

Hi-Fi

20 20

SOCIALLY

DISTANT

Passport

21st Anniversary Edition

9²⁰
20

2000



"OH NO, THERE ARE SEEDS IN OUR WEED."

2020



"OH YEAH! THERE'S A SEED IN OUR WEED!"



21 YEARS

Happy Birthday Hit It Pass It!

21 years ago in Virginia Beach when the thought of legal cannabis in the US seemed like just a pipe dream, I began putting together a self-published underground independent zine, *Hit It Pass It*, highlighting all the things I love, especially cannabis. In those days I wrote the content out with a pen, used scissors and glue to do my layouts and spent hours at Kinkos printing out the booklets that I then passed around the oceanfront.

Since then, I've raised two kids, gotten a degree in design, seen recreational cannabis legalized, moved to a legal state (sorry Virginia, you'll get there one day) and worked as a "pot-ograh" and marketing consultant in the legal cannabis industry. Now, celebrating 21 years since the first issue of *Hit It Pass It* rolled off the copy machine, it's time to bring it back!

High-Quality Recipes



Use Infused Oil to Make Salad Dressing and Kabobs

Kabobs

MEATS: Chicken, Beef, Shrimp

VEGGIES: Onions, peppers, carrots, mushrooms, cherry tomatoes, squash, zucchini

PREPARE: Cut and Skewer Meats and Vegetables. Brush them with infused olive oil and place on grill cut side down. Grill over medium-high heat for about 3 minutes until they are golden. Flip and grill each additional side for 5-6 minutes.

Salad Dressing: BALSAMIC VINAIGRETTE

INGREDIENTS:

3 tablespoons infused extra-virgin olive oil
1 tablespoon balsamic vinegar
1/2 teaspoon minced garlic
1 pinch Italian seasoning (optional)

PREPARE:

Mix ingredients in bowl. Use a funnel to pour into salad dressing bottle. Dispense evenly over leafy greens and desired vegetables.

Upcycle Dispensary Packaging

HOMEMADE THC FACIAL TONER

DIRECTIONS:

Start with 1 ml of 450 mg tincture. Mix in:

SENSITIVE SKIN:

1 part apple cider vinegar and witch hazel
4 parts water

NORMAL TO DRY SKIN:

1 part apple cider vinegar and witch hazel
2 parts water

OILY SKIN:

1 part apple cider vinegar and witch hazel
1 part water



Wash out small eighth jar from dispensary and fill with cotton make up pads

Mix ingredients, pour into jar over pads and replace cap

Use once or twice daily after washing face, follow up with moisturizer

**You can leave out the THC for uninfused facial freshness*

Cannabusiness

CARRERS IN CANNABIS

In the cannabis industry,
the median salary is

\$58,511

per year.

— Flow Hub

In the cannabis industry,
women hold around

36%

of executive positions
as opposed to only 15%
in other industries.

— Fit Small Business



The median salary for
cannabis workers is

10.7%

higher than the median
salary in the US.

— Flow Hub

Marijuana jobs
growth to average

21%

a year through 2022.

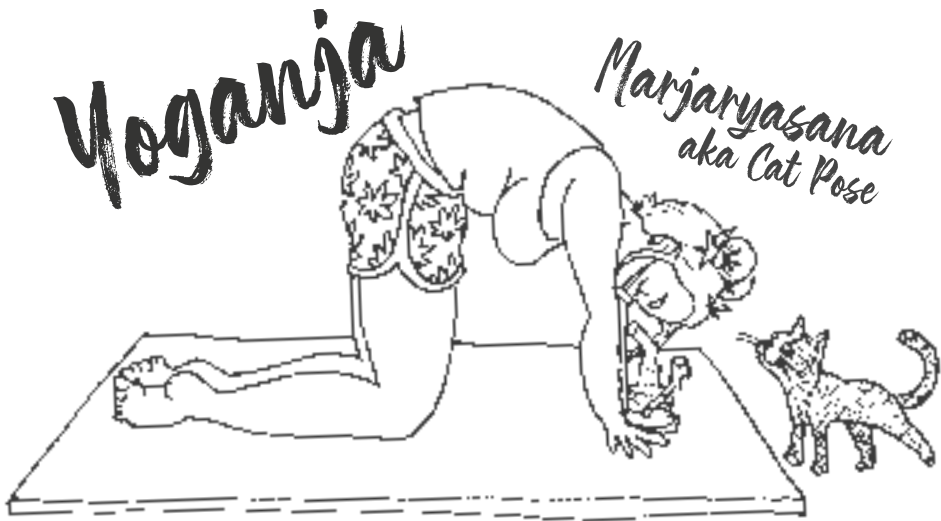
— Fool.com

Demand for cannabis
industry jobs was up

76%

from December 2017 to
December 2018

— Flow Hub



STRIKE THE POSE:

