







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-ograher" 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!

igh-Quality Recipes



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

- 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:

in other industries.

- Fit Small Business

1 part apple cider vinegar and witch hazel 1 part water

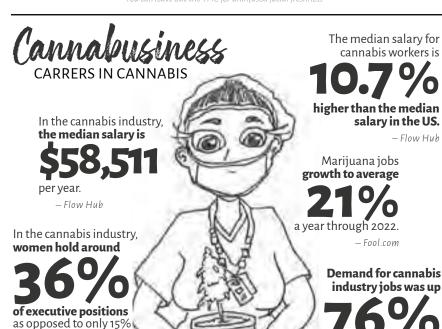


from December 2017 to

December 2018

- Flow Hub

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





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.

VAIRIATIONS:

- 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 Capinet: Securing Your Stash from Your Kids

Recreational cannabis if 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.



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.

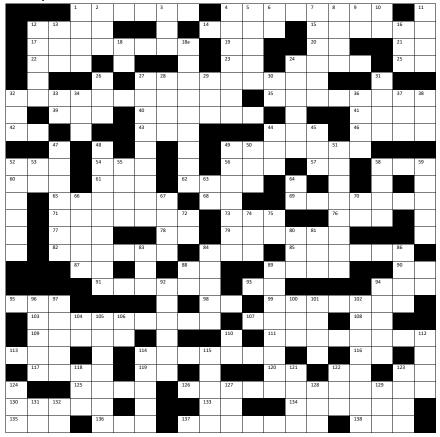
High School

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.

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.

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 loe 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 Elliot 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
- 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
- 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 Daddv'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 OC's not short for Original
- Gangsta it means "____ Grown"

 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

129. Perfect score

- 123. Not there 124. Common term for Cannabidiol
- 127. Eat 128. Motivation talk type
- 131. Action star let 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."



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 you 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 shinning.



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



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.



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 ambitions 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.

5 Cannabis Cures for when You're Feeling your Age

While Hit It Pass It is a spry young 21-year-old zine, I'm now in my mid 40s and my take on cannabis has matured. It's gone from "Hey this makes me laugh a lot" to "Hey this makes getting through the day so much easier." With many states legalizing medical marijuana, the opportunities for research and medical studies have increased significantly. Cannabis has so many forms and uses to help us "old people" treat our ailments naturally and effectively without having to rely on synthesized products with harmful side effects and heavy addiction rates.

Using cannabis medicinally doesn't mean you have to become a "stoner" or even smoke the substance. Here are 5 common ailments many of us experience with age and 5 different ways you can use cannabis to treat them without having to blaze up.

MUSCLE PAIN – After 30 it seems like even the simplest task can result in sore muscles. Does any of this sound familiar... Fell asleep on the couch binge watching your favorite streaming series and now your neck doesn't want to turn all the way to one side? Sat in your office chair too long without taking a break and now your back is wound up tighter than Karen in HR? Thought you were in shape enough to join the local adult kickball league? Or carried your stubborn (grand)child off the playground kicking and screaming all the way to the car after telling them you would be leaving in 5 minutes 5 different times and now your arms feel like sore spaghetti?

A strong **THC CREAM/BALM** can be just the answer you're looking for. The cannabinoids help to relax tense muscles and block the pain and discomfort while you rest up for the next small thing that will make you feel old all over again.

ARTHRITIC/RHEUMATIC DISCOMFORT – At this age it's not just the muscles that hurt. It's all the joints too... and not just when it rains. Whether you're tapping away your phone, typing on your computer, doing some sort of craft like crochet, playing a musical instrument, doodling (both kinds), opening a jar of peanut butter or simply trying to light the lighter so you can hit the bong, you're starting to feel your fingers cramp up more and more.

Stay ahead of this sort of pain setting in by stocking your bathroom with **POT SOAP** for regular handwashing. The cannabinoids in the



OSTEOPOROSIS — Whether you're "big boned" or not, bone density begins to drop in our 40s end even more so when exposed to chemotherapy. Gen-Xers all joked about the Life Alert lady who had fallen and couldn't get up, but now we're eyeballing that portable panic button for our parents and maybe even ourselves. Even if we're not to break a hip age we're approaching the age where those of us who haven't kept up with it are a little more risk adverse in potential bone breaking activities like roller skating, downhill skiing or cliff jumping.

