

# BEAVER'S DIGEST

WINTER 2023

**HIGHS AND LOWS**  
THE CANNABIS ISSUE

## THE EDITORS

**DEAR READERS,**

We're back with another issue and a "taboo" topic: Cannabis. Many students and community members in Corvallis use cannabis in some form—and though it's illegal under federal law, it is legal for those over 21 in Oregon. What do we know about cannabis? What don't we know? And why don't we know those things? These are the questions we delve into in this issue. Our writers explore things like harmful stereotypes, the lack of research into cannabis, and the gentrification of the cannabis industry, among other issues. With a topic like this, though, we're only scratching the surface.

We made an editorial decision to primarily use the term "cannabis" throughout this issue for consistency. Cannabis refers to the plant as a whole and thus, is more suitable for general reference to the substance. We only use the terms marijuana or weed when a specific story requires it or if a source is being quoted.

To our writers: you tackled complex topics with grace and eloquence. I appreciate all of you—this magazine is nothing without your curiosity and tenacity. And I will forever wait for the day when Creative Lead Alan Nguyen's designs don't amaze me (the nation's best college media graphic designer, as certified by the Associated College Press). Anyone can have talent—but Alan has talent and sincerity. He truly cares about each and every one of his creations, and you see that in every page. I'm grateful to Adriana Gutierrez, assistant editor, for her dedicated work ethic, helping writers grow, and always being in my corner. Thank you to Photo Lead Ashton Bisner, and the photographers and illustrators who brought every smoky, green idea to life. To Jennifer Moody, our journalism advisor: thank you for always keeping your door open.

I learned a lot from this issue, and I hope you do, too. But it's up to you to take this dialogue off the page. Let's broaden our understanding and perception of this substance together.

**Take care,**

Sukhjot Sal  
**EDITOR-IN-CHIEF**

**DEAR READERS,**

Weed, marijuana, cannabis... whatever you call it, you're familiar with its name. Going into this issue, we knew how hard it would be to tackle a topic that already has so many preconceived stereotypes. Like the Beaver's Digest mission, we wanted to make sure that this issue is informative, culturally relevant and tackles the political issues surrounding cannabis. After looking at the issue in its totality, I am confident that we succeeded in that mission.

In this issue you will find stories of cannabis's history, its rise in popularity amongst BIPOC communities — and how those communities were wrongfully penalized — as well as local businesses in Corvallis that utilize the benefits of cannabis products, and the reclaiming of BIPOC-owned cannabis businesses. Given the lengthy history, we must not forget the strides being made in hemp research, a cannabis-derived product. I hope that every reader will learn something new, and use this education to arm themselves with a new perspective.

I want to thank our fantastic Editor-in-Chief, Sukhjot Sal, for coming up with this idea and trusting me to help with story ideas, direction of content, and design. I can't bring up design of course, without thanking our Creative Lead, Alan Nguyen, for putting together such a visually stunning magazine. Alan, you have a mind like no other and without you, we would not have been able to put our vision on paper so clearly.

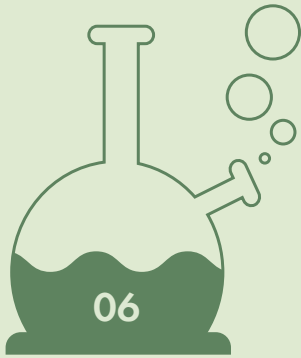
Finally, I must thank the Beaver's Digest staff; including all of our writers and photographers. You all worked so quickly and diligently with the topics dealt and showed how much pioneering effort there is in our small (but steadily growing) team! I can't wait to see what we come up with in the spring.

**Best,**

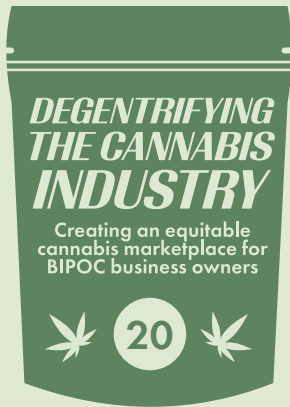
Adriana Gutierrez  
**ASSISTANT EDITOR**

**COVER PHOTOGRAPHER:** Julie Barber  
**COVER DIRECTOR:** Alan Nguyen  
**COVER MODEL:** Ann Marie Bottita

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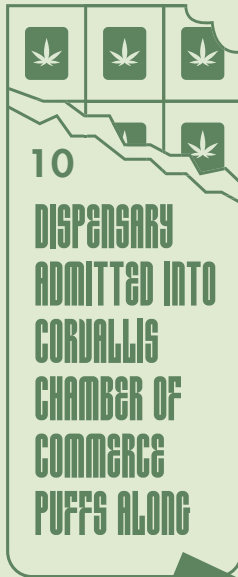
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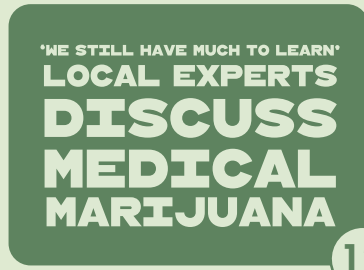
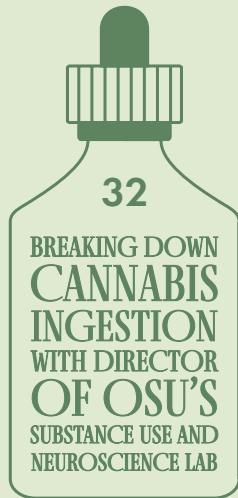
Please note that this issue of Beaver's Digest highlights stories about cannabis, which is illegal under federal law. Beaver's Digest does not promote, endorse, or condone illicit drug use.

In Oregon, adults aged 21 and above can possess and use cannabis within specified limits. The Oregon Medical Marijuana Act allows the medical use of cannabis for people with qualifying medical conditions.

Please visit [WhatsLegalOregon.com](http://WhatsLegalOregon.com) for details on the legal use of cannabis in Oregon.



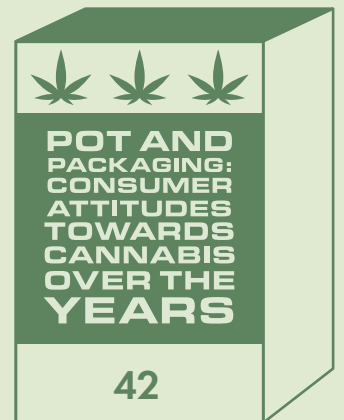
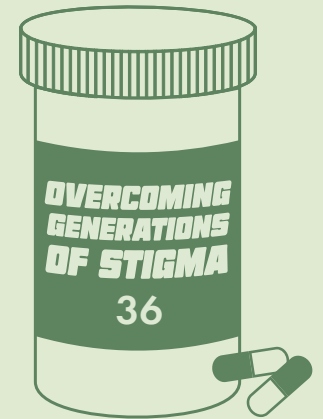
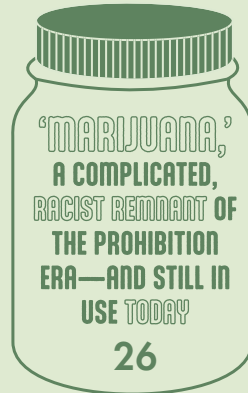
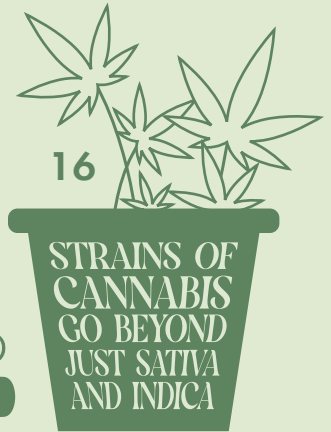
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MEET

# THE STAFF



Sukhjit Sal  
EDITOR-IN-CHIEF



Adriana Gutierrez  
ASSISTANT EDITOR



Emma Coke  
COPY EDITOR



Ashton Bisner  
PHOTO LEAD



Alan Nguyen  
CREATIVE LEAD





James Kelley  
WRITER

Ginnie Sandoval  
WRITER



Natalie Sharp  
WRITER



Riley LeCocq  
WRITER

Taylor Bacon  
WRITER



Hannah Lull  
WRITER

Gabriella Grinbergs  
WRITER



Abheer Singh  
WRITER

Fern Barber  
PHOTOGRAPHER



Jess Hume-Pantuso  
PHOTOGRAPHER

Madison Taylor  
PHOTOGRAPHER



Sabrina Dedeck  
PHOTOGRAPHER



Jiratana Tungkawachara  
PHOTOGRAPHER



Kate Zinke  
PHOTOGRAPHER



Alex Ozeran  
PHOTOGRAPHER



Matthew McKenna  
PHOTOGRAPHER

Grace Johnson  
PHOTOGRAPHER



Duane Knapp  
PHOTOGRAPHER




NOT PICTURED:  
Olyvia Neal  
WRITER  
H. Beck  
Alex Koetje  
Cassidy Smith  
ILLUSTRATORS




ILLUSTRATION: A judge holding a bubbler in court, considering the difference between state and federal laws. A bubbler is a glass smoking pipe that filters and purifies smoke, similar to a bong.



# POT IS NO JOKE; WHAT TO KNOW BEFORE YOU TOKE

## Understanding cannabis regulation on and off campus



**I**N RECENT years, Oregon has earned a reputation as a trendsetter when it comes to passing drug legislation.

With a progressive legislature and particularly headstrong leaders, many Oregonians have been pleased with active efforts at the state level to decriminalize and destigmatize the medicinal and recreational consumption of cannabis.

Today, many Oregonians enjoy cannabis in its various forms responsibly.

According to the United States Congress official website, federal regulation prohibits cannabis consumption or sales of any kind (except for veterans). As of late, the 1-3 Act of 2021 is pending to reclassify cannabis

from a schedule I controlled substance to a schedule III controlled substance, but it is currently illegal to possess, use or sell cannabis under federal law.

The grounds of reclassification stand on cannabis' low potential for abuse and dependence.

Schedule I drugs are designated by federal law as illegal outside of research purposes; schedule II drugs are allowed to be purchased for medical use (for those above 18 years old); and schedule III drugs are able to be purchased medically for anyone over 18 and purchased recreationally for any one resident over the age of 21.

Oregon currently classifies cannabis as a schedule II drug.



# POSSESSION LAWS IN OREGON

what you can have in your household



four plants per household



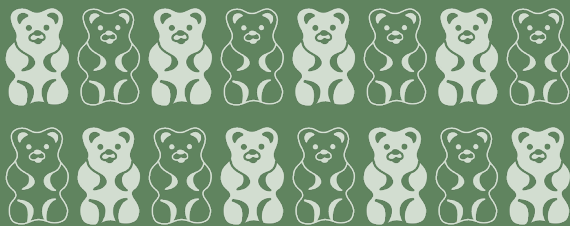
no more than 10 seeds of cannabis



eight ounces of dried leaves and flowers



one ounce of concentrated extracts



16 ounces of a cannabinoid product in solid form



72 ounces of cannabinoid product in liquid form

GRAPHICS:  
ALAN NGUYEN

For Oregonians, when it comes to possession, you can keep up to four plants per household, no more than 10 seeds of cannabis, eight ounces of dried leaves and flowers, one ounce of concentrated extracts, 16 ounces of a cannabinoid product in solid form and 72 ounces of cannabinoid product in liquid form.

Cannabis dispensaries are prohibited from selling more than the state limits in any 24-hour period.

Of course, using it in public or driving while under the influence can still get you in a whole lot of trouble, according to What's Legal Oregon.

The Oregon Liquor and Cannabis Commission oversees these laws. They license cannabis dispensaries and are responsible for regulating cannabis worker permits. The OLCC closely monitors businesses selling either alcohol or cannabis and will send in representatives to make sure their rules are being followed.

Oregon began passing laws decriminalizing cannabis possession in 1973, starting with a law that reduced the fine for possessing up to an ounce of cannabis from extensive jail time to a \$100 fine, according to Nick Johnson, author of "Grass Roots: A History of Cannabis in the American West". In the '80s, the cannabis movement in California began spreading its way north, and hemp growers took advantage of Oregon's temperate climate.