1. Start on your hands and knees (all fours) with knees under the hips and wrists under the shoulders or slightly forward
2. Spread your fingers and press through the base of the fingers and the fingertips
3. As you exhale, pull your belly in, lift your side waists, round your spine and release your head towards the floor
4. Actively press the floor away and feel the stretch in the back body
5. Inhale and come back into your neutral starting position.

PURPOSE: Focus, Stability, Calm

LEVEL: Beginner

BENEFITS:

- o Stretches the back torso and neck
- o Provides a gentle massage to the spine and belly organs

CAUTIONS:

- o If you have a neck injury, keep your head in the neutral position
- o If you have wrist or knee injuries, you can substitute with a seated or lying down version of Cat and Cow poses.

VARIATIONS:

- o **Try the seated version:** Sit on a chair or in an easy cross-legged position. Place your hands on your knees and round your spine into Cat pose on the out-breath. Add the Cow Pose on the in-breath
- o **Try the standing version:** Stand with your legs hips width apart, knees slightly bent. Place your hands on your thighs and round your spine on the out-breath. Add the Cow Pose on the in-breath
- o **Make a Cat - Cow sequence** into a core awakening exercise by extending out your opposite arm and leg in Cow pose and then drawing the elbow back and the knee to nose in Cat pose

Not Your Parent's Liquor Cabinet: Securing Your Stash from Your Kids

Recreational cannabis is becoming legal in many states across the country. As parents can freely partake and no longer have to hide their habit, kids are exposed to cannabis culture at home at an earlier age. They see it as a social activity and kids usually want to emulate their parents and those around them. Therefore, it is so important to limit their access to cannabis the same way you do for alcohol, tobacco, firearms or prescription medications.

Here are a few suggestions about stashing your stash based on the age of your kids:

Baby/Toddler

OUT OF REACH – Put away your pot up when you're finished using it. It's not just about securing your stash, make sure you get all the paraphernalia, residue and remains too. Babies and toddlers put their mouths on everything. If you drop a dab on the coffee table and don't clean it up with some sort of solvent, it's likely your kid will lick it as they're cruising around on the furniture.

OUT OF SIGHT – Like anything you don't want a young child to touch stick it somewhere they can't see it. Simply setting your stash on a higher shelf or in a drawer they can't reach will keep your kid out of your cannabis. Just be aware what new heights they can reach as they start to grow and begin to start climbing up things.

Elementary School

LOCKED CONTAINER – Like other medications, keeping your cannabis in a childproof container is highly recommended especially as your kids are becoming more independent and gaining freedoms around the house. If you don't want to spend a bunch of money on something cool or cute, you can upcycle and old ibuprofen bottle.

EDUCATION – Kids' curiosity can be a powerful force and the best way to combat that is with age appropriate information. Talk to your children about cannabis safety the same way you would about prescription medications, tobacco or alcohol. Many kids think they understand these things just by watching the grown ups around them but if you open the conversation you will know your kid isn't going on assumptions when they encounter cannabis.

Even if you're not raising a lock pick or a young magician, you know that where there's a will there's a way and our kids outsmart us at many turns. The best way to secure your stash is with consistency and redundancy. Lock it up like nesting dolls and do it every time to reduce the opportunity.



Middle School

LOCKED CABINET – Childproof containers are great but by middle school kids have typically figured out the trick to getting them open so up your stash spot to a lock box or a safe. There is a wide variety to choose from that range from small to large and blatantly obvious to subtly hidden in plain sight.

