

4-21-2014

## Columbia Chronicle (04/21/2014 - Supplement)

Columbia College Chicago

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# THE COLUMBIA CHRONICLE

Proudly presents...

# The WEED Issue

April 21, 2014

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# Editor's Note

**Marijuana has been** legalized for medical use in 21 states, including Illinois, and for recreational purposes in Colorado and Washington—so we figured it was high time we roll up our, um, sleeves and cultivate everything you need to know about good ol' ganja.

A decade ago we would not have devoted an entire issue of The Chronicle to marijuana, but as cannabis acceptance continues to grow, the stigma is gradually disappearing.

According to new information from the Pew Research Center, the majority of Americans support the legalization of the drug, if taxed and regulated. The support has risen 11 points since 2010.

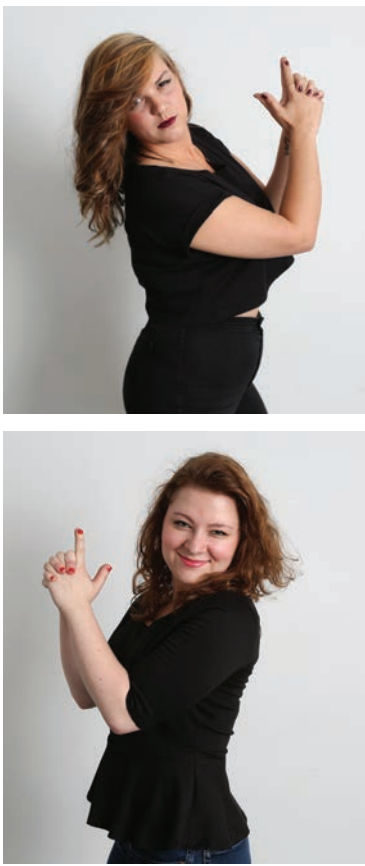
Our own city has reformed pot laws—medical

marijuana became legal here on Jan. 1—but penalties for possessing less than 15 grams of kush in Chicago have also been reduced to a potential ticket.

However, all this ado about weed laws has really sparked a budding culture along with reform—which is why we can't stop toking about it.

Throughout the Weed Issue, we have covered cannabis comprehensively—from trendy “huff” wear to dinero-deprived dispensaries. You will find debunked myths, reaffirmed facts, satisfying munchies and a Q-and-A with a “weed rapper”—all in the name of a drug that was once controversial.

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Angela Connors THE CHRONICLE

Pipes such as this one from Roots, Smoke & Vapor Shop, 4006 N. Sheridan Road, are intended for tobacco use – but do you?



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Divided on Dope

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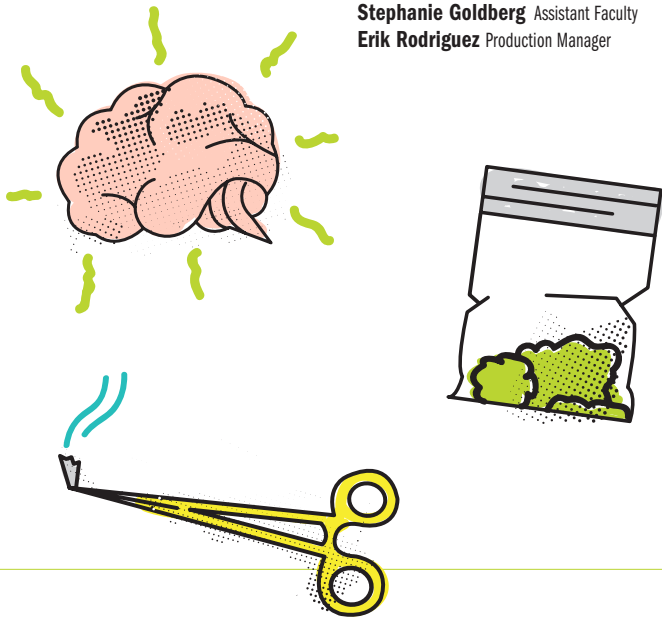
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# LAWMAKERS PUSH WEED DECRIMINALIZATION

LAUREN TUSSEY  
Contributing Writer

WITH MEDICAL MARIJUANA recently legalized in Illinois, some lawmakers are advocating lower criminal penalties for possession of small amounts of the drug.

Political leaders gathered April 2 at Roosevelt University's Congress Lounge for a panel discussion about drug treatment and marijuana-related arrests. The discussion was followed by a press conference that focused on decriminalizing possession of small amounts of marijuana and a next-day forum addressing the legal consequences of being caught with weed.

A major point of discussion was a proposed amendment to the Cannabis Control Act, which would make possession of 30 grams or less a petty offense that would carry a maximum fine of \$100. Possession is currently a misdemeanor offense. The amendment would also prevent pot charges from appearing on a person's criminal record, as long as the \$100 fine is paid.

There has been strong support for the proposal, said Chris Lindsey, legislative analyst for the Marijuana Policy Project. He said 15 other states have passed similar legislation.

"It's OK to fine, it's OK to encourage people to go in a different direction, but let's not mark a person for life [for] their use of a substance that's safer than alcohol," Lindsey said.

Lindsey said the amendment would create a simpler, more consistent set of guidelines for police. "Let's just wipe the slate clean so that law enforcement can focus on more serious crimes where people are getting hurt," he said.

State Rep. John Cabello said marijuana-related penalties should be enforced consistently throughout the state instead of allowing counties to prosecute offenders at their own discretion.

"We need to start making sure it's unified," Cabello said. "We shouldn't have different communities doing different things in [terms] of punishment."

Marijuana possession policies and punishments within Illinois counties and punishments vary by location, according to Kathie Kane-Willis, director of the Illinois Consortium on Drug Policy. She said police spend a lot of time pressing charges for minor offenses that rarely result in convictions but stay on a person's record for life.

"Somebody with an arrest record for life will make it harder for them to get basic support," said the Rev. Alexander Sharp, executive director of the Community Renewal Society. "With our current marijuana laws, you don't have a second chance in society."

Police do not usually arrest drug users but rather target dealers, said Beth Jantz, staff attorney at



Anthony Soave THE CHRONICLE

Political leaders gather April 2 for a panel discussion and press conference on decriminalizing possession of small amounts of marijuana to keep minor charges off of permanent records at Roosevelt University, 430 S. Michigan Ave.

the Federal Defenders Program.

Decriminalizing the possession of small amounts of cannabis would allow law enforcement to focus on the bigger issue of drug use, she said.

"You'll hear the federal government saying, 'We're really going after the hard stuff,' but the most prevalent kind of prosecution that results in imprisonment for drug crimes is marijuana," Jantz said.

There are still opponents to decriminalizing marijuana. Brook Lowe, treasurer of Citizens Against Legalizing Marijuana, said the biggest concern about decriminalizing pot is its effects on the brain.

"The greatest number of marijuana users is in the 25 and younger age range," Lowe said. "Their brain is still developing and they're in a vulnerable state where they won't recover from the effects."

Katharine Neill, a panelist from Old Dominion University, said the government should focus on rehabilitating drug offenders with treatment instead of being quick to arrest them.

"We have to start changing the coverage of the issue and treat it as a disease and as a problem that affects the individual," Neill said.

Lucien Izraylov, a member of Students for Sensible Drug Policy and a former heroin user, said punishing drug users does not adequately solve the issue.

"You don't need to put an X on someone's record to teach people a lesson not to do drugs," Izraylov said.

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MARIJUANA LAW			
	ILLINOIS	MICHIGAN	COLORADO
YEAR LEGALIZED	2014	2012	2013
MEDICINAL	Legal	Legal	Legal
RECREATIONAL	Illegal	Illegal	Legal
POSSESSION			
Misdemeanor	< 30g	Any amount	2–12 oz
Felony	> 30g	N/A	> 12oz
SENTENCE			
Misdemeanor	30 days to 1 year	90 days to 2 years	1 to 1.5 years
Felony	1 to 20 years	N/A	1 to 1.5 years
SALE			
Misdemeanor	< 10g	Gift	N/A
Felony	> 10g	Any	Any
SENTENCE			
Misdemeanor	30 days to 1 year	1 year	N/A
Felony	1 to 30 years	4–15 years	1 to 12 years
CULTIVATION			
Misdemeanor	< 5 plants	N/A	N/A
Felony	> 5 plants	Any	> 6 plants
SENTENCE			
Misdemeanor	1 year	N/A	N/A
Felony	1 to 20 years	4 to 15 years	2 to 6 years

Donald Wu THE CHRONICLE



# ROAD TO RETAIL MARIJUANA NOT ALWAYS GREEN

MARK MINTON  
Copy Editor

**Twenty-four states** have adopted marijuana law reforms, legalizing the substance for medical and—in some cases—recreational use. Still, many entrepreneurs bolting for the “Green Rush” are having difficulty getting their reefer-related businesses off the ground.

Even in Washington and Colorado, where the ganja is legal for recreational use, marijuana business owners face state regulations, community animosity, bank rebuffs, lease rejections and additional federal taxes. However, those who persevere it stand to profit, become a fixture in the industry and pioneer the business.

Ellis Smith, co-founder of American Cannabis Consulting, a national marijuana industry consulting firm, said the first step to opening a dispensary is securing funds. Smith said many entrepreneurs spend \$150,000 to \$200,000 in pre-application and application costs alone.

“It’s not like it was in Colorado four or five years ago when anyone could start a [marijuana] business off the ground and get going,” Smith said. “In all the new states [where cannabis is legal, business is] very competitive. You have to be well-funded to go with the marketplace in order to even compete.”

Escalating competition is making it harder to start marijuana businesses as the industry grows. In Illinois, which passed legislation legalizing medical marijuana in August 2013, competition for medical marijuana licenses will be hotly contested: A proposal put forth by the Department of Financial and Professional Regulation will allow 60 dispensaries in the state, with 13 in Chicago and 11 in the suburbs.

“The mom-and-pop model is kind of becoming nonexistent,” Smith said. “It’s super competitive.” Marijuana is still classified as a Schedule 1 narcotic drug, meaning cultivation and distribution violates the Controlled Substances Act. Therefore, banks are hesitant to grant loans or even savings accounts to cannabis business owners because it puts them at risk for prosecution and co-conspiracy charges, not to mention violation of federal money laundering statutes. To cope, marijuana business owners are adopting new means of handling their cash, and necessarily so.

“One of my friends had about \$40,000 in cash,” said Christie Lunsford, operations director of the 3D Cannabis dispensary in Denver. “She was transporting it to the bank and she stopped at Panera to get some soup for her children. She was on her way home to put the money in the vault to

take it to the bank the next day. Someone broke into her car [and stole the money]. She was being followed, essentially stalked.”

ally and distributes no more than 232,500 gallons to licensed retailers, according to the State of Illinois Liquor Control Commission.

Setting up a cannabis business may also put neighboring stores on edge because of the influence a dispensary could have for the area’s customer clientele, meaning neighboring residents and store owners may pressure property holders to reject marijuana retail outfits. One of the biggest concerns: the smell.

“The surrounding businesses will comment about the smell, but there’s the Purina dog food factory down the street, and it makes me want to retch every time I drive by it,” Lunsford said. “So a natural plant odor of a plant being cultivated, or rotting meat being turned into dog food?”

Despite struggles, cannabis impresarios have persisted, crafting profitable businesses in the midst of a booming industry and adapting to the unique obstacles that make setting up a cannabis store so difficult.

Smith said marijuana operations owners could yield 35–45 percent returns annually, which is more than typical business revenue.

“It’s pretty damn lucrative once you’ve got your s--t figured out, once you get your costs down and your outfit up,” he said. “[But] it’s a full return for taking on a business. You may make a little more money, but it’s not a get-rich-quick scheme.”

“*Nobody had done this before and we were essentially considered drug dealers.*”

– Christie Lunsford

Lunsford said many marijuana business owners have taken to opening unspecified accounts, working with holding companies and relying on ATM networks to deposit money and protect themselves from cash overflow.

“The fallback is that Bank of America doesn’t have any physical locations in Colorado, but they have three ATMs and either they’re completely ignorant or they’re turning a blind eye because most of my colleagues have Bank of America accounts,” said Lunsford.

Just to open a legal business, Smith said prospective owners must spend between \$20,000 and \$30,000 in licensing fees that vary by city. Conversely, in Illinois, it only costs \$25 to license a craft brewery that produces up to 465,000 gallons of beer annu-

Lunsford said the hardest part of starting up a business was finding a landlord willing to lease to a medical cannabis center.

“Nobody had done this before and we were essentially considered drug dealers,” Lunsford said. “[Our landlord] had specific requirements regarding security deposits and the rent was double per square footage of a normal retail or manufacturing facility. This is not for the faint of heart.”

According to Smith, officials at the city, county and state levels all have a say in who is allowed to set up in their district.

“[Even if] the mayor and the chief of police said yes, the county still has a say in it, so we still have a few more hoops to go through just to get these guys on the ground running,” Smith said.

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# DON'T SEARCH ME, BRO!

MATT MCCALL  
Arts & Culture Editor

**TOKING UP OUTDOORS** is a popular activity among Columbia students living in student housing. The growing acceptance of both medical and recreational marijuana may tempt herb-loving young adults to spark up on a walk in the park, but those students may want to rethink their public routines.

On July 5, 2012, Chicago's municipal code was amended to reduce the penalty for possessing less than 15 grams of pot. According to city data, the Chicago Police Department carried out 15,915 arrests for possession of less than 30 grams of cannabis in 2013.

Although the amount of pot that warrants a criminal charge has been reduced, the common perception that marijuana is decriminalized within city limits is not entirely true, according to criminal defense lawyer Darryl Goldberg. The difference between getting a ticket and sitting in the back of a squad car is left to the arresting officer's discretion.

"If someone has an incredibly small amount of marijuana—we're talking less than an eighth, less than a couple of grams or a joint or a roach—people may not get arrested," Goldberg said.