By 1998, cannabis enthusiasts had garnered enough momentum to pass Ballot Measure 67, which allowed "medical use of marijuana within limits" and established a permit system among healthcare providers in the state of Oregon, according to Ballotpedia.

Oregon began passing laws decriminalizing cannabis possession in 1973, starting with a law that reduced the fine for possessing up to an ounce of cannabis from extensive jail time to a \$100 fine.





The most recent significant legislative passage happened in 2014, with Measure 91 stating that anyone over the age of 21 can buy or use cannabis. This went to full effect on July 1, 2015.

For Oregon State University students, under the federal Drug-Free Schools and Communities Act of 1989, the Controlled Substances Act and the Drug-Free Workplace Act, the university has a no-compliance policy that prohibits students from using or possessing cannabis in any form on campus or during campus activities, according to the official policy from the school's website.

Because cannabis is still a scheduled drug under federal law, and because OSU is federally funded, the university must defer to federal law over state law and treat cannabis as an illegal substance or else will risk losing a portion of its funding.

Students must adhere to campus policies or submit to disciplinary action varying on the extent of possession.

According to the Department of Public Safety's official policy guide, search and seizure laws are contingent upon federal training, and making sure that new training occurs as new policies are introduced. As such, a valid warrant is necessary for search and seizure, in most cases.

Luckily, DPS is more concerned with the safety of OSU students than with encumbering them. Several times throughout the handbook, the privacy rights of students and maintaining respectful distance, especially with reference to search and seizure policies, is emphasized.

When mentioning arrests and approaching students suspected of carrying weed, the handbook states that officers should "strive to conduct searches with dignity and courtesy" and "should not search persons, vehicles or rooms without a cover officer present unless they reasonably determine that a delay in the search would present a greater safety risk." This is done to keep investigating officers accountable for their actions.

While students older than 21 may buy and smoke cannabis off campus, students of any age should exercise caution when possessing, distributing or consuming cannabis anywhere near campus.

WRITER:  
**JAMES KELLEY**

ILLUSTRATOR:  
**H. BECK**



# A list of changes to cannabis-related laws

## H

**HERE IS** a handy list of the specific laws, regulations and bills either currently active or in progress, in order from most recent to earliest:

**THE 1-3 ACT OF 2021**, introduced in Jan. 2021, pushes the Drug Enforcement Administration to move cannabis from a schedule I to a schedule III-classified drug. Schedule I drugs typically have high potential for abuse and no medical use, while schedule III drugs have less potential for abuse, accepted medical use and very low risk of dependence.

**BALLOT MEASURE 67**, otherwise known as the Oregon Medical Marijuana Act, was passed in 1998 and modified state laws to allow for marijuana consumption and possession by approval from a doctor but only for certain medical conditions. At this point, patients could own no more than seven plants and four ounces of marijuana in any form.

**BALLOT MEASURE 91**, or the Oregon Legalized Marijuana Initiative, which was passed in 2014, legalized recreational marijuana for anyone 21 or older.

**THE DRUG-FREE SCHOOLS AND COMMUNITIES ACT** was passed in 1989 and revised the use of state funding to include grants establishing schools as drug-free zones. It also called for revision of drug education and enhanced community involvement from schools in anti-drug efforts.

**THE CONTROLLED SUBSTANCES ACT OF 1970** categorized substances that were previously regulated under federal law into five different schedules. Schedule I drugs are classified as the most dangerous, while schedule V drugs are classified as the least. Substances are categorized based on potential for abuse, medical and medicinal value, how much is known about a drug, the scale of abuse, public health risk and psychological dependence.

**THE DRUG-FREE WORKPLACE ACT** was passed in 1988 and required that recipients of federal funds provide and enforce a drug-free workplace in order to continue receiving or be approved for federal funding.

# MARIJUANA, WEED, THC, CBD, HEMP WHAT DOES IT ALL MEAN?

**WHEN LEARNING** about cannabis, you might hear many terms used in reference to it, including hemp, weed, THC and CBD. To the uninitiated, the wide variety of terms used to describe weed can be difficult to parse. Luckily, we've clarified these terms for you.

## WEED/MARIJUANA

Weed or marijuana are usually used to refer to a form of cannabis that can be used to obtain a high—so one with more than 0.3% content of THC. Hemp and weed are considered to both be forms of cannabis, but are not the same thing.

## HEMP

The term hemp is used to describe cannabis which, according to Healthline, possesses "0.3% or less THC content by dry weight." It is not a high enough content to be used to obtain a high, but it is often used in the crafting of things such as clothing, rope and other similar items.

## THC: TETRAHYDROCANNABINOL

Tetrahydrocannabinol, or THC, is the chemical in weed that is used to obtain a high, usually by smoking the leaves of the plant. It can also be consumed in food, often in an extracted form.

THC is the main psychoactive compound in cannabis, according to Healthline, and it produces a high, or a sense of euphoria.

## CBD: CANNABIDIOL

CBD, also known as cannabidiol, is the chemical in cannabis often considered to have health benefits. It cannot produce a high, but is often sold in gels, supplements or oils as a form of pain management.

Some animal and human studies, according to a 2021 article from Harvard Health Publishing, indicate that CBD may be an effective treatment for epilepsy, chronic pain, addiction and anxiety. The article notes that the strongest scientific evidence for CBD's health benefits are for treating rare and severe seizures brought on by childhood epilepsy syndromes. As such, the Federal Drug Administration approved the first cannabis-derived medicine in 2018 for its treatment of these seizures. There are some theories that CBD may be able to treat more conditions, but research is not yet conclusive, as it is heavily regulated.

## SUMMARY

To break it down: Hemp is the version of the plant used in textiles, cannabis is the one that can be used to obtain a high, THC is what gives that high, and CBD is the chemical typically used for medicinal purposes.

WRITER:  
**OLYVIA NEAL**



# DISPENSARY ADMITTED INTO CHAMBER OF COMMERCE

The difference one year has made  
admitted into the Corvallis chamber

**FOR YEARS**, the Corvallis Chamber of Commerce put off admitting medical and recreational marijuana dispensaries into the organization for clerical reasons.

Fearing backlash from its members and from the greater Benton County community, admitting dispensaries posed a risk to the chamber. Part of the concern was that it had never been done before.

That is, until Jan. 2021, when High Quality, a locally owned dispensary was accepted.

Founded in 2014 by Brock Binder, a former agricultural business management student at Oregon State University, High Quality has always had a headstrong mission to be involved in the community and network with other like-minded local businesses.

"Our approach has always been education through integration," Binder said. "We really wanted to position ourselves to be a resource, so we initially established ourselves with the city council and the Chief of Police at the time."

The dispensary has aimed to be a non-intrusive and respectful resource for adults looking to imbibe cannabis for medicinal or recreational purposes, Binder explained.

He started the dispensary after encouraging his mother to use cannabis as a medicinal pain reliever and seeing her depart from the prescription opioids she had relied on for back pain. After studying physical therapy, he realized that a medicinal approach can sometimes be more effective in quick and long-lasting pain relief, and moved forward with this idea by starting High Quality.

The dispensary's community engagement officer, Trevor Griesmeyer, has worked as a business liaison for a few organizations in the past, including an insurance company and

# ED INTO CORVALLIS ERCE PUFFS ALONG

for High Quality, a dispensary  
er

WRITER:  
**JAMES KELLEY**

PHOTOGRAPHER:  
**JESS HUME-PANTUSO**

ILLUSTRATOR:  
**H. BECK**

ILLUSTRATION: A bountiful crop of cannabis

PICTURED: Interior/detail shots of High Quality Dispensary and owner Brock Binder posing inside the dispensary located on NW Ninth Street in Corvallis, Ore. on Dec. 5, 2022. High Quality is the first dispensary admitted to the Corvallis Chamber of Commerce.

after accepting payments from organizations that were not federally funded. Because High Quality was not federally funded, this represented a problem for the organization.

Nevertheless, the chamber took a stance.

“We spoke with our board, and we went back and forth with different folks about it, and we said you know what, these guys in Oregon are legally conducting business, so why can’t we take them on as members?” Date said. “This isn’t 1978 anymore.”

According to Date, if you are a legal business in the state of Oregon and operating in the Corvallis-Benton County area, there should be no discrimination on the part of the chamber based on the type of business you run.

“The reasons we brought them in were to support them as a business. Part of our slogan is, ‘we are for all businesses,’” Date said. “Whatever your view is on it, they are a legally running business and we should be able to support them.”

High Quality has been a member of the Corvallis Chamber of Commerce since January 2021 thanks in part to the efforts of Date, Griesmeyer and Binder. It is located at 1435 NW Ninth St. in Corvallis.

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another dispensary, and knows the value of business networking through organizations like the chamber of commerce.

“I saw the value of being involved with the business community here and identified the chamber as a great avenue to further business endeavors but also to remove the stigma that cannabis has,” Griesmeyer said. “We’ve opened people’s eyes to other options when it comes to medicinal aspects, therapy, and helping their body and wellbeing overall, and being involved in that organization we have people coming through the door that maybe wouldn’t have stepped foot in a cannabis dispensary in the past.”

According to the Corvallis Chamber of Commerce’s official website, benefits of being admitted to the chamber include being connected with other similar-minded businesses and professionals, access to

public forums and community involvement, inclusion into the chamber’s substantial business directory and many other resources that make a big difference for companies like High Quality.

Simon Date, the current president and CEO of the Corvallis Chamber of Commerce said that after High Quality’s application was received in December 2020, there was much debate among the chamber members.

“In terms of backlash, we did have some,” Date said. “It was from a few significant parties, but when we talked through the reasons we might accept them, most people were happy.”

However, much of the trouble for admitting High Quality had to do with banks and clerical issues. In the past, the chamber has had a difficult time placing deposits into banks

**'WE STILL HAVE MUCH TO LEARN'**

# LOCAL EXPERTS DISCUSS MEDICAL MARIJUANA

WRITER:  
**GINNIE SANDOVAL**

PHOTOGRAPHER:  
**FERN BARBER**

ILLUSTRATOR:  
**ASHTON BISNER**

**L**

**ONG BEFORE** recreational cannabis was legalized in Oregon, medical marijuana was a commonly used method for managing pain and other ailments and could be purchased legally by patients who held medical marijuana cards.

The Oregon Medical Marijuana Act was created in 1998 after the passing of Oregon Ballot Measure 67. This allowed the medical use of marijuana in Oregon.

“What happened is that people who were part of the Oregon Medical Marijuana Program had a license, or card, to be able to purchase marijuana for medical purposes,” said Jane Ishmael, a professor of pharmacology in the College of Pharmacy at Oregon State University. She specializes in medicinal properties of cannabis. “This permit system was established in 1998 and essentially protected both patients and doctors.”





PICTURED: Duck (they/  
them) smoking outside  
in Corvallis, Ore. on  
Nov. 27, 2022. Although  
card holders for medical  
marijuana were allowed  
to obtain cannabis before  
2015 for medical reasons  
such as pain, more people  
are beginning to purchase  
the substance unofficially.

By implementing the act, Oregon became one of the first states to recognize that there were medicinal properties in cannabis.

Medical marijuana is not a specific type of cannabis, it simply refers to cannabis used for medical purposes.

“The product range that is available to people can be wide-ranging,” Ishmael said. “People might be seeking something with a specific percentage of CBD or THC or they’re just seeking the medical properties of the whole plant itself.”

Since the legalization of the recreational use of marijuana in 2015 in Oregon, there are now two markets for marijuana: the medical market and the recreational market.

a list of qualifying medical conditions for which Oregon-attending providers may recommend the use of medical marijuana. Part of this list includes conditions like cachexia, severe nausea, seizures, muscle spasm and pain.

“Severe pain is by far the most common reason people seek medical marijuana,” Ishmael said. “There’s good rationale and a logical reason for why the natural chemicals in marijuana might be useful for pain and that’s because we have a whole system called the endocannabinoid system within our bodies that acts to modulate pain signaling in a way that’s different from the other pain signaling pathways. Some of the natural chemicals from the [cannabis] plant work in the same places in the body to change our perception of pain.”



