## Vol XXIX 3 WOMEN'S HISTORY MONTH

## HE411 Historical Black Women Michigan

**MARCH 3, 2023** Jazz Orchestras with Camille Thurman 8:00pm Fairchild Theatre For more information call MSU

College of Music 517-353-5340 **MARCH 12, 2023** 

"Karaoke Kickback One Year Anniversary" at Urban Beat 6:30pm-11:59pm 1213 Turner Street for more info call 517-331-8440

MARCH 18, 2023 "Ritmo Project" at Urban Beat 8:00pm-11:00pm 1213 Turner Street for more info call 517-331-8440

MARCH 14-19, 2023 "Beetlejuice" Cobb Great Hall for times and ticket information call 1-800-WHARTON.

MARCH 25, 2023 "Imani Winds World Premier" Cobb Great Hall 8:00pm for ticket infor call 1-800-WHARTON.

MARCH 30, 2023 "Upbeat Thursdays, Anthony Taylor Trio" 7:00-10:00pm **Urban Beat** 1213 Turner Street for more information call 517-517-331-8440

APRIL 18-29, 2023 "TINA" The Tina Turner Musical Cobb Great Hall for ticket information call 1-800-WHARTON

## WHAT'S

INSIDE

March Woman's History Month

Mr Party's Birthday Cov's Poem

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Slashing

**Snap Benefits** 

**Metro Melik** 

Many notable Black women contributed to the history of the state of Michigan. Some were born and raised in the state and others move to Michigan seeking educational and career opportunities. This March we will honor their legacy, lives, and accomplishments. Many of

these women were peers, collaborative orga-

nizers, and members of the Michigan Association of Colored Women (MACW), a branch of the National Association of Colored Women (NACW [established in 1896]). A second federation, the Detroit Association of Colored

was a concerted effort of eight African American women's clubs. The association engaged in charitable work, created scholarships for Black youth, and supported educational and spiritual opportunities for its members.

#### Fannie M. Richards (1840 – 1922)

Fannie M. Richards was an educator and began teaching at the newly integrated Everett Elementary advocate for desegregated schools. She was the first Black teacher in Detroit and opened a private elementary school for African American children in 1863. Richards held this position for five years the Michigan Supreme Court abolished segregated schools in 1869. Richards

School in Detroit; a position she held for four decades. She established the first kindergarten class at Everett Elementary after studying the concept with Friedrich Fröbel in Germany. Her activism continued throughout her life. She founded the Phyllis Wheatley Home for Aged Colored Ladies for low-inbefore transferring to the Colored School come, elderly women and became its first president in 1898. No. 2. Due in part to her advocacy work, Richards was also a founding member of the Michigan State Association of Colored Women.

#### Mary E. McCoy (1846-1923)

Mary E. McCoy was born in an Underground Rail- charitable endeavors in the community. She was road station in Indiana. Her family moved to the her mission to improve the health, education, and economic development of African Americans as a philanthropist and prominent organizer. She was referred to as the "Mother of Clubs" and helped to establish the Michigan State Association of Colored Women, a chapter of the National Association of the Lydian Association of Detroit, which paid sick benefits, provided burial funds, and supported

the founding president of the Sojourner Truth Detroit area in the 1880s where she later carried out Memorial Association of Michigan which created scholarships for children of enslaved people to attend the University of Michigan. She helped to establish the Phyllis Wheatley Home for Aged Colored Women in Detroit and served as its vice president. She was also a member of the Twentieth Century Club of Detroit, the National Association of Colored Women, McCov was the vice president for the Advancement of Colored People, and the Willing Workers.

#### Blanche V. H. Brooks (dates unknown)

Blanche V. H. Brooks was from Monroe, Michigan, and worked as a nurse, educator, and writer throughout her life. Leaving Michigan to seek better educational opportunities, Brooks

graduated from Oberlin College years. A strong advocate for in 1860. After completing her degree, she moved further South the president of the Woman's to work as both a nurse and a teacher. She taught in the Knoxville school system for seventeen

temperance, she later served as Christian Temperance Union.