If caught with less than 15 grams of pot, offenders will be issued an Administrative Notice of Ordinance Violation, which is sim-

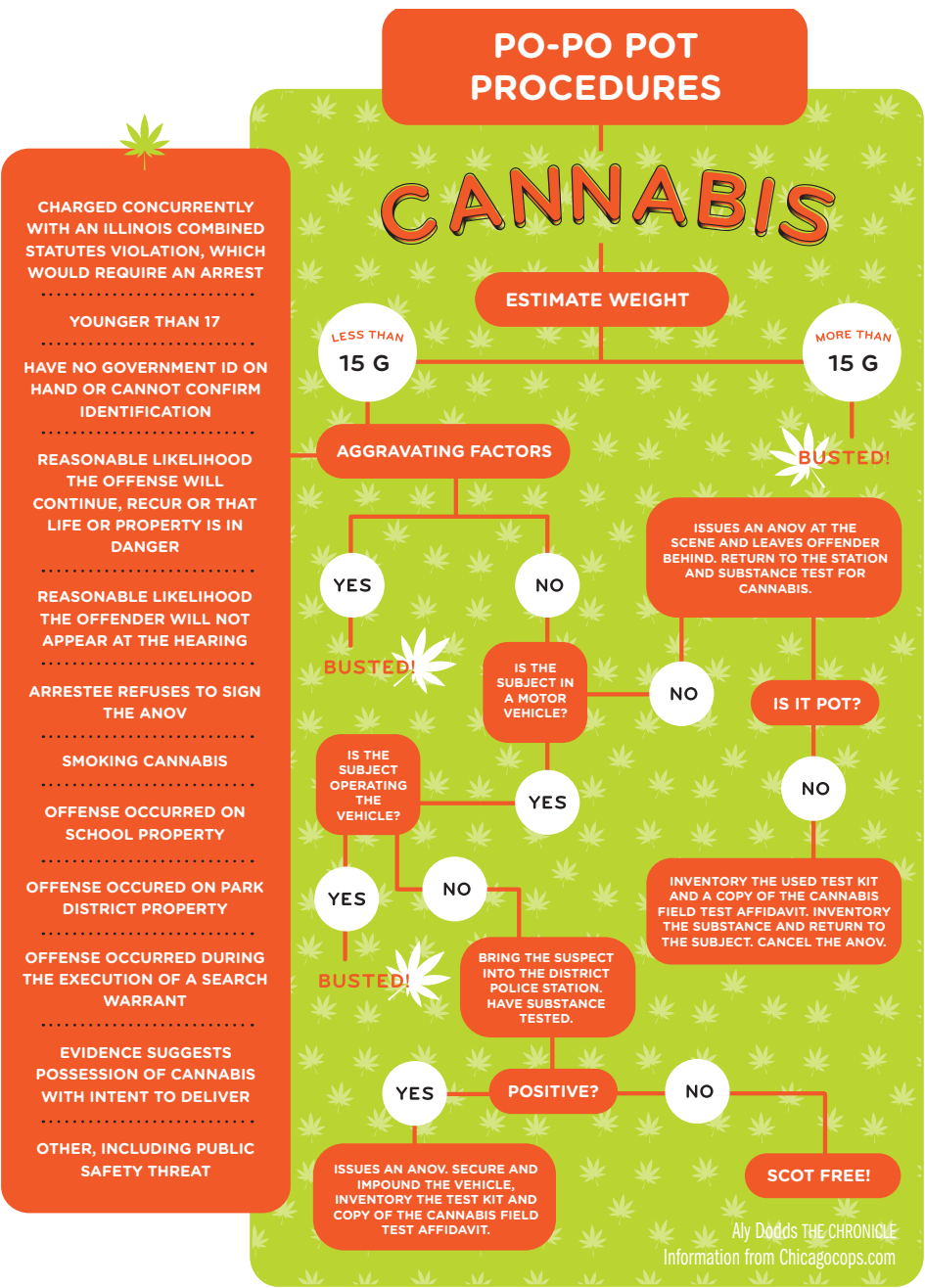
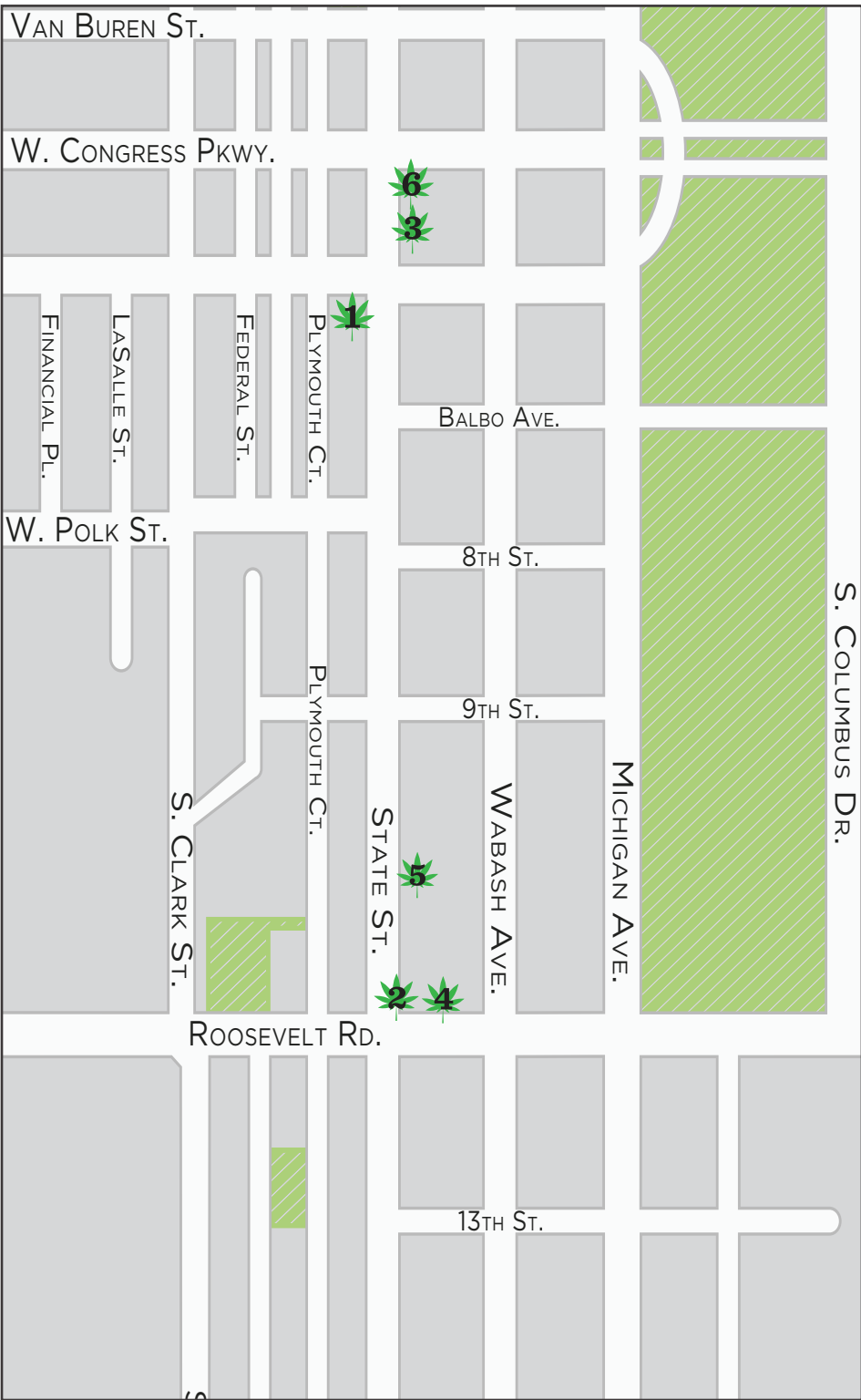
ilar to a ticket but requires a court appearance and carries a fine of up to \$500.

There are several factors that could prompt officers to issue more than an ANOV. In the case of an offender younger than 17 getting caught smoking in public or being found in possession of marijuana on Park District property, the likelihood of receiving more intense consequences increases, according to CPD's Alternative Cannabis Enforcement Program. CPD officers evaluate violations using specific criteria to decide whether an ANOV should be issued or charges should be filed, such as the amount possessed and whether the offender was driving.

Goldberg said students should be aware of their constitutional rights during any search and seizure, adding that under the Fourth Amendment, police are not allowed to stop anyone on the street and start searching their pockets without being able to prove probable cause or reasonable suspicion.

"They may try to deem it a consensual encounter ... [and] start asking you questions [about] whether you have drugs and whether you consent to a search," Goldberg said. "If a police officer doesn't like you because you have long hair and a Grateful Dead T-shirt and they're stereotyping, that's not enough."

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## Off The BLOTTER

- 1 Loud locker**  
Officials at Jones College Prep High School, 700 S. State St., called police April 2 when they noticed the smell of weed coming from the boys' locker room. When officers arrived, they opened the locker from which the smell emanated, revealing two clear plastic bags filled with pot. A 15-year-old student admitted he purchased 7 grams of marijuana for \$70. Police confiscated the weed and arrested the boy.
- 2 Rum 'n' roll**  
An officer stopped a 2005 Chevrolet Blazer for a non-functioning headlight near 4 E. Roosevelt Road on March 26. When the driver rolled down his window, the officer noticed the car smelled like pot. The driver told police he was smoking in his car earlier. When the officer searched the car, he found a bag of marijuana and an open bottle of rum in the back seat. They arrested the driver and charged him with DUI.
- 3 Dorm doobies**  
While conducting fire and safety checks on April 14 at the University Center, 525 S. State St., a residence education coordinator entered a student's room and found ashtrays, smoking pipes and a clear bag containing weed. The coordinator called police to dispose of the substance. She declined to have the student arrested.
- 4 Budding in**  
During a routine police investigation March 26 at the Roosevelt Green Line station, 22 E. Roosevelt Road, a man interfered with a police matter by yelling at officers. Police arrested the man and searched his belongings, finding a cigarette box stuffed with baggies of Mary Jane. The man was arrested and taken to the station for processing.
- 5 Bud beggar**  
An undercover police officer approached a 47-year-old man on Feb. 10 because he was blocking the area in front of 1130 S. Wabash Ave. and demanding drugs from passersby. Police stopped him from obstructing the walkway and found he was in possession of a metal pipe. He was arrested.
- 6 Blazed and confused**  
During his routine security patrol at the University Center, 525 S. State St., a security guard noticed a plastic bag of marijuana sitting in a trashcan. The security guard was not allowed to dispose of the dope, so he called police, who confiscated the marijuana. The owner of the weed remains unknown.

# DIVIDED ON DOPE

State representatives go head-to-head on legislation

**MARIA CASTELLUCCI & NATALIE CRAIG**

Metro Editor &  
Assistant Metro Editor

**A CONTROVERSIAL MEDICAL** marijuana bill swept through the General Assembly in 2013, splitting legislators. The bill closely passed the House of Representatives with a 61-57 vote on April 17, 2013, and it then passed the Senate on May 17, 2013 with a 35-21 vote.

Gov. Pat Quinn signed the bill Aug. 1, 2013, creating a medical marijuana pilot program in Illinois. The law may have gone into effect Jan. 1, but patients will not have any legal protection or safe access to legal medical marijuana for months, according to the Marijuana Policy Project.

Legislators spoke with The Chronicle about voting on the proposal, the future of marijuana laws in Illinois and the legalization of recreational marijuana in Colorado and Washington.

**Illinois Rep. William Davis (D-East Hazel Crest) voted in favor of legalizing medical marijuana.**

Davis' primary focus as a state legislator is funding education programs. He said the revenue medical marijuana could provide for education prompted him to vote in favor of the bill. Davis said marijuana's economic benefits to Illinois are substantial in light of the state's deficit. The majority of Davis' sponsored legislation is in support of children. In 2005, Davis supported legislation that helped make Illinois the first state to provide access to health care for children. He serves on several committees, including the Labor and Mass Transit committees. He is also chairman of the Elementary and Secondary Education Committee. Prior to engaging in politics, Davis was an admissions counselor at Southern Illinois University Carbondale. He was also the deputy district administrator for Congressman Jesse L. Jackson.

**THE CHRONICLE: What is your position on medical marijuana?**

**REP. WILLIAM DAVIS:** I've come to appreciate a lot of the testimonials and information that we were provided in regards to medical uses of marijuana. Looking at it from that perspective, who am I to tell an individual who may be suffering from a very serious illness, who sees [medical marijuana] as a possible way to help ease their symptoms [not to use it]? Ironically enough, I had a meeting today with an advocate for medical marijuana. He shared a story about a woman who had been diagnosed with a pretty serious cancer and he claims based on what he was doing for her, [she]



Photos Courtesy REPS. WILLIAM DAVIS AND TOM DEMMER

Rep. William Davis (left) and Rep. Tom Demmer (right) have opposite opinions regarding the future of legalizing medical and recreational marijuana in Illinois.

lived another two years. When you hear stories like that, you go, "OK, well if that is what people feel then maybe I shouldn't stand in the way."

**What do you see for the future of marijuana laws in Illinois?**

I think one of the things we will be looking at is how other states have treated it. The challenge that we always have in Illinois is revenue and I think many of us are always open to related conversations. Cannabis presents itself as a pretty significant revenue stream for a state. We've seen significant evidence for that in Colorado. Looking at it from that perspective, I think the conversation will continue in terms of creating a Colorado-like scenario in Illinois.

**Do you think the passage of recreational marijuana in Colorado and Washington weakens the argument that marijuana has legitimate medical uses?**

I don't think it has weakened the argument of the effectiveness, but clearly marijuana is something that people enjoy partaking [in], probably more so for recreational purposes than medical purposes. I would probably just argue that it's different for different people.

**If you could implement your own marijuana law, what would it be?**

I would say where we are right now is a good step. I talk about revenue from the perspective that I am [the Elementary & Secondary Education Committee vice chairperson], so kindergarten through 12th grade education is my committee, so I am always interested in conversations about revenue because that means more revenue for schools. So for me, a conversation about something like that could mean a significant portion of the revenue created should be used to help fund schools or help fund education-related activities.

**Illinois Rep. Tom Demmer (R-Rochelle) opposed the legalization of medical marijuana.**

Demmer realized he had a passion for politics early on in his life. After he graduated from the University of Dayton with a bachelor's degree in communication and a minor in political science, he got his start in politics when he served on the Finance Committee for the Lee County Board in Illinois and the Board of Directors of the Ronald Reagan Boyhood Home Preservation Foundation. A long-time state representative retired in 2012, and Demmer announced his candidacy for office before winning the election in the 90th district. Demmer is also the Director of Marketing & Strategic Planning for the

medical way. I just don't think that legislators are qualified to say, "Yes you can and can't use it for these types of things and here is how you should take it."

**What do you see for the future of marijuana laws in Illinois?**

There is obviously a lot of focus around how marijuana should be treated, what it can be used for and what it can't be used for. I think that medical marijuana probably brings that discussion more to the forefront because of the number of other states that are adopting similar laws to allow for its usage. I don't know what the next step might be, but this certainly brings it more into the conversation for legislatures.

**Do you think the passage of recreational marijuana in Colorado and Washington weakens the argument that marijuana has legitimate medical uses?**

I think the answer is yes. I think that's probably the more appropriate way to use marijuana, in a medicinal setting, but again, that's something the FDA should review and determine best practices for, not the legislature.

**What is the best opposing argument that you have heard?**

Arguments from people who have used marijuana to treat certain medical conditions [who] find relief from it. There are very compelling stories of people who have tried a wide variety of other

*"I would probably just argue that it's different for different people."*

- William Davis

Katherine Shaw Betha Hospital in Dixon, Ill. In August 2013, Demmer voted against the bill to legalize medical marijuana in Illinois.

