

MUNKEY BIZ

ISSUE #7



Black Lives Matter

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Spark a blunt and take a stroll with Happy Munkey's Rafael , as he makes his way around Dyckman!



Note From The Editor

Happy June Happy Munkey Family we hope everyone had a productive May and is getting ready for summer 2020! This year has definitely been filled with its ups and downs but we are certain that the warm weather will bring some much needed good vibes. This past month was super busy for us over here at Happy Munkey. As the world begins to start turning itself on from its Covid induced slumber, there was a lot that needed to get done. Luckily our team has been on it and we are excited to be bringing you some DOPE surprises very soon! We can't give you too much details but for one, stay tuned for information on our new merchandise line dropping this summer!

As always we hope you are staying up to date and following Happy Munkey on YouTube & The Weedtube! We got an amazing issue inside for y'all so please enjoy, make sure to share with a friend, and see you next month!

Lastly from our lips to your ears, BLACK LIVES MATTER! So please Fam stay safe, stay Black, & always choose Happy!

- DH



@HAPPMUNKEY_



@HAPPMUNKEYGOODIES

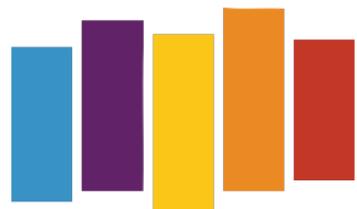


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HAPPMUNKEY HAPPY HOUR



Last month the Happy Munkey Team launched its newest show, "Happy Munkey Hour"! Tune in as our fearless CEO Vlad chops it up with Happy Munkey members from coast to coast! Touching on everything from "what are people smoking during quarentine?", to who put them on to the Happy Munkey Movement! So spark a joint and enjoy, you never know who you will see on the next Happy Munkey Happy Hour!



TERPENES OF THE MONTH



Camphene

Aroma

- Earthy
- Pine
- Musky

Potential Medical Value

- Improves Libido
- Alleviates Stress

Also found in...

- Nutmeg
- Rosemary Leaves
- Ginger

Fenchol

Aroma

- Lemon
- Pine
- Camphor

Potential Medical Value

- Immune Booster
- Anti-Fungal
- Antioxidant

Also found in...

- Fennel
- Basil

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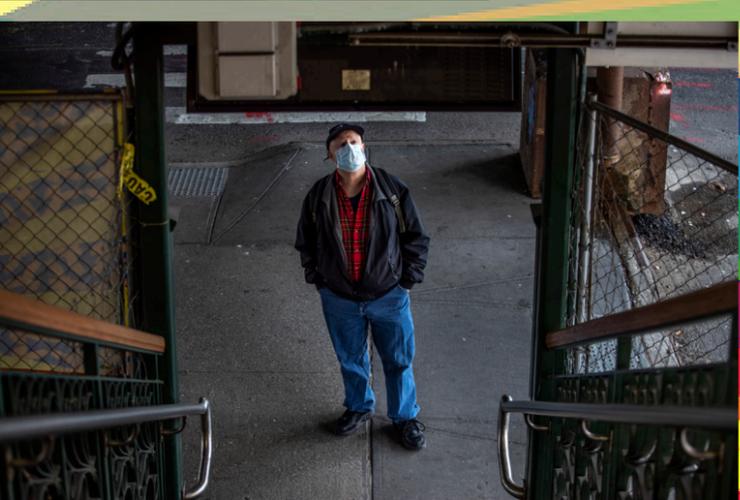
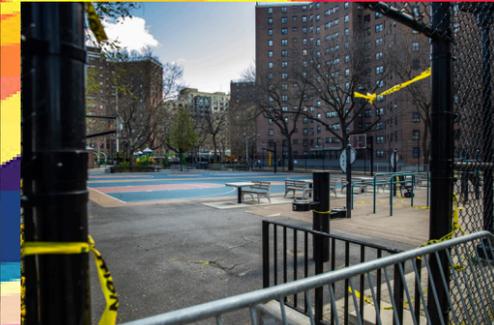
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HAPPYMONKEY