## Dr. Ida Gray Nelson Rollins (1866 – 1953)

Dr. Ida Gray Nelson Jonathan Taft, who became the first dean and in 1895 married Sanford Nelson Rollins was born of the Dental College at the University of (she remarried after he died). The couple Michigan. Taft supported enrolling wom- moved to Chicago where she became the in Tennessee and moved to Cincinnati, en in the dental program and encouraged first African American dentist to practice Ohio to live with Gray to apply. She graduated in 1890 in the city. She also served as the vice her aunt after her and was the first Black woman to earn president of the Professional Women's mother died. During a Doctorate of Dental Surgery. She also Club of Chicago and was a member of

secondary school, became the first African American female the Phyllis Wheatley Club, a group that Rollins worked in the United States. Gray opened supported the only women's shelter for the dental office of a private dental practice in Cincinnati Black women in Chicago.

## **SNAP Emergency Benefits End For Milions Of** Households March 1, Slashing Some Monthly

Millions of people in 35 states, districts and territories around the U.S. are losing their emergency food relief from the Supplemental Nutrition Assis-Covid-19-era emergency allotments (EAs) means a reduction of at least \$95 per month in SNAP benefits, formerly known as food stamps.

Just \$30© Getty Policy Priorities.

help ended a while ago in many states, dozens of others"along with the Districtof SNAP Emergency Ben-Columbia, Guam and

the U.S. Virgin Is-The cutbacks come as stubborn inflation According to the latest report from the Department of Agriculture, food prices were up by January. Combined with persistently high food and housing prices, reduced

SNAP benefits could

undo recent anti-poverty gains. A study by the Urban cy benefits have

the poverty line were able to stay above it.

#### Frankie E. Harris Wassom (1850 – 1933)

Frankie E. Harris Wassom was from Monroe, Michigan, and worked as a poet, writer, artist, and educator. Her family moved to Oberlin, Ohio, where her father, assisted with the Underground Railroad. She was a graduate from Oberlin College, class of 1870, and moved to Virginia after graduation to become a teacher. She later held the position of the school principal in Knoxville, Tennessee, and married Colonel George T. Wassom in 1874. She taught for 54 years, including two faculty

positions at historically Black colleges. She also served as a staff writer for the Goldsboro Star in North Carolina. published a book of her poetry and exhibited original artworks in 1886, and served as an officer of the Colored Teachers Council of Wayne County.

Women (DACW) was established in 1921 and

## Lucy Simpson Thurman (1849 – 1918)

Lucy Simpson Thurman was a women's rights activist and social reformer. She was born and educated in Canada, then moved to the United States in 1866 to accept a teaching position in Maryland. In her youth, she met prominent Black leaders such as Frederick Douglass and William Wells Brown. one of the founding members of Later in life, she moved to Jackson, the Michigan State Association Michigan, and committed her life to public service as an activist and lecturer. She was a devoted

member of the African Methodist Episcopal Church (AME) and Woman's Christian Temperance Union (WCTU). Thurman was a founding member of the National Association of Colored Women and served as its third president from 1906 to 1908. She was also of Colored Women. For over 35 years, she dedicated her life to social activism.

perance Union (established

in 1873) and the Michigan

State Association of Colored

Women.

**Frances E. Preston (1844 – 1929** Frances E. Preston was a muafter graduation, she became a Natio teacher at her alma mater. She Wom sician, performer, and educa-

tor. Born in Virginia, her fami- held this position until 1888 ly moved to Detroit in 1855. Unable to obtain an education with her daughter to establish as a youth, a widowed Preston an all-girls Baptist school. entered The Detroit Training Preston gave public lectures School in Elocution and

and spoke at the Ferris Insti-English Literature in 1880, at tute in Big Rapids in 1902.

