A VERY SPECIAL MENTION

This Digital Magazine-Podcast (Magcast) is devoted to showcasing the love in the cannabis industry, and especially highlighting how hard it is to create a living, consumable product for the vastly growing market place.

I dedicate our first cover to a very dear person, who grew an incredible flower, that gave me a whole new start in life after a terrible, career-ending injury.

Yossarian Kelley’s Leaph, while no longer producing, will forever be among the best flower ever grown in the world. That is not just my opinion, he carries the prestigious title of being a Dope Cup winner!

- Ms Deena
CBD Magcast is behind the curtain in the cannabis community. Cannabis, marijuana, pot – it doesn’t matter what you call it – users are feeling better, and they are not belittled here for their choice. They are celebrated. Cannabis industry workers are celebrated.

It is hard work to bring legal cannabis to the community. The intricacies are delicate. If it sounds easy, that’s because you’re still thinking about the pot. (And I don’t blame you.) The complexity is in the community. Folks are all looking for something different – it could be the strain, soil, or smell - maybe the budtenders’ conversation or product packaging.

Whether or not you are familiar with cannabis, this magcast is for you. It contains four sessions and six segments: Civics – Business Bragging & Perilous Production; Culture – Budtender’s Corner & Call it Cannabis; Cooking; and Canine. Their potential scopes have barely been unlocked, and the magcast will most likely morph over time. Cannabis can be hilarious and heart-warming; and sometimes it’s serious. Our conversations have and will reflect the variance in people. So far, the through line has been the humanity crucial to plant and planet love.

People face – are serving – incarceration all over the country for marijuana crimes. This reality must change.

Mothers and fathers close themselves off from their families, their nerve endings feeling singed; children convulse incessantly; and they turn away from cannabis because they don’t want to be judged as a marijuana user. This reality must change.

Our team is diligent and passionate about cannabis and the impact it is bringing forth. We are fortunate to be part of the swift and unique cannabis community, culture, and industry.

Peace & Love,

Nikkie Hanley

CBD Magcast Mission Statement

CBD Magcast is a digital magazine and podcast devoted to the new retail Cannabis economy and how it is impacting your community. We highlight the truth about the dedication and passion for this special plant that is a common thread. These attributes are the foundation of the Cannabis culture and we humbly serve that idealism in every issue.
I started budtending with Uncle Ike’s, and now I am the General Sales Manager of all the locations.

Helping LGBT Community
Uncle Ike’s will be donating 5% of their profits from all three of their locations between the dates of June 18th and June 24th to the local non-profit Entre Hermanos. Entre Hermanos’s mission is “To promote the health and well-being of the Latino Gay, Lesbian, Bisexual, Transgender, and questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building.” Last year Uncle Ike’s and partners were able to donate $12,000 to Entre Hermanos.

This year Uncle Ike’s aims to donate as much if not more to this great neighborhood organization. Some vendors are also stepping up and are matching this donation with 5% of their products as well. So far, these vendors include: 1937 Farms, Artilan, Avitas, Bacon’s Buds, Craft Elixirs, Fairwinds, Falcanna, Freddy’s Fuego, Gabriel, Goodship, Grow Op, Happy Apple, Heylo, House of Cultivar, Ionic, Leaf Werx, Royal Tree, Seattle Green Bud, Smokey Point Productions, Solstice, Sweetwater, Top Shelf WA, and Velvet Swing.

“Ike’s is proud to support our friends at Entre Hermanos who are doing great work in our community for Latino LGBTQ people and issues like health and advocacy.” Said business owner Ian Eisenberg. “Pot can help and bring people together in many different ways and this is our small way of saying thanks for all they do in the Central District and the greater Seattle area.”

Uncle Ike’s currently has 3 locations here in Seattle. The Flagship store is located in the Central district on 23rd and Union, the Capitol Hill location is located at 15th Ave and Republican, and their White Center location is at 9822 15th Ave SW in the “Rat City” neighborhood. Swing by any shop from the 18th to the 24th and help be a part of something bigger.

At Fairwinds, cannabis and a healthy lifestyle go hand in hand from the top. There is an expectation of hard work and follow through from the team and, in their small business environment, they are closer-knit than a family. Perhaps, Steve Schechterle, business development professional at Fairwinds Cannabis, said it best: part of Fairwinds’ mission is “bringing eastern medicine and philosophy into western cannabis science and technology.” Balance, the golden ratio, healing, and empowerment are key components to the quality expectation and benefits of Fairwinds products.

Fairwinds creates cannabis products comparable to naturopathic wellness with the help of significant clinical study research. Since the Cannabis Protection Act (effective July 1, 2015), the medical cannabis market has changed entirely. Cannabis language is restricted by law. Steve explained that when educating consumers, often he cannot share the company’s resources and links – he has to “kindly advise that folks continue their research,” on their own. Like many folks in the industry, Steve wants to debunk cannabis myths, but doing so could cost him his job. Instead, people are left searching the web for elusive information.

