Center for Integrative Medicine. For the past 13 years, Dr. Peterson has been operating both her Family Practice and the Center for Integrative Medicine. Toggling between the two practices, she sees her Family Practice patients on Monday, Tuesday, and Friday and Integrative Medicine patients, Wednesday and Saturdays by appointment.

Asked how she keeps up such a demanding schedule she answers, "Medicine's my calling and as much as I would love to slow down, my drive to find solutions for my patients' diseases, creates a power stronger than my desire for rest." The legalization of cannabis finally has begun to unchain much needed research, and although other countries have been at the forefront for decades, the United States has not only stood years behind, but purposely prohibited research.

"Two years ago, had you asked someone about CBD, their response most likely would have been 'who are they?' Today, thanks to research, we're learning about the incredible benefits of this and other cannabinoids. It's almost as if every day a new finding is discovered that helps aid in the healing and management of illness and conditions, it's fascinating to witness what this plant medicine can do," notes Dr. Peterson.

Medicine's my calling and as much as I would love to slow down, my drive to find solutions for my patients' disease, creates a power stronger than my desire for rest.

The Claudia Jensen, MD Center for Integrative Medicine does not sell any cannabis products, nor do they receive any form of compensation for recommending one product or delivery method over another. The center's offering is to assess a patient's conditions, such as pain, anxiety, sleep, seizures, inflammation, and help guide them in developing their own personalized protocol for cannabis medicine.

As of this writing, due to COVID-19 both offices are closed until further notice. Doxy.Me is being utilized for virtual office visits. There is no opportunity yet for new patients for either practice.

"I'm nearly 70 years young with a pre-existing condition. My patients are like family and I love them and the field of medicine, however I'm seriously taking this time to think deeply about how I want to emerge from this pandemic," responds Dr. Peterson when asked about her plans following the quarantine. "I'm not ready to commit to any decision yet, but for the first time in my adult life, I find myself in the space to reflect upon what retirement might look like, how I want to spend the remaining decades I have on earth ... All I can say right at this moment is stay tuned, stay safe and stay healthy!" Count on cannabis to help. Monetary contributions, volunteer work hours, and material donations are some of the ways local farmers are making life easier for their communities. The plan is to continue until help is no longer needed.



#### Feeding the Hungry

Tristan Strauss, CEO of Headwaters and president of CARP Growers, helps distribute weekend food boxes at the Children's Project at Main. This weekly event was held under the 93013 Fund, an organizational umbrella of the Carpinteria Rotary Club Sunset, with founding support from CARP Growers, Coastal View News and Three Feathers Design. This is a program that is managed by an advisory board of local non-profits which include GIRLS Inc., United Boys and Girls Club, Carpinteria Children's Project at Main and the Food Bank of Santa Barbara and ensure funds and aid remain within the 93013 community to help those in need.Learn more at 93013fund.org.

#### Stimulating the Local Economy

KopSun LLC (publisher of Cannabis by the Sea) launched the Gratitude Box in early April. Meant for sharing or self-caring, the Gratitude Box is filled with locally purchased items such as special soaps from Susan Willis LTD, handcrafted soy candles from Foothill Ranch Company, goodies from Chocolats du CaliBressan, an orchid from Westerlay Orchids, hand-painted rock from Carp Rocksl, and a fabric face mask. The actual "box" is made and designed by Coastland, a company for and by Carpinteria High School students. KopSun donated the wrapping and delivery service, the merchants received full retail price for their items, and a lot of people's days were made a lot brighter. All seventy Gratitude Boxes were sold.





#### A Prescription for Healing

From left, Kathleen Hayes, executive director of Freedom Warming Centers; Leialoha Cail, general manager of The Farmacy Santa Barbara; and Graham Farrar, owner of The Farmacy Santa

> Barbara. The Farmacy Santa Barbara is in overdrive with all of its good deeds.

There's the donation of more than 1,000 gowns to Santa Barbara's Cottage Hospital to help shore up personal protective equipment supplies. The Farmacy uses the same gowns at its cultivation facilities.







#### **Supplying Masks**

From left, Collin Dvorak and India Amarina of Pacific Grown Organics donated a batch of 300 masks to VNA Health (formerly known as Visiting Nurse & Hospice Care). Pacific Grown Organics is expecting more mask shipments in the coming weeks and will distribute them where they are most needed as the situation develops.



Interview by Leigh-Anne Anderson

Thanks to Patty Pappas and Carrie Mapes, menopause doesn't have to mean fits of rage, night sweats, and no intimacy. Addressing the huge need for female representation in the burgeoning medical marijuana market, these two entrepreneurs founded Hello Again, which enables women to care for themselves in a brand-new way. KopSun sat down with Patty Pappas to learn more about Hello Again and its contribution to the cannabis industry. Let's hear what Patty has to say.

#### Q: Can you tell us a little bit about you and Carrie? How did you meet?

Carrie and I met when our two oldest children were in preschool. Between us, now, we have five kids in college. We were both stay at home moms. Our youngest two had just left for school at just about the same time cannabis became legal in California. Neither of us were pot smokers when we were young, but we were curious about what we were hearing and went to a dispensary.