**WHAT HAPPENED IS THAT PEOPLE WHO WERE PART OF THE OREGON MEDICAL MARIJUANA PROGRAM HAD A LICENSE, OR CARD, TO BE ABLE TO PURCHASE MARIJUANA FOR MEDICAL PURPOSES. THIS PERMIT SYSTEM WAS ESTABLISHED IN 1998 AND ESSENTIALLY PROTECTED BOTH PATIENTS AND DOCTORS.**



**JANE ISHMAEL,**  
professor of pharmacology in the College of Pharmacy at OSU

While medical marijuana dispensaries had already been open for nearly 20 years, offering a range of products to medical marijuana card holders, most have expanded and now sell recreationally as well.

Since the recreational market came on board, many people purchase the product recreationally while seeking medicinal benefits.

In Oregon, people who use marijuana for medical purposes have a vast array of options now. There now seem to be solutions to any ailment you can think of, whether it be a THC-, CBD- or hemp-based product. The official State of Oregon website provides

“The endocannabinoid system,” states a Harvard Health Publishing article, “is critical for almost every aspect of our moment-to-moment functioning and regulates and controls many of our most critical bodily functions.”

Endocannabinoids are molecules produced by our bodies to help control our bodies, such as hunger, alertness and temperature. Interestingly enough, endocannabinoids are structurally similar to cannabis molecules.

When it comes to what a person might look for when trying to purchase marijuana for its medicinal effects, Ishmael said it’s based on patient preference.

PICTURED: Duck (they/ them) smoking outside in Corvallis Ore. on Nov. 27, 2022. The official State of Oregon website supplies a list of conditions medical marijuana can assist in helping, including conditions such as cachexia, severe nausea, seizures, muscle spasm and pain.



# 66 SEVERE PAIN IS BY FAR THE MOST COMMON REASON PEOPLE SEEK MEDICAL MARIJUANA.

**JANE ISHMAEL,**  
professor of pharmacology in the College of Pharmacy at OSU

"It's a botanical product but the marijuana dispensary system is not regulated by the U.S. Food and Drug Administration," Ishmael said. "There's no one particular solution; these products are not tested or standardized in the way other medicines are tested and dispensed from a pharmacy. There is a range of products that dispensaries sell that they can direct you to."

Adam Israel, manager of Green Room Dispensary, said CBD is most commonly used to help with pain for its anti-inflammatory properties.

If someone were to come in looking for pain relief, Israel said he would suggest cannabis products with higher CBD content.

"I will first ask if they want to be high or not," Israel said. "Some people don't want a psychoactive effect so that's when I would recommend a product with the smallest amount of THC."

Ishmael said there has been stigma around marijuana use in the past that has prevented people from seeking consultation. As marijuana is more accessible now, she said fewer people enroll in Oregon's formal medical marijuana program. Instead, people tend to try it unofficially.

"Historically, medicinal plants have played a really important part in the development of medicines," Ishmael said. "In that respect, cannabis is no exception, but we still have much to learn."

# CANNABIS ✓ FAST FACTS

## REGULATORY UNKNOWNNS

Some cannabis/cannabinoid products contain amounts of cannabinoids that differ substantially from what's stated on their labels. For instance, a 2017 analysis of 84 CBD products sold online found that 26% contained substantially less CBD than the label indicated, while 43% contained substantially more.

## HEALTH

Some people who use cannabis develop cannabis use disorder, which causes symptoms such as craving, withdrawal, lack of control, and negative effects on personal and professional responsibilities.

Marijuana may cause orthostatic hypotension—head rush or dizziness on standing up. Some long-term users of high doses of cannabis have developed a condition that involves recurrent severe vomiting.

## STUDIES

Several studies funded by the National Center for Complementary and Integrative Health are investigating the potential pain-relieving properties and mechanisms of substances in cannabis to strengthen evidence regarding cannabis components and whether they have roles in pain management.

NCCIH is also supporting other studies on cannabis, including:

- An observational study of the effects of edible cannabis on pain, inflammation and thinking in people with chronic low-back pain.
- Studies to develop techniques to synthesize cannabinoids in yeast (which would cost less than obtaining them from the cannabis plant).
- Research to evaluate the relationship between cannabis smoking and type 2 diabetes.

WRITER:  
**SUKHJOT SAL**

SOURCE:  
**NATIONAL CENTER FOR  
COMPLEMENTARY AND INTEGRATIVE  
HEALTH 2019 FACT SHEET**

# strains of Cannabis go beyond just sativa and indica

ILLUSTRATION: Types of cannabis strains depicted in the two largest circles, from left to right: sativa and indica. Note sativa's thinner, narrower leaf in comparison to indica's thickness.

**S**INCE OREGON legalized the recreational use of cannabis in 2015, the use of cannabis and its different strains has evolved far beyond what it was seven years ago.

The different strains of cannabis are typically looked at in three separate classifications: sativa, indica and hybrids. But what does this really mean?

"There are endless amounts of strains. Cannabis is broken down into indicas and sativas and there are hybrids of each one and then hybrids upon hybrids," said Adam Israel, manager of Corvallis' Green Room Dispensary and unofficial cannabis expert.

However, there are endless possibilities to choose from within these three options.

"To create a strain, cultivators select a variety of traits to produce the effects they want," stated a 2020 article in Medical News Today. "People often describe cannabis strains as being indica, sativa or hybrid. Hybrids are strains that combine both indica and sativa."

"Ever since cannabis exploded in Oregon, many places are creating their own genetics," Israel said. "They take two to four different strains and cross them together by combining them horticulturally and then grow a whole new strain that hasn't been done before."

Jane Ishmael, associate professor at Oregon State University's College of Pharmacy, said crossbreeding results in many strains of cannabis.

"People can experiment with whatever strains they want," Israel said. "Cannabis strains are made of terpenes. If you take terpenes out of cannabis, you don't have indica or sativa strains anymore. THC and CBD are cannabinoids and those affect the high, with THC being the only psychoactive portion. THC gets you high, and terpenes help get you to the "stativa/indica effect."

Israel also said terpenes create different flavors, smells and strain classifications.

Botanical terpenes present in other flowers and fruit can be added to cannabis to give it non-artificial flavoring, Israel said.

"There are very popular sativa strains that people recognize by name such as Jack Herer and Sour Diesel as well as indica strains such as Obama Kush and Grand Daddy Purple," Israel said. "To put it simply, sativa is more of an alert, awake, head high. While indica is more of a sleepy, relaxed, body high."

For someone looking for a strain to take during the night, Israel said he would recommend an indica, while if someone just wants one for the day, a sativa. But if someone wants a strain for all the time, Israel suggests a hybrid.



WRITER:  
**GINNIE SANDOVAL**

ILLUSTRATOR:  
**H. BECK**





However, there are several other reasons people visit the dispensary, he said.

“Let’s say someone comes in looking for pain relief. That is going to be more of the CBD side,” Israel said. “It is commonly used for anti-inflammatory and anti-anxiety purposes and also doesn’t give you the same high the THC does.”

Ishmael explained that CBD doesn’t come with the same psychoactive active properties, so people who don’t want to feel those effects will seek something with lower THC.

*Adam Israel, manager of Corvallis’ Green Room Dispensary*

“There are endless amounts of strains. Cannabis is broken down into indicas and sativas and there are hybrids of each one and then hybrids upon hybrids.”

“CBD, in my experience, gives you more of a clear-headed high,” Israel said. “You’re more aware of your surroundings. Lower THC levels can make people a little more functional. You don’t get those panicky attacks that some people get from too much sativa or those zoned-out effects that some people get from too much indica.”

When Israel recommends CBD, he said he usually recommends at least a small amount of THC in there because he supports the Entourage Effect theory.

This is the idea that all compounds of the cannabis plant work together to produce

a psychoactive effect. CBD with no THC, for one, is commonly sold as an edible. However, edibles can have very different effects compared to other methods.

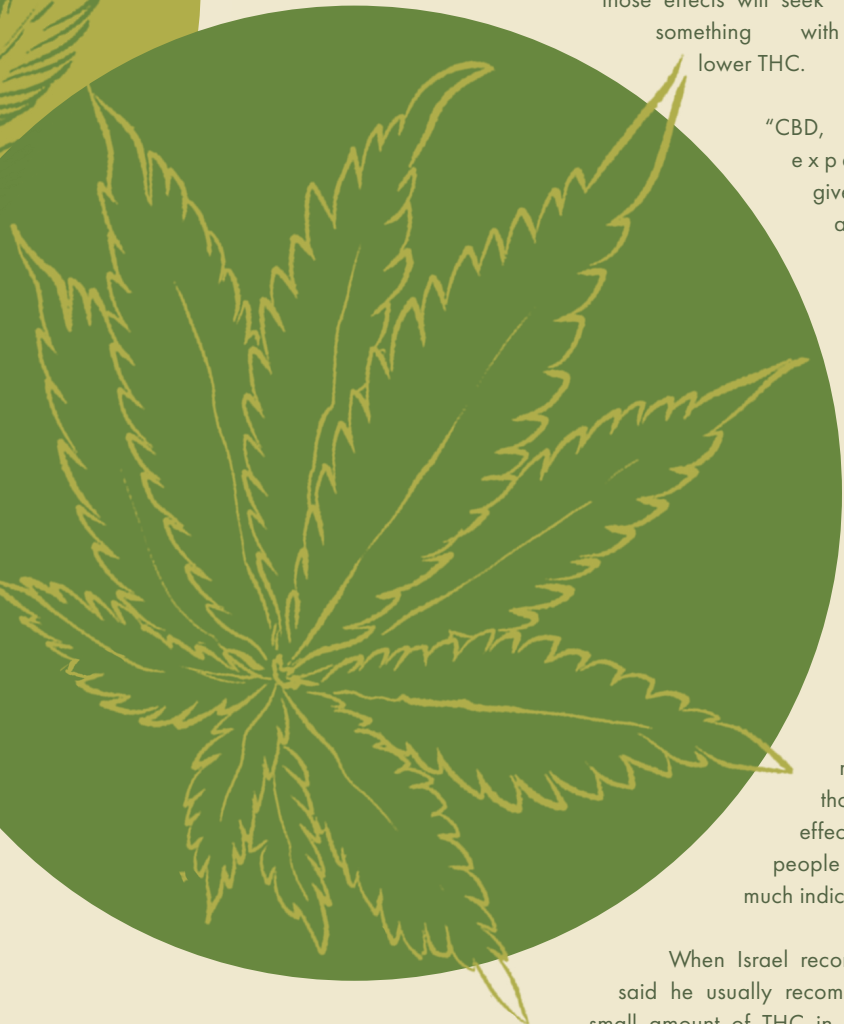
“Anything that you ingest by mouth has a lower activation time,” Ishmael said. “Edibles take longer to get the desired effects so it’s important to understand activation time.”

Besides edibles, smoking extracted cannabis has become a very popular method of marijuana use.

According to Oregon Health Authority, activation time is the amount of time it will likely take for an individual to begin to feel the effects of ingesting or inhaling a cannabis product. Activation times can sometimes be found on packaging labels or researched beforehand.

“The high is usually stronger because the oil is made of everything in cannabis that gets you high, extracted directly from the plant material, but it’s also slightly different,” Israel said. Because of this, Israel warned that it can be strong and suggested people ingest carefully.

“Everyone has a different tolerance to cannabis so sometimes concentrate isn’t for everyone,” Israel said.



# NOT YOUR GRANDMA'S WEED

UNKNOWNNS ABOUT LONG-TERM EFFECTS OF CANNABIS USE TODAY

**WITH THE LEGAL** landscape around cannabis in the United States changing over the past decade, more and more people are picking up a pipe—but what do we know about the long-term health impacts?

Research for other substances has been published for decades showing negative health effects following years of use, but many questions still remain for cannabis itself. Thanks to the various potencies and ways to ingest seen today, our understanding of cannabis' health effects is ongoing.