the age of 33-years old. A year She was also a member of the Jennifer HassoEducation CoordinatorJim Crow Museum 2022Sources:Butchart, Ronald. (2010). Schooling the Freed People: Teaching, Learning, and the Struggle for Black Freedom, 1861-1876. University of North Carolina Press.Center for Women's Health. Women Who Inspire Us: Ida Gray Nelson Rollins https://www.ohsu.edu/womens-health/women-whoinspire-us-ida-gray-nelson-rollins Hall of Fame Timeline: Fannie M. Richards. Michigan Women Forward, https://miwf.org/timeline/fannie-m-richards/Hall of Fame Timeline: Mary E. McCoy. Michigan Women Forward. https://miwf.org/timeline/mary-e-mccoy/ Hartgrove, W. B. (1916). The Story of Maria Louise Moore and Fannie M. Richards. The Journal of Negro History. 1 (1): 23–33. Johnson, Kathy King. (2021). History of the Opera

when she moved to Georgia

House Part 34: Lucy Simpson Thurman: Social Reformer. Cheboygan Daily Tribune. https:// www.cheboygannews.com/story/opinion/2021/03/04/opera-house-part-34-lucy-simpson-thurman-social-reformer/6919290002/



## Benefits From \$250 To Just \$30

tance Program (SNAP). The March 1 end of the Center on Budget and

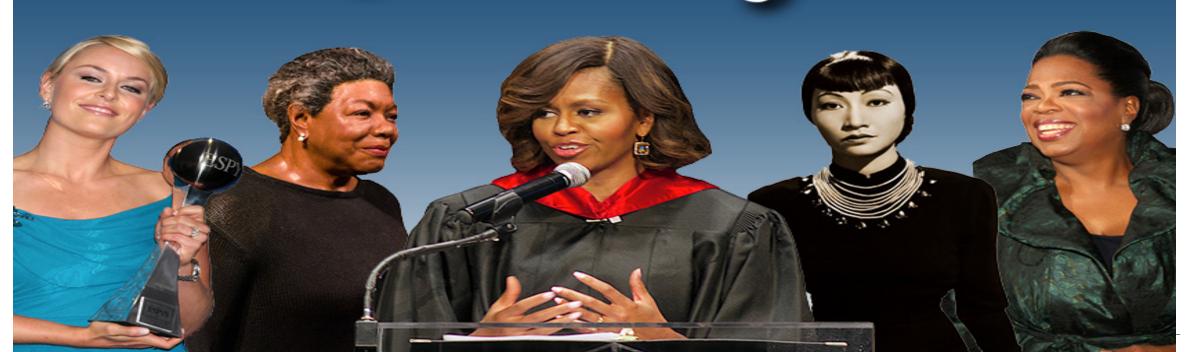
efits End For Millions Of Households March 1, lands" were still Slashing Some Monthly issuing extra SNAP Benefits From \$250 To Many households face reductions of \$250 or more, according to the Although the additional 10% year-over-year in

benefits as of February. keeps grocery prices up. lowered poverty by al-

Institute found that the pandemic-era emergenmost 10% in late 2021. Some 4.2 million people whose incomes would otherwise fallen below







## LLRJ (My words to Ruben)

By Coy Jones Williams

Grieving you somehow equates to me needing you, Drunk nights stuck breathing you. Rolling up gas, Praying somehow, I'm defaults me to follow. chiefing you. Re-reading you. Dig deep with gods' instructions. Seeking truth Fluent in this hurt As if we knew. Dealing with what is Instead of the truth Fucking over my heart Which I know you knew Tryna convince self That grev skies still blue Analyzing conversa-Realizing our hearts been breaking Righting wrongs Could never forsake it, starting to feel your Mutual life, we both chose to hate it.

I could not take it.

Now it's clear, good

hearts are worth breaking

Acceptance of self somehow makes the pill I swallow sit hallow, Overwhelmed with Straying away from footsteps the universe inginevitable. My heart left when you decided to, Wishing on the other side,

We could somehow smoke and ride. And through the clouds of smoke, we hallucinate perceptions of love. And I end up with your heart,

Come back to earth and live this life with your PART. Normalizations of halting low thoughts before they can even

Somehow lately I'm thoughts. Except being pure Speaking of life when isn't my cure

go hand in hand with my system. Soulmates in the sky,

emotions surround-Questions no longer quite questionable Subjected to hidden intentions, of course life is more question-

Conditioned introvert, vour presence telling Resent the whole squad cuz they can't fathom my hurt.