New York Covid

Shots by Brittainy Newman of The New York Times





Happy Munkey Digs Deeply Into Five Questions About Cannabis Culture

Warren Bobrow =WB: Please tell me about Happy Munkey? What was your path to the plant? What did you do originally? Indoor or outdoor grown? (Just wondering)

Vlad Bautista = V: Cannabis has always played a role in my life no matter what I was doing. I have a background in personal fitness training and music and I have been a cannabis user for over 20 years now. The first time I knew I enjoyed cannabis was when I was younger, in my teenage years. I grew up in the Hamilton Heights section of Harlem during the 80s and 90s, and it was definitely a different time then than it is right now. New York was just rougher and tougher, so it helped for me to smoke cannabis (out of all the options available) to stay focused and optimistic. That's "the original" love story between me and cannabis. While Happy Munkey is my first foray into the formal cannabis market, I am no stranger to the traditional market. Looking back at it now, Happy Munkey was a collective effort of my life long experiences in cannabis, music and health.



We have a saying at Happy Munkey: "We don't do it for the clout, we do it for the Culture". Since we started Happy Munkey the goal has always been to do what we think is needed, not what is popular. Happy Munkey today is a very different animal then when the idea for first came together. Time in the cannabis industry runs in dog years, Happy Munkey has been quickly and successfully evolving since we started three years ago. Birthed out of the need to have a safe place in New York City to smoke, Happy Munkey has blossomed beyond just hosting New York's premier cannabis vibes.

The real epiphany for Happy Munkey happened when my partner Ramon went to Amsterdam about three years ago and had an eye-opening experience. He saw for the



first time people freely enjoying cannabis in public social spaces. When he got back he told me we had to bring that experience to New York but with our culture and the New York vibe. And that's what set everything off with. There were a couple factors involved in the beginning. But to simplify things we created the first place for cannabis lovers to gather safely and consume in a classy, civilized, judgment free way. I once heard a good friend of mine describe the Happy Munkey as, "Studio 54, but instead of alcohol, cannabis is the only thing on tap."

In addition to hosting New York City's premier cannabis events. We started attending cannabis business conferences to learn about what was going on at the corporate level and on the regulated market throughout the country. We quickly realized that even though NYC is the highest-consuming city in the world, we had the smallest media presence out of all the cities. There really was not a voice for cannabis culture in New York nor in the Tri-State area that was being listened to nationally or internationally. So I think that the combination of those missing elements really helped us see what needed to be done. It started as a passion project around things that we felt was missing in our lives, and it just so happened that a lot of other people felt the same way.

*** I grew up smoking indoor Haze, so for me it is indoor all the way! To be honest where I am from Uptown, outdoor weed and levels of light dep are relatively new concepts. Back in the day you either were smoking on the Puré or you had brick weed.

WB: Do you have a mentor? Did you always want to do what you do today? Who inspired you?

V: I believe cannabis is going to change the world. This plant has the energy to positively affect so many people's lives. Being from the one the most influential and highest cannabis consuming city in the world, I realized what I wanted to do with Happy Munkey was bigger than myself. Our influence in New York, and as people of color, very seriously has the potential to make lasting impacts on the direction of this industry. Happy Munkey was not something I always envisioned but trendsetting is not something new to us New Yorkers. I don't think there is one person specifically that inspired me to take a full leap of faith into the formal cannabis industry, but I can think of two people who have been instrumental mentors to me during my journey.

One of my biggest mentors has been my good friend Barbara (Bobbi) Paley. She is someone that really accepted me early on, showed me the ropes, and introduced me to world of corporate movers and shakers. She has continually spoke her mind, explained where the industry is heading, and introduced us to the right people. Since meeting over a slice of Pizza at a conference after-event, we have matched her energy and in return have benefitted from her knowledge and experience tremendously.