"When it became a controlled substance from 1970 onwards, a lot of the research was from the perspective of a drug of abuse rather than trying to understand the medicinal properties," said Jane Ishmael, a professor of pharmacology at Oregon State University. "This designation was a barrier to many lines of research. I think that is changing now and that is why it feels like we are now catching up a bit."

According to Ishmael, as well as Anita Cservenka, professor and director of the substance use and neurocognition lab at OSU, research defines long-term use as three times or more a week for over a year, and generally correlates long-term effects with heavy or consistent use participants.

According to Cservenka, of the studies that have been conducted comparing frequent users to non-users, users have been found to score lower in cognitive areas such as learning and memory function, but there are many other factors at play and results between studies remain mixed.

"While there are indeed relationships between regular cannabis use and health outcomes, those relationships are very complex and nuanced and it is hard to determine cause-and-effect," said Jessica Cavalli, an OSU doctoral candidate and member of the substance use and neurocognition lab.

According to Cavalli, the real question behind these identified relationships is which came first—the chicken or the egg principle. This means research thus far leaves too many unknowns to understand which direction these relationships are acting.

"The ideal study is a longitudinal prospective design in which participants are recruited before they start using cannabis and tracked over time to see if some individuals emerge into cannabis use," Cservenka said. "This can help us understand preexisting differences that could increase risk for cannabis use from those that may result from cannabis use itself."

Cavalli credits some of the barriers to getting these longitudinal studies and comparable data not only to the confounding variables of when someone started using, but also the difficulty of measuring cannabis use in all its various forms.

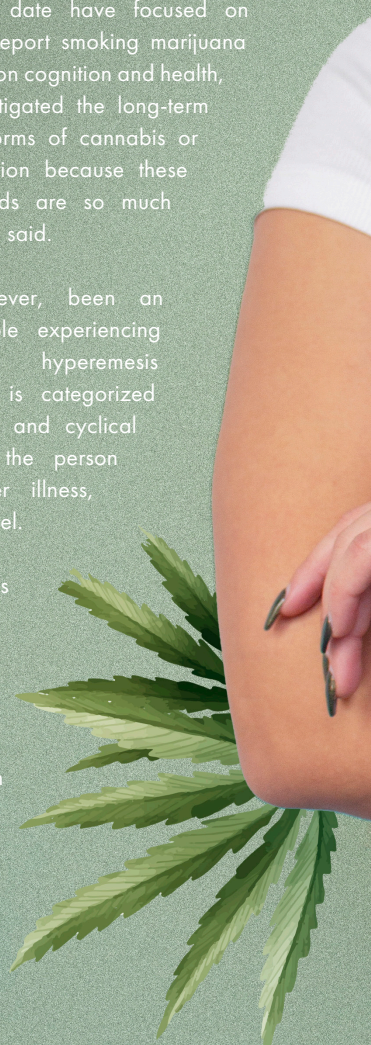
"In the alcohol field, there is the 'standard drink.' But in the cannabis field, there are so many different forms and methods of using cannabis, which leads to different ways of asking people about it," Cavalli said. "Should we ask how many joints they smoke per week? Or maybe we ask how many hours they are high per day? Or we could ask how many days in the last month they used?"

Due to the multitude of ways people ingest and various combinations of THC and CBD in products available today, studies today are not the same as studies conducted in the late 20th and even 21st century.

"Most studies to date have focused on participants who report smoking marijuana to examine effects on cognition and health, and haven't investigated the long-term effects of other forms of cannabis or methods of ingestion because these forms and methods are so much newer," Cservenka said.

There has, however, been an increase in people experiencing Cannabinoid hyperemesis syndrome, which is categorized as severe nausea and cyclical vomiting without the person having any other illness, according to Ishmael.

"The cannabis plant has many different natural compounds but hyperemesis syndrome is associated with high THC that is triggering this part of the brain that is the underlying signaling that



WRITER:  
RILEY LECOCO

PHOTOGRAPHER:  
JIRITANA TUNGKAWACHARA



is causing people to feel nauseated,” Ishmael said. “If you can abstain, these symptoms should go away.”

Ishmael describes this condition popping up more and more in emergency rooms as people are often trying marijuana for the first time or returning to using and not understanding the potency of what they are ingesting.

“They might not really enjoy these really strong psychoactive effects,” Ishmael said. “It’s really delta 9 THC that is the primary psychoactive component of marijuana.”

According to Ishmael, it is the endogenous endocannabinoid system that is actually being modulated by delta 9 THC and the other components of marijuana that we know very little about. There are natural receptors in the body that cannabis interacts with but these were not even discovered till the 1990s and have not been studied as deeply.

According to Ishmael, understanding the receptors will benefit our understanding of cannabis’s effect on the body.

While some studies have explored the use of cannabidiol — a component of cannabis known as CBD — in terms of treating anxiety and found positive results, more clinical trials are still needed to assess the full effect let alone any long-term effects.

According to Cservenka, the most important thing students should know is that the cannabis of today is not that of the past research. Thus, research cannot make enough solid conclusions yet, meaning there is simply not enough to be known in this emerging area.

“Research on cannabis use is still new and growing, so it is important to do the research for yourself before trying cannabis and make sure to use trusted sources,” Cavalli said.

PICTURED: Cierah Clay (she/her) poses for a photo illustration on Nov. 21, 2022 inside the Student Experience Center on Oregon State University’s campus. Restrictions on marijuana use prior to legalization in some states has limited researchers’ knowledge of long-term effects of cannabis on health.

WRITER:  
**NATALIE SHARP**

ILLUSTRATOR:  
**ALEX KOETJE**

**A**S YOU walk into the average Oregon dispensary you can expect to see a sleek and curated experience. White walls are lined with glinting glass displays of high quality cannabis products. “Budtenders” in hipster beanies and flannels guide customers through the store, all while your favorite Tame Impala tunes play in the background.

This high-end experience is representational of the recent explosion of the cannabis industry in Oregon. But the stylish storefronts and expensive interiors disregard the complex history of cannabis, a history that has had an immeasurable impact on Black and brown communities all over the country.

Since the legalization of recreational marijuana, the industry has boomed, and is on track to be worth 70.6 billion globally by 2028. But 81% of cannabis businesses are white owned. These white business owners gain massive profits from a drug whose previous criminalization disproportionately imprisoned tens of thousands of Black and brown people and continues to racially target minority communities.

“I think the money has gentrified the cannabis industry,” said Chip Lazenby.

Chip Lazenby is a Black real estate and business lawyer, and owner of Lazenby & Associates. He has done legal consulting in Oregon’s cannabis industry and sat on a few subcommittees that were in charge of writing the laws for Oregon’s cannabis policy.

Throughout his career, Lazenby has observed racial disparities in the business world, and has watched as the cannabis industry has become yet another area where minorities are being left out.

Lazenby explained how the “War on Drugs” was a very real and harmful part of history where Black and brown people were disproportionately targeted and faced harsher sentences for drug possessions. He said there is no denying the racial inconsistencies embedded in the “War on Drugs,” but explained how that is not what’s keeping communities of color out of the industry today.

DEG  
CAN



ABOVE: In this illustration, created on Dec. 12, 2022, a shaded figure is shown kneeling on the palm of a hand. Another hand is pictured above descending on the figure.

RIGHT: In this illustration, created on Nov. 25, 2022, two hands are shown highlighting a sitting figure. In between the hands are jail cell bars obscuring the figure.

# CENTRIFYING THE WABIS INDUSTRY

## Creating an equitable cannabis marketplace for BIPOC business owners

The racist origins of our country have created a deeply embedded system of inequality that has made it harder for minority communities to thrive in the business world across the United States.

However, what made Oregon's system of racism slightly unique is that the extreme Black Exclusion Laws from the 1800s have left the population of Black people in this state very low to this day—at around 2%, according to the 2019 census. Lazenby said the lack of numbers in the community has led to less political power and less social, financial and cultural capital among the Black community.

"I knew I always wanted to break into the cannabis industry because of the disparities that Black and Indigenous people of color have faced," said Johannah Hamilton, citing her main inspiration for opening her store, Melanin Minerals, a Corvallis-based CBD self-care shop.

"There is systemic racism that's been intentional to keep Black people out of these spaces," said Hamilton.

Lazenby said in the business world, people go into business with people they know. Connections are everything, but because we still live in a largely segregated society, Lazenby said the difficulty of getting a start up off the ground is much more challenging for people of color.

Hamilton explained how the exposure and access to resources was one of the most difficult aspects of opening her own business.

"I had a really hard time getting my name out there at first," Hamilton said. "I think one of

the biggest barriers for people of color to get into the industry is capital and stigma around the drug."

Hamilton said because there are still so many people of color in prison for petty weed possession and selling charges, there is still a lot of stigma around the drug, which makes it even more difficult when opening a business.

When cannabis was legalized, Lazenby said Oregon took a free market approach. Essentially, this means if you can pass the criminal background check and you have the funds to pay for a license, then the state will give you a license. As a result, the market has expanded in extreme ways, and there is now an abundance of product surplus.

Unlike Oregon, Washington originally set a limit on the number of licenses that could be issued, and then waited to observe the demand, prices and participation in the industry. Doing this also allowed the state to make more demand on the industry in terms of diversity and inclusion.

According to Lazenby, there are three main issues with Oregon's system.

First, because cannabis is still federally illegal, if a conservative president is elected it leaves the state vulnerable to crack downs. Second, because Oregon gave out so many licenses the surplus of product results in cannabis growers losing out on profits. Third, the quick expansion of the industry makes it even more

difficult for small plays to get involved.

Making cannabis federally legal, as it is in Canada, could be great but it must be done in an intentional manner, he said.

"The only way you could actually play in that market is to be a well capitalized corporation," said Lazenby.

Lazenby and Hamilton both wish to



see the Oregon government “put their money where their mouth is,” as Hamilton said, and work on active solutions that will attract candidates of color into the industry.

Lazenby offered the idea of starting a cannabis academy, potentially set up in the community colleges as a highly accessible trade school where people can go to learn about the intricacies to growing and selling good cannabis products. Having this as an accessible option across the state would promote diversity, cross capital relationships and include young people, according to Lazenby.

He also suggested Oregon creates a revolving loan to help minorities get their start up off the ground. The pay back on the loan could fund another start up. The state could also offer incentives such as a

*I knew I always wanted to break into the **CANNABIS INDUSTRY** because of the disparities that **BLACK AND INDIGENOUS PEOPLE OF COLOR** have faced.*

- JOHANNAH HAMILTON  
owner of Melanin Minerals

reduced licensing fee to companies that demonstrate utilization of minority forms.

Hamilton said she hopes to see the state prompt more of an equitable agriculture policy.

Lazenby stressed that the solution is not simple—just one policy option will not solve the problem. He urged the importance of white people, or Europeans, as he prefers to call them, to take a more active role in creating change.

“You know we don’t need allies—an ally is a person that gives you a hug or takes you out for a cup of coffee,” Lazenby said. “What we need are accomplices. An accomplice is behind the wheel of the car with the engine running at the curve, as you dismantle the racist systems that are out there.”



# FEDERAL EFFORTS DECRIMINALIZE CA WHAT IT COULD ME

WRITER:  
TAYLOR BACON

PHOTOS COURTESY OF:  
CC - GAGE SKIDMORE



PICTURED: "Joe Biden" by Gage Skidmore is licensed under CC BY-SA 2.0. The image was taken by Skidmore on Feb. 14, 2020, at an event in Nevada. The original image has been adapted by adding color and text blocks for visual effect. For a copy of this license, visit <https://creativecommons.org/licenses/by-sa/2.0/?ref=openverse>.

# TO CANNABIS & CLEAN FOR YOU

PHOTO ILLUSTRATION:  
ALAN NGUYEN

**C**ONTROVERSY. A term that is often used to describe the legalization of cannabis, as well as the decriminalization process, which has started being discussed more over the last three decades.

In 1996, California became the first U.S. state to legalize cannabis, but only for those who have a medical license. Currently, cannabis is a U.S. federally controlled substance, which makes the use and distribution of it illegal. Legalizing it removes any prohibitions that are against it for adults who are of legal age, 21.