Mad at the curse cuz go Cry. at least if you were in the dirt. added ammunition of I'd be able to pull up, reminisce on that solo Getting my ass up, I you once had at that church.

> Funny how u miss all the things that were just our thing.

Like my love for music & you really support-Being a victim doesn't ing me when I sing

Validation from your mouth that even with- stressing me. on earth we can't pick out a spouse I was far too valid for just a ring.

> You are still hardly resting king. Busy protecting me, While I'm investing in myself. In half ass unhealthy

things

Corner of my eye, That dude still Ain't that guy Coy, go home and Fluently vocal but still

still try But I can't help but most days to have my head in the sky.

Coming to terms with of me. the rest of me

Understanding you been chose your

destiny You outside no longer Walking with sis, constantly finessing

see.... I be knowing who be blessing me. But he sends you down when I'm moving recklessly.

Pour memories into my seeds, Love in the flesh right next to me.

Absent to the eye yet bringing out the best of me.

Clear view, you knew that my art is the world's necessity.

This world is mostly fiction, it's addiction that be testing me.

In honor of your heart, Ill expose all what's left

Or even sees what's left of me.

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#### Michigan Lottery: For Fun. For Schools!

Every time you play the lottery, it's a win for Michigan. Each purchase benefits K-12 education, gives a lift to local businesses, and supports companies that employ Michigan residents. For every \$1 spent on Lottery, 61 cents goes to prizes, 28 cents goes to the School Aid Fund, 9 cents goes to retailer and vendor commissions, and 2 cents is used for Lottery operations.

Since it began in 1972, the Lottery has contributed more than \$27 billion to support public education in Michigan, with more than \$6 billion of that coming in the last four years. Fiscal Year 2022 marked the Lottery's fourth straight contribution of more than \$1 billion to support public education.

Almost 11,000 businesses throughout Michigan earn commissions on the sale of Lottery products as licensed retailers. Lottery sales provide a year-round revenue stream for small and large businesses alike. In the last decade, more than \$2.4 billion in sales commissions and bonuses have been paid to these businesses.

In addition to contributing to the School Aid Fund, the Lottery recognizes outstanding educators with the Excellence in Education awards. The Michigan Lottery established the Excellence in Education awards in 2014 to recognize outstanding public-school educators across the state during the school

One outstanding educator is selected each week and receives a \$1,500 cash prize plus a \$500 grant to their classroom, school or school district. One of the weekly award winners will be selected to receive the Lottery's Educator of the Year award and will receive a \$10,000 cash prize.

Each winner also will receive a plaque and be featured in a news segment on the Lottery's media partner stations: WXYZ-TV in Detroit, FOX 17 in Grand Rapids, FOX 47 in Lansing, and WNEM-TV, Saginaw.

All public-school employees may be nominated for the awards, which recognize educators who go "above and beyond" to make a difference in the lives of children. To nominate a public-school educator, go to https://www.michiganlottery.com/excellence-in-education.

We recognize the challenges facing educators today, and the Lottery is proud to support Michigan public schools and the important work they do. In 2023, we look forward to another successful year and support for public schools across the state.



For fun. For schools.

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Pastor/Chaplain Pamelajune (Pj) Anderson, DMin. Soul II Soul Spiritual Fitness Couch Lt. Commander (RET) US Navy Chaplain Corps

Certified Peer Support Specialist

BE STILL AND YOUR SOUL WILL SPEAK

16"Your Gift Will Make Room for You – Proverbs 18:16



Eternal God and Faithful Friend, I want to thank You for the gift that we have in the person of Rev. Dr. Karen Georgia Thompson, the first woman and the first woman African descent to be nominated for the position of General Minister and President of the United

Church of Christ. This makes me want to shout, "Hallaluhah." I am grateful and ecstatic. I was invited into the United Church of Christ by my seminary dean, the late Dr. Lawrence N. Jones in 1982. With his mentoring, I was the first woman and the first African American woman serve as (1) Associate Pastor, Plymouth UCC, Detroit, (2) Associate Association Minister, Western Reserve Association, Cleveland, (3) Pastor, Mayflower Congregational Church, Detroit, (4), Senior Pastor, St. Stephen's Community Church, Lansing, (5) and called Founder, Space for Grace W.O.W.United Church of Christ, Lansing.