**What is your position on medical marijuana?**

**TOM DEMMER:** I opposed the medical marijuana program in Illinois because I don't think it's the role of the General Assembly to determine which substances should be used for treatment. We have a very well-established program in the United States with the Food and Drug Administration. The FDA exhaustively reviews a wide variety of drugs and medications for a wide variety of conditions and they are able to evaluate the effectiveness, side effects, dosing and a number of very complicated and very complex questions about how medicine can be useful to people. I don't have an opposition to using marijuana in a

drugs that are available and not found relief and then tried marijuana and found relief. There is a very strong argument for that, but again I'm not a pharmacologist and no one in the General Assembly is. We don't have the ability to take the next step and look at some of the more specific things for every other drug that is administered.

**If you could create a law on medical marijuana, what would it be?**

I would have the FDA review marijuana for what conditions it should be used for, what the doses should be and how it should be administered. I would let them handle it just like they handle Tylenol, Advil and every other substance you could buy for treatment of anything.

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## CAMPUS CANNABIS

# STUDENTS GET HIGH IN HIGHRISE

**KATHERINE DAVIS**  
Assistant Campus Editor

As at any other college, getting a whiff of marijuana while strolling through the hallways of any Columbia residence building is common, recurring and generally expected.

When students do not effectively air out their rooms, exhale through a dryer sheet or construct a well-planned flow, the resident assistants often put out their spark before they can roll another joint.

Jason Radford, a 2013 art + design alumnus, was caught smoking marijuana in the dorms during his freshman year while he was living in the Residence Center, 731 S. Plymouth Court.

"I had just moved in and I was making good friends with the people across the hall," Radford said. "We would usually leave the dorms to smoke, but sometimes we would do it inside because it was cold and we were lazy and things like that."

Radford said RAs knocked on his door because the distinct odor of weed was lingering in the hallway outside his room, where he and 10 other students were smoking. He said the RAs insisted that the students open the door immediately, causing the newbie residents to tweak.

"We got the classic knock on the door and we hid everything," Radford said. "It took a few minutes, so they were probably pretty suspicious right off the bat."

Radford said the RAs searched the room for marijuana and paraphernalia and eventually told the residents to cough up the cannabis. He said the RAs could not physically touch the paraphernalia because of Residence Life restrictions, but they did force him to smash his glass pipe and dispose of it.

Despite the disappointment of having to surrender his piece, Radford said he was relieved that consequences were not harsh.

However, Radford said the punishment was more severe when he was caught a second time. He said he had to meet with a staff member from the Residence Life Office, complete an online course about the effects of marijuana and alcohol and turn in a certificate of completion to Residence Life.

"I thought [the consequences] were kind of a joke compared to how much the RAs used to intimidate us," Radford said. "They tried to guilt us into not using substances in the dorms just because that meant more work for them."

Smoking marijuana was a regular pastime for Megan Harrison, a freshman dance major, and her suitemate Shelby Jones, a freshman interactive arts & media major, until they got caught in October by their RAs at the University Center, 525 S. State St. Harrison said she and Jones were smoking in Jones' room on a Sunday night. They tried to ventilate the smell of marijuana, but they were unsuccessful.

"We got a knock on the door and saw it was an RA," Harrison said. "Because I answered my door, they wanted to search my room because it smelled like pot."

Harrison was forced to let the RAs search her room too, even though she had been smoking in Jones' room. Harrison said she came forward with her bowl and torch lighter for fear of receiving further consequences if she was caught lying to the RAs.

"When the RAs came, there was no physical weed in [Harrison's] room," Jones said. "It was just her bowls and pieces. The weed was in my room, but it didn't smell ... so they searched her room and she was the only one who got caught."

Despite being put on probation for 15 weeks, Harrison said she did not think the consequences were very harsh because the probation did not remove her resident rights. Harrison said the probation sentence essentially warned that there would be more stringent consequences if she was caught violating the policy again.

Mary Oakes, director of Residence Life, said in an emailed statement to The Chronicle that if students are found in possession of marijuana in the residence halls, they are required to go through a judicial process that determines their consequences. Oakes added that it is possible to be banned from living in or even visiting the residence halls if Residence Life decides it is warranted.

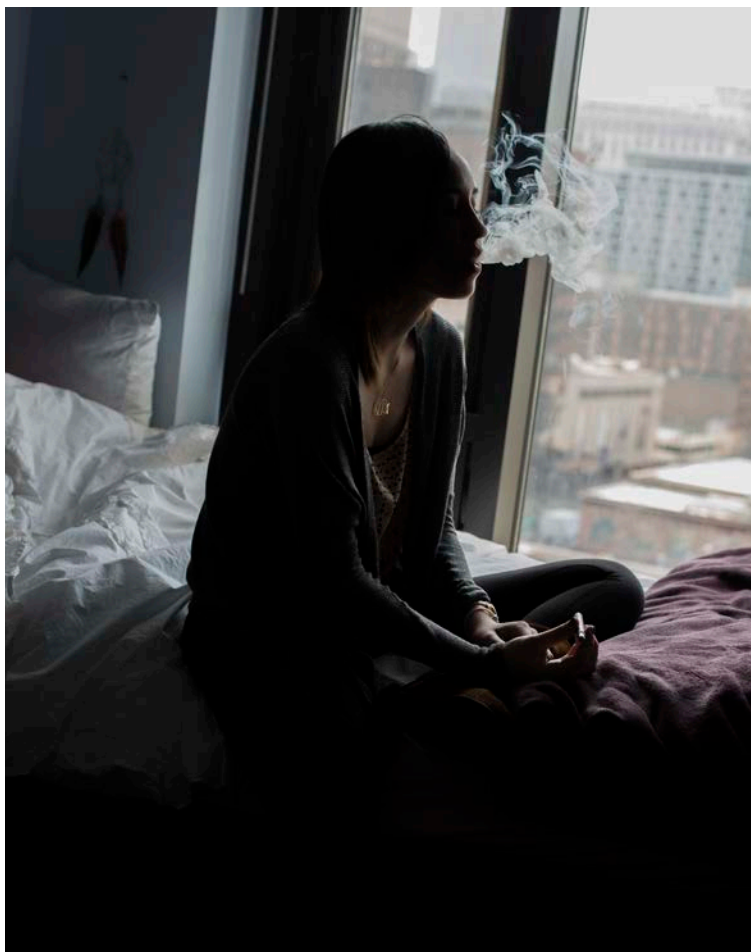


Photo Illustration Carolina Sanchez THE CHRONICLE

According to Mary Oakes, director of Residence Life, students who are found in possession of marijuana in residence halls are required to go through a judicial process that could ban students from living in residence halls.

David Keys, coordinator of Residence Life Community Development, did not respond to requests for comment as of press time.

Kelli Collins, associate director of Residence Life, declined to comment on the issue.

According to the 2013 Annual Crime Statistics & Fire Safety Report, there was an 18 percent de-

crease in the number of drug-related disciplinary referrals from 2011-2012. The report showed that there were 176 referrals in 2011, but the number of referrals dropped to 144 in 2012.

Despite the decrease in reported marijuana usage in residence halls, it remains a trend.

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Samantha Tadelman THE CHRONICLE

Members of Straightedge at Columbia, the college's straight edge group, pose with the X symbol. The letter "X" or "XXX" is often used to represent the movement on straight edge clothing and memorabilia.

**SAMANTHA TADELMAN**  
Assistant Multimedia Editor

Many college students sneak alcohol past residence hall security guards and cover the vents in their dorm rooms to contain the smell of weed on the weekend, but within that haze is a group of students who do not indulge in such weekend festivities—the straight edge students.

Straight edge describes some-

one who chooses not to smoke, drink or do drugs. Some also practice vegetarianism and refrain from engaging in promiscuous sex. The movement emerged from the Washington, D.C. punk-rock scene in the early '80s, said Ross Haenfler, professor of sociology at the University of Mississippi and author of "Straight Edge: Hardcore Punk, Clean-Living Youth, and Social Change."

"There were a number of kids in-

## LIFE ON THE EDGE

involved in that scene who liked the 'question everything' mentality of punk-rock—they liked the music, they liked the intensity, but they weren't into the heavy drinking, drug use [and] random sexual encounters that were going along with punk," Haenfler said.

Straightedge at Columbia formed as a student group about a year ago and currently has 76 online members. Kelsey Holt, founder of Straightedge at Columbia, said it is in the process of becoming a recognized Columbia organization in time for the fall semester, noting that the group frequently holds meetings on campus.

"I think it would be really cool to do an activism thing," Holt said. "It would be great to raise awareness about sobriety, and if you're struggling with alcohol or drug addiction, [offer information about] where can you go to find help."

The straight edge lifestyle is a practical option for people who are uncomfortable with peer pressures to smoke, drink or do drugs. Sarah Pilotte, a sophomore business & entrepreneurship major

and a member of Straightedge at Columbia, said she decided to be straight edge as a commitment to healthy living.

"I care about the way I treat my body and how I treat myself, as well as how I treat other people," Pilotte said.

Early straight edge fans felt that refraining from drugs or drinking allowed them to think more critically about society with a clear mind, Haenfler said.

"A lot of straight edge kids take the basic ideas of straight edge and think about other ways they can improve their lives and make the world a more just and sustainable place," Haenfler said.

One common value shared among Straightedge at Columbia members is not using artificial means to feel happiness. Many say they can enjoy themselves without altering their mental state in any way.

"People use drinking and drugs [as] a shortcut to find happiness, but I have always dedicated myself to trying to find happiness in my life that is authentic and sus-

tainable," said Drew Lodarek, a Straightedge at Columbia group member. "I like to keep a clear conscious all the time. I like that I am accountable for every decision that I make."

Lodarek said straight-edgers are sometimes stigmatized because the outside community assumes those in the straight edge culture judge them for using substances.

"Everybody has the choice to drink or not," Lodarek said. "I just want people to be more comfortable with the idea that drinking isn't the only choice. This should be a safe place. We're not pressuring people to change. We're just informing people."

Straightedge at Columbia wants students to know that there are others out there who make the decision not to use substances, said Michael Obrecki, future vice president of Straightedge at Columbia.

"Freedom—that's what straight edge and punk-rock means to me," Obrecki said.

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# FEATURED ARTIST

**KATHERINE DAVIS**  
Assistant Campus Editor

**Sophomore photography major** Charles Matz works out of his parents' garage to create glass marbles, pendants and pipes to grow his blossoming glassblowing company, Matz Glass.

Drawing inspiration from astronomy, his favorite part of glassblowing goes beyond the art. Matz photographs his marbles in cosmic settings and said the universe is his muse.

Matz said glassblowing came naturally after he mastered the silversmith art form.

Although most of his customers have been his mother's friends, Matz said he is trying to expand his clientele by advertising his work on his Instagram account @matzglass. He also launched a Facebook page April 15 and is looking for stores in Chicago to sell his work. Matz's marbles cost \$25 to \$60 and glass pipes range from \$15 to \$150.

The Chronicle spoke with Matz about his glassblowing techniques, prices and inspiration.

**THE CHRONICLE:** How did you get into glassblowing?

**CHARLES MATZ:** One time after class, I went to the park on Harrison and LaSalle where there's a

big field and it's right next to the river. This guy drove his Chevy Malibu on the grass, which you're not supposed to do. He was sort of sliding back and forth and he threw a pipe out the window and asked me to put weed into it. He said he would give me the pipe if I did so. Then he introduced himself as a glassblower and offered to teach me some techniques over the next couple of weeks and I did that. After two months of learning from him, I told my parents I've been learning and my dad said he would buy the equipment for me. I now have a shop in my parents' garage and am slowly working to pay back the equipment. I just started making pipes that are sellable, so this summer I'll be working to sell my stuff to nearby shops. [I'm] also using social networking like Instagram and Facebook to market my products.

**What equipment is required?**

I use a 5-foot oxygen tank, which you can get refilled at a welding supply store. You need propane and a torch. The oxygen accelerates the burning of the propane and I used bar silica glass, which is what most pipes are made out of these days. [You] also need a big blue oven called a kiln, which strengthens the glass.



Angela Conners THE CHRONICLE

Charles Matz, a sophomore photography major, owns a glassblowing business and makes and sells handcrafted glass marbles and pipes inspired by cosmic settings.

**How do you make your unique glass products?**

You start with a clear tubing rod and colored glass. You take the rod and you color glass by putting various metals into it, which reflects parts of the spectrum of light back at you. To start making a pipe, you start doing line work or [use] crushed glass for a more organic look to the color, [which] you literally paint on in the flame. It requires a lot of symmetry and spinning to keep the glass

from slumping. I also make marbles, but I've made most of my money selling pendants to my mom's friends from word of mouth. There's a huge culture of glass art and pipe making and the whole culture of using pipes is growing rapidly and becoming more accepted.

**Do you serve a lot of stoner customers who buy pipes?**

I get as many middle-aged people with families who buy my

work as I do college students who smoke a lot of weed. It's really becoming a widely accepted art and it's really not just for smoking anymore. Some people even buy \$15,000 sculptural pieces that are still functional as water pipes and they don't even use them because they keep them as art. There are some pretty popular artists like Mark Sheldon, who makes goblins the size of a 2-inch marble that will [sell for] up to \$1,000.

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# SOMEONE YOU SHOULD KNOW

## JENNIFER WOLAN

Assistant Campus Editor

**Louis Silverstein, associate** professor in the Humanities, History & Social Sciences Department, is known for calling marijuana the “food of the gods.”

Expanding on the belief that marijuana is an agent for spiritual transformation, Silverstein published the book, “Deep Spirit & Great Heart: Living in Marijuana Consciousness” in 2002, compiling the journals of a man named Ganja, who approached Silverstein while he was sitting under a palm tree.

From April 7, 1993 to Dec. 31, 1994, Ganja spent more than a year high on marijuana, keeping a journal of his self-discovery, documenting the ups and downs of his relationships to self, family, work, earth and sexuality. Ganja gave Silverstein the journals he worked on to publish after his death, with the intention of inspiring public discourse on weed, Silverstein said.

“Deep Spirit & Great Heart: Living in Marijuana Consciousness” shows the other side of smoking pot, Silverstein said. He explains that most people think of marijuana as harmful but the book explores one man’s path to articulate what he feels on the drug. In the book, Ganja explains how marijuana is “wisdom weed” to better path to happiness but the path includes a litany of sadness, joy and happiness.

Silverstein has also found and created “An Oral History Of Columbia College: A Telling of

realize we are more than what we think we are. At our core, we are loving, compassionate and peaceful people. Our socialization and culturization over many, many hundreds and thousands of years has moved us away from our core. Marijuana usage allowed those to return to their core. Thirdly, in peaceful societies we say to people, “Be the change you wish to see in the world,” and marijuana allows people to be that change in themselves and in other people. The fourth major reason is not so much a war on drugs but a war on race in relation to drugs. They have hundreds and thousands of people in prisons because they have tried marijuana or have been caught doing a very low level of dealism as users. The lives of these people had been ruined. They are primarily people of color and lower socio-economic status. The war on drugs has really become a war on the poor and that is completely unjust.