In 2012, both Colorado and Washington state were the first states to vote in a law that would recreationally legalize the use of cannabis. In the following years, more and more states began to legalize the recreational use of cannabis, including Alaska, Washington D.C. and Oregon.

Jay Noller, a former professor in Oregon State University's Agricultural and Crop Science Department, as well as a founder and former director of the Global Hemp Innovation Center, clarified the difference legalization and decriminalization.

According to Noller, decriminalization says the production of the drug or product is not considered a criminal act if production regulations are followed. Legalization is the allowance of a product only if it is approved with the state and or federal government.

In states where recreational cannabis is legal for residents of age, marketers need a license from the state in order to sell. There are also limits as to how much cannabis an adult can possess at one time, as well as if and how much they can grow. Even if it is legal, there are still restrictions.

Decriminalizing it however, is slightly different. The decriminalization of cannabis takes away all of the criminal sanctions surrounding it. It would still be considered illegal, but the charges would be less, more along the lines of either no penalty, or something like civil fines.

In October 2022, President Joe Biden released a statement addressing the decriminalization of cannabis. He broke down the three steps he plans to take to prevent a repeat of the past failure to decriminalize cannabis, stating that incarceration due to the possession of cannabis has uprooted too many people's lives.

**1** First, any and all federal offenses related to the simple possession of cannabis will be pardoned. This means that, for those who have "possession of cannabis" on their record, they no longer will. This will improve those individuals' rates at getting a job as well as more opportunity to enroll in educational programs.

**2** The second step Biden outlines is at the state level, encouraging state governors to do the same. He stated that if people are not going to federal prison for only the possession of cannabis, they should not be in local or state jail for it either.

**3** His third proposition was reaching out to the Secretary of Health and Human Services, as well as the Attorney General, to look at the classification of cannabis. Currently, it is a Schedule I drug, the highest schedule and contains some of the same restrictions as things like LSD and heroin. This means that it has no accepted medical use and has a high potential for abusive use, at the federal level.

Biden encourages the Attorney General and Secretary of Health and Human Services to consider moving cannabis down on the classification scale.

While cannabis has some negative effects, the other drugs in that classification are lethal. It is grouped with some of the most harmful drugs, such as heroin, LSD and ecstasy. Many people are fighting against this classification because while it is possible to overdose on cannabis, occurrences of that and death are much less than that of the other Schedule I drugs.

Finally, Biden said that if and when cannabis is decriminalized, the limitations and regulations of trafficking, under-age sales and marketing should continue to be watched.

In 21 states, recreational cannabis is legal for those who are above the age of 21. This means that they are allowed to use it to simply get "high" and buy it legally. In most other states, cannabis is either partially or totally decriminalized. This means that while it is not legal to use recreationally, if a person is caught with possession of cannabis, they will not be sentenced to time in jail or prison.

PICTURED: Will Cooper (he/him) smokes out of his bong.  
Stacey, on Nov. 21 outside of their apartment.



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# 'IT HAS ITS UPS AND DOWNS'

## STUDENTS ON WHY THEY USE CANNABIS

WRITER:  
**GINNIE SANDOVAL**

PHOTOGRAPHER:  
**ASHTON BISNER**

*EDITOR'S NOTE: This article reflects the personal opinions of the sources. Cannabis research is ongoing and has not yet produced conclusive results regarding the drug's impact on mental and physical health.*

**F**ROM SOCIAL and creative effects to treatment of common ailments, some Oregon State University students have said smoking cannabis has positive effects on them in both their daily lives as well as academic studies.

Fourth-year student Will Cooper, who is 21, said there are many reasons why he smokes cannabis.

"As a graphic design major, I definitely feel that it has a major impact on the art I create because it feels like I have opened my mind to possibilities I wouldn't normally think of," Cooper said. "It also helps me hone in and focus on the task at hand."

Another fourth-year student, also 21, is majoring in public health and kinesiology and preferred to remain anonymous. The source said cannabis has helped both anxiety and social life.

"My experience with cannabis has allowed me to shed a lot of my social anxiety from the past and can help bring about the coolest connections with people," the source said. "There is something about sharing a joint with someone that opens them up. I smoke almost in place of drinking most of the time. I enjoy the happy, relaxed feeling and it doesn't leave me hung over the next day."

There is a place for cannabis in the social area of Cooper's life as well.

"It is a positive part of my life and has opened up social possibilities in ways I never would have thought of before," he said. "If I am hiking with friends or just hanging out, I like to smoke joints because it is easy and there's a fun social aspect of 'passing it.'"

According to a 2019 article by the National Center for Complementary and Integrative Health, which is a part of the U.S. Department of Health and Human Services, people use cannabis as a sleep aid, but also to treat a number of health concerns, such as anxiety, pain, nausea, epilepsy, eating disorders and other health conditions.

However, the article notes that it's uncertain whether the cannabis products affected sleep directly or whether people slept better because the symptoms of their illnesses had improved. In addition, the article states that the effects of cannabis on sleep problems in people who don't have other illnesses are uncertain.

"It does help me with sleep and sometimes," said

Cooper. "And if I feel a little sick or nauseous a joint or quick bowl does just the thing to help me out."

The anonymous source, who has struggled with chronic sleep issues since she was a kid, said cannabis has been an immense help.

"I have a hard time sleeping most nights and weed is the only thing I've found that has consistently worked," she said.

As for other ways cannabis has become beneficial, Cooper said that he uses cannabis as a part of his workout routine.

A 2019 article by Nature, an international journal that publishes peer-reviewed science and technology research, cited a survey done with 600 cannabis users living in states where cannabis use was legalized, that found 80% of participants use marijuana right before or after exercising.

Though a few studies were conducted decades ago, the Nature article noted that since then, laboratories in the United States have found it difficult to run controlled cannabis studies because of federal restrictions. Instead, researchers have turned to surveys and anecdotal reports to understand how cannabis might affect physical activity.

"I am an avid gym goer," said Cooper. "My body oftentimes is recovering from a hard lift and the relaxation I get from smoking eases my joint and muscle pain."

Cooper said he enjoys smoking with his bong, named Stacy. The anonymous source said she enjoys joints.

"I definitely prefer sativa or sativa dominant hybrids because they don't leave me feeling couch-locked, which is where indica often leads me," said Cooper.

"I enjoy all strains for different moments," said the anonymous source. "Sativa is fun when you are also drinking and are trying to be social. Hybrids are great if the whole goal of the night is to just smoke because it is the best in both head and body highs. And indicas are the strain that helps relieve aches in the body or gives you the best night's sleep of your life."

No matter the strain or the method, for both students, who each smoke at least once a day or every other day, one thing is certain: Cannabis is a daily part of their lives.

"It has its ups and downs," said Cooper. "But with the right amount of self-discipline and self-regulation, it's okay to work hard and play hard too."

# 'Marijuana,' a complicated, racist remnant of the prohibition era—and still in use today

WRITER:  
RILEY LECOCO

ILLUSTRATOR:  
CASSIDY SMITH



**W**EEED, GRASS, pot, mary jane, bud, hash, marijuana. While cannabis holds many different slang names, one of the most recognizable—marijuana—comes from a historically discriminatory context.

Before 1910, cannabis was the primary word used for the plant in some medicinal contexts and more recreational use by wealthier individuals in the United States.

Concurrently, in the early 1900s, the United States saw a large influx of Mexican migrants moving to the U.S. following political upheaval in the country. In Mexico, recreational smoking—while still challenged by the Mexican government—was a popular

use of cannabis, thus, this use of the plant carried into the U.S.

“Part of that prohibition was really targeting Mexican workers and families and just like the whole culture in general,” said Jason Galle, an employee at Farma, a cannabis dispensary in Portland Ore. “[It] was really just trying to create this evil stigma about cannabis and Mexicans together.”

By 1937, an outspoken proponent against cannabis use in the U.S., Harry Anslinger, testified before Congress, expressing a tie between “marijuana” use and Mexicans, Black people and entertainers—many of which were looked as lower class. Anslinger’s propaganda worked and resulted in federal

criminalization of cannabis use.

As a result, moving forward, the word marijuana became widely used when referring to any legalities and mentions of cannabis in the U.S.

According to Natchee Blu Barnd, an associate professor in ethnic studies at Oregon State University, slang terms often carry multiple meanings that can get lost over time just like other linguistic terms.

## A GUIDE TO OREGON'S BIPOC- OWNED CANNA- BUSINESSES

### DISPENSARIES

Green Muse located on 16th Avenue in Portland, Ore. is a local Black-owned dispensary that calls itself “the first hip hop dispensary”.

“Green Muse is the source of inspiration for art, science, music, sports and fashion through cannabis,” the website states. “Formerly known as Green Hop, The First Hip Hop Dispensary. As Green Muse is a local, Black-owned, mom-and-pop-owned dispensary, we are proud to offer healthy premium cannabis at every price point. Find your muse.”

Some others in the state include:

Budding Culture, located on Broadway Street, Portland

ReLeaf Health, located on Martin Luther King Jr. Boulevard, Portland

Natural Wonders, located on SE Main Street in Portland claims to be the first Native-owned dispensary in the state rooted in medical use

ILLUSTRATION: Illustration depicting marijuana leaves in handcuffs.



“Word origins are often very difficult to track down or to confine, and they always transform as they move through cultures,” said Barnd.

In 2021, Washington state even removed the term marijuana from its state cannabis laws. House bill 1210 was introduced by representative Melanie Morgan and signed by Governor Jay Inslee.

Thus far no such bill has been proposed within Oregon.

While the racist and political history of how the word came into popular use within the U.S. is well-documented, opinions about the use of the word marijuana today vary from person to person.

After educating themselves, Galle’s perception of the word and vernacular used when referring to cannabis changed.

“I personally have curbed my own personal vernacular to just use the word[s] cannabis



Part of that prohibition was really targeting Mexican workers and families and just like the whole culture in general. [It] was really just trying to create this evil stigma about cannabis and Mexicans together.

**Jason Galle**  
employee at Farma, a cannabis dispensary in Portland, Ore.



and weed and flour, and try not to say the word marijuana,” Galle said.

However, public debate has also suggested that the racially discriminatory weight the word held in its past is not the same as today.

For Galle, their word choice is not a reflection of any opinion on removing the word from the common vernacular of the public.

“I don’t think that it should be taken away from our Spanish and Hispanic brothers and sisters,” Gale said. “I mean it’s their word. It always has been their word for a very sacred plant.”

## GROWERS

Magic Hour Cannabis, located in Portland, is a women- and minority-owned ‘lifestyle’ brand of cannabis growing and producing that—according to their website—is looking to shift the narrative of cannabis users as lazy to productive members of society.

“We want to shift the landscape in terms of empowering POC and women to get into leadership positions in the cannabis industry,” stated Magic Hour’s website.

## DELIVERY

Green Box is the first licensed cannabis delivery service in Oregon and functions as a subscription service. Green Box was founded in 2016 by Adrian Wayman, “a Black and gay entrepreneur,” and Bob Waymen, a Vietnam war veteran. According to their website, the business’s creation was largely thanks to efforts by Adrian Wayman to lobby for a license category allowing for delivery-only cannabis retailers.

“We believe in supporting companies that share our values of inclusion, diversity, sustainability and community involvement. Each vendor Green Box chooses to work with has been personally vetted by the Green Box team to ensure all products that we sell are of the highest quality,” stated Green Box’s website.

In addition, PotMates is a Black-owned cannabis delivery service that works with local Oregon growers to support sustainable practices.

# COMBINING BATH BOMBS, CBD AND SOCIAL JUSTICE

**T**HE IDEA TO start her own business specializing in CBD-infused skincare came to Johannah Hamilton, owner of Melanin Minerals, during her Master's program, when she began practicing self-care as a way to de-stress.

Additionally, as a woman of color, Hamilton said she wanted to start her own business in the cannabis industry to combat the disparities that exist for Black and Indigenous people of color.

"I was like, wait, I can infuse CBD into bath bombs and sell them and have a business," said Hamilton. "That's how it started, with the social justice component and then love for long relaxation."

The combination of self-care and cannabis thus became Hamilton's way in. Not long after, she got started.