Another mentor and inspiration of mine has been Steve DeAngelo. I actually met him through Bobbi at an Arcview conference a few years back. Since meeting him, I have received nothing but love, affirmation, and support towards what Happy Munkey is building. Steve has been fighting for this plant for close to 50 years, and as a result, has a wide perspective on the industry. From where it is going to where this budding industry came from, Steve knows how to explain and breakdown “the game”. Especially for someone like myself who is relatively new to the formal cannabis market, Steve has helped me understand the trials and tribulations are all part of the process to make it to where you want to be. Without a doubt Steve has definitely had a significant influence on us.

WB: What are your six and twelve-month goals? What obstacles do you face? What about the stigmas that surround the illegality of cannabis?

V: We have created an omni-media channel showing the New York lifestyle and we have raised (our) events to an even higher level. We plan to keep doing that. We’re going to see Happy Munkey become a global consumption lounge franchise. We’d like to obtain a recreational dispensary and delivery license in New York City. As a business, I’d like to break the stigma. When people think “cannabis”, I want them to include “New York”.

Over the next 6 months, we see ourselves having our original content on a big platform (channel / media platform). We’re also dropping a new line of merchandise which includes Happy Munkey clothing, smoking accessories, and a few other surprises we have in store for the Holiday season! Covid-19 pending we plan doing a media tour where we visit all of our friends around the country. And lastly we would like to activate our first Happy Munkey installation at Art Basel this year.

Over the next 12 months, we see ourselves applying and acquiring a dispensary and delivery license in New York City. Once we beat COVID-19, we’ll be throwing the first Happy Munkey “CHOOSE HAPPY FESTIVAL”.

Regarding obstacles, sure, NY State/Albany has to pass the bill and we have to get our licensing...not to mention beat COVID. I like to think in terms of “solutions” though, so I don’t really dwell on these things. Something I like to remind myself of frequently is that there’s no “negotiating” with the ocean. It’s too great a force for that. You figure out how to move best with what it gives you. This keeps things in perspective.

In regards to stigma towards cannabis I have learned to have more empathy over the years. Attempting to reprogram people’s propaganda-fueled views requires a lot of valuable time and energy. “Being the example” is much more productive. Also, in many ways it’s been easier for me because I’m first-generation American by way of the Dominican Republic. In the latin countries, the stigma is way worse than in the U.S. and the propaganda runs deep! Basically, if you smoke cannabis it’s viewed the same as if you smoked crack. Having to navigate those waters all my life helped me build a “shield of armor” against



navigate those waters all my life helped me build a “shield of armor” against cannabis stigmas here in NYC.

WB: Do you have a favorite food memory from childhood? What does your favorite meal look like?

I have many talents. Unfortunately, cooking is not one of them. As a proud Dominican, one of my favorite meals is rice, beans, plantains and oxtail. Remember, I come from humble beginnings. We did not have much, but the little we had, we appreciated. As a treat on special nights I remember sitting around the table with my brother Michael as my mother cheffed it up. Just thinking about it takes me back to taste the magic “Momma Love” used to make! Coming straight from the Dominican Republic, she always made sure to sprinkle a little bit of tradition and love into the meals. Through her cooking, she instilled the culture of the food, hospitality and everything else that the Dominican Republic embodies, within us.

It’s funny, but I believe a lot of how I approach hospitality comes from “Momma Love”. In Dominican culture, hospitality is like second-nature. The way that you treat somebody when they come to your house is very important. My mother engrained that in my home life, making it second-nature to me. On a larger scale with Happy Munkey, I think that played a significant role in our ability to make people feel so comfortable. Even though it’s second nature to us, this is not customary for everyone. In this hustle and bustle city that kind of consideration does not get spread around as much, and people definitely notice and appreciate it when you offer it.

WB: What is your passion?

For starters, part of my “Why” and Purpose is my daughter Madison. I’m a single father, and I feel like I can leave her a legacy with this that she can be proud of. Another passion of mine is inspiring minority people to get into this industry. I feel like this plant has the potential to help so many people, in so many different ways. Again, it’s bigger than me. So every day that Happy Munkey makes a new stride, breaks a glass ceiling or kicks down a door, I feel like we are inspiring and showing other people of color that they can do the same thing or better. Happy Munkey takes pride in being a minority owned and operated company. We want to make sure that the road is paved as thoughtfully and as tastefully as possible because we all aspire to inspire. When people of color see that someone that looks like them is doing this, I feel like it’s going to inspire many others. We always want to show the best side of what we have to offer so that these doors and this road are easier for the next group of people that come through.