**Do you think the acceptance of marijuana has changed throughout the years?**

Well the polls have certainly said that. The results are quite different than they were in the past and the most recent polls show more than 50 percent of Americans not only believe in the legalization of medical marijuana, but [also] the legalization of [recreational] marijuana. It is very different from [a few] years ago with 20–25 percent approval ratings saying they were in favor. So there has been a significant change.



Carolina Sanchez THE CHRONICLE

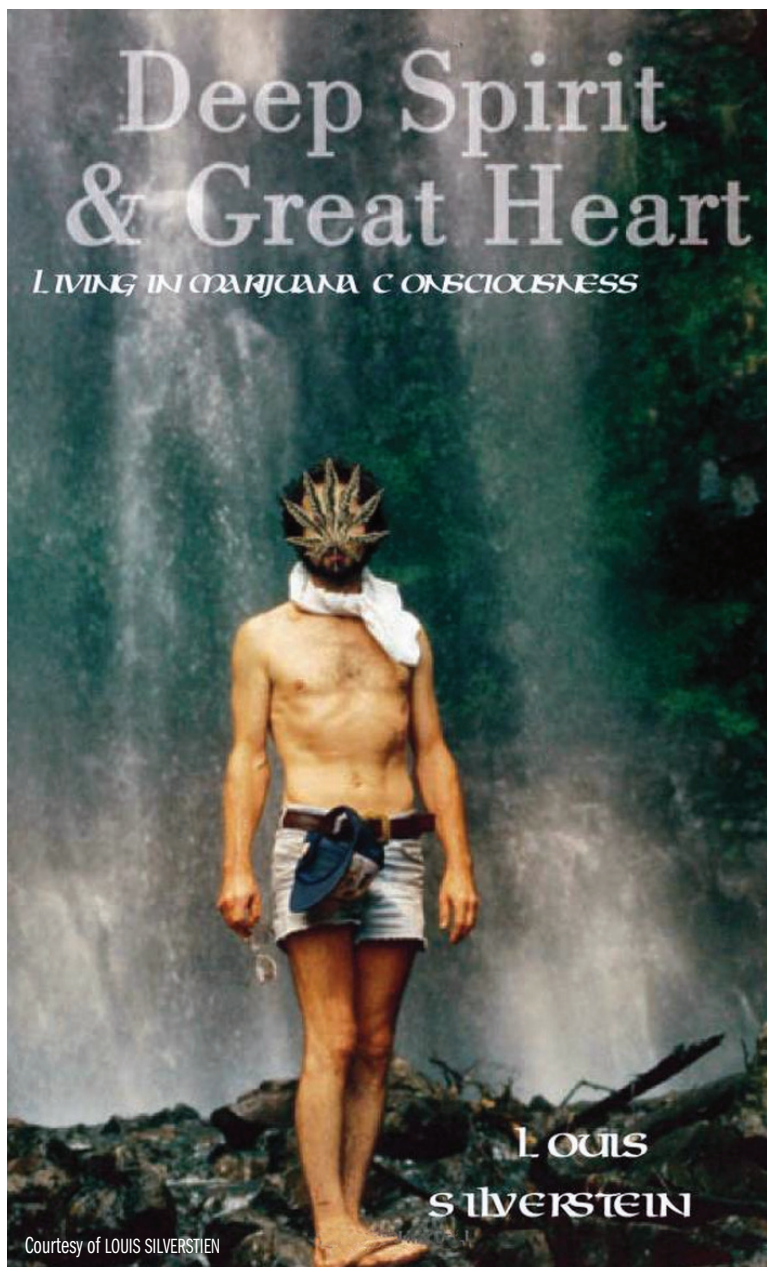
Louis Silverstein, associate professor in the Humanities, History & Social Sciences Department, relaxes in his office while expressing his views on recreational marijuana usage.

has been accepted very positively and the largest amount of readers said it has profoundly affected their lives. They say that online and in person. Yes, I would imagine there are people who find what I am saying by taking the curtain off of marijuana as offensive for a variety of reasons, but I respect where they are coming from. But with rare occasion has anyone said that to me but I accept the fact that the people who need to keep their minds closed and narrowed for their existence. Of course we need to accept that.

**What do you think needs to happen to make marijuana legal?**

There are many voices speaking about a different story about marijuana, and those who are courageous enough are having a conversation about their relationship with marijuana [and] need to speak out because those who have had a negative relationship with marijuana and those who are unaware of consciousness raising speak out in public all the time. What I mean is, share your story and if you want to get personal, share what you know about marijuana wherever you are. The book is just one vehicle for change. We are headed for a state of greater consciousness.

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Courtesy of LOUIS SILVERSTEIN

“It has freed my body in ways I could have never imagined before.”

—Louis Silverstein

Columbia’s Story and Its Contributions To American Higher Education Through Personal Narrative” and a book called “Encountering Life’s Endings.”

The Chronicle spoke to Silverstein about his book’s character, marijuana and the growing acceptance of the drug.

**THE CHRONICLE: Why do you think being a journal keeper for a book like this was important?**

**LOUIS SILVERSTEIN:** The importance is manifold. One [reason] is that we human beings have a right to do with our bodies, minds and spirits as we wish to do as long as it’s not encroaching on the liberties of another person. Another importance is just in the American speed of freedom—freedom to be the person who directs your own body. Secondly, marijuana throughout history has played a significant role in what we call “raising consciousness,” which is allowing human beings to

**How has marijuana played a role in your life?**

I obey the laws wherever they are, wherever I might be. The times that I have used marijuana have been in places where marijuana is legal to use. Having said that, it has played a profound role in my life in making me realize there is a greater soul within me than I knew and it certainly was a key in opening that doorway, and it has certainly played a role in my relationship to my fellow creatures on planet earth. Realizing whether you are human, animal or in plant form, we are one interwoven web of existence. It has affected me in a very profound way in relation to peace and the ecological movement. It has freed my body in ways I could have never imagined before.

**What kind of criticism have you received about the book?**

The feedback that I’ve received



# IS WEED A GATEWAY DRUG?

## CHRONICLE EDITORIAL BOARD

**As more states** legalize medical marijuana and debate recreational use, the scientific community is investigating the plant's effects on the body and brain. One of the more contentious debates is whether weed is a gateway to hard drugs—a theory that could be negated by expanding marijuana legalization.

While there is no conclusive proof that marijuana use predicts hard drug use, there is a correlation: 61.8 percent of hard drug users start with softer drugs like marijuana, according to the 2010 National Survey on Drug Use and Health.

Although weed might not directly lead users to experiment with hard drugs like heroin, it does act as a portal into the larger drug culture.

The stereotype that marijuana use leads to drug addiction could be debunked if it were legalized for recreational use, distinguishing it from other psychoactive drugs. Because marijuana is generally illegal, users are forced to buy it under the table.

Dealers often peddle harder drugs, exposing stoners to a realm of easily accessible dangerous narcotics. Marijuana is not available commercially, except in Colorado and Washington, but if it were offered in medical dispensaries or retail stores, pot smokers would not be exposed to hard drugs as often.

Most Americans—58 percent—are in favor of legalization, according to an Oct. 22, 2013 Gallup poll. Not to mention the 42.8 percent of Americans older than 12 who admitted to using pot at least once, with 12.1 percent partaking in the last year, according

to the 2012 National Survey on Drug Abuse and Health.

Because marijuana is so popular, it only makes sense for the federal government to oversee its production and safe sale instead of leaving distribution in the hands of drug traffickers who certainly are not held to the standards of the Federal Drug Administration.

The gateway argument pertains not simply to access to drugs but to dependency itself. About 9 percent of users become addicted, according to information from the National Institute for Drug Abuse. While 9 percent is a significant sampling, it is just as significant to note that 91 percent of users do not become hooked.

Psychological dependence varies from person to person, but that does not directly lead to a desire to try harder drugs that in some cases lead to addiction.

The most widely accepted defi-

nition of addiction is vague—the Diagnostic Statistical Manual of Mental Disorders defines addiction as “the continual use of a substance despite its negative consequences,” and studies on marijuana's addictive qualities are influenced by the medical professional definition of addiction.

Some studies of marijuana dependency support the addiction theory, but that does not mean every person will go through the physical withdrawal symptoms if he or she stops taking.

Many people only use marijuana and never partake of drugs such as cocaine or heroin. While marijuana use is not responsible for hard drug use in many instances, the connection still exists because of marijuana's ready availability and proximity to other black market drugs. When a person first tries a drug, it can open a mental door to the idea

of using another drug. But the increased likelihood for temptation does not apply to everyone, in the same way that riding a bike does not make you more likely to join a motorcycle gang. It may be a circumstance that usually comes first, but it does not directly precipitate further drug use later in life. To assume so is alarmist and unfounded.

Developing policies based on uncertain science and urban myth can create fear and bias, as in the case of people who claim weed is a gateway drug and advocate to ban it completely. To make the most balanced decision about drug consumption, the average marijuana user in the U.S. needs to be better informed about the scientific and social findings about the drug before deciding marijuana is a conduit to more dangerous substance use and abuse.

## COLUMBIA CONFESSIONS

### KATHERINE DAVIS & JENNIFER WOLAN

Assistant Campus Editors

**It's no secret** that many Columbia students love smoking the reefer and sometimes find themselves in hazy situations. The Chronicle spoke to students about their highest moments and lowest comedowns.

#### Reel high

“I think the funniest thing I ever thought of was ‘Stoned Alone II: Lost in the Fridge,’ like a remake of Home Alone. It was me and my friend. She pitched ‘Lost in the Fridge.’ We were thinking of funny movies to release.”

– Nick

#### Smart cookie

“One time I went stoned to a final I was unprepared for and I found out that I got 100 percent on my final. I had eaten an edible before I went into class because at that point I was just like done with it, and I was like, ‘I’m not going to get an A.’ But I got an A. I ended up getting the highest grade I’ve ever gotten.”

– Dylan

#### Overdrive

“I was with all my buddies and we were party-hopping that night. We went to this one party and we got a bunch of free weed. We smoked all of it and it was some really good s--t. We were all super high and we had to drive home. We got in my car and we drove a couple blocks and I was like, ‘Dude, I can’t do this.’ We literally had three people in the front. One person was sitting in the passenger seat, I was sitting in the driver’s seat and one

person was sitting on the glove compartment and it turned into a group effort to drive. Someone had to work the brakes, someone had to work the gas and someone had to steer. It was so funny. We had so many people in the driver’s seat on top of one another. We were so high and so stupid.”

–Patrick

#### Kush coma

“I was a sophomore in high school and I didn’t smoke that much at all at the time. They were passing around this joint and I hit it twice and I was like, ‘Oh, I think I’m going to feel something.’ We were in this garage and I got up and ended up falling asleep on the driveway for eight hours. I don’t remember what happened after that. I just remember falling asleep on this driveway and I could feel the earth spinning. It was the most bizarre feeling I’ve ever had.”

–Noah

#### Cat call

“This was sophomore year in 2010. It was one of the first times I smoked and I thought I was a cat. I started crawling on the floor and running into things in the kitchen. It was the worst.”

–Micah

#### Mary jane man

“One time my friend came over. We usually smoke outside but it was cold, so we were like f--k it let’s smoke inside. My parents were sleeping upstairs and we were just smoking. Then all of a sudden, my mom was literally walking down the hall and we were tweaking out. My friend had the blunt and she threw it in the corner. My mom was like, ‘Are you guys cooking something? Why

does it smell so nasty?’ and I was staying away from her because she would smell weed [on me]. We just kept going in circles as she followed me around the table. The funny part is that in the morning, my mom saw the ash and she thought that someone

was trying to do voodoo on us. She picked it up and took it to some guy that was going to tell her what it was.”

–Leslie

#### Stoner scare

“Me and my friend were smoking in the University Center. When

we finished, some alarms started going off, but it wasn’t the normal smoke alarm. It was like ‘Code 3204.’ We started freaking out. Then we heard keys jingling outside of the door and I was like, ‘This is it. They are going to come in here and expel us and I’ll have no place to live and my life will be over.’ But it was a roommate and he was like, ‘Did you guys think you set off the alarm?’ And we were like, ‘Uh...yeah.’ And he was like, ‘No, everybody in the rest of the building is totally chill. It’s just some random bulls--t one.’ But it was terrifying. That was probably the scariest moment of my entire life.”

–Jazmine

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– Patrick

“We had so many people in the driver’s seat... We were so high and so stupid.”



Erik Rodriguez THE CHRONICLE



# NFL SHOULD CONSIDER DRUG'S BENEFITS



**LINDSEY WOODS**  
Editor-in-Chief

The non-football buzz around Super Bowl XLVIII was not so much about the halftime show as it was about coming up with the funniest weed-inspired name for the matchup featuring teams from states that have legalized recreational marijuana, but the game spurred more than just jokes—a growing number of voices are now calling for the NFL to lift its weed ban.

Under the current NFL collective bargaining agreement, players are prohibited from using, possessing or distributing marijuana for any reason. Even though NFL Commissioner Roger Goodell made it clear during his Jan. 31 State of the League Address that he is not considering a policy change, he should consider allowing league medics to prescribe players marijuana for football-related injuries.

Goodell said during the address that until weed is nationally legalized, the NFL will continue to enforce its ban, a move he has every right to make. The drug is still illegal recreationally in 48

states, and decriminalizing the drug for players would do little to offset the legal consequences of smoking, possessing or distributing weed. According to a database compiled by the San Diego Union-Tribune, seven NFL players were arrested or ticketed in 2013 for marijuana-related charges, including former Chicago Bear J'Marcus Webb. Notwithstanding the various legalization laws, the NFL has a right to limit its players' recreational use of the drug.

The league also has a right to ban the use of medical marijuana by its players, but the case for allowing league doctors to prescribe medical weed is much stronger than that of a pot free-for-all. Allowing league doctors to prescribe the drug in states where it is legal could help offset some of the negative press the

NFL has attracted recently for its injury records.

Professional football players are especially prone to concussions, which could lead to permanent brain damage and chronic traumatic encephalopathy, a progressive degenerative brain disease often found in athletes with a history of brain trauma, according to the Sports Legacy Institute, a Boston-based nonprofit that studies brain trauma in athletes.

Because of the aggressive physical nature of the sport, players can also experience chronic pain from repeated contact. An August 2013 study published in the journal Cerebral Cortex found that the activation of the endocannabinoid system in the brain, which marijuana triggers, could help reduce the effects of traumatic brain injuries. Research

addressing the effects of weed on brain injuries is still relatively premature, but the drug's effects on other injuries that plague football players, such as chronic pain, is well-documented.