"I just started watching crazy YouTube videos about bath bombs and making better bath bombs, and the correct tools for it," said Hamilton. "And so then I hopped on Amazon and I bought my first bath bomb molds."

In February of 2019, Melanin Minerals products first went on sale. Kawaiala Husen, a customer of Melanin Minerals and marketing associate at Orange Media Network, came across the small business shortly after February at the Corvallis Saturday Market.

"The owner had a booth there and I was able to meet her and she was so sweet and passionate about her products that I wanted to give it a shot," said Husen. "It makes all the difference to know that when I purchase anything from her store, I am contributing to the success of a businesswoman in Corvallis. She inspires me and I'm happy to support her small business."

Now, almost three years later, the company has experienced a lot of growth, according to Hamilton.

PICTURED: Johannah Hamilton, owner of Melanin Minerals, a business that produces high-quality natural skin care items. She started her business to combine her love for self-care with a desire to combat disparities that exist for BIPOC business owners.





WRITER:  
**EMMA COKE**

PHOTOGRAPHER:  
**KATE ZINKE**

"It has grown a lot I think," said Hamilton. "The first year we had like 25 five-star reviews, and then after the second year, we had like 200, and then after the third year we had over 300. I have even been able to get into some local stores; I'm in the [First Alternative Natural Foods] Co-Op and CBD Scientific sells my bath bombs."

According to Hamilton, CBD-infused skincare products are quite beneficial.

"CBD's claim to fame has been, it's anti-inflammatory and it has soothing properties. So that's why you see it mostly in products geared towards pain relief," said Hamilton. "But the thing is a lot of issues with our skin stem from inflammation—like rosacea, for example, is just inflamed blood vessels. So that's why we have CBD hydration serum, CBD toners and sugar scrubs for people with eczema for the soothing properties."

Husen can attest to the benefits of CBD-infused skincare products, stating that fruity foaming cleanser is "the only face wash that keeps [her] skin clear."

Hamilton is heavily involved in the process of making her products, which include a wide array of skincare products including bath bombs, sugar scrubs, cleansers, toners, salves and more.

"I still handmake, I would say, probably 90 or 95% of all my products," said Hamilton. "There's a couple products that are 'white label', which just means I get them, I bottle them and then I put my label on them. But I get them all from the same lab."

When it comes to starting and running your own business, Hamilton said the best part about it is seeing your full potential and what you're capable of.

"You hear people say entrepreneurship is hard," said Hamilton. "You hear people say running your own business is hard. And then you actually do it and it is hard because it's like you have to be self-motivated. You have to have that same drive and that same passion and hunger in year three that you had in year one—or year five, that you had in year one. I'm starting my fourth year right now. So, I think it's just seeing my full potential and what I'm capable of."

PICTURED: Richard Van Breeman (he/him), a professor of pharmaceutical sciences at Oregon State, giving a presentation titled, "Natural products and hemp: Under-appreciated sources for COVID-19 therapeutic agents" on Dec. 6 2022 at the Old World Deli in Corvallis.



## Renowned professor reveals an underappreciated source of COVID-19 treatment... Cannabis

WRITER:  
**ABHEER SINGH**

PHOTOGRAPHER:  
**GRACE JOHNSON**

**"EVERY MONTH**, Corvallis's Old World Deli hosts a Science Pub event, where researchers present insightful lectures to the public. This December, Richard Van Breeman, a professor of medicinal chemistry at Oregon State University, discussed his research on finding "COVID-19 therapeutic agents" within natural products, and described preliminary evidence linked to decreasing COVID-19 infections through CBD.

After a brief introduction, Van Breeman presented several eye-opening statistics. His slide deck read, "50% of all therapeutic agents are derived from natural products, and 66% of cancer drugs are natural products."

Van Breeman then gave some context for how many of these modern medicinal treatments are developed.

Combinatorial chemistry is a technique through which new chemical compounds are generated by combining chemical "building blocks". According to Van Breeman, the process for putting together these building blocks requires scaffolds, which are often sourced from natural products.

A limited number of scaffolds confines the possibilities of combinatorial chemistry.

Van Breeman asserted that cannabis sativa can provide new and unique scaffolds for the development of future medical treatments. This is one use case of hemp as a tool for drug discovery.



One of the primary focuses of Van Breeman's lab is the use of specialized mass spectrometry for drug discovery. He read the following from his slides, "Affinity selection-mass spectrometry, or AS-MS, was invented in 1996 to expedite screening of combinatorial libraries for drug discovery."

Van Breeman and his lab use AS-MS to isolate ligands, which are new drugs, from chemical mixtures. These ligands are selected based on a "pharmacological target, such as a viral protein." Each ligand is then identified "using the speed, sensitivity and selectivity of mass spectrometry."

By attaching to the pharmacological target, such as a virus, the ligand can interfere with its functions.

"SARS-CoV-2 has numerous potential targets," said Van Breeman. SARS-CoV-2 is the virus which causes COVID-19.

Van Breeman's lab used AS-MS to identify cannabinoids that can inhibit functions in SARS-CoV-2. One of these cannabinoids was CBD.

Van Breeman evidenced these claims with more statistics. His slides read, "A review of cases indicated lower incidence of SARS-CoV-2 infections among CBD users, 6.2% for unvaccinated CBD users vs 8.9% for non-CBD users."

Van Breeman made several closing remarks. He issued a precautionary warning that "clinical trials are needed to establish dosage, safety and efficacy of these cannabinoids in preventing or treating SARS-CoV-2 infections."

If there was one key takeaway from Van Breeman's presentation, it was the following conclusion: "Natural products are selected by nature for biological activity and are mostly unexplored for pharmacological activity."

Van Breeman remains committed to his research and said, "Despite disinterest from the pharmaceutical industry and declining funding by the National Institute for Health, natural products remain a rich source of drug discovery."



PICTURED: Stephen Baluch explains the process of maintaining and diversifying the Oregon State research greenhouse hemp stock on Nov. 21, 2022. He grows many breeds of hemp specializations for fiber, feed and medicinal properties.





# BRING HEMP USES STEPHEN BALUCH

WRITER:  
**ABHEER SINGH**

PHOTOGRAPHER:  
**DUANE KNAPP**

**"IT'S A CRAZY** crop, I never thought I'd ever be working in it, really," said Stephen Baluch, a newly recruited assistant professor for Oregon State's College of Agricultural Sciences.

Baluch specializes in hemp breeding within the Department of Crop and Soil Science, where his research "focuses on the development of fiber, grain and to a lesser extent, oil hemp varieties."

Prior to working for the university, Baluch worked in the private industry, gaining experience with breeding corn and breeding recreational cannabis. His last position before joining the university faculty was director of breeding at Arcadia Biosciences, a national agricultural biotechnology company. This is where Baluch began breeding hemp.

He brings this experience to his research at Oregon State, where he often finds himself in the greenhouses. Baluch gave Beaver's Digest the opportunity to tour these greenhouses and see where his hemp research actually takes place.

As we entered the first greenhouse, Baluch explained one of the projects he is working on.

"So hemp in general has been bred for temperate latitude," Baluch said. "When you take it out of that range—you take it, say, below the 35th parallel, so that'd be like south of San Francisco—and when you do that, the plants will flower a lot sooner than they would here. And so you don't get as much biomass accumulation and flower accumulation."

Addressing this "maturity problem" with hemp is one of Baluch's research focuses. His goal is to adapt a hemp line through cross-breeding which will have increased biomass in southern regions.

He plans to do this "through the initiation of flowering."

The first greenhouse we visited had smaller hemp plants for this purpose, plants that were in their initial flowering stages. Baluch analyzes the flowering times of these plants.

"So if they flower early versus when they flower late, we'll just have a good continuum and we will do the pollination that way," he said.

Baluch gestured towards one table of plants, and explained, "these will start initiating flower and flower longer, hopefully, than their northern counterparts."

As we walked between greenhouses, Baluch discussed the constant progress being made within hemp research.

"People are publishing new work all the time," he said, and mentioned a new academic paper he read, in which researchers identified an auto-flowering gene, a discovery which could help breeders save time in choosing plants.

The second greenhouse we walked through had much larger hemp plants, with each table designated to its own project. Baluch went over some of the different varieties of hemp in the room which he and his collaborators were working on. He pointed out the fiber and grain varieties of hemp, as well as hemp being grown for CBD specifically. There were even some hemp plants which were exclusively grown for cloning purposes.

Baluch noted that the two greenhouses we visited are actually for wheat, currently also being used for hemp research. He mentioned that there are plans for a new addition, so the hemp program will soon have its own greenhouse as well.

# BREAKING DOWN CANNABIS INGESTION WITH DIRECTOR OF OSU'S SUBSTANCE USE AND NEUROSCIENCE LAB

WRITER:  
**HANNAH LULL**

PHOTOGRAPHER:  
**MATTHEW MCKENNA**

PICTURED: Twenty-one year-old OSU sophomore, Cameron Fletcher, takes from his pipe from the comfort of his own home on Dec. 9, 2022. Coming from Southern California, Fletcher is not stranger to smoking, eating or vaping cannabis.



**DUE TO ITS** legality in Oregon and many other states, cannabis use is on the rise. If one decides to partake in a cannabis experience, it can be beneficial to understand the different ways of ingesting cannabis and doing so safely.

Cannabis can be smoked by rolling the substance up in paper or tobacco in a few different forms, such as a joint: cannabis flower rolled in paper; a blunt: cannabis flower rolled in tobacco leaves; and a spliff: cannabis flower and tobacco rolled in paper.

Weed can also be smoked using devices like a bowl, bong and water pipe, where just cannabis and water are needed—just cannabis if it's a bowl—in order to smoke the product.

Vaping cannabis is another common way to ingest it. One can inhale the substance through a device, which makes it similar to smoking. The vape pen heats up the cannabis oil and produces aerosols for inhalation. Another method, dabbing, also heats up the cannabis product, usually in the form of wax where there's a high percentage of THC concentrates. Once the wax is warm enough, the product can be smoked.

Edibles are one method of ingesting weed without smoking it. They are commonly found in foods that allow for THC to be easily baked into the baking process, like in brownies or cookies. They can also be found in drinks, such as teas.

Anita Cservenka is assistant professor and director of the Substance Use and Neurocognition Lab at Oregon State University. She specializes in cannabis use with brain development, neurocognitive effects and use with adolescents and young adults.

Cservenka promotes the importance of understanding a substance before you use it, especially how to use it safely.

"Each method is associated with different risks for experiencing potential adverse events," Cservenka said. "Furthermore, understanding that certain methods of use are associated with differences in timing for experiencing the subjective effects of cannabis may help reduce the risk for overconsumption. It can also be risky to not understand that certain methods are associated with ingesting high potency cannabis that may increase vulnerability for adverse experiences."



# FIVE LOCAL DISPENSARIES IN CORVALLIS

WRITER:  
**GABRIELLA GRINBERGS**

PHOTOGRAPHER:  
**ALEX OZERAN**

**I F YOU'VE** If you've ever taken a stroll through any part of town, you've likely noticed one or two Corvallis storefronts marked with an unmistakable North Texas Green logo. These storefronts — cannabis dispensaries — are visited by those 21 and over and are an ever present aspect of Corvallis' recreational life for those of age.

## GREEN ROOM

Established in 2014, Green Room Dispensary spreads across Corvallis in three separate locations, striving to provide of-age community members with "top quality products at low prices," as said in their mission statement.

This family-run business offers an assortment of recreational products to fit the needs of any marijuana user, regardless of previous experience. Green Room also supports other local businesses, like itself, by using locally sourced materials for all of their products.

In addition to marijuana-infused products, all three stores provide other related items, such as lighters, rolling supplies and glassware, to ensure that no matter how a customer chooses to use their goods, they have everything they need.

For example, being aware of the fact that blunts and spliffs contain tobacco can alert the person smoking that they could develop a nicotine addiction through consuming them. Someone may also over-consume edibles because the effects of edibles take longer to kick in so the user may keep consuming until they feel high.

The experience of the high comes from THC, the main psychoactive ingredient in cannabis. THC levels range between each method of use, including how many grams of flower are used and hits taken in a single session.