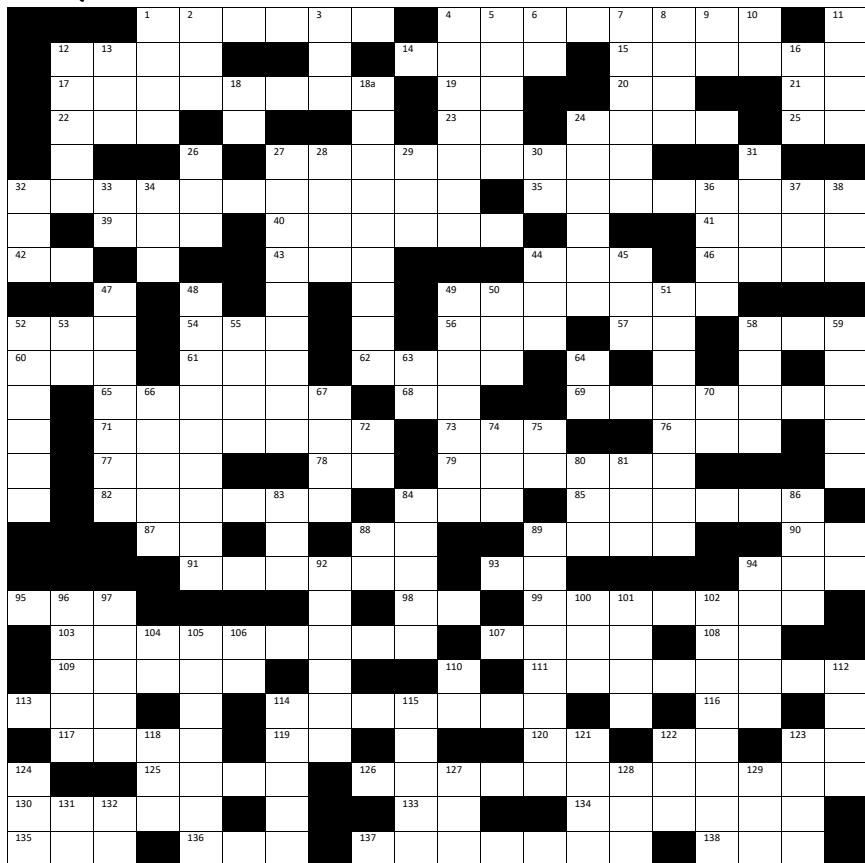
LOCKED SPACE – In the case you've raised a safe cracker just go ahead and lock the room where you stash your stuff. Maybe even choose a location outside of the house like the garage or a shed. Some people suggest keeping it in the car, but you should be aware of your state laws about transporting cannabis before you drive off with it.

High School

VIDEO SURVEILLANCE – By high school your kid can most likely figure out how to access any space that you can. If you're concerned your teen is going to pinch your pot, then the best way is to keep a round-the-clock eye on your stuff. You can certainly opt for an elaborate security camera system or you can use the old baby monitor or nanny cam from when they were little.

DRUG TESTING – If you suspect your teen is dipping into your stash and don't believe them when they tell you they are not then surprise them with a drug test. There are even ones available at the dollar store. Hopefully by this age though you can have a conversation with them about the reasons why they want to use marijuana as well as the reasons why you don't want them to use it.

An Un-Cross Word



ACROSS

1. Synonym for stoned
4. Scientific name for marijuana
12. In a short time
14. Actor and veteran advocate Sinise
15. Spock species
17. Snacks when stoned
19. ____ Boy Sandwich
20. Spiritual symbol or chant
21. Sid Viscous did it this way
22. Nonprofit URL domain extension
23. Morning
24. Take bong _____
25. Military base store
27. 1998 Dave Chappelle stoner comedy
32. Least-common of the common terpene that can be found in nutmeg, conifers and apples
35. Stoner version of BFF
39. Male child
40. 1991 John Candy movie "Only the _____"
41. Scottish for not regular odd
42. Alright
43. Road trip query, "Are we there _____?"
44. Soccer official shortened
46. Invasive slang for cannabis