Current pain medication often prescribed by doctors such as Vicodin and Oxycontin are more dangerous than weed and have serious side effects. They also have a high risk of addiction and abuse, unlike marijuana. As long as weed is legal, it is a safer and more beneficial drug than current pain medications, making it all the more appealing to the NFL.

Although Goodell is steadfast about maintaining the current policy, he has shown signs of openness to medical marijuana in the league. He said at a Jan. 23 event promoting "head health" that if doctors could demonstrate

that medical marijuana could improve concussion treatment, he would consider amending the rule. It looks like that time is near.

Those in favor of a full turnaround on NFL marijuana rules may be disappointed. The league does not seem to want to give its players an all-out pass to smoke as they please, which is reasonable considering marijuana may negatively impact athletic performance by slowing reflexes, impairing hand-eye coordination and making cardiovascular exercise more difficult. However, if the drug can help players stave off harmful and sometimes life-threatening football-related injuries, the league should be more willing to consider an exception to its rule.

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# SOCIETY MUST BE BLUNT ABOUT WEED EFFECTS



**TATIANA WALK-MORRIS**  
Campus Editor

As you read this, many teens and young adults are tumbling down from their 4/20 highs. However, most adolescents are blissfully unaware of the impact of puffing pot.

Contrary to the stereotype that only stoners skip class to puff and pass, it is common for high school officials to find athletic and high-achieving students smoking, according to an April 11 article in the Contra Costa Times. As more teens and young adults develop a relaxed attitude toward marijuana and the pervasive culture, the government needs to sufficiently educate youth on the

adverse effects of marijuana.

The government has run anti-drug advertisements and even has a website dedicated to informing teens about drug use, but these efforts have proven ineffective. A 2011 study published in the American Journal of Public Health found the Above the Influence campaign's anti-drug advertisements were effective in dissuading young girls from using marijuana but were less so with young boys.

Despite national television advertisements advocating drug abstinence, teens and young adults take lighting up a joint lightly. The April 11 Contra Costa Times details how some student athletes at College Park High School in Pleasant Hill, Calif., showed up to practice high.

Adolescents have reported using pot to cope with physical and psychological conditions such as depression, anxiety, sleep difficulties and physical pain when other medications have failed, according to a study published in an April 2009 BioMed Central journal. Marijuana is being used in lieu of traditional stress management techniques, including

progressive relaxation, exercise and meditation.

As a result of marijuana use becoming more casual among students and more prevalent in pop culture, more young adults are smoking now than a few years ago. A National Institute on Drug Abuse survey found approximately 23 percent of high school seniors reported that they had smoked weed in December 2013, roughly a 17 percent jump from 2008.

Part of the nonchalant attitude toward the herb lies in the lack of awareness of its harmful neurological effects. Contrary to the widespread belief that the brain finishes developing when the teenage years end, it actually does not stop until adults reach their mid-20s, according to a July 2013 study published in the journal of Frontiers in Psychiatry.

During adolescence, the brain is still developing its prefrontal cortex, cerebellum and parietal cortex, areas of the brain associated with problem solving, planning, working memory and regulating emotion, according to the study. This is the time in kids' lives when they engage in risky—and

sometimes reckless—behavior. The higher levels of THC present in today's weed can result in more brain changes and a higher risk of addiction, according to researchers at the University of Milwaukee. Their research found that early marijuana use has more severe cognitive consequences. The study found that taking up smoking before age 18 leads to shorter attention spans, reduced overall verbal IQ and poorer executive functioning such as reasoning and inhibition.

The researchers also found smoking weed correlated with teens having other disadvantages such as poor memory, slow information processing speed and an inclination to engage in risky sexual behaviors.

A study published in the Journal of Neuroscience's April 16 issue suggested that recreational marijuana use caused significant brain abnormalities.

Not all weed smokers are prone to using hard drugs, but for many, marijuana was a stepping-stone on the path to trying more intense drugs, according to a June 2013 study published in the Humboldt Journal of Social

Relations. Interviews with 51 current and former marijuana users revealed that only 10 users thought using marijuana could lead to trying other drugs, even though their own experiences contradicted the theory. Approximately 78 percent of participants reported using cocaine or methamphetamines in the past.

It is a person's choice to smoke weed. Despite its legality for recreational or medicinal use in some states and its health benefits, marijuana is still harmful to the human brain. The government—as well as parents and educators—needs to educate young people in a way they can understand and relate to. To get the message across, they need to make sure youth do not perceive the message as being lame or corny and provide support for those who choose to abstain from drug use. If youth are not properly educated about marijuana's adverse effects, the trend will continue, leaving intelligent, talented students with fewer IQ points than if they had just said no.

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TOKE TALK

MARIJUANA MELTDOWN

MARK MINTON  
Copy Editor

Ralph Morgan was always interested in medicine and business, two fields that have become the crux of his hectic life in Denver.

Morgan is the owner, founder and co-founder of multiple cannabis dispensaries and businesses, including Organa Labs, a company that makes alternative cannabis products such as sublingual cannabis tablets and organic cannabis honey oil. Morgan is also co-founder of the O.penVAPE product campaign, which markets a popular marijuana vaporizer pen that uses cannabis oil to both retailers and consumers.

Morgan said Organa Labs grew by 1,200 percent in 2013 and is projected to grow by 600-800 percent in 2014. He added that retailers who carry the O.penVAPE pen have accounted for 30 percent of the retail marijuana accessory market.

Morgan started his medical career as a hospital orderly before moving on to sell orthopedic implants for hips, knees and joints.

“Six months before we started, I would have laughed at you if you said I was going to be in the cannabis industry,” Morgan said. “It was not a part of my life. I was just ignorant to it. I was completely blind to its medical potential.”

Morgan said he and his wife, who also worked in health care, took

notice of the media coverage of the burgeoning cannabis industry and decided to participate. Initially, it was difficult to get a financial leg up against the competition because equipment and licensing was expensive, he said.

However, things have changed now that Morgan operates multiple successful businesses in the industry. Some of his most popular products, including Organa Labs’ CannaTabs, have changed not only the lives of customers—they have changed Morgan too.

Morgan said he, his wife, friends and family have all benefited from using Organa Labs’ CannaTabs—sugar-based sublingual cannabis tablets—which melt under the tongue and induce a moderate high that is unlikely to cause anxiety and can assist with sleep problems and offer pain relief.

Creating the tabs is something pharmaceutical companies said would be impossible.

“I spoke with pharmaceutical companies,” Morgan said. “They said continuously, ‘You can’t achieve what you’re trying to achieve. You can’t take something that’s a liquid, which is our oil, with the viscosity that it has and successfully press it into a tablet form.’ They said it was impossible.”

But impossible is something that seems to have little weight in Morgan’s eyes. His early business ventures at Organa Labs were anything but easy.



Courtesy CANNATABS

Organa Labs’ CannaTabs dissolve under the tongue and are designed to produce a moderate high to alleviate chronic pain and improve sleep without causing anxiety.

Morgan said the first three years were difficult because obtaining a loan for an incipient marijuana business was nearly impossible, so he saved his money and borrowed funds from friends and family.

“We were really hard to invest in at first,” Morgan said. “We were competing with guys that were extracting and making hash oil with \$100 worth of equipment with some butane fuel from a head shop, and here we were trying to invest in equipment and accessories that were several

hundred thousands of dollars. That took us right up to the edge of, ‘Hey if this isn’t successful, we’re living in a van.’”

But once profits begun to snowball and product management became easier thanks to the expensive machinery, things started to take a turn.

Todd Mitchem, chief revenue officer of O.penVAPE, said Morgan impressed him from the moment they met.

“In that first meeting, he demonstrated a high level of partnership that was inspiring,” Mitchem said.


“Now that I have worked with him consistently, I feel he is one of the most passionate leaders I know.”

Morgan said cannabis products such as CannaTabs and the O.penVAPE pen are his legacy.

“Before, when I went to work, I was making a living,” Morgan said. “Now I’m realizing self-actualization. I feel like this is my legacy, that what I do makes a difference on the planet, to my neighbors in the community. That’s like the highest thing, right?”

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Courtesy NASAL RANGER FIELD OLFACTOMETER

With the legalization of recreational marijuana in Colorado comes the rampant smell of the stickily ickily. The new Nasal Ranger Field Olfactometer amplifies smells to help law enforcement pinpoint where the dankest of dank is being smoked.

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# WHAT'S IN A NAME?

INCONSISTENCIES IN THE WEED INDUSTRY COULD MEAN INACCURATE STRAIN CLASSIFICATION AND BAD BUD

**CARLEIGH TURNER**  
Assistant Campus Editor

**OG KUSH, PURPLE Haze, Granddaddy Purp, Sour Diesel**—these are the unconventional names of some of your local dispensary's most popular weed strains, each promising its own unique experience. But according to recent studies conducted by The Werc Shop, an independent cannabis testing laboratory in California, it is all a bunch of baloney.

Jeffrey Raber, the founder of The Werc Shop, who also holds a Ph.D. in chemistry from the University of Southern California, said the lab has discovered mass inconsistencies in marijuana strain classifications.

The scientific basis for dispensaries' claims about the effects of their products is questionable, Raber said. To his knowledge, they may be making unsubstantiated claims without any scientific evidence to back them.

Raber disputes the popular notion that weed is separated into three types: indica, which is said to have a sedative effect, sativa, which supposedly creates a more uplifting and energetic high and hybrid, a mix of the two.

"What we understand from what is being labeled and what we looked at in a chemical sense is that there is next to no chemical sensibility or rationalization across the indica and sativa classification," Raber said. "You can't say, in a general sense, all of them will cause this effect and all of the other ones will cause another effect."

Raber said one of the distinctive qualities among varying weed strains is the level of terpene, or terpenoids, the compounds that give the plant its unique smell, according to Raber.

THC and the other cannabinoids have no odor, so the strain's aroma depends on which terpenes are predominant. It is a combination of terpenoids and THC that gives each strain its specific psychoactive property, according to Raber.

Using terpene and cannabinoid profiling to determine the genetic and chemical makeup of popular strains, The Werc Shop is screening more than 1,000 varieties of cannabis for 37 different types of terpenes and comparing the results to samples with the same broad classification.

"We looked at one of the top strains, Jack Herer, and 30 percent of what was being labeled as that was actually not that name

when you look at the chemicals and compare them," Raber said.

By using this profiling technique, Raber has covered that companies are misleading consumers by mislabeling their products. He suspects this may be an effort to inflate charges of their "exclusive" strains for profit.

"It's more of a marketing moniker," Raber said. "We don't have formal regulations and we don't understand exactly what we're dealing with because we haven't been able to study it for so long."

Lifting the ban on marijuana will likely increase the number of strains.

Executive Director of the National Organization for the Reform of Marijuana Laws, Allen St. Pierre, said although marijuana has been under prohibition for the last 40 years, the industry increased the number of strains to hundreds.

He thinks that there may be many more coming once the prohibition ends, and the increasing number and varieties of strains indicate that the cannabis industry is moving in a positive direction.

"It will be highly varied, location to location and ... [some strains] will be best of breed," St. Pierre said. "Consumers want choice, and choice is a good thing. As a consumer of cannabis myself, I am very happy to see as many strains as possible to maximize my choice."

Harborside Health Center the nation's largest nonprofit medical cannabis dispensary, labels its products with the strain names given to them by their cultivator, according to an email from Gaynell Rogers, spokeswoman for the Oakland, Calif., firm.

"For the most part, the names of varieties are left unaltered so that the patients, who are quite familiar with the names and effects of the many types of cannabis available at market, can be certain they are obtaining the medicine that works for them," Rogers said in the email.

She said the center would only change the name of the strain to avoid unrelated connotations.

For example, she said they renamed "Green Crack" to "Dream Queen" to avoid implying a connection to cocaine.

These names and hundreds of others can be found on Leafly, an online marijuana strain database that aggregates reviews and provides information on thousands of strains.

Bailey Rahn, community manager for Leafly, said it is difficult

to come up with accurate descriptions of specific strains because of their complexity.

"There is great variety even between strains," Rahn said. "People have very different experiences with the same strain and it helps them with different things, so we are forced to make some generalizations."

Rahn said she talks to cultivators and scientists to ensure Leafly conveys the most accurate depictions of the strains.

Although cannabis regulation is still in its infancy, St. Pierre said growing operations need to be more transparent to be successful.

"It looks like the industry is going to have to patrol itself pretty well, [otherwise] those businesses will have to prove to their clients that what they're consuming is what they say it is," St. Pierre said.

Aside from unexpected physiological effects, there are other dangers associated with the lack of data on the chemical makeup of strains.

Scientists are currently investigating whether cannabis triggers symptoms of psychosis in people who are predisposed to it or if it exacerbates the condition. However, Raber said physiological complications would not be fatal.

Another red flag Raber encounters at The Werc Shop is multiple contaminants with "unacceptable" levels of mold and illegal pesticides present in the cannabis they receive.

Raber said about 25 percent of the samples he received had various microbiological contaminants with another 15 percent containing pesticides.

"The percentage may actually be bigger," Raber said. "We don't get many requests to do [contamination testing], so when we went out and grabbed the pesticides ourselves, it was as high as 35 percent. I think that problem is pretty prevalent."

Raber said he has also seen contamination from the plant growth regulator Paclobutrazol—which is currently outlawed in California—being used to cause early fruit production and a higher seed count in plants.

His suggestion for avoiding these dangers is to have products tested before ingestion.

"Have the trust to verify," Raber said. "If someone told you that this is what they're providing for you, you should check it with a lab."

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## POPULAR POT ON LEAFLY.COM

by Bailey Rahn

### MOST POPULAR SATIVA:

**Sour Diesel**



**SOUR DIESEL, SOMETIMES** called Sour D, is a sativa named after its pungent, diesel-like aroma. This fast-acting strain delivers the energizing, dreamy cognitive effects that have pushed Sour Diesel to its legendary status. Stress, pain, and depression fade with long-lasting relief that makes Sour Diesel a top choice among medical patients. Its stimulating effects have won it a seat in the sativa category, but its poorly documented origins leave much room for debate.

### MOST POPULAR INDICA:

**Granddaddy Purple**



**GRANDDADDY PURPLE** (or GDP) is a famous indica cross between Purple Urkle and Big Bud. GDP has a grape and berry aroma and blooms in shades of deep purple, a contrasting backdrop for its snow-like dusting of white crystal resin. Its psychoactive effects are detectable in both mind and body, delivering cerebral euphoria and physical relaxation. Although your thoughts may float in a dreamy buzz, your body is more likely to find itself fixed in one spot for the duration of GDP's effects. Granddaddy Purple is typically used to treat pain, stress, insomnia, appetite loss and muscle spasms.