"Smoking can produce a more immediate high than consuming edibles as the inhaled smoke reaches the brain much faster than oral consumption of THC, which must travel through the digestive tract before reaching the brain," Cservenka said. "Concentrates, which have very high THC content—often 80% or greater—and can be consumed using vape pens, or dabbing, can produce an even stronger effect, and increase the risk for adverse experiences."

Knowing the risks of cannabis use can allow one to determine what's best for them if they choose to partake. Though, the safest way to avoid any detrimental effects, like damaging lungs or experiencing an unrewarding high, is to not consume cannabis at all.

"For individuals who do engage in cannabis use, safer consumption methods could include consuming cannabis less frequently, using lower THC products and abstaining from use of concentrates, avoiding smoking methods—especially those combined with tobacco—and avoiding deep inhalation," Cservenka said. "These may be different ways to use cannabis more safely, which could help decrease the likelihood of experiencing undesirable or adverse effects."

The safest ways of ingesting aren't very common with young adults. Cservenka cited a 2021 study that indicated the most common method for this age group is smoking cannabis either in joints, bowls or cigar papers. The second most common use was vaping. The third was through a water pipe or bong, and the least common method is consuming edibles.

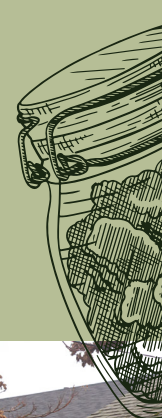
Dabbing is growing in popularity in the U.S., resulting in more attention on this high-risk way of ingesting cannabis. Any highly concentrated THC product, like dabbing, has reported more individuals experiencing adverse effects, like paranoid and emergency room visits.

**CONCENTRATES, WHICH HAVE VERY HIGH THC CONTENT—OFTEN 80% OR GREATER—AND CAN BE CONSUMED USING VAPE PENS, OR DABBING, CAN PRODUCE AN EVEN STRONGER EFFECT, AND INCREASE THE RISK FOR ADVERSE EXPERIENCES.**

**- ANITA CSERVENKA,**  
assistant professor and director of the  
Substance Use & Neurocognition Lab at  
Oregon State University

No cannabis user wants to engage in a substance without a reward. Before smoking, it can be beneficial to understand your limit and proceed cautiously. Everyone's experiences with cannabis are subjective so it can be helpful for you to figure out what works and doesn't work for you. If you're going to engage with cannabis, doing research and making sure you're prioritizing safety can go a long way to reaching the experience you're looking for.

# CALIFORNIA SERIES CORVALLIS



# 02

## MR. NICE GUY

With two locations in Corvallis, on NW Third Street and another on SW 15th Street, Mr. Nice Guy stands as one of the world's largest cannabis operators, according to their website, with 26 licensed retail locations across California and Oregon.

With eight internal values prioritizing ethics, consumer needs and education, Mr. Nice Guy states that they aim to ensure all customers feel confident in their knowledge of the products and comfortable with their overall experience with cannabis, from sale to consumption.

In addition to its business practices, Mr. Nice Guy is also committed to reducing its waste and carbon footprint when processing materials in every region of operation, and providing comprehensive benefits for employees. The company works to hold healthy, ethical practices within their business and with consumers as a high priority.



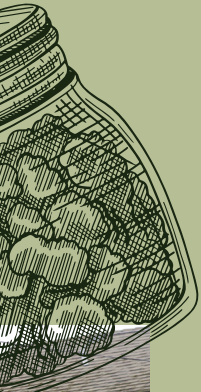
# 03

## MARIE JANE'S

Along with the high of consuming cannabis comes the munchies — and Marie Jane's Cannabis Connection takes care of both. Marie Jane's Pot and Pizza is the first of its kind — a cannabis retailer offering quality marijuana products and authentic, house-made pizza for delivery.

As a small business, Marie Jane's focuses on making their customers feel welcome and taken care of. With a wide selection and various combination orders of pot and pizza available for delivery and pick up, customers can enjoy their choice of cannabis products and made from scratch pizza in the comfort of their own homes.





## COOKIES DISPENSARY

Located just down the road from American Dream Pizza in downtown Corvallis, Cookies Corvallis Dispensary is hard to miss with its iconic sky-blue storefront and cursive logo.

Cookies has grown into an international business since its founding in 2012 by growth expert Jai and rapper Gilbert Anthony Milam Jr. (aka Berner). The two opened Cookies' first retail store in 2018 in Los Angeles, Calif., upholding their foundational values of authenticity and avant-garde genetics ever since, to give consumers a unique cannabis experience in their stores.

They were the first ever cannabis brand to make AdAge's America's Hottest Brands of 2021 and, additionally, launched Cookies U — an educational initiative that offers free cannabis training to members of marginalized groups and those who have been "negatively impacted by the War on Drugs." Through this program, located in Humboldt, Calif., Cookies U strives for social justice and accessibility in the marijuana industry.

## HIGH QUALITY

High Quality, self proclaimed a "Dispensary of Wellbeing," was founded on the life changing experiences cannabis can provide its users — both medically and recreationally. This local business emphasizes the importance of each consumer's personal relationship with marijuana by providing products meant to "enhance the human experience."

High Quality also conducts business in a way that works with nature rather than against it. They put quality and sustainability first when sharing their products with customers.

Additionally, they are committed to helping charities related to their values. For example, they are currently running a fundraiser for various organizations, such as Heartland Humane Shelter & Care, Friends of Trees, and Last Prisoner Project, by donating 25 cents out of every purchase of reusable products. This way they promote reducing wastefulness in their business while also giving to good causes.

PICTURED: FAR LEFT (on opposite page): Two pictures depicting the Mr. Nice Guy dispensary on 15th Street on Nov. 23, 2022. There are two Mr. Nice Guy locations in Corvallis.

ABOVE: The interior of High Quality dispensary on Ninth Street, on Nov. 23, 2022. The store is the first licensed dispensary in the Corvallis Chamber of Commerce.

BELOW: High Quality staff poses in the front area of the dispensary on Ninth Street, on Nov. 23, 2022. The business calls itself a "Dispensary of Wellbeing".



# FIVE LOCAL DISPENSARIES IN CORVALLIS



# OVERCOMING GENERATIONS OF STIGMA

Breaking down decades of stigmatization after the legalization of cannabis in 21 states

**A**S IT STANDS, cannabis is a federally illegal substance that the U.S. Drug Enforcement Association still lists as a schedule 1 drug, alongside heroin, LSD and MDMA. This states cannabis is a drug with high potential for abuse, has no accepted use for medical treatment and lacks safety to be used under medical supervision.

More than a century of harmful propaganda around the drug is starting to collapse with widespread cannabis legalization across the U.S., though more quickly in some generations than others.

Camden Schmidt, 21, is a senior environment economics and policy major at Oregon State University who grew up in Shiane, Wyoming. The main stereotypes he heard about the drug growing up arose from the 1936 film, "Reefer Madness," which was part of a series of anti-cannabis films. These films typically displayed high schoolers trying cannabis products

and then falling into dramatized experiences with accidental manslaughter, suicide, attempted sexual assault, hallucinations and madness.

"The narrative I understood was that if you smoke weed, you will become a lazy leach of society," said Schmidt.

Annie, a local source, age 76, shared her experiences with cannabis and wanted to keep her last name anonymous. She said the drug was highly frowned upon when she was growing up in Kauai, Hawaii and was highly associated with hippy culture.

When Annie moved to Louisiana for school, she noticed a clear shift in social norms, racial remarks and judgements around the drug.

At school in Wyoming, Schmidt explained that cannabis was equated to cocaine and meth; there was no separation between them. Weed was portrayed as an evil gateway drug that would lead you down dark paths, he said. Schmidt said this narrative around cannabis in his upbringing





LEFT: Annie (she/her) sits on her living room sofa on Nov. 19, 2022. Annie routinely smokes in this location to relax by reading and help alleviate pain.

FAR LEFT: Annie (she/her) chuckles while discussing her experience with cannabis on Nov. 19 in her living room.

created an instant “villainization” of people who were portrayed as consuming cannabis in the media.

It wasn’t until Schmidt went to high school and was exposed to the cultural scene surrounding cannabis that his ideas around the substance began to change, especially once Colorado and other states in the U.S. began legalizing it.

“I realized if it’s becoming legalized, it can’t actually be that bad,” Schmidt said.

Annie said she had started using cannabis when she was younger and experienced shame from her community, especially before legalization. Since legalization, she said the people around her have grown more accepting.

In Wyoming, however, cannabis is still very much illegal.

“There were still people who smoked in high school, but drinking was much more the prominent culture,” Schmidt said. “Weed was still a part of the culture, but it was very taboo.”

Growing up, Schmidt’s parents made it clear that drinking was acceptable, almost expected, but the same was not true for

weed. He said he understood that his parents grew up with the same villainizing rhetoric around cannabis. They were never exposed to any other information about weed until they were in their forties, when it started becoming legal—but by then these ideas were already deeply ingrained.

Annie said cannabis is not the gateway drug a lot of people believe it to be. For her, cannabis has been more medicinal than harmful. Today, she uses the substance mainly for pain and stress relief.

According to Johannah Hamilton, properties from hemp—a type of cannabis with less THC—can be a great natural alternative for pain and anxiety that is much better than opioids. Hamilton is the owner of Melanin Minerals, a Corvallis-based beauty shop that sells CBD-infused products, a chemical that comes from cannabis.

Coming to Oregon for college, Schmidt almost experienced a culture shock. He said the most surprising things about moving to Oregon was how freely people talked about cannabis, even to people who don’t smoke, and how much it is valued as an agricultural product.

“It was weird going from having hush-hush conversations with my friends to being given a scholarly article about weed agriculture,” Schmidt said.

Another thing Schmidt found surprising was the ratio of dispensaries to liquor stores. He said they were quite common in Wyoming, but in Corvallis there are only two liquor stores compared to the 20 dispensaries.

Hamilton said she had had a similar experience when moving states.

“When I came to Oregon from Alabama, it was a culture shock because you didn’t see CBD in the stores and gas stations back home, but in Oregon it was everywhere,” Hamilton said. “I was like wow, this is so normalized up here and not taboo.”