#### Q:... and?

A: We went through each counter and each product and very quickly discovered that almost every product there addressed issues that we had, but nothing there was marketed to women like us. We decided to educate ourselves about cannabis. We were excited to hear that for thousands of years, cannabis helped ease symptoms like mental fog, trouble sleeping, low mood, energy, libido, and even temperature volatility. These collective symptoms were affecting everyone we knew in menopause. The cannabis industry had not met the needs of our demographic, so we decided to do it ourselves.





#### Q: And the "backstory" about what brought you to the cannabis industry?

We had an idea for a product and were fortunate enough to have found our partners, Saman Razani and Jeff Miller at Lost Horse Supply. They had years of experience in the cannabis space and knew how to get things done. We

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wanted to create two formulas, a daytime to help get you through the business of your day and a nighttime, to help you get a solid night's sleep.

Our formulations have just enough THC (a bit more in the nighttime formula)

to work with the CBDs to restore wellness without promoting a typical high. This makes us a bit unique. Also, unique to our product, is the addition of herbal supplements. The supplements were chosen to target symptoms of menopause as well as other symptoms which accompany aging. We know that the THC, CBD, and herbal terpenes work together to provide relief.

#### Q: How did you discover the vaginal suppository delivery system?

This year, over 55 million American women will be in menopause. Traditionally we have had very few options for treating our symptoms. We could medicate or tolerate. Hello Again wanted to create something in between. A vaginal

This year, over 55 million American women will be in menopause. Traditionally we have had very few options for treating our symptoms. suppository, "vagitory," is attractive because it bypasses the stomach and liver. It can provide a quick and consistent delivery through the cannabinoid receptors and blood vessels in the vaginal mucosa.

There is also something poetic about taking that space back as a source of wellness. We had one customer tell us, "it's like my vagina went to a day spa"! We have been on the shelves for two months now and have received exciting and interesting feedback. There are many applications for our product that we see developing in the future.

#### Q: There aren't enough women entering the cannabis industry. Why do you think that is?

It is a great time to be female entrepreneurs in the cannabis space. The market is full of products that skew very young and dispensaries are looking for brands to bring uncaptured markets inside. Women spend more than men on personal wellness and women, once inside a dispensary, buy for entire households.

#### Q: And have you had any challenges as a woman specifically in starting and growing your cannabis business?

Having said the above, no start-up business is easy. We have found the cannabis space to be full of men and women who are generous in sharing resources and advice. This is encouraging as the success of a variety of cannabis brands means a healthy growth of our industry, which benefits everyone.

#### Q: Any advice you'd like to share?

In order for the cannabis industry to fully develop into the female markets, female cannabis professionals will need to represent a bigger part of the industry's landscape. For Hello Again, this lack of representation puts extra responsibility on the two of us to be present in the sales and education of budtenders to identify our customer and meet her needs.

This is the first generation of women that are turning 50 with 50 good years left to live. It can be our most vibrant time in life. We can still be raising children, dating, working again or even for the first time. We all deserve better than to just tolerate this phase of life and we want everyone to say "Hello Again" to that!

Learn more about Hello Again products at www.helloagainproducts.com



# STELCE and H Sources

#### SBVerde.com



An excellent example of "necessity is the mother of invention," S**BVerde.com** was born out of founder Barbara Verde's frustration of lack of where-to and how-to buy legal and compliant cannabis. In response, Barbara created a dispensary guide, a First Time Guide, news & info guide, and more all rolled into a friendly and helpful Web site. Though business details (name, address, etc.) are specific to the Santa Barbara, California region, **SBVerde.com** is chockablock in general useful information that is as fun to read as it is helpful.

#### The Medical Cannabis Primer



By Ruth D. Fisher, Ph.D. Don't let the title fool you, **The Medical Cannabis Primer** is much more than a primer, more like a compendium. Yes, it gives the solid foundation for consumers and healthcare professionals alike, but it also delves deeply into forms of use, dosing, and research. There's also a very interesting section on the healthcare industry's opposition to cannabis. A must-have for every home library. medicalcannabisprimer.com

#### projectcbd.org

This Web site is reminiscent of a rainy Saturday at the public library — you could spend hours here. So much to read. So much to learn. Jam packed with information presented in clear and concise language, projectobd.org covers the science, movement, and the industry of cannabis with a focus on CBD. This site is a must. projectobd.org

## Bureau of Cannabis Control, State of California



California's official cannabis Web site to learn about necessary licensing and legalities. The lead agency that regulates commercial cannabis licenses for both medical and adult-use cannabis, the Bureau of Cannabis Control is responsible for licensing retailers, distributors, testing laboratories, microbusinesses, and temporary cannabis events. bcc.ca.gov

#### Cannabis Jobs



If you're thinking the cannabis industry might be the career change for you, check out "Cannabis Jobs" by Andrew Ward. (The subtitle is How to Make a Living and Have a Career in the World of Legalized Marijuana.) With its reputation for high pay, excellent benefits, and progressive work policies, the cannabis industry is able to attract the best and brightest. In his book, Ward gives the pros and cons of working in the newly legal cannabis market along with other in-depth information on salaries and career growth opportunities. §

## Is CBD right for your fur baby?

Family pets can benefit from CBD, too

Did you know that your pet possesses an endocannabinoid system? Science has found that most animals, including humans, share the same naturally occurring endocannabinoid system. It's no wonder that CBD, aka cannabidiol, is gaining popularity as a medicine and supplement for pet wellness.