New studies suggest that even if you break a bone or have indicators of osteoporosis, cannabis can help. Long term cannabis consumption is already linked to increasing bone density but adding or starting **CBD TINCTURE** use to your daily routing not only slows bone degeneration it accelerates bone healing and can help prevent future fractures.

GUT HEALTH – There are plenty of contributing factors when it comes to gut health or the lack thereof as we age. Increased stress, poor diet, the rise of hormones and genetically modified additives to even seemingly healthy food and of course plain getting older. If,

like me, you're not really into yogurt (sorry Jamie Lee), or any of the supplements slinging buzzwords like microbiomes, probiotics, or detoxification you might consider cannabis. Research has found that THC increases the particular gut bacteria akkermansia muciniphila which produces the gut mucous that is critical to protecting the cells in the gut lining.

One way of ingesting cannabis in a soothing and stomach friendly manner is to sit back and sip on some **ROOT TEA**. Because it reduces diarrhea and nausea and promotes absorption, this method is effective even for those with more serious digestive issues. Not only does it reduce abdominal pain and minimize inflammation, it also promotes balance of bacterial species in the gut.

MENOPAUSE/MENSTRUAL – Guys, skip to the end now, unless you have a lady in your life whose health and happiness you care about. Perched on the precipice of pre-menopause, women in their 40s are inflicted with the worst of both worlds, menopause plus periods, and all the afflictions that come with it like irritability, insomnia, anxiety, bloating, and pain. Additionally, there is an increased risk for other women's health issues like endometriosis and chronic pelvic pain but studies are showing that cannabis is a very effective treatment for all of these issues and more.

It might never have occurred to you that it was even an option but **VAGINAL SUPPOSITORIES** are a particularly successful method for treating women's health issues. Because female pelvic organs have a very high density of cannabinoid receptors, vaginal suppositories can be easily absorbed for rapid relief. As a bonus they can also help promote sex drive, decrease pain while enhancing pleasure sensitivities. See guys, aren't you glad you didn't skip to the end and read this bit anyway?

These are just a few ways that cannabis can help relieve the effects of aging, but the more research and clinical studies are done the more amazing benefits are found. Like any medical advice, you know your body the best and should talk to your doctor and do the research rather than just taking my word for it but for me, cannabis has greatly enhanced my quality of life more and more the older I've gotten. While I still appreciate passing the blunt with friends and laughing until our faces fall off, I'm increasingly grateful to live in a time where we aren't allowing a stigma to stop us from using a plant the God gave us to heal ourselves.

https://www.sciencedaily.com/releases/2009/08/090813142341.htm https://www.healtheuropa.eu/cannahis-womens-health-pelvic-conditions/92279/

https://www.washingtonpost.com/news/morning-mix/wp/2015/07/20/can-pot-heal-broken-bones-the-answer-is-yes-study-finds/?noredirect=or

Mac & Cheese Girl

She's got a fresh set on the steering wheel With her other hand on the blunt She drives around with zeal Always on the hunt

> This girl's got the Munchies BBQ, Pizza, Taste Freeze She'll grab her car keys She'll get anything with cheese

She's Netflix and Chilling Just her and her mini zoo Thinking about what she's got in the kitchen While she's finishing the juice

This girl's got the Munchies A croissant buttered with bacon grease She'll grab her car keys She'll get anything with cheese

She's taking a dab of blue dream With a strawberry mask on her face Wondering if there is whip cream Thinking, where's the closest smoothie place

This girl's got the Munchies Smoothies, sherbert, orange squeeze She'll grab her car keys She'll get anything with cheese



Cannabis Trivia



- 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

$$-09-00$$

MBUD

ass it

igh-Comedy:

What do you call a stoner with two spliffs?



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.



TRIVIA: 1,480 2, True 3,3,8% (158.8 million people) + TuPac 5, Paraguay SADAPAN JUMBLE: Beta-Pinene Humulene Ocimene PEACEOUT



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