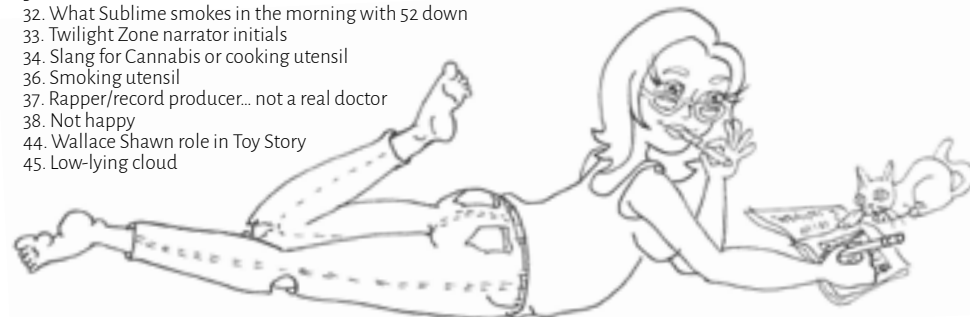
49. Joint twisted before sale
52. Hetero life-mate of 18a down
54. Protein coding gene aka. Aryl Hydrocarbon Receptor
56. Audio cord or port
57. This Joe knows that knowing is half the battle
58. Toupee
60. Paddle
61. Pod vegetable
62. Light on fire
65. Between pants and shorts
68. Street for short
69. Special baked good
71. Cannabis infused foods
73. High card
76. Slang for cannabis bud portion
77. Catholic sister
78. Princess Bride reply, "____ you wish!"
79. Ralph Macchio was this kind of kid
82. Stranger Things heroine
84. Slang for yes or Las Vegas activity
85. Forest smelling terpene
87. American poet Eliot or Jeremy London in Mallrats
88. Abbr. for an interactive experience of a real-world environment like Pokémon Go
89. Star Wars: A New _____

90. Skynet for example
91. Mind high type of cannabis
93. Lyrics "Everybody was Kung ____ Fighting"
94. Software used for Customer Relationship Management
95. 74 down rival
98. Veteran's healthcare agency for short
99. First type of legalized cannabis
103. Vaping component that contains cannabis oil
107. Cosmonaut Gagarin
108. Cannabis cultivating state in the Pacific Northwest
109. Ewok planet
111. Floral terpene found in flowers and spice plants
113. Big Bang Theory's Koothrappali
114. Awesome sweet and fruity terpene
116. Old colloquially speaking
117. Dab rig piece
119. Precedes "Da!"
120. Monty Python Knights' favorite word
122. Sumerian city-state in ancient Mesopotamia
123. High School for short
125. After this
126. Oils, wax, glass, shatter, and oral tinctures for example
130. Cannabis filled cigar
133. Negative response
134. Dispensary employee title: Bud _____
135. Leave quickly
136. Knight title
137. Offspring of a god and a mortal, or a mortal raised to divine rank
138. The loneliest number

DOWN

1. Water pipe
2. Tarheel College
3. The night before
4. Has the skills and tools required to perform a task
5. Smell
6. Broad City state, recently Decriminalized Cannabis
7. Steers clear of
8. Fist or Speed
9. Chicago State which recently Legalized Cannabis
10. State with palm tree and moon on its flag
11. Black rock
12. One way to consume Cannabis
13. Lyrics: "____ house, in the middle of our street."
16. Musical equipment Spinal Tap set to 11
18. 50th State
- 18a. Quiet Kevin Smith character
24. "____ Madness" propaganda film
26. Don't lose
27. Cannabis stain or Monty Python movie
28. Soothing plant
29. Slang abbreviation for Free and Easy
30. Defunct Toy Store
31. Not tainted
32. What Sublime smokes in the morning with 52 down
33. Twilight Zone narrator initials
34. Slang for Cannabis or cooking utensil
36. Smoking utensil
37. Rapper/record producer... not a real doctor
38. Not happy
44. Wallace Shawn role in Toy Story
45. Low-lying cloud

47. Terpene that occurs often in plants and herbs such as cannabis, mangoes, hops, bay laurel leaves, thyme, lemongrass, and basil
48. A warm gun... or a warm puppy
49. Consume
50. Something you don't want in a joint
51. Terpene found in the peels of citrus fruits, cannabis and other plants.
52. What Sublime smokes at night with 32 down
53. Substance abuse program
55. Slang for cannabis or man's name
58. Bird part
59. Common cannabis color
63. TV show: This is _____
64. Type of variable testing
66. Not a kid anymore
67. Puff Daddy's first name
70. ____ Tang Clan
72. Gilligan's ____ Minnow
74. 95 across rival
75. McDreamy's workplace
80. Military postal address starter
81. Gratuity
83. Nom
84. Mama Bear Disney Movie
86. My Name is _____
88. School club stereotypically populated by geeks
89. Appetite suppressing terpene of hops also found in cannabis, sage, and ginseng
92. Body high type of cannabis
94. Ear wiggling funny lady Burnett
96. In Cannabis terms OG's not short for Original Gangsta it means "____ Crown"
97. This kind of Gooball is a Deadlot treat
100. Erie International Airport abbr.
101. Eat a meal
102. Legal state for cannabis and psilocybin mushrooms
104. "Back to School" actor initials
105. Swirly spots
106. Letters on a railroad crossing sign
110. Not you
112. Subtract
114. Cute and furry river animal
115. Small village in the south of County Kildare, Ireland
118. Follows Holiday or Ramada
121. Grimm musical "____ the Woods"
122. Ash holder
123. Not there
124. Common term for Cannabidiol
127. Eat
128. Motivation talk type
129. Perfect score
131. Action star Jet
132. 2009 high flying Disney/Pixar film





“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you.”