Along The Way, I heard about Proverbs 18:16. The Voice version reads, "The right gift at the right time can open up new opportunities and gains access to influential people."

Proverbs suggest that a person who serves the Lord, does not have to sleep her way to the top, step over people while reaching for the top, compromise her integrity, or bribe her way into the office of the General Minister and President of any organization. Further, I submit that there is a relationship to the WORD, "All things are possible with Christ."

I have quietly observed Rev. Dr. Karen Georgia Thompson through the years. I have listened to her preach, had the oooprtunity to break bread with her, consoled her when her dad died, and watched her grow in grace. She is an amazing theologian, scholar, credentialed, and understands that God has given her gifts to use for His glory.

With an awareness that it is about God's glory, you, too, are enabled to reach people that no one else can, and it is the giftings God has given to you that accomplishes it.

# Lansing HOUSE of





## **Celebration**

Announcements Mr. Party, The Ambassador of Celebration

Birthdays in March 2023

Mr. LaMonti Dion Brown celebrates his 52nd birthday on March 2nd, enjoying new start in new state. Much Love and success from All your Family.

Mr. Mike Ryan Jr. celebrates his birthday with family and friends on March 4th.

Mr. Zachary Murry celebrates his birthday on March 7th. Rev. Anna Mae Alexander, in her memory ,was born on March 8th: "Carry on in the name of The LORD!"

Mr. Daryl Holman celebrates his birthday on March 8th.

Ms. JeMonica Thomas celebrates her birth on March 9th

Ms. Tammy Michelle Tyson celebrates her 55th birthday on March

Mr. Dwayne Thompson celebrates his 52nd birthday on March 9th. Mr. Dylan Pofoli celebrates his 32nd birthday on March 9th.

Mr. Paloma Sanchez enjoys his birthday on March 11th. "Happy Birthday!"

Ms. Nikki Holman celebrates her birthday on March 13th.

Mr. Travis Hough celebrates his 43rd birthday on March 14th

Ms. Esther Rodea celebrates her birthday on March 15th. Mr. William Banks celebrates his birthday on March 15th.

Mr. Jordan D. Majors celebrates his birthday on March 15th.

Ms. Jennifer Black celebrates her birthday on March 15th.

Mr. Desmond Hall celebrates his birthday on March 15th.

Mr. William Eugene Rouse II celebrates his birthday on March 15th. Mr. James Morrow celebrates his birthday on March 15th.

Ms. Justice Foster celebrates her birthday on March 16th with her Mother, brothers and sisters.

Mrs. Emogene Leek celebrates her birthday on March 17th with her husband and family, all of them expressing their Love!

Ms. Ciara Wireman celebrates her 23rd birthday on March 17th. Ms. Briana Gonzales-Jefferson celebrates her birthday on March 19th. Dad says, Happy Birthday little Princess!!!

Ms. Virginia Lewis celebrates her birthday," 36 years young", on

March 19th. She says, "Much Love!"

Mr. Mark Anthony Brown, in memory, was born on March 20th. Family and friends say "We miss You".

Ms. Annette Johnson, born on March 20, 1959, celebrates her 64th birthday.

Ms. Pamela Renzi celebrates her 50th birthday on March 21st, celebrating with friends and family.

Ms. Theresa Daniels celebrates her birthday on March 22nd. Ms. Keesha Home celebrates her 42nd birthday on March 22nd, enjoying time spent with her beautiful children.

Mrs. Nya {Chopper's Wife} celebrates her 40th birthday on March 22nd, along with Mr. Chopper {Nya's Husband} celebrating his 47th birthday on March 25th and their 15th year anniversary on March 23rd.