With a top of the line product, Fairwinds has been able to rely primarily on word-of-mouth marketing and a hard-working sales and business team to see their products excel across the Washington State cannabis market. In this time, the business owners, Wendy and James Hull (who held careers in the federal government before changing gears to the cannabis industry), have seen their cannabis products change the lives of hundreds of folks in drastic fashion. No one at Fairwinds will comment on these stories nor acknowledge any truth to these claims because the language of Washington State cannabis laws prohibits the acknowledgment that cannabis can provide substantial medical benefits to ailments of any kind.

Cannabis users are healing their bodies, a little CBD and THC at a time. Where cannabis cures, it is not a miracle – it is natural science at work. After years of suffering and “learning to survive” with her extreme medical condition, Braxtin Angelo, a Washington state medical marijuana patient, said that Fairwinds products have helped her live. One of her more recent diagnoses was Dercum’s Disease - a rare and extremely painful disease that causes rapid and mass tumor growth. Braxtin has experienced even shrinking of the tumors in her body since starting a cannabis regiment.

More often than not, cannabis users enhance and enjoy more of their days – regardless of health status or state of mind. Often, cannabis users feel less stress in body and mind; struggle less with insomnia; experience laughing fits; think outside the box. Sometimes, cannabis users feel trapped or uncomfortable, and the overconsumption of cannabis is most comparable – and sometimes in conjunction – with food binging.

The medical value of most any substance depends on the intent of the user. Concerning cannabis, if the state refuses to allow adequate information to be shared, folks cannot make educated decisions on the products they put in their bodies. “It’s a really dangerous learning curve, especially for the consumer,” said Steve, and it’s important to him that more research be done and soon. Fairwinds isn’t taking chances, but Steve has considered that some cannabis production methods in Washington and new-legal states could adversely affect the communities who use them. Only time will provide an answer, and only if we document the large and swift culture imbibing in cannabis and feeling better.
I would have to say my all-time favorite strain is MK Ultra. I love how heavy, serene, and meditative it is on the body. Yet, it still produces a euphoric & blissful cerebral sensation.

I will always prefer actual smoking to anything else. Though, it seems recently I have become more fond of vaping. Perhaps it’s the convenience of being able to pull out a vape pen and just hitting it rather than grinding, packing, lighting a bowl. But I feel I always have some sort of cannabis cartridge & battery on me ready to go.

Previous Work Experience:
Retail/customer service. The legalization of cannabis has given my generation an opportunity to flourish in a new and exciting industry.

Describe Your Ideal Smoke Session:
Sunset. On a beach. Listening to the waves of the ocean crash along the shore, the sounds of the birds above me. A slight breeze in the air, and what’s left of the sunlight warming my face. Not a soul is around and it couldn’t be more blissful.

Favorite Strain(s) and Way to Enjoy Cannabis:
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Cannabis Wisdom or Catch Phrase:
It’s all about the terps!

Social Media: Instagram
@CannabisPNW
In the United States, ambiguity and the language of law-making are synonymous — and misinterpretation in the 21st century collage is unavoidable. It is no wonder that cannabis laws and the language used around them seem foreign to your average cannabis user. This language is muddled at its roots. Centuries of herbal treatment and political leveraging has left the meanings of cannabis, marijuana, and hemp twisted and warped. This is their undoing — or redoing — once more.

Your average cannabis user knows very little about legal cannabis. In the middle of 2018, weed is legal in Colorado, Washington, California, Nevada, Alaska, Massachusetts, Vermont, Washington D.C., and Maine. Medical marijuana is available in these states as well as Montana, North Dakota, Minnesota, Florida, New Mexico, New Hampshire, Connecticut, New Jersey, Arizona, Delaware, Arkansas, Rhode Island, Ohio, Pennsylvania, Maryland, Michigan, and Illinois. Twenty-six states of those North-American United believe cannabis can make a difference in their culture. It’s the closest folks have ever been to unanimous, yet we barely know how to talk about this significant cultural shift.

For example: Cannabis oil, cannabidiol, and cannabinoids are part of the same conversation. These are the foundations — and to make matters more complicated, they look and sound similar. But these words are not the same, and the cannabis word family is complicated. Cannabis education is in still in the beginning stages.

It’s a tough racket – like the craft beer craze and its wealth of new knowledge – when you just want to smoke some weed and feel better. Cannabis induces hunger; it makes you sleepy; it can cause eye-redness and sometimes tears; it alleviates tension; laughter occurs; it changes perception and pace. The definition of cannabis envelopes hemp and marijuana: the term suggests that these two plants deserve (at least) equal treatment. The difference is not just in CBD and THC, but the habit to compartmentalize is a human condition. The main cannabinoids found in cannabis are: cannabidiolic acid (CBDA), tetrahydrocannabinolic acid (THCA), cannabidiol (CBD), tetrahydrocannabinol (THC), cannabinol (CBN), cannabigerol (CBG) and cannabidivarin (CBDV).