** This article was originally published by Forbes Magazine on 5/11/20 and written by Warren Bobrow



Strain of The Month

Tokyo
ローズ

東京
ローズ

Welcome back Happymunkey fam, for the month of June the “Rozay strain of the month” is Tokyo Rose. Cultivated by Garrison Lane, Tokyo Rose is an indica dominant hybrid with a high THC content that can range from 26-28%. The strand Tokyo Rose is not actually from Japan, and not to be mistaken with Tokyo Rose, the name given to female english-speaking Japanese propagandist during War World II. Even though the powerful mind altering high you receive from smoking Tokyo Rose can be compared to the powerful impact of the Japanese wartime propaganda. After smoking Tokyo Rose, I fell in love with the flavorful lemony taste on the front end, and the pink rose lemonade like aftertaste. In addition to the strong lemony nodes, there is strong gassy aroma left in the air. The strain Tokyo Rose is actually fairly new since it was just introduced to the public in late 2019 and as of right now its genetics are unknown. The effects of smoking Tokyo Rose can be very relaxing with the user feeling full body effects and sedating cerebral calming. Tokyo Rose is a great treatment for lack of sleep, stress, and body pain. Tokyo Rose is perfect for calming feelings at the beach or watching a movie with a loved one. Take note and do not underestimate the Tokyo Rose, as it will put you in a deep sleep if you are not careful. Good tasting flavors and very high THC levels are the perfect combination of qualities that make Tokyo Rose a Happy Munkey favorite and my choice of strain of the month. Happy Munkey fam, hope you enjoyed the review and until next month stay high and stay fly.

-Jose Rozay

• GARRISON LANE •

MONTHLY ACCOUNTING & TAX ADVICE



by MCA ACCOUNTING SOLUTIONS MYCANNABISACCOUNTANT.COM

The Importance of Having Up-To-Date Financials for Your Hemp or Cannabis Business

Dealing with finances is not exactly one of the most fun aspects of running a business. Even so, detailed financials are vital to your success. Just like any other business in the US, your cannabis or hemp business needs to have accurate, up-to-date financial information. Here's how it can benefit you.

Make the Loan Process Easier

If you want to apply for a business loan, you need to have your financial information in order. While requirements vary by lender, the information you will need to submit likely includes:

- Your current financials
- Bank statements from the past four months
- Your business and personal tax returns from the past two years

The info you provide allows lenders to assess your risk and determine if you are eligible for funding. Having your financials in order speeds the loan application process and increases your chances of approval.

Satisfy Potential Investors

To secure funding from prospective investors, you need to demonstrate to them that you are profitable. One of the best ways to do that is with accurate, up-to-date financial information. By keeping up with your numbers, you can build trust and demonstrate that you are worth the investors' time and money.

Take Advantage of Current Tax Year Write-Offs

Because cannabis is still illegal under federal law, tax time can be a bit tricky for those in the cannabis industry. Under Section 280E of the US tax code, any business that is involved with the “trafficking” of Schedule I or II controlled substances is ineligible for tax deductions. Section 471(c), however, enables you to classify many of your expenditures as the cost of goods sold (COGS), which are deductible. You can only take advantage of those deductions, however, if your books are up to date.

Another issue faced by cannabis and hemp businesses is that they are more likely to face scrutiny by the IRS. As a result, they're more likely to be audited. One of the best ways to minimize your tax burden and reduce the pain of dealing with an audit is to have current financials.

Get the Jump on Opportunities

When your numbers are up-to-date, you'll have a much better understanding of your overall financial situation. Armed with the knowledge of exactly how your company is doing, you can make better decisions and take advantage of new business opportunities when they arise.