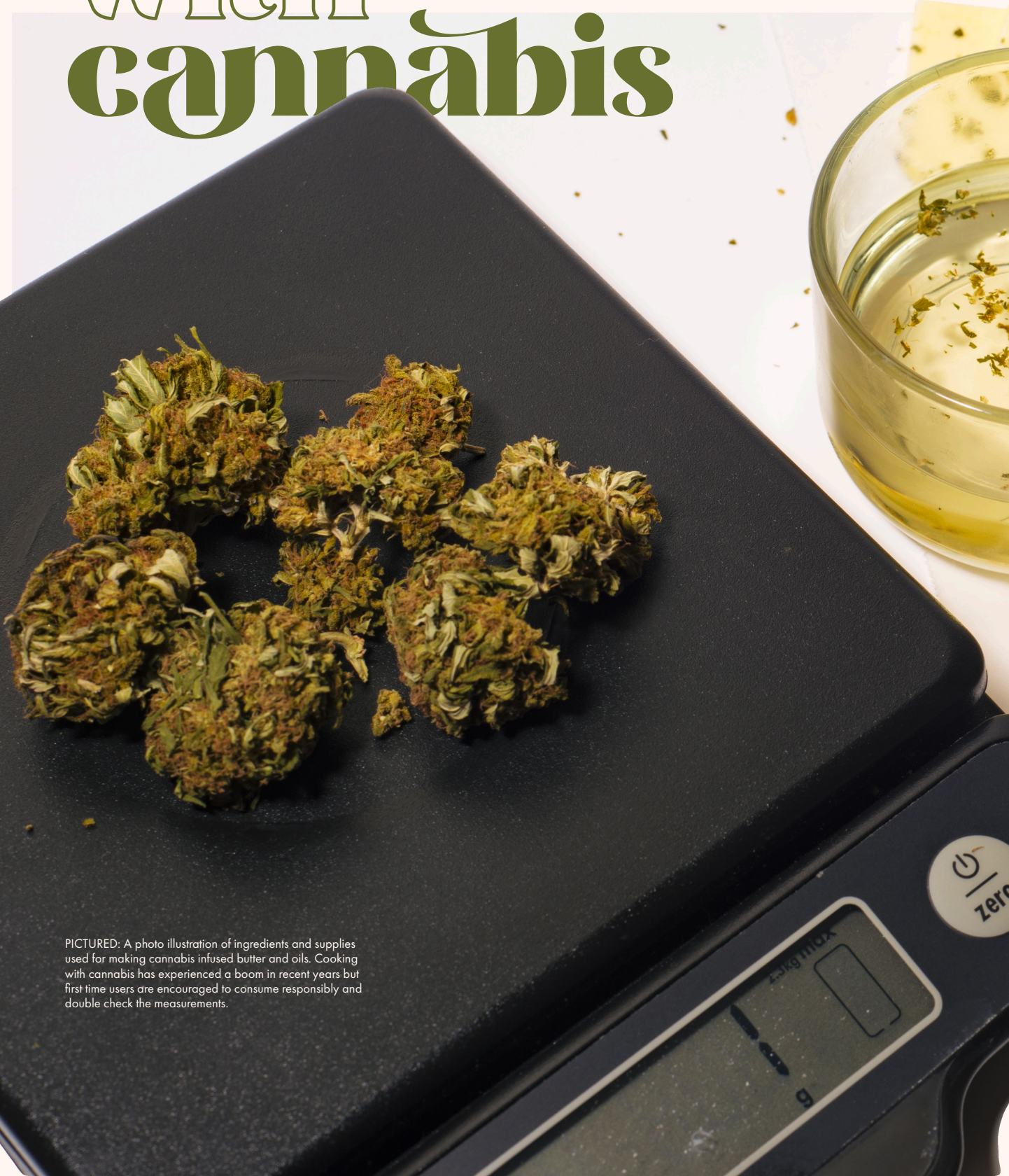
Schmidt pointed out that highlighting the diverse demographics of people who use cannabis, as well as researching health benefits, can help destigmatize the drug by shifting public perception.

WRITER:  
**NATALIE SHARP**

PHOTOGRAPHER:  
**ASHTON BISNER**

# cooking with cannabis

TIPS AND RECIPES F



PICTURED: A photo illustration of ingredients and supplies used for making cannabis infused butter and oils. Cooking with cannabis has experienced a boom in recent years but first time users are encouraged to consume responsibly and double check the measurements.

# FOR MAKING YOUR OWN EDIBLES



WRITER:  
**NATALIE SHARP**

PHOTOGRAPHER:  
**JESS HUME-PANTUSO**

*EDITOR'S NOTE: Beaver's Digest does not encourage illicit cannabis consumption—in most areas of Oregon, you must be 21 or older to legally possess and consume cannabis. Please conduct your own research and exercise caution when calculating cannabis dosage in recipes.*

## C

**OOKING WITH** cannabis can be a tasty way to consume the substance in some of your favorite recipes, but it's important to measure your dosage before you start.

According to an article from The Canna School, a cannabis education website, you can make any food into an edible simply by adding a dollop of an infused fat like cannabis butter or oil. According to its website, The Canna School was founded in 2019 with the goal of providing unbiased and informative information for everyone, from beginners to experts.

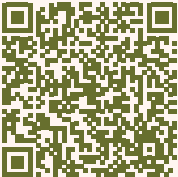
### HOW TO MAKE **CANNABIS BUTTER**

The Canna School describes methods to make cannabis butter in a crock pot or slow cooker, but the most straightforward way is in a saucepan.

**INSTRUCTIONS:**

- 1.** Put a cup of water and a cup of butter in a saucepan and simmer until the butter melts.
- 2.** Mix in decarboxylated cannabis and simmer at around 160-180°F (70-80°C) for 2-3 hours. Keep a careful eye to make sure the mixture doesn't boil, and after two to three hours, take it off the heat. After the mixture has cooled, just pour it through cheesecloth or a paper towel into a container of your choosing, and voila – you have cannabis butter!

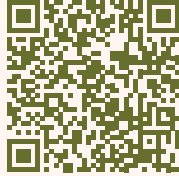
If you want to try this at home, here are more comprehensive process instructions:



## EDIBLE RICE KRISPIES

(FROM THE CANNIGMA)

Here is a five-star rated recipe for Rice Krispy treat edibles with 295 reviews from The Cannigma. The Cannigma publishes articles that take an evidence-based approach to every issue surrounding cannabis, with every story reviewed by cannabis or medical experts.



Visit the link here for further information on the recipe.

### INGREDIENTS:

Three to 14 grams of ground, decarboxylated cannabis  
Two sticks of butter (one cup)  
Cheesecloth  
Storage container

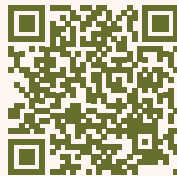
### INSTRUCTIONS:

1. In a large saucepan, melt the butter on low heat.
2. Stir in the marshmallows and keep on heat, stirring until the mixture is melted.
3. Remove from heat and add in the Rice Krispies cereal, stirring well until it's coated with the marshmallow mixture.
4. Press the mixture into a 13 x 9 x 2 inch pan coated with cooking spray. Cut into two-inch squares and try not to eat all of them right away!

## GARLIC BREAD EDIBLES

(FROM THE CANNA SCHOOL)

Here is a garlic bread edible recipe from The Canna School. Visit the link here for more details.



### INGREDIENTS:

1/2 cup cannabis butter softened  
1/4 cup parmesan cheese grated  
2 cloves garlic minced  
1/4 tsp marjoram dried  
1/4 tsp basil dried  
1/4 tsp fines herbs  
1/4 tsp oregano dried  
1/4 tsp parsley dried  
1 loaf Italian bread unsliced  
ground black pepper to taste

### INSTRUCTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a bowl, mix together the cannabis butter, Parmesan cheese, garlic, marjoram, basil, fine herbs mix, oregano, black pepper and parsley until thoroughly combined.
3. Split the Italian bread loaf in half lengthwise, and spread each half generously with the butter mixture.
4. Bake the garlic bread on the top rack of the preheated oven until the cannabutter mixture melts and bubbles 10 to 15 minutes; turn on the broiler, and broil until the bread is your desired shade of golden brown, one to two more minutes.

### A NOTE ABOUT CANNABIS DOSING AND EDIBLES

According to The Canna School, the potency of a cannabis edible depends on a variety of factors, including the amount of cannabis, its THC content, your personal tolerance and how large a dose you took.

For the recipes, dosing is dependent on the strength of the cannabis butter used. The Canna School recommends using an online cannabis edibles dosing calculator to decide how much to put in that you can find here—however, please exercise caution and do not measure your dosage based on this calculator alone.







# BEAVER'S DIGEST

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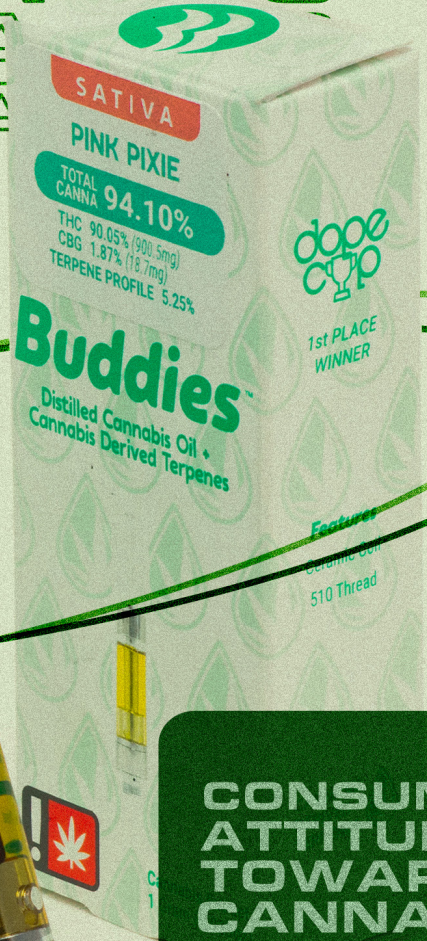


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# POT & PACKAGING



**CONSUMER ATTITUDES TOWARDS CANNABIS OVER THE YEARS**

WRITER:  
**GABRIELLA GRINBERGS**

PHOTOGRAPHER:  
**JESS HUME-PANTUSO**





PICTURED: A staged photograph of cannabis vaporizer cartridges and edibles highlighting the way in which cannabis advertising has changed in recent years in Corvallis, Ore. on Dec. 5, 2022. Cannabis has experienced a rebranding over the last decade as we discover the benefits rather than the detriments of responsible cannabis consumption.

**S**INCE JULY of 2016, when recreational cannabis was legalized in Oregon, consumers' attitudes towards the drug and its market have been altered to a more positive stance. This shift is largely due to how cannabis products have been marketed and repackaged to the public.

"What the media had been doing for years, was explicitly linking what they called 'marijuana' to the Mexican word for 'cannabis,'" said Aimee Huff, an associate professor of marketing and consumer culture at Oregon State University. "That was intentional, the way it was framed in the U.S., 'marijuana' was this illicit, bad drug."

She further described how the media portrayed people who use cannabis as unproductive members of society, and used negative stereotypes that were perpetrated against Latinx people, particularly people from Mexico, to demonize cannabis usage.

Due to these stigmatizing marketing tactics, cannabis was closely associated with shady deals and products containing immeasurable amounts of THC — the active cannabinoid in cannabis products — wrapped in nondescript bags, suspiciously exchanged in dark alleyways.

This tactic was also used in contrast to other drugs, like cocaine and tobacco, which were popularized during the 1980s, heavily associating them with wealth and privilege.

"We know [tobacco] is super harmful, but we don't have that same negative stereotype of it," Huff added. "Cannabis was always a separate category."

However, this perception has shifted in recent years.

As people become more aware of the health benefits of cannabis, stigma surrounding the drug has lessened over the past decade. Additionally, by using the botanical name "cannabis" in place of "marijuana," previous negative rhetoric and stereotypes have faded.

"People are understanding that it's just a plant," Huff said.

**"WE KNOW [TOBACCO] IS SUPER HARMFUL, BUT WE DON'T HAVE THAT SAME NEGATIVE STEREOTYPE OF IT. CANNABIS WAS ALWAYS A SEPARATE CATEGORY."**

**AIMEE HUFF,**  
OSU ASSOCIATE PROFESSOR OF  
MARKETING AND CONSUMER  
CULTURE

Physical packaging and advertising have also played into recent positive perceptions of recreational cannabis usage. For example, in Corvallis, dispensaries appear similarly to any other typical storefront.

One of these dispensaries, Cookies, located downtown along the Willamette River, is most notable for its friendly sky-blue theme and flowy cursive logo. Upon entering, customers find display cases neatly lined with different strains and consumption methods.

Qualified staff members are also present to answer questions about each product and its contents. This business model opposes the uncertainty of cannabis sales prior to legalization.

As Huff describes, "You're not buying [cannabis] off some guy in an alley where you're not sure what else is in it."

With exact dosages and other safety labeling, both experienced and inexperienced users can be reassured of the quality of the products they are purchasing.

Packaging that mimics other previously trusted goods and brands can also offer further quality assurance as well. This goes hand in hand with how the availability of various consumption methods have contributed to more positive attitudes towards the recreational market.

Huff described an interview with a woman who spoke about her experience using cannabis packaged similarly to essential oils. The petite glass bottle topped with a silicone dropper reminded her of a product she already used and trusted: essential oils. The woman found this method of using cannabis to be less intimidating than previously imagined, and positively influenced her perspective on recreational cannabis.

"The point being, all these different varieties of product forms have made the whole category more appealing to people," Huff said. "It helps people think if it can go into a gummy bear, a coffee pod or chocolates, it's just another ingredient that has functional benefits."

As state laws, regulations and markets continue to shift, so have the attitudes of the public. By adapting to customers' needs, desires and preferences, recreational cannabis in Oregon continues to grow into its full potential in the minds of consumers.

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