Cannabidiol or CBD is the primary cannabinoid found in hemp. CBD oil is the most commonly sought form of cannabis oil, and CBD oil from hemp was the first and most easily accessible in mainstream medical marijuana studies. The CBD source is a crucial component in product effectiveness. Cannabinoid tests on hemp show trace amounts of all seven cannabinoids above according to The Journal of Pharmaceutical and Biomedical Analysis, with CBDA found in the highest quantities. It is generally agreed upon that the properties of CBD and CBDA are less psychoactive than those of deoxidated THCA. (The process of making cannabis oil often requires a solvent that is combusted and activates cannabinoid properties.)

As some flowers produce more pollen, cannabis marijuana produces more resin than cannabis hemp. Going forward in this magazine, cannabis refers to cannabis marijuana. The cannabinoid profile above (CBDA, THCA, CBD, THC, CBG, CBN, and CBDOV) is multiplied significantly in cannabis marijuana as it is a more robust producer than hemp.

Federal cannabis laws prevent the sale or use of all cannabis by products, with the exception of hemp fiber and hemp whole plant products. Some state medical cannabis laws refer to cannabis oil derived from hemp only and intentionally negate cannabis marijuana because of its highly resinous, high cannabinoid production. These products are deemed psychoactive, thus giving way to the most common conventional wisdom: CBD with little to no THC is the most therapeutic, lowest risk cannabis product.

Most research indicates that is a combination of cannabinoids, or the entourage effect, that induces optimum relief — and an effective ratio combination varies from person to person. It is no wonder the conversation is complicated. Finding the cannabis for you is a personal journey. It goes awry, and the stigma is deep.

- Nikkie Hanley
1oz CBD Bud OR
1oz THC Bud

• Preheat oven to 215˚
• Tear buds into grainy pieces with your hands
• Spread evenly on a cookie sheet and cover w/ foil
• Bake for 30 to 40 minutes

Dosing:
Divide into 28 pieces start with 1 piece
(Wait 1-2 hours before redosing)

Heating is an important step called decarboxylation. Heating the plant material to release the active natural substances with healing and psychoactive properties. Heated cannabis should be light brown and dried out. Now you have concentrated the active ingredients.

COOKING CANNABIS

Add 1 lb. of coconut oil and 1 cup of water to your cooking pot and simmer on low.

Once oil is melted add the 1 oz. toasted cannabis.

Simmer on low for 3 hours stirring occasionally. Don’t boil.

Remove from heat and let it cool.

Secure cheesecloth over your glass mason jar.

Carefully pour in the hot mixture over the cheese cloth to remove all plant substance. Remove the cheesecloth.

Cover the mixture and place it in the refrigerator to solidify and to let the oil separate from the water.

Remove the oil with a big spoon and place it in an airtight container for use. Dispose of the water.

Now it is time to enjoy your infused cannabis oil.

Replace equal parts butter or oil in a recipe.

WARNING:
Edibles can take up to 1 - 2 hours before taking affect. Start slow and remember, drinks and DIY infused oil will hit harder than a store bought 5 mg cookie. Do your research. Be educated. Be safe. Have fun!

TATTOO LIGHTENING and REMOVAL

When it comes to laser tattoo removal, experience counts
Caddell’s has been providing laser tattoo removal since 2002 and have many satisfied clients. Tattoo artists trust Caddell’s to provide exceptional service, with better results than other clinics because our highly qualified staff knows the capabilities of each laser they can use to remove a tattoo. Caddell’s has a variety of lasers to use on tattoos to ensure a successful outcome.

FACIAL REJUVINATION aka ANTI-AGING

Esthetic and Laser Services for Anti- Aging results
Help reduce wrinkles, sun damage, redness, scarring, veins and tighten skin with facials, chemical peels, electrolysis, microcurrent, micro needling and top of the line lasers such as Erbium Yag Laser Treatments, Fractional Co2 Laser Treatments, Laser Genesis Treatments, IPL/Photo Facial Treatments, Thermo Lo.
Half the day it’s even hotter out there. Woof. There’s a hot and hard ground between here and the grass I’d like to squat my bottom on. I am not looking forward to walking on that (so ahead, sit your bare bottom on it), but my human insists. (Sometimes, I honestly don’t mind doing my business on the sidewalk. I’m not too worried, but I do not think my human loves when I do that.)

When the sun is shining, I love laying and showing off my dark and shiny coat. I reflect the sunshine and you can see all my colors. I’m so good-looking. I warm up fast rolling in the sun, so I take turns laying in the shade too. Woof. It’s hot outside, and when I’m panting, my human leads me inside and drops bacon flavored CBD tincture on my treat. Not all pups love tincture, but it calms me down when I’m uncomfortable. (Sometimes, my human lets me lick a little right from the bottle! Its design from Fairwinds is made from food grade products, so it can be used by all-legged creatures. I wash it down with laps of fresh, cool water. - Vitanni

AKC COMMON CANINE SUMMER SAFETY TIPS

The strength of your canine companion cannot be measured - they will endure what we put them through, so be mindful of your furry friend. For more information about the summer months and your dog, visit:

Canine’s are the golden age for life. This means that while they are excellent learners, their execution is roughly that of a three-year-old human. Their intelligence is using their best skills: observing how to get their favorite things in life like, walks, cookies and belly rubs.
PUBLIC RELATIONS FIRM

We tell your story
While you sell you story
Let us share your reputation

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