### MOST POPULAR HYBRID:

**Blue Dream**



**BLUE DREAM IS** a sativa-dominant hybrid that has achieved legendary status among West Coast strains. A Blueberry indica with the sativa Haze, Blue Dream balances full-body relaxation with gentle psychic invigoration. Some Blue Dream phenotypes express a more indica-like look and feel, but the sativa-leaning variety remains most prevalent. Blue Dream also delivers swift symptom relief without heavy sedative effects, making it a popular daytime medicine for patients treating pain, depression, nausea, and other ailments requiring a high THC strain.



# REEFER RAP

EXAMINING HIP-HOP'S LOVE AFFAIR WITH MARIJUANA

KYLE RICH

Social Media Editor

**Peanut butter and jelly.** Batman and Robin. Jordan and Pippen. Hip-hop and marijuana. There are just some things that are incomplete without the other.

You have probably seen posters in the dorms of Notorious B.I.G. posing with a huge blunt in his mouth, smoke pouring out. Rappers' stages draw more skunk-smelling clouds than a quiet indie band might. Just listen to most of the hip-hop playing on the radio and it will not be long before you hear a reference to lighting up.

Rap was not always like this. In fact, the very first drug references in rap music addressed the negative consequences of drug use, not the fun parts. In the '80s, Public Enemy's "Nights of the Living Baseheads" raps: "The problem is this—we gotta' fix it/ Check out the justice and how they run it/ Sellin', Smellin'/Sniffin', riffin'," and Grandmaster Flash's "White Lines": "My white lines go a long way/ Either up your nose or through your vein/ With nothing to gain except killin' your brain." Both were written as rap ballads decrying the use of crack and cocaine.

It was not until the early '90s that music icons began to glorify drug

use. Dr. Dre promoted marijuana use with his album *The Chronic* and Cypress Hill's "Stoned is the Way of the Walk," reached triple and double platinum status, respectively. Their success on the charts showed that pot sells, and two of the current Top 10 songs on the Billboard Hot 100 list from the week of April 19 feature lyrics that portray marijuana in a positive light.

Denise Herd, an associate professor of Behavioral Sciences at the University of California, Berkeley School of Public Health, said she wanted to monitor references to substance abuse in rap lyricism because she noticed it was becoming more frequent.

"I was aware that there was lots of alcohol advertising with rappers," Herd said. "In the back of my mind I asked myself, 'Are prominent rappers advertising alcohol? Is there more alcohol in their music? Is the alcohol being accompanied with drugs?'"

Herd's study, "Changes in the Prevalence of Alcohol Use in Rap Song Lyrics: 1979-1997," analyzed 341 of the most popular rap songs from the time period and searched for lyrics that glamorized or endorsed the use of illicit drugs. Herd and an assistant both reviewed each song, noting drug references and terms specific to drugs, selling drugs, parapherna-

lia and altered mindsets associated with drug use. They recorded the number of mentions as well as a verbatim transcription of each drug reference. As Herd predicted, attitudes toward drug use have become more permissive in recent years and are prevalent in various social contexts.

In her findings, marijuana was the most frequently mentioned drug in rap music and had a nearly 200 percent increase in recent mentions compared to songs from 1979-1989. The number of songs that framed drug use in a negative light decreased by more than 70 percent, whereas the number of positive drug references increased by nearly 400 percent.

So is it possible that increased exposure to positive lyrics about marijuana is likely to raise the rate of use among listeners?

In a January 2013 study published in *The Journal of Health Communication*, Michael Slater, professor of arts at Ohio State University, and a colleague explored the prospective effects of music-related media content on youth alcohol, cigarette and marijuana use.

The authors suggest that the effects of music-related media, especially music videos, on introducing young viewers or listeners to drugs can be identified by whom they hang out with and whether their peer groups used drugs.

However, after surveying 8,155 students across the U.S., the results showed that marijuana ref-

erences in music alone would not lead to marijuana use until adolescents started hanging out with drug-using peers. The study suggests watching music videos independently may not initiate use, but if a friend had been using, it could spur the initial use.

Slater said he was not surprised to learn that the influx of marijuana-related lyrics and images in hip-hop lowers young listeners' fears of the potential consequences of getting high.

"That would be a plausible hypothesis," Slater said. "If kids are moving into groups with use norms, and use media that reflects those norms, [it could be] quite a troublesome [duo]."

This can be concerning for some, especially parents.

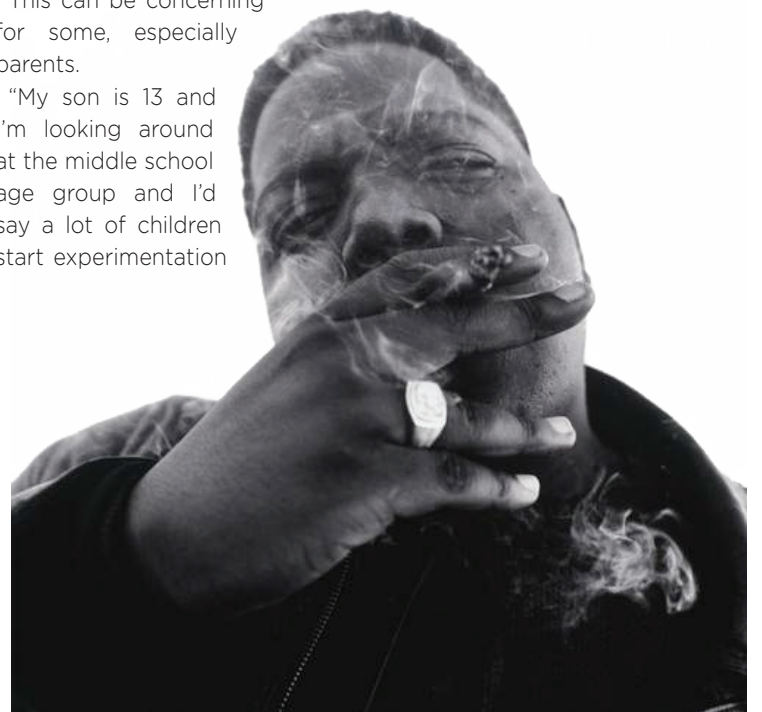
"My son is 13 and I'm looking around at the middle school age group and I'd say a lot of children start experimentation

with drugs," Herd said. "He used to just watch videos, now all the sudden he is plugged into music, [which is] a part of their world."

Jim Derogatis, a lecturer in the English Department and host of *Sound Opinions*, a nationally syndicated talk show, said he thinks regardless of media exposure, rap isn't that influential on youth.

"I think if we took hip-hop completely out of the culture, just erased it, as many kids in any given high school classroom would be likely to try that drug as would be likely to be straight edge," Derogatis said.

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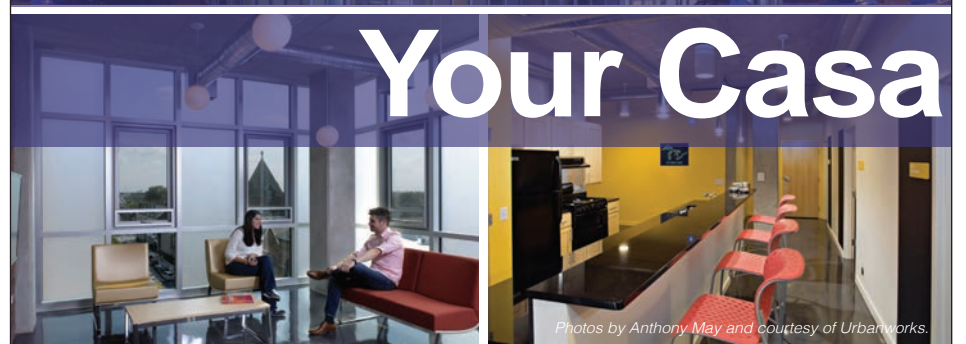


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# AUDIOFILE: BRINGING REAL RAP BACK WITH SMOKE DZA

**BRANDON HOWARD**  
Contributing Writer

Although his name implies otherwise, Smoke DZA likes weed—a lot. Though his first full-length album *Rolling Stoned*, released in 2011 with collaborations with A\$AP Rocky, Kendrick Lamar and Big K.R.I.T., was named High Times' Album Of The Year, Smoke is more than just a rapper to listen to while hitting the bong.

A Harlem native, Smoke DZA grew up listening to The Notorious B.I.G., Jay Z and Nas, religiously studying their lyrics so he could learn to rhyme on his own. Fast-forward to 2014 and Smoke DZA is playing a 4/20 show with Snoop Dogg and Wiz Khalifa while releasing his own music consistently and touring the world.

His most recent record, *Dream.Zone.Achieve*, portrays him as more than someone who just loves getting high. On the three-part album, Smoke DZA chronicles his ambition to be a rapper, followed by the effort, which he calls the "Zone." The album concludes with the realization of that dream. The album's first song, "Count Me In," boasts a heavy trap beat from Lee Bannon in which Smoke DZA approaches the closest thing to a cocky snarl that you will hear from the usually laid-back rapper. "Ghosts of Dipset" features a long-anticipated collaboration with fellow Harlemit Cam'ron, a soulful Thelonious Martin beat and a relaxed, confident flow.

Along with fellow New Yorkers Joey Bada\$\$, The Underachievers and A\$AP Mob, Smoke DZA and these Beast Coast movement emcees are putting the East Coast back on the rap radar.

The Chronicle spoke with Smoke DZA over the phone about his process, rap and weed.

**THE CHRONICLE:** Where did you get the idea to divide *Dream.Zone.Achieve* into three acts?

**SMOKE DZA:** I'm at the point in my career where I want more things to be known [for] other than just the main subject that I always [rap about]. Even though, whether I was rapping or not, I would be smoking weed. That's just my life. I'm somebody that will rap about s--t that I dream about occasionally, but my s--t is mostly based on my real life experiences. I really deal with reality, which bites me in the ass sometimes.

**In "City of Dreams" you say, "I'm a swag rapper's worst nightmare." Is that a knock?**

No, it's not really a knock. I have friends that do swag rap. I'm just saying I'm a real rapper. A lot of people, unless you're exceptionally good at what you do, can't really embrace being a lyricist or can't really do what rappers are supposed to do.... When I say I'm a swag rapper's worst nightmare, I'm the person that you really don't wanna be on a song with. I'm the person you really don't wanna go back and forth with, because I actually rap and I'm not known for just swag rapping.

**Why did you choose to put the weed anthems on the "Zone" part of the album?**

On "Legends In The Making (Ashtray Pt. 2)," I got [Wiz Khalifa and Curren\$y] on there, and that's just a record that I felt had to be done for the culture. That was serving that. I don't wanna drift away from my fans because I have fans that love me for that, so I have to cater to them as well. So you have records like "Ashtray," you have

records like "Pass Off".... They still get what they want, and I still get to give them what I want.

**How did you get Pete Rock and Harry Fraud to produce for the record?**

Any time I work on my stuff, I'm very producer-driven. I always love to have producers that I respect and I love the sound they bring, and different sounds at that. You can't compare Harry to 183rd. You can't compare 183rd to Ski Beatz. You can't compare Ski Beatz to Pete Rock. They all bring something different to the table.

**When you are recording, do you have a regular routine before you go into the booth?**

Well, my only ritual that I do is light up my weed, smoke my weed and have a certain amount of people around me—the right people, because I don't like bad vibes. I feed off good energy.

**Between you, Snoop and Wiz, who do you think smokes the most weed?**

Well, [I'm going to] say Snoop. Anybody else you would've asked me about, I would've gave you a political answer, but I'm not even gonna play. Snoop is the guy.

**In your opinion, do you think Chicago has quality weed?**

Chicago's got good weed, [but] everybody gets good weed, but it's who you get it from. There's good weed everywhere. When I'm in the Chi and I smoke on Irene or whatever it is that's in the atmosphere, I'm good.

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Courtesy SMOKE DZA

Harlem native Smoke DZA has been rolling, musically, since the release of his 2011 album *Rolling Stoned*. His newest record *Dream.Zone.Achieve* is ambitiously divided into three acts chronicling his rise to fame.



## STAFF BLAZELIST

Songs to get high to



**Matt McCall, Arts & Culture Editor**

**MIND MISCHIEF** Tame Impala  
**NO DESTRUCTION** Foxygen  
**SWEET LEAF** Black Sabbath  
**3'S & 7'S** Queens of the Stone Age  
**COMFORTABLY NUMB** Pink Floyd



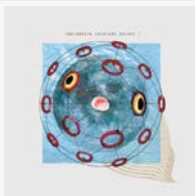
**Emily Ornberg, Managing Editor**

**ELEVATORS (ME & YOU)** Outkast  
**SPACE** M.I.A.  
**PASS DA BLUNT** Missy Elliot & Timbaland  
**SOUND OF MY VOICE** Weeknight  
**FEEL THAT** Vic Mensa



**Kaley Fowler, Managing Editor**

**SO WHAT'CHA WANT** Beastie Boys  
**DAYDREAM** Smashing Pumpkins  
**HIGH TOGETHER** Shwayze  
**CHINA GIRL** David Bowie  
**COFFEE & TV** Blur



**Mark Minton, Copy Editor**

**DARKEST (DIM)** TOKiMONSTA ft. Gavin Turek  
**OMID (HOPE)** Thievery Corporation  
**EMPIRE ANTS** Gorillaz ft. Little Dragon  
**MAD FRIGHT NIGHT** Lo Down  
**TO PLUTO'S MOON (REMIX)** My Brightest Diamond



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# HELLA HANDY HEMP

Mark Minton  
Copy Editor

The economic benefits of hemp are gaining recognition worldwide, but America is still catching up.

Hemp—a variety of the cannabis plant—is classified as a controlled substance and has long been illegal at the federal level, leaving the general population mostly unaware of its numerous applications in products such as food, paper, textiles, construction and cosmetics.

As countries such as China and Canada begin to capitalize on hemp's economic value, the functionality of hemp products is reaching a new high. Given industrial hemp's legality in 10 states, President Barack Obama signed the Farm Bill Feb. 7, which contains an amendment legalizing hemp production for research purposes in state agriculture departments and institutions of higher education.

The Hemp Industries Association estimated that the total U.S. retail value of imported hemp products such as textiles reached nearly \$500 million in 2012, according to data from the Congressional Research Service.

"I'm not even sure if the American public knows hemp exists," said Brian Webster, special projects union representative for the United Food and Commercial Workers Union's Medicinal and Hemp Workers Campaign. "People who are environmentalists, people who are industrialists, people who are agriculturalists—they all know the benefits of hemp and that the hemp industry exists in Canada, in Hungary and in China."

Anndrea Hermann, president of the Hemp Industries Association, said hemp activists are working hard to dispel misconceptions about the valuable cash crop. She said the

markets for marijuana and hemp are different in terms of product applications, distribution, commercialization and handling, adding that industrial hemp cultivars can be used for paper products, textiles, plastics, body care products, construction, essential oils, medicines, nutritional supplements and even food.

