



# Setting the mood

BY **NGAIO BEALUM** / ask420@newsreview.com

**If you have a friend who wants to try weed with you for the first time, what advice do you have? Flower, tincture, joint, bowl, time, place, musical ambiance? What if this person is a senior citizen?**

Yes, all of that is important. Especially for old timers, or old first-timers. The late great Timothy Leary was a huge proponent of making sure that the “set and setting” were optimal for a positive drug interaction. So pick a good time of day and make sure your friend is in a good space (mentally and physically) before getting stoned. If your OG newbie homie is comfortable with smoking, I would suggest a joint. Something not too strong, say 12-15% THC. Inhaled flower is the easy way to self-titrate a dosage. Take a hit or two, maybe three and let it marinate for a bit. Music is always great when you are high, and healthy snacks should be on hand. If your friend wants to try an edible, start with like 5-7 milligrams of THC and make sure you have a CBD tincture laying around to help smooth them out if they get uncomfortably high. Done right, a flowery deflowering can be a beautiful experience. Let me know how it goes.

**What’s the best way to destigmatize weed for your parents? Especially when it just became recreationally legal in their state?**

Eh. Half of me is like: “Whatever. We don’t have to bring them over to our side, we have already won.” Cannabis has had to overcome nearly

100 years of bad propaganda just to get where we are today and we still have a long way to go. I also understand that you want your folks to feel more comfortable with the idea of legal weed, or at least get them to stop complaining about it. Try this: Kindly inform your parents that, according to most studies, a cannabis dispensary in the neighborhood leads to less crime and lower rates of teenage cannabis use. And who doesn’t want less crime? That’s the whole point, right? To make neighborhoods safer? Not only that, cannabis clubs can actually raise property values. If they can’t get behind safer neighborhoods, fewer kids using drugs and higher property values, there is no help for them. Maybe you can teach them these two phrases: 1. Mind your own business. 2. Live and let live. Good luck.

**Hey dude! Question for ya. One of my vape pens has a clogged cartridge. Would you know how to unclog it? Thanks in advance.**

Ew, gross. Clogged cartridges are the worst. Fortunately, there are a few things you can do: You can (if your lungs are powerful) “dry hit” the cartridge (don’t heat it up, just suck on it really hard) to dislodge the clog. Or try using a toothpick to push the goop back into place. I have also heard of people who heat up the cartridge using a hair dryer. The best way to avoid clogs is to store your carts and pens in an upright position. □

**GOT A QUESTION?**

Ngaio Bealum is a Sacramento comedian, activist and marijuana expert. Email him questions at ask420@newsreview.com.



@Ngaio420

# SILVERSTREAK SOLUTIONS

LOOK US UP ONLINE!

HOME OF THE GREEN PROMISE

## CANNABIS DELIVERED

C9-0000175-LIC

LOUDPACK

C11-0000559-LIC C11-0000939-LIC CDPH-100002204

# GET READY FOR THE SHOWS!

## TAX EXEMPT 420 COMMUNITY

### RENEWALS

# \$35

W/ COUPON EXP. 02/05/20 SNR

### NEW PATIENT

# \$45

W/ COUPON EXP. 02/05/20 SNR

- MENTION SN&R FOR FREE PHOTO ID
- MON-SAT 10AM-3PM, SUN BY APPT. ONLY
- CULTIVATORS WELCOME

NOTICE TO CONSUMERS: The Compassionate Use Act of 1996 ensures that seriously ill Californians have the right to obtain and use cannabis for medical purposes where medical use is deemed appropriate and has been recommended by a physician who has determined that the person's health would benefit from the use of medical cannabis. Recommendations must come from an attending physician as defined in Section 11362.7 of the Health and Safety Code. Cannabis is a Schedule I drug according to the Federal Controlled Substances Act. Activity related to cannabis use is subject to federal prosecution, regardless of the protections provided by state law.

## CANN-MEDICAL

9719A Folsom Blvd. Sacramento, CA  
916-822-5690 • www.cannmedical.org

### CAPITAL CANNABIS BUSINESSES

What are you looking for?

- STOREFRONT
- DELIVERY
- MEDICAL REFERRALS

<p><b>1 420 Med Evaluations</b> 1800 21st St #100 916.476.6142</p>	<p><b>6 Cann-Medical</b> 9719A Folsom Blvd 916.822.5690</p>	<p><b>12 Safe Capitol Compassion</b> 135 Main Ave</p>
<p><b>2 Abatin Wellness Center</b> 2100 29th St</p>	<p><b>7 Fire Farms</b> (916) 430-8500 10am-9pm 7 days a week</p>	<p><b>13 SilverStreak Solutions</b> (916) 741-7339 9am-9pm 7 days a week</p>
<p><b>3 All About Wellness</b> 1900 19th St</p>	<p><b>8 Perfect Union</b> 2035 Stockton Blvd 9 6492 Florin Perkins Rd 10 1508 El Camino Ave 11 311 F St Marysville, CA</p>	<p><b>14 Organic Care</b> (916) 346-4233 10am-10pm Mon-Sat</p>
<p><b>4 Alpine Alternative</b> 8112 Alpine Ave</p>	<p><b>5 A Therapeutic Alternative</b> 3015 H St</p>	

## SN&R