

"Can I have the "Space Cadette" Spaghetti, Please?"

By Cynthia Saarie

There has been a lot of controversy on the **approval of recreational marijuana**. NYS legislature starts up again in January 2019. When I was at the NYS Fair this August, I spoke to a DEC man who told me it was approved for legalization on January 3rd, 2019. Now I wonder if it was already approved, or if it will be up for approval? Does anyone know for sure? Then it begs the question...***How do you feel about legalization?***

Here's my take on it...*marijuana has been used for centuries*. Clothes, rope, paper, and medicine. (because of its medicinal powers) It went on the no-no list in the 60's with the **Vietnam War** and the flower children of the Peace (hippies) movement against the War. Not that the movement was violent, it wasn't, it was because of what it represented. *Stop the War and get out of Vietnam*. Many war veterans thought the idea of pulling out wrong, like running away from the problem instead of solving the problem. *The peace and love movement was not welcomed*. The illegal trafficking of marijuana didn't help. The Woodstock event, in August, 1969, seemed to finish it all off. The stigma and the penalizing laws made medicinal use impossible, and if caught with any, you went to jail. The nation witnesses the debauchery in Bethel, NY and that was it.

The courts swam in legal action for decades. Finally, the police got tired, and the jails and courts were tired of all the over overflowing of their systems with meaningless misdemeanors. Many were not employable because of their arrest records. People were not happy

about many issues, but smoking marijuana didn't seem to be at the top of their lists any more. **Attitudes were changing.**

The information came forward about medical advances and innovative discoveries. Help had arrived for cancer patients in stopping nausea and bringing back an appetite. Parkinson's disease patients, people who have Epilepsy, and others with brain injuries and anxiety issues, were finding that marijuana stopped the tremors, calmed the nerves, focused attention. The evidence that it worked as medicine was overwhelming. The problem is only a handful of states have instituted its use. That's sad. Some stigmas continued and no one wanted to move forward. Even the overwhelming evidence medical universities were bringing to the public was scrutinized. Progress was made very slowly.

Colorado has had legalized use recreationally for the longest of any state so far. In November, 2012, it was the first, **Washington State** was right behind. I spoke to several dispensaries in Colorado and California. Colorado had reported **the opioid and heroin addictions had dropped by 47% when legalized. Teen suicide rate dropped. Even DUI's declined.** Taxes paid turned it into a cash crop for the state. It is estimated to turn into billions in revenue. Currently, over **\$800 Million in taxes** in **Colorado**. Anyone who owns a home can go in to their state offices and get a free \$20,000 home improvement gift from the excess in cash they have accrued. Education and infrastructure have improved. Streets and building construction projects have exploded.

Canada legalized recreational use nationwide in May 2018. **Massachusetts** legalized this summer along with **Vermont**, and **Maine**. *64% of Americans are in support of legalization nationwide. Courts are*

tired of the constant *turnaround of the non-lethal crimes of possession*. The jails are overcrowded by these so-called criminals.

Today, I spoke with a man that runs a pasta business at the **Syracuse Regional Market**. He comes every Saturday to sell a myriad of different blends of pasta from **Rochester, NY**. (About an hour and a half away.) I asked him if he had heard about people grinding up marijuana and hemp plants, as he does with grains, to make flour? I asked him what kind of grinders would people use to accomplish this grind, making it fine enough to use in bread, or in his case, pasta? He told me he has *already looked into it*. He agreed with me that the future of marijuana and hemp is in **flour for edibles**, *not smoking or vaping marijuana* when legalized recreationally. Edibles, not as in the old 70's hash brownies. **Flour to make bread, pasta, and hemp butter**. It won't be cheap, an ounce of *good marijuana costs between \$250 and \$350*. Grinding up the flowers into flour will not equal a lot of flour, but about a cup or so. You would have high potency flour that you would cut with other high-quality flours for baking. And even a finer grind if making **CannaButter**. One ounce of marijuana yields about two cups of butter that is green, and keeps in the refrigerator for about two months, up to six if in an airtight container, or if frozen. Adding some of the butter into a *cookie recipe, or into pasta flour*, would create a **sustained high**. *Good quality marijuana equals edibles* that will be a new industry country-wide. **Instead of Aunt Jemima's pancakes, Aunt Jemima's Potcakes?** I am not sure how I feel about that.