"In the hemp industry, we work really hard to delineate industrial hemp from marijuana, but we're moving into a time when state legislation is legalizing marijuana before legalizing industrial hemp," Hermann said.

Marijuana is not the only cannabis product with a medical application. Hermann said industrial hemp can produce significant health benefits.

"If you're in a dispensary setup and you've got patients coming in who are suffering from all kinds of things, sometimes providing essential fatty acids could help," Hermann said. "So patients could purchase a bottle of hemp seed to feed the body essential fatty acids, which are required for the functionality in the body."

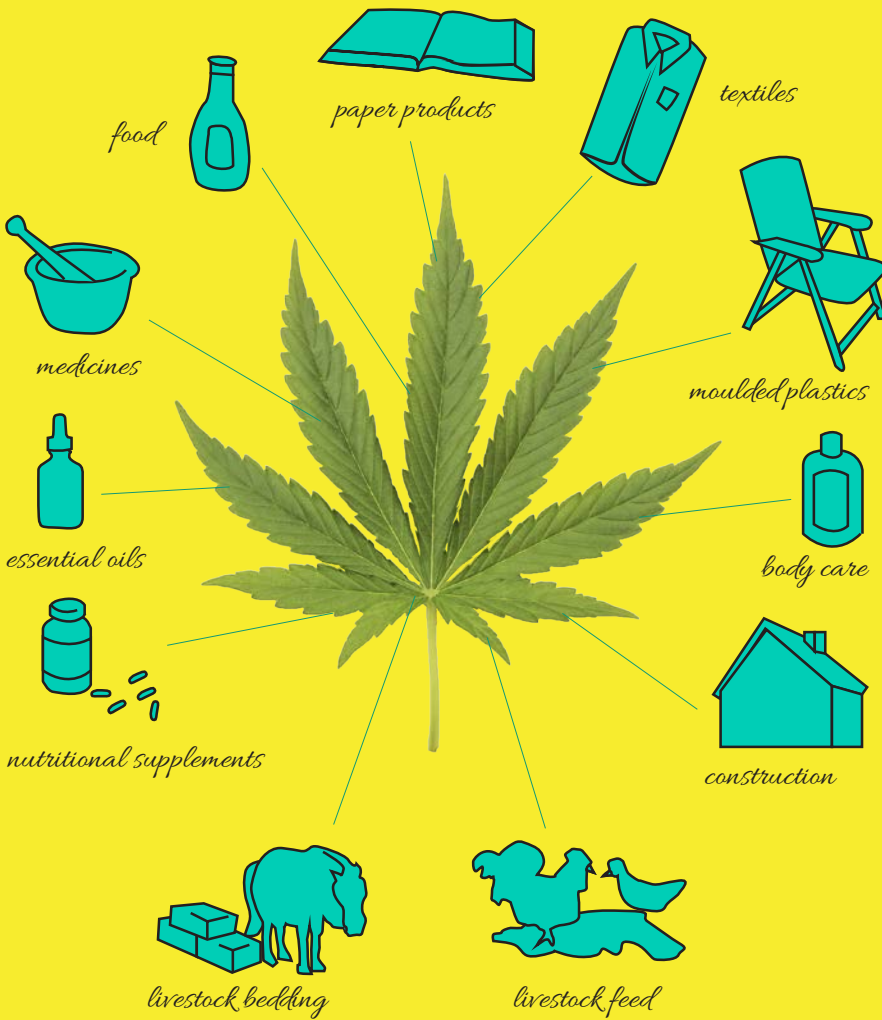
Hermann said that in the U.S., hulled hemp—or shelled hemp, which is the grain without the outer shell—is available for purchase. The tiny nut that remains is called a hemp heart and can be eaten like a sunflower seed.

Webster said he wishes more people knew how long hemp has been a part of American culture and that he wants people to know about hemp's benefits as a crop.

"Most people don't know the constitution was printed on hemp paper," Webster said. "They don't know George Washington grew hemp. They don't know Thomas Jefferson advocated its [agricultural importance], but everybody's heard of marijuana. That's for sure."

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## The Many Uses of Hemp



Information from: <http://bigthink.com/experts-corner/the-truth-about-hemp-an-interview-with-chris-conrad>

Donald Wu THE CHRONICLE



# HIGH ON THREADS

**NATALIE CRAIG**  
Assistant Metro Editor

AS I SAT down in my first class of the spring semester, I noticed a pair of gray socks with yellow marijuana leaves printed all over them sprouting from a pair of gray Vans across the room.

With an eye roll, I looked up to see who was sporting the socks. To my surprise, it was none other than my professor.

It just got real. Marijuana has not only invaded my social life and commute to class, but it also found its way into fashion and the classroom. As disappointed and outraged as I was, I realized that nearly everyone I love adores weed culture.

As legalization causes weed to become a highly practiced recreation, I tried to change my point of view. Instead of seeing a drug that irritated me, I started to see people who embrace a trend that brings their culture and cause closer together.

Weed-inspired clothing has blown through the fashion world, with budding retailers showcasing their unique weed wear—AKA “huff gear”—to a generation of kush-crazed kids.

Although huff gear is more common now than it was in past decades, millennials are not the only ones buzzing from Mary Jane, said Corey Smith, media marketing manager of BeWild.com, an online clothing retailer tailored to the pot leaf.

“You will always have the generation that grew up in the hippie age,” Smith said. “Then you have the new generation with the legalization going on, but you also have some people who just kind of want to look cool. It’s a wide range of people purchasing these types of [clothing items].”

Celebrities are also rolling with the trend. From Miley Cyrus to Schoolboy Q, performers are donning iconic cannabis prints now more than ever, which put the pot leaf on top of trend charts.

Greg Manganas created the “Piffsburgh” movement after his designs bannered across black hats were spotted on artists such as Wiz Khalifa in music videos and on magazine covers. The exposure led to his collaboration with New York designer Solomon Reese, and the two went on to open Smokers Only Worldwide, an online retailer for weed admirers and fashion enthusiasts.

Manganas said there are 2.5 billion tokers in the world, most of whom are unable to express their passion for cannabis because marijuana is largely illegal. However, just like “Piffsburgh’s” place in hip-hop, artists from all genres have contributed to the ubiquity of the cannabis culture.

“Every [artist] in music is smoking pot throughout the centuries,” Manganas said. “They all influence the marijuana culture, and that’s what gives the people more power.”

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# DINNER ON A DIMEBAG

The ultimate munchie remedy

MARGARET MAHAR  
Contributing Writer

The munchies are an inevitable fate after sizzlin’ a blizzle, but what is it about that laughing grass? According to a Feb. 9 article published in the journal Nature Neuroscience, this hunger arousal is due to the ability of THC, the mind-altering ingredient found in the Cannabis plant, to heighten the sense of smell, thus increasing appetite. The article also includes a bunch of hoo-ha about centrifugal cortical glutamatergic neurons, and although it goes on to state that underlying mechanisms remain poorly understood, the stomach does not lie.

The staple munchie classics include Taco Bell or White Castle, but it’s possible to create a worthwhile meal using the resources at hand. And let’s be honest—there is no better time to be creative with ingredients than when just about everything tastes good. Even that two-day-old burrito festering in the back of the fridge or mom’s leftover meatloaf layered with strips of bacon and smothered in barbecue sauce puts a rumble in the tummy. I digress.

If you want to get crafty with your cupboards, these recipes are sure to tickle taste buds, tantalize senses and turn up an otherwise boring night, and they won’t be the only things that are baked.

chronicle@colum.edu

## INGREDIENTS:

- 1-ounce package Pillsbury Cookie Dough
- 1 package Oreo cookies
- Crushed peppermint candy

## INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Scoop cookie dough and place it on top and bottom of an Oreo cookie.
3. Seal edges by pressing and shaping dough until Oreo is completely wrapped.
4. Spaciously place cookies onto baking sheet—they will increase significantly in size.
5. Top with crushed peppermint. Also recommended: nuts, sprinkles, M&M’s or pretzels. Or just pile on all of it.
6. Bake 9-13 minutes, or until golden brown. This is a good time to bake yourself in preparation, if you have license to do so, of course. Just don’t forget there are cookies in the oven.
7. Enjoy the sweet lovemaking sesh your mouth is about to make!



## I'M BAKED MAC AND CHEESE

## INGREDIENTS:

- 1 pound pasta
- 1 pound shredded sharp cheddar cheese
- 2 tablespoons all-purpose flour
- 2 cups heavy whipping cream
- 1 1/2 tablespoons butter
- 1/2 cup breadcrumbs or crushed potato chips
- 1 teaspoon Tabasco sauce
- 1 teaspoon salt
- 1 teaspoon pepper

## INSTRUCTIONS:

1. Preheat oven to 375 degrees and grease a casserole dish.
2. Cook pasta in generously salted water until al dente. Drain and rinse with cold water.
3. In a large bowl, combine sharp cheddar cheese, flour, salt, pepper, heavy whipping cream and Tabasco sauce.
4. Mix thoroughly with pasta and pour into buttered casserole dish.
5. Top with breadcrumbs or crushed potato chips.
6. Bake for 30-40 minutes or until firm and golden brown.



## DOPE DUNKERS



## CEREAL 'N' MILK

## INGREDIENTS:

- 1 box of cereal
- Milk

## INSTRUCTIONS:

1. Grab a box of cereal. Any brand will do.
2. Pour cereal into a bowl and add desired amount of milk.
3. Now eat it damnit. You’ve earned it after all the effort it took to get off the couch.



# FILMS FOR THE FADED

HANNAH COLE  
Contributing Writer

Everything is a good idea after smoking some legal, state-regulated ganja, but there is nothing better than plopping in front of the TV and being sucked into a kush-complementary movie. Cinema is brought to life after a hearty smoke sesh, whether it is with friends, alone or with a licensed “doctor.” Here are five great movies to watch after you have danced with medical Mary Jane. Light up a doobie, order a pizza and leave all your worries behind.



2. **“Avatar”** - With a blunt in your hand, there is no need for 3D. Venture into Pandora, a world of trippy neon colors, far-out species and strange lingo, elevating your high to unattainable levels. If the sights and sounds don’t capture your attention, the Na’vi’s close connection with the land and the Tree of Souls will make you desire a deeper relationship with nature than with the sticky-icky stuff. Plus, how cool would it be to ride on one of those freaky mountain banshees?



4. **“Pineapple Express”** - Written by stoners for stoners, Pineapple Express shows how special the relationship between a dealer and buyer can be—they are not just BFFs, they are BFFFs. The bromance between James Franco and Seth Rogen is epic, but throwing in Bill Hader and Danny McBride forces viewers to laugh until they cry. Just roll up an impressive cross joint, sit back and get stoked to watch one of the best comedies known to mankind.



1. **“The Matrix”** - Do we live in an alternate reality? Are we blind to the confines of society? Can we really do whatever we think is possible if we just believe in it? If the Matrix is not confusing enough already, try watching it with your dopamine receptors wide open. So, what do you say? Red or blue pill? Purple haze or Trinity?



3. **“Dazed and Confused”** - Set in 1976, this coming-of-age tale features mellow dudes, groovy jargon and tie-dye shirts. You are bound to connect with this group of hippies who will inspire you to throw your inhibitions out the window and blaze your own path in life. In the famous words of David Wooderson (Matthew McConaughey), “The older you do get, the more rules they’re gonna try to get you to follow. You just gotta keep livin’ man, L-I-V-I-N.” All right, all right, all right.



5. **“The Goonies”** - Yo’ ho! Blow me down! High or not, “The Goonies” never fails to awaken your child-like sense of wonder. Imagine scouring your attic and discovering a 400-year-old treasure map and heading out to find One-Eyed Willie with four of your best buds. You would probably be pretty paranoid thanks to your buzz, but it would be the ultimate tale to tell.

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# CHRONIC ANXIETY

Colin Anders\* presses the speckled glass bong to his lips. He flicks his lighter and holds it to the base, igniting the packed slider overflowing with green crumbly weed, and slowly inhales. Crippling anxiety feels much more tolerable when stoned, he reasons.

And then it hits. Black spots slowly cloud his vision. His heart begins pounding out of his chest and his body shakes uncontrollably as he loses the ability to breathe.

He sprints to the bathroom, runs the water, stares at his reflection in the mirror and takes a deep breath. Another anxiety attack has passed.

"Nothing felt real. Everything felt like it was a dream," Anders said. "In my head, at the time, I had actually [made] peace with death. I've had to go through the mental strain of feeling [as if] I was facing death or thinking I was going to die many times."

Although he occasionally uses marijuana to calm his chronic anxiety attacks, Anders said it often produces the opposite effect.

The Mayo Clinic defines anxiety as an excessive and persistent worry about everyday situations. Most often, anxiety disorders involve repeated episodes of intense panic that peak within minutes. Anxiety disorders affect an estimated 40 million adults in the U.S.—18.1 percent of the adult population, many of whom have complex anxiety disorders such as obsessive compulsive disorder or fear of social situations, according to the National Institute of Mental Health. And the trend is on the rise. An increasing number of Americans are diagnosed with generalized anxiety disorder every year, prompting doctors to seek alternative treatments to calm their anxious patients' symptoms.

According to the Anxiety and Depression Association of America, the primary treatments for anxiety are cognitive-behavioral therapy, prescription medica-

time. Four classes of drugs are used to treat anxiety disorders: selective serotonin reuptake inhibitors such as Prozac and Lexapro; serotonin-norepinephrine reuptake inhibitors such as Effexor and Cymbalta; benzodiazepines such as Xanax and Valium; and tricyclic antidepressants such as Norpramin and Anafranil. They have a range of side effects, some mild, others more serious—including addiction.

Anders said he had his first spiraling panic attack in 2012 on his 20th birthday.

"My family was coming down to meet me for dinner, [but] as soon as they showed up, I started blacking out and couldn't see anything," Anders said. "I was freaking out, [I] didn't know what was happening because it was a feeling I had never felt before. So I spent my entire birthday dinner just walking around the block just to calm myself down."

Anders said he once thought anxiety only affected him mentally, but he has learned it has physiological effects as well.

"I can't control my body," Anders said. "It gets very weak and very dizzy. My heart beats really fast [and] the main thing I have to do is control my breathing ... sometimes I can get it under control pretty quickly. Other times I can't get it under control and I need to be alone immediately and I need to breathe, just calm myself."

To better treat the complexity of anxiety disorders, researchers are now looking to medical marijuana as a more efficient form of treatment than cognitive therapy or pharmaceuticals. However, the results are mixed.

In a study published March 5 in the journal Neuron, researchers at Vanderbilt University analyzed how cannabis- and cannabinoid-related neurochemicals affect a person's mood and anxiety level. The study found that when the brain's cannabinoid receptors are activated—which are involved in phys-

Written by Emily Ornberg, Managing Editor  
Sarah Schlieder, Sports & Health Editor  
Designed by Kayla Koch, Senior Graphic Designer

The primary chemical in cannabis is tetrahydrocannabinol, or THC, which binds to the cannabinoid receptors in the brain. Under certain circumstances, activating this particular receptor causes a reduction in feelings of anxiety and depression, according to Sachin Patel, assistant professor of psychiatry and molecular physiology at Vanderbilt University.