Higher-Scopes

HAPPY BIRTHDAY, VIRGO!

Virgo stoners might look like total squares but they are experienced and knowledgeable when it comes to cannabis. They're pretty picky so they are always packing the premium pot. If they share their stash you can bet you will get a lesson on the strain you're smoking, too.



Don't let your inhibitions get in the way of having a good time. Go ahead and spark the blunt that starts the party! Why not? It's your birthday after all!



Throwing in on a smoke sesh with friends (even virtually) will bring some seriously creative collaborations. Stash those good ideas though, they won't get rolling quickly.



Being stuck is getting stale. Kick the boredom with a deep dive into the stuff your smoking. Change up your strains, try some new terps, and see which work best for your buzz.



This month it's all about the buds... both kinds. Invest your time in finding quality smoke and quality friends. Cultivate those connections if you want them to last.



You don't have to give up your summer smoke routine just yet. Go ahead... wake and bake, splurge on that specialty strain, and just have some fun in the sun while it's shining.



Spark up new endeavors. People you roll with will fill your think tank. They are not just blowing smoke up your brainstorm, they really do like your ideas, not just your stash.



Be at peace and be patient. Now is the time for more naps and less nugs. If you share more than you can spare you will be a burn out that's run out.



Slow down, Sagittarius, you don't have to smoke it all at once. Stick to your top goals so you aren't burning the blunt at both ends and you will get to where you want to be!



Nothing wrong with smoking solo. Take some time for introspection. You'll emerge from the cloud knowing yourself better with focus and direction ready to take on the world.



That bong hit is bigger than your lungs. Don't be too ambitious or you'll choke. Kicking back with a slow burning joint will get you just as high without all the coughing.

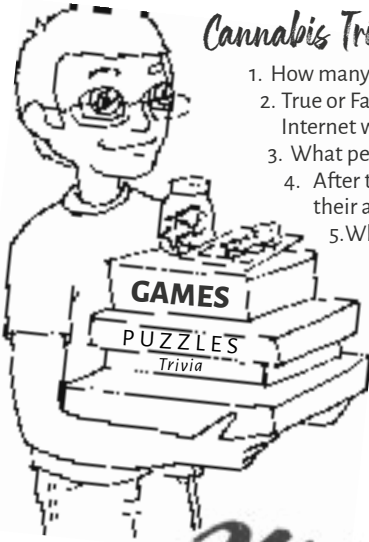


Feng shui your smoking circle, the physical space and the friends you let in. Don't hang on to broken bowls or buddies that are bringing you down just because you've had them forever.



If you want the primo selection you've been dreaming of, you're going to have to settle for the bottom shelf stuff for now. A tight budget now means tighter buds later.

Cannabis Trivia



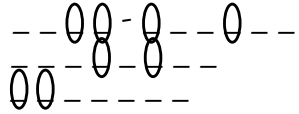
1. How many cannabis cannabinoids are there?
2. True or False. The first thing ever bought and sold across the Internet was a bag of cannabis.
3. What percentage of the world's population consumes cannabis?
4. After their passing, who's music group mourned by mixing their ashes with cannabis and smoking it?
5. Which country is the world's largest producer of marijuana?

Terp Jumble

EAT-BEEP INN

MULE N HUE

ONE MICE



Hit it Pass it



High-Comedy:

What do you call a stoner with two spliffs?



DOUBLE-JOINTED

Vocabulary Word

OMBUDSMAN

noun AHM-boodz-mun

- 1: a government official (as in Sweden or New Zealand) appointed to receive and investigate complaints made by individuals against abuses or capricious acts of public officials
- 2: one that investigates, reports on, and helps settle complaints

An ombudsman for local dispensaries reached out to the Nevada Cannabis Compliance Board after several companies felt new state licenses were distributed unfairly.



Answers

TRIVIA: 1. 480 2. True 3. 8.9% (158.8 million people) 4. Tupac 5. Paraguay
JUMBLE: Beta-Pinene Humulene Ocimene PEACE OUT

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BLUE BUG