Mr. Robert Brown Jr., in memory, was born on March 23rd. Truly missed: He and his lovely wife, Joy.

Master Brayden Konen enjoys his 13th birthday on March 23rd.

"Happy Birthday! Mommy loves you!" Ms. Valerie Floyd celebrates her 46th birthday on March 23rd with

family and friends. Ms. Quintine Medley celebrates her 36th birthday on March 23rd. Mr. John K. Elliott celebrates his birthday on March 23rd. "A friend

in need is a friend indeed." Ms. Monica Burrell celebrates her birthday on March 23rd. She says," A special day spent with family and friends; thanks so

Ms. Nellie M. Garvie born March 24th, celebrates her 73rd birthday with her children, grandchildren and great grandchildren... We love

Mr Matt McCoy, Scratch Pilots DJs, celebrates his birthday on March 25th . Love You, Your wife Bree

Ms. Melinda M. Ball born March 25th celebrates her birthday with her Mother, sisters, brother, children and grandchildren... We love

Ms. Gina Mojica celebrates her birthday on March 26th, with family and friends. "The Puerto Rican Lady"

Ms. Shelly Ryan celebrates her birthday on March 28th, with family and friends.

Mr. Bill Ryan, in memory, was born on March 28th, missed by family and friends.

Ms. Nikki Holman celebrates her birthday on March 13th. Ms. Esther Rodea celebrates her birthday on March 15th; partied

Ms. Mary A. Clark celebrates her birthday on March 25th.

Mr. Brandon Henderson celebrates his birthday on March 25th.

Mr. Ralph Riddle Sr. We honor his memory, celebrated his birth on

Ms. Allison Chenault celebrates his birthday on March 25th.

Mr. Michael Bower celebrates his birthday on March 25th. Ms. Rita Pizana celebrates her birthday on March 26th with family

Mr. Bishop Cousin celebrates his birthday on March 26th.

Ms. Taurean A. Jackson celebrates her birthday on March 26th.

Mr. Don Rodriguez celebrates his 64th birthday on March 26th, with his beautiful wife Julia and family.

Mrs. Gwendolyn Bodiford celebrates her birthday on March 27th,

with her husband and family. Ms. Brittany Eaton celebrates her birthday on March 27th.

Mr. Marcus Turner celebrates his birthday on March 27th.

Ms. Sheila Fuller celebrates her birthday on March 27th. Ms. Angela Eaton celebrates her birthday on March 28th.

Mr. James Edward Garvie Sunrise March 30th, 1954 - Sunset February 18th, 2002. "WE will always LOVE and KEEP you FOREV-ER in our HEARTS and YOUR memory ALIVE for as long as we live!".... Rest in Paradise Daddy!!!

Ms. Eunice F. Foster celebrates her birthday on March 31st. Ms. Jessie J. Storey-Fry celebrated her birthday on March 31st.

### **Anniversaries**

Mr. & Mrs. Myron & Dee Freeman celebrated their 33rd wedding anniversary on February 14th.

## **Announcements**

Mr Ronnie Brown, celebrated his birthday on January 27th. Friendship is Forever; We're in this for Life!!! Face book Page: www.facebook.com/mrparty1985 Celebration Gram: Your special message delivered by; Mr. Party, The Ambassador of Celebration!!! Contact 517 391-4849; email: mrparty1985@gmail.com

# Dailysel A Chance To DOUBLE YOU'S BOX & 2-1/31/ 15:67:17

Now for a limited time in March, random Daily 3&4 Box and 2-Way tickets will print with a *DOUBLER* message. Lucky players with these tickets will *double* their winnings. Drawings are twice a day, seven days a week at 12:59 pm and 7:29 pm. Visit your favorite Lottery retailer and play Daily 3&4 today. What's your number?

















Is it allergies, a cold or COVID-19?







Noses can sniff out a lot of things. Like if stuffiness or sneezes are a seasonal illness or COVID-19. So, swab it and test it if you or your child is sick.