Looking around the Syracuse Regional Market today, I saw three stands **selling CBD oils and balms**. CBD: cannabinoids are the non-hallucinogenic component of marijuana and hemp. **CBD's still contain**

0.3% THC in the product. THC is *stored in fat cells of people*. People who are in states that do not have legalized marijuana, or if in a *Federal job*, until it is legalized nationally, should not use CBD oils, sprays, balms, etc. **They will show positive** for marijuana use, and **could lose their job**, or **not get a job, if randomly drug tested**. Something to consider when thinking about using these products that are legal nationally to sell, and to mail around the country, and order online. **Don't risk your job**, or getting hired because of CBD usage. It takes **approximately 180 days** *for it to leave your system once you have stopped using any CBD product*.

So, now, my opinion...I don't know yet. In the 70's, I smoked marijuana. I did like smoking pot. But, do I want to do it now? Not really. Does that make me want it legalized? **I think it is inevitable**, and *much better than the opioid problem* we face now. I have lost people to opioid use. **Addictions are not pretty**. They ruin more than the addict's life. *The impact of overdosing and suicide haunt the people left behind*. I'm still not certain of my decision. It will be a while before I can decide. Why?

Because, it is hard to digest this plate of spaghetti.

BIO:

Cynthia Saarie is a Freelance Copywriter in Phoenix, NY, specializing in script writing for commercials on radio, tv, online. A Voiceover artist, vocalist, and Lay Speaker for the United Methodist Church, (aka, a sub for pastors that are out sick or on vaca,) Cynthia is a Christian Writer, but writes in most forms of copy. Phoenix is a small suburb community on the Oswego River, about 20 miles north of the city of Syracuse. The

Oswego River flows north into Lake Ontario. Oswego County is known as one of the Snow Capitals in the US, starting at 120" of snow every winter.

Cynthia has been married to her husband, Skip, (Arthur Saarie) for 30 years on Sept. 23, 2018. They have one son, Neal, and his wife, Holly, that live in a nearby town. Both Skip and Cynthia are retired from 30 plus years at the US Postal Service in Phoenix, where they met. Cynthia was Skip's sub for four years when she was hired as a City Letter Carrier, (the ones that walk door to door year-round), before transferring inside as a Window Sales and Service Clerk. That way they were able to take vacations together!

Cynthia is the author of an award-winning Christian workbook for a person's personal walk with God, titled: "Are You in the Will?" available online at Barnes and Noble, or Amazon, and an e-booklet on preparing "An Authentic Caesar Salad: Prepared Tableside French Cuisine Style." Links for both are on her websites.

Cynthia recorded her own cd of her book, and then took courses to become a voiceover artist recording commercials and jingles. Cynthia makes slideshow videos and power-point videos for small businesses, so they can have a presence in today's internet social media blitz. Samples are available at her websites, along with voiceover samples.

Every Tuesday and Thursday mornings, at the local town hall, Cynthia teaches Tuft's Medical University's course, "Osteo Bone Builder's" class. This class is for those 55 or older for an hour. The class is one-way older people keep strong and limber. Doing repetitive exercises slowly, and while using weights, keep people out of nursing homes, and in their own homes, longer. Participants are required to have a signed statement from their doctor stating they are able to do the exercises, and use weights.

If you wish to reach Cynthia she is regularly posting on Facebook and LinkedIn and her blog site, "Live with Every Breath," on Mighty Networks.

<https://mightynetworks.com/>

Cynthia has two websites, <https://www.ForevermoreOnline.com>

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Cynthia welcomes conversation. She works with several internet marketing companies, including one that markets coffee that curbs cravings to help lose weight, and will be marketing CBD oils in 2019. If you are interested in more information, or are interested in putting Cynthia to work for your business, please visit her websites, or send her an email at Cynthia@ForevermoreOnline.com.