Could your pet benefit? That's something for you and your veterinarian to decide. Though focused on dogs and cats, the following information can help in your decision making.

First, the endocannabinoid system regulates the neurological, physiological, and immunological systems of the body, including the central nervous system. CBD is a chemical compound from the Cannabis sativa plant. CBD is not psychoactive; it does not cause a "high" sensation.

CBD is known to help with feline and canine conditions of seizures, appetite, discomfort, inflammation, and digestive issues. Thanks to its soothing properties, CBD also helps with situational anxiety, such as that brought on by travel or during the holidays when visitors are many and commotion nonstop.

There are different forms to administer CBD to a dog or cat. Tinctures, capsules, sprays, and topicals are the most common methods of dosing. Needless to say, it is a lot easier to give a dog an oral does than it is cats. Sprays are applied to fur. Topicals, such as creams and salves, are applied directly to the skin or paws. CBD entering through the mouth usually results in benefits being experienced more quickly. Remember, adding CBD to a pet's food will slow down the absorption rate though the benefits remain the same.

The best place to buy CBD for pets is at a licensed dispensary. Legal dispensaries must adhere to the strictest standards for product purity, and that goes for pet products as well. CBD sold outside of dispensary does not have to adhere to the same exacting standards as THC products (and for the most part, manufacturers don't voluntarily meet raised bars). The best bet is to purchase at a dispensary. There is no purity guarantee when purchasing from health food stores, online catalogs, or high-end grocery markets no matter how high the price tag.

What's the right dose for your pet? That depends on the pet, just like it does people. Your veterinarian is best suited to offer dosing advice, and a budtender can give a lot of useful information, too.

Just like it is with humans, best to start low and go slow. Monitor your pet's reaction to CBD.

Is it helping? Should you adjust up or scale down? Be patient, changes can be subtle.

-Staff report

Marketplace



#### **FOR SALE**

Queen size bed frame. \$200. Dark metal scrollwork at foot and head of bed. Bought at One Beach Road in Santa Barbara. Excellent condition. Pick up in Carpinteria. Info: boscomen@ yahoo.com



#### WEDDINGS



Wedding Officiant. Peter Bie draws on over 20 years of media experience and 12 years of service in his

church where he serves as Lay Pastor to bring out the very best in your ceremony. He will help to infuse your day with care, strong presentation skills and a warm, personal touch. Email peterbie@cox.net

#### **FLOWER CART**

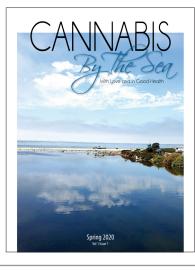
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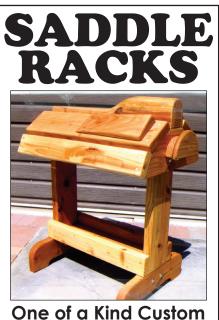




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America's medical marijuana story did not begin in 1996 when California became the first state to legalize medicinal use. It has a long history in the United States, as well as other countries around the globe, and was widely available in the 19th and early 20th centuries. The United States Pharmacopoeia first described cannabis on its pages in 1850. At one time, aspirin and cannabis were the only easily available painkillers. Needless to say, the public widely consumed both. Back then, medicinal cannabis was manufactured and sold by familiar sounding companies such as Johnson & Johnson and Parke-Davis, which is a subsidiary of Pfizer today. The U.S. Federal Government restricted the use and sale of cannabis with the Marihuana Tax Act in 1937.

## © HOME BEER FASTINGS OF THE SMITH, LET FLO GO, DJ HECKTIK

CASA AGRIA SPECIALTY ALES (OXNARD)
ENEGREN BREWING CO. (MOORPARK)
FIGUEROA MOUNTAIN BREWING CO. (BUELLTON)
FIRESTONE WALKER BREWING CO. (PASO ROBLES)
ISLAND BREWING CO. (CARPINTERIA)
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TOPA TOPA BREWING CO. (VENTURA)
VENTURA COAST BREWING CO. (VENTURA)
WILD FIELDS BREWHOUSE (ATASCADERO)

JOIN US AS WE WALK YOU THROUGH TASTINGS FROM THE SAFETY OF YOUR OWN HOME! SATURDAY, MAY 23RD 12 - 2:30 P.M. • LIMITED TICKETS SURPRESENCE