Find testing information and resources at **Michigan.gov/COVIDTest**.





## CANNABIS CORNER



## CBD For Anxiety: 10 Products That Actually Work

There's a lot to have anxiety about, and it's, unfortunately, a normal part of life for more than 31 percent of adults in the United States. However, even though anxiety is common doesn't mean it's something you have to live with daily. CBD might be a good solution if you find minor daily stressors impeding your mind.

CBD has grown in popularity recently as a plant-based solution to minor or temporary anxiety. CBD sales hit nearly \$1.8 billion in 2022, and experts expect sales to hit \$23 billion by 2025, according to Statista. It's no surprise people spend so much on CBD when early research finds it can have many therapeutic benefits. Aside from helping with stress and anxiety, CBD may ease minor pain, improve sleep, and reduce inflammatory skin conditions. The Food and Drug Administration (FDA) even approved a prescription CBD product for seizures associated with Lennox-Gastaut syndrome.

The downside of the growing CBD market is that thousands of brands can make finding the right CBD product overwhelming. To help you navigate your options, we've compiled our list of 10 CBD products to help with anxiety that actually work!

- Best Overall: CBDistillery Unwind Synergy+ THC & CBD Gummies
- Runner Up: Kiara Naturals CBD Sleep and Relax Tincture
- Best CBD Capsules: Green Roads Relax Hemp Capsules
- Best Fast-Acting CBG Gummies: Medterra Relax Now Fast-Acting Gummies
- Best CBD Drops: FOCL Premium CBD Drops Best CBD Roll-On: Zatural CBD Roll-On | Stress
- Away
- Best CBD Oil: Koi Naturals CBD Oil Tincture Best Organic CBD Oil: Palmetto Harmony CBD

Hemp Oils

- Best Tasting Gummies: Just Live Calm CBD Gummies
- Best Vegan Gummies: Vena No Worries Extra Strength Relief Gummies

Best CBD for Anxiety in 2023

Don't let daily stress rule your life this year. Check out some of our favorite CBD products for anxiety in 2023. Best Overall: CBDistillery Unwind Synergy+ THC & CBD

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- Best CBD Capsules: Green Roads Relax Hemp Capsules
- Best Fast-Acting CBG Gummies: Medterra Relax
- Now Fast-Acting Gummies
- Best CBD Drops: FOCL Premium CBD Drops Best CBD Roll-On: Zatural CBD Roll-On | Stress

Away

- Best CBD Oil: Koi Naturals CBD Oil Tincture
- Best Organic CBD Oil: Palmetto Harmony CBD Hemp Oils
- Best Tasting Gummies: Just Live Calm CBD Gummies
  - Best Vegan Gummies: Vena No Worries Extra

Strength Relief Gummies

Best CBD for Anxiety in 2023

Don't let daily stress rule your life this year. Check out some of our favorite CBD products for anxiety in 2023. Best Overall: CBDistillery Unwind Synergy+ THC & CBD Gummies

Relax your body and mind with CBDistillery Unwind Synergy+ THC and CBD gummies. These vegan, berry-flavored gummies contain a blend of THC and CBD to balance your body and help it naturally unwind at the end of a long day. These gummies come from non-synthetic, hemp-derived Delta-9-THC and may cause intoxication. CBDistillery provides users with quality hemp-derived CBD products by ensuring all their products undergo third-party testing for safety and effectiveness. The product page suggests starting with half a gummy if you're new to using CBD or THC.

- Pros: Subscription pricing is available to save 20 percent
  - Vegan
- 60-day guarantee
- Third-party tested

Specs:

- Flavor: Berry
- Size: 30-count container
- Strength: Each gummy contains 5mg of THC and

Customer Comments: CBDistillery conducted a customer survey in 2019. They collected 1,900 responses that said 88 percent of users found CBD gummies to relieve mild or temporary anxiety. Online customer reviews state that the Unwind Synergy+ gummies are also excellent for helping users fall and stay asleep. Article and picture courtesy of Intouch weekly.