"When studies ask large-scale chronic marijuana users what they're using it for, the most common reason given is people find it reduces anxiety and causes tension relief much more so than euphoria and getting high," Patel said.

As an alternative to smoking marijuana to produce the cannabinoid reaction, Patel said he and his team are working to develop an anti-

anxiety drug that would have the same effect. The team has called the general class of these drug compounds endocannabinoid hydrolysis inhibitors, Patel said.

Philip Kendall, Laura H. Carnell professor of psychology and director of the Child and Adolescents Anxiety Disorders Clinic at Temple University in Philadelphia, said that while some people may feel relaxed and calm after smoking marijuana, others become hyperactive, and overly sensitive, which will increase their anxiety levels. Kendall said he would be hesitant to prescribe medical marijuana to a patient to treat anxiety disorders, but he would not necessarily eliminate it as an option.

Anders said he quit smoking marijuana after he was diagnosed with chronic anxiety because he could not

predict whether the drug would cause him to suffer anxiety attacks. To treat his condition, Anders said he was put on Lexapro and Klonopin, which treat panic disorders and anxiety.

When he first began smoking marijuana during his senior year of high school, Anders, who studies visual communication at Loyola University Chicago, said it made him feel calmer, helped lower his stress levels and allowed him to be creative. After being diagnosed with chronic anxiety, Anders said his doctor recommended he stop smoking.

Christine Strong, clinical physician at the Cannabis Patient Evaluation Center in Tempe, Ariz., said she was originally indifferent to prescribing medical marijuana to treat anxiety, but after many of her patients admitted to using cannabis illegally she realized the drug could help them cope with symptoms such as emotional pain and insomnia.

"Anxiety is a very debilitating condition and it's not well understood," Strong said. "Many of my patients who come in with this diagnosis talk about how they feel isolated, how their family members don't really understand them, [how] they can't eat—the myriad of symptoms associated with it ... They just feel helpless."

Anxiety disorders spur an interaction between people's

predisposed medical disorders and symptoms and their thoughts and actions, according to Michelle Newman, professor of psychology and psychiatry at Pennsylvania State University. Biochemicals are then activated in the brain, causing people to experience symptoms such as greater muscle tension and escalated heart rates, Newman said.

However, anxiety disorder treatments can provide inconsistent results.

"That's one of the features of treatment outcome," Kendall said. "It's what works for whom; it's often not one treatment works for everybody."

Researchers are studying the biology of how cannabinoids can both reduce anxiety and produce negative effects that make anxiety worse, Patel said, adding that people need to be cautious about using medical marijuana to treat mental illnesses.

"That doesn't mean that there may not necessarily be some use for them. It just means that the studies haven't been done and need to be so that we can make sure if people are going to be safe," Patel said.

Strong remains a firm advocate of medical weed and said an increasing number of young patients are coming to her with a heightened sense of anxiety, though she does not understand why anxiety would be on the rise.

She said marijuana has become a miracle drug for her patients struggling with anxiety.

effectiveness. She said the issue with using chemicals as a form of treatment is that people do not develop the natural ability to cope

“Using biochemicals is a way to take away the immediate emotion, but it doesn't actually help the individual learn to cope.”  
– Michelle Newman

"I sit here day in and day out shocked at the stories of people getting their lives back," Strong said. "It's just an amazing drug. I have hundreds of patients who, without medication, have five debilitating migraine headaches a week. [After] one year taking a small dose [of marijuana] every night, they're telling me they're having one migraine every three months—less severe, shorter duration. It's just so alarming to me that [cannabis has] such a stigma and yet it's so beneficial to many people."

Marijuana is currently classified as a Schedule I drug under the Controlled Substances Act, a classification that also applies to heroin and methamphetamine. However, Strong said that gives a false impression of the otherwise helpful drug.

"Heroin is a Schedule I drug, which means it has no use for human consumption and is very dangerous," Strong said. "I don't know how [marijuana] got that schedule [but] it's a ridiculous platform. I'd rather call alcohol a Schedule I drug."

Strong said pharmaceutical companies are hoping the government will implement regulations on medical marijuana so it can be acquired through a drugstore.

However, Patel said it is important to note that certain strains can also invite a host of other issues, including short-term memory loss and impaired motor skills.

Marijuana does not have a permanent effect on the body, said Lester Grinspoon, professor of psychiatry emeritus at Harvard Medical School, adding that people cannot overdose on marijuana and kill themselves.

"[Marijuana] is generally more useful and less toxic than the pharmaceutical product it is displacing," Grinspoon said.

But Newman said she is skeptical about marijuana's

with their anxiety as they do through cognitive behavioral therapy, which requires people to immerse themselves in the particular situation that causes anxiety and learn how to cope.

Although this confrontation often causes panic attacks, Kendall said overcoming a nerve-racking situation helps people acquire a sense of confidence and eventually a decrease in anxiety.

Cognitive behavioral therapies have been found effective for approximately two-thirds of participants, Kendall said.

"Using biochemicals is a way to take away the immediate emotion, but it doesn't actually help the individual learn to cope," Newman said.

Anders said anxiety and the way it can be treated is different from person to person.

"I think it's personal for everybody, because I've met people with anxiety where marijuana very much helps them," Anders said. "If I have chronic anxiety and the other person has chronic anxiety, both of us are completely different and we handle it in completely different ways. It interacts with our lives completely differently."

For Anders, being stoned is a necessary comfort to ease all the worries of a darting, anxious mind. However, at the same time, it can be seen as a vice that further cripples Anders and makes him a victim of his own illness.

"I feel like I know the points where I have to stop smoking or slow down if it does start to affect my anxiety," Anders said. "It just makes me calmer."

\*Name has been changed.

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sschlieder@chroniclemail.com

“I feel like I know the points where I have to stop smoking or slow down if it does start to affect my anxiety.”

– Colin Anders\*

tions or a combination of both. Cognitive-behavioral therapy is associated with a range of techniques that help patients recognize anxiety triggers and increase their control and endurance over

iological processes including appetite, pain-sensation, mood and memory—anxiety level and accompanying symptoms, such as shortness of breath and chest pain, are reduced.



CHICAGO

# BIKE

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### April 21-25

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**Wednesday, April 23**  
Get Out and Often: Safe +  
Fun Tips For City Biking a  
presentation by the City of  
Chicago Bicycle Ambassadors  
2pm, 916 S. Wabash Ave. Rm 150  
Show your Columbia ID for a  
24-Hour DIVVY bike pass\*

Water Wednesdays 12-2p  
623 S. Wabash Ave. Lobby  
72 E. 11th St. 3rd Floor Lounge  
Drop by and get a free mug!\*

C4 Cycling Bike Tune Up  
2-4pm (weather permitting)  
Out front of 623 S. Wabash Ave.

**Thursday, April 24**  
C4 Cycling Bike Tune Up  
2-4pm (weather permitting)  
Out front of 623 S. Wabash Ave.

**Friday, April 25**  
Critical Mass Bike Ride  
5:30pm at Daley Plaza  
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this event is not  
affiliated with  
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\*All giveaways are while  
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Winner will be randomly chosen from entries and announced the week of April 28.

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# HERBAN LEGENDS

*Debunking marijuana misconceptions*

Written By Brandon Smith

Design by Erik Rodriguez

## Myth 1

Weed is  
**ADDICTIVE**

**FACT:** A 2007 NATIONAL Institutes of Health study found that only about 9 percent of people who experiment with Mary Jane will develop a clinical addiction. Addictive substances like cocaine and heroin have approximately 15-24 percent addiction rates. Arguing that weed is totally non habit-forming is wrong, but it's not as risky as the hard stuff, man.



Pot is legal in  
**AMSTERDAM**

## Myth 2

**FACT:** HOLLAND NEVER OFFICIALLY legalized pot. Growing, selling or importing the plant is still a criminal offense. The city's weed-friendly reputation is due to a 1976 countrywide policy against enforcing laws regarding possession of small amounts and requires that authorities leave coffee shops alone.

## Myth 3

Legalization will  
**INCREASE USE**

**FACT:** ACCORDING TO THE 2011 Youth Risk Behavior Surveillance System report released by the Centers for Disease Control and Prevention—the most recent data available—about the same number of teenagers spark up in states that have legalized or decriminalized pot as in states where it is illegal.



Taxes from legalization will  
**STIMULATE THE ECONOMY**

## Myth 4



**FACT:** COLORADO DREW IN more than \$3.5 million in marijuana tax revenue in January, according to a USA Today report. That amount includes revenue from medical marijuana, and in a year could add up to about \$40 million. But that's just a drop in the bucket. If every state made \$40 million in weed tax revenue, only about \$2 billion would be generated, which would do little to lift the country out of its trillions of dollars of debt.

## Myth 5

Marijuana  
**CURES CANCER**

**FACT:** NOTHING ACTUALLY CURES cancer—weed especially. Cancer patients often use drugs like Marinol to combat appetite loss resulting from chemotherapy, but there is absolutely no shred of evidence suggesting that pot destroys cancer cells. Smoking the crude combusted product of a carbon life form is actually more harmful than beneficial, so maybe try some edibles, but don't expect that brownie to counteract basic biology.





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into these doobie doodles



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by Lisa Hildebrand, BFACP Student

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# Social Weedia

**There's an old** joke that the stereotypical stoner is an average, can-not-get-off-the-couch person, until the minute they don't have a pipe. In an instant, the stoner transforms into a master of mechanical engineering. For many, building a bong from scratch is a point of pride, and it's hard to overlook the artistic craftsmanship of these pieces. The higher the designer, the higher the stakes.

Whether a result of individual expression or sheer desperation, it's always entertaining to see what someone can do with a hose and a box of Christmas ornaments. Thanks to the modern day museum of social media, The Chronicle gathered a few bong devices from basic to bizarre.

## Tweeder of the week



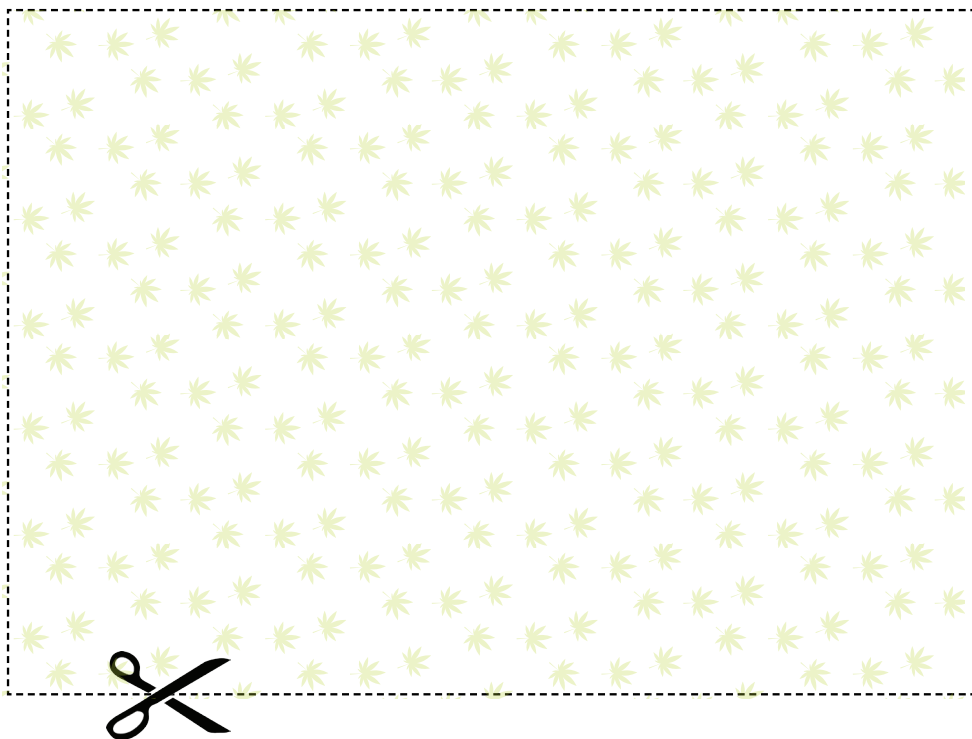
**STOP WEED SMOKING!!**  
**@ConcernedMom420**

First you try marijuana cigarette, then you try a cocaine cigarette and you destroy your life just like that

## Roll your own!

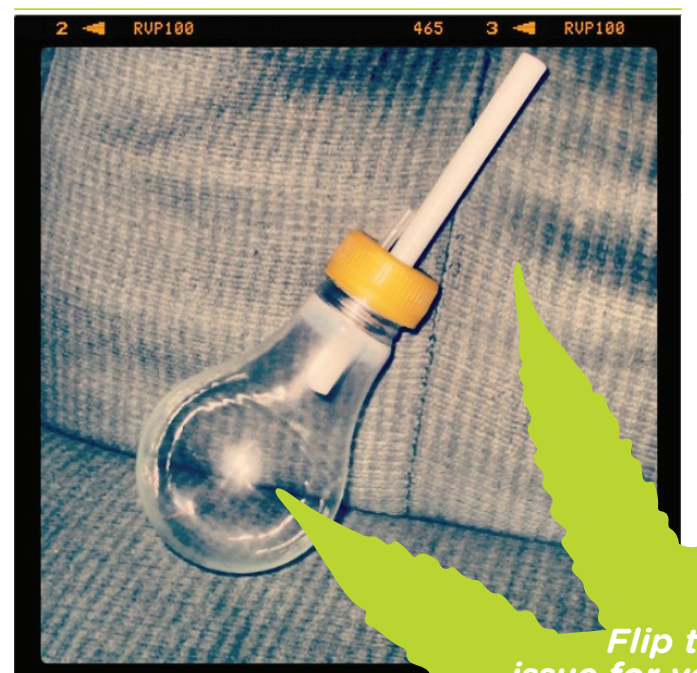
\*Also you probably shouldn't actually smoke this newspaper...

1. When you start, the rolling paper should be facing upward with the edge that you will apply your saliva to facing away from your body.
2. After placing your "ingredients" on the paper, cradle it from either side with your middle fingers and thumbs. This leaves your index fingers free to pack things together a little bit before you roll.
3. Do not use receipt paper. I cannot stress this enough.
4. When you're actually rolling the thing between your fingers, simultaneously pull to either side. But not, y'know, hard enough to tear the paper.
5. Use your thumbs to push the side of the paper that's closest to you over the "stuff" and into the other side. Then you'll wrap the other side over that. And then you lick it. You lick it gently. Lick it.



## INSTAGRAM

CUSTOM BONGS AND S--T



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