Without this essential information, you would have to take the time to crunch numbers before finding out whether a particular opportunity is viable for you. That time could mean the difference between making a profit and missing out.

Why You Need an Accountant

Along with the above benefits, keeping current with your financials is required by law. If you're behind (or don't keep track of your financial information at all), you're likely to be in non-compliance with local, state, and federal regulations.

With everything that you have to do, keeping your financial information up-to-date can be tough. Rather than resting extra responsibilities on your own shoulders, you should work with an accountant that is well-versed in the cannabis and hemp industries.

My Cannabis Accountant offers comprehensive accounting and tax services to cannabis businesses operating legally in the US. We can help you keep track of your finances, stay current with tax changes, and minimize your tax burden.

Up-to-date financials are vital to the success of your hemp or cannabis business. For more information about how we can help you stay on top of things, contact My Cannabis Accountant today.

Important Upcoming Tax Deadlines

July 15, 2020 – C-Corporation and Trust Tax Return and Extension Filing Deadline
July 15, 2020 – Individual Tax Return and Extension Filing Deadline
July 15, 2020 – Non-Profit Tax Filing Deadline

HAPPY MUNKEY TALK: NICO MARLEY, FOUNDER OF LION X WELLNESS



Greetings Happy Munkey Fam,

This month we caught up with former Redskin & grandson of cannabis legend Bob Marley, Nico Marley about his CBD company Lion X Wellness! It is always inspiring connecting with amazing people in the industry with a deep and true love for the cannabis plant! We are honored and excited to share some of our conversation and hope you enjoy!

Q: How's it going for you during this quarantine?

A: Quarantine is cool the first month, first few weeks, then you know you kinda get into a rhythm of the living room and then the kitchen. It might get a little old but you know it's cool though, you know we're blessed and everybody is healthy so no real complaints.

Q: What are you smoking on?

A: I got my little brother here, he smokes down the place. I don't burn too much but you know if I'm burning, I'm burning with him. You know I got the Sherbinski's, that's my man... we live the down the street from him so we head down there every once in a while.

Q: What is it about Lion X Wellness that's makes it special?

A: All our stuff is organic, we make sure everything is certified. The farm we work with, it was the first licensed to grow hemp. Even with my family everything was organically certified, like the farms in Jamaica. We make sure there are fair wages, that's something that we make sure we do, we make sure we make the best product we can find, and making sure that I wouldn't give anything to somebody that I wouldn't take for myself. If it's anything I'm taking, I'm making sure it's organic. I'm making sure that it passes all third party tests, and I'm making sure that it's something that I feel confident enough to give to somebody because I'm taking it.

Q: Why the move away from football?

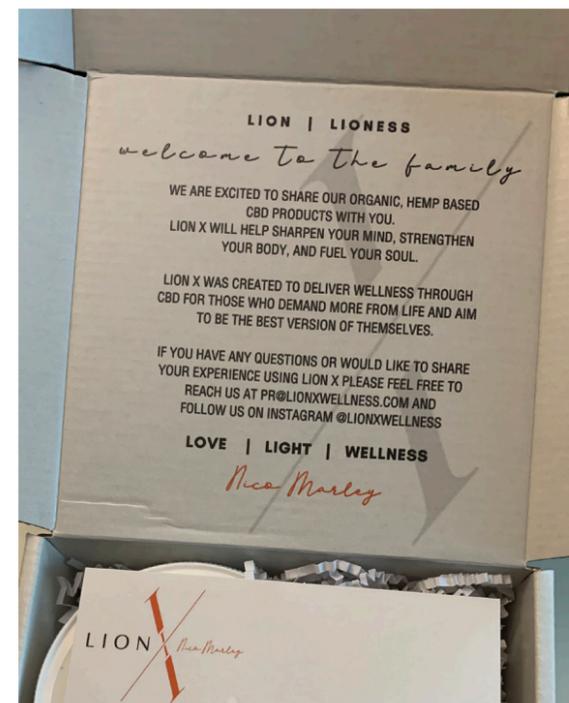
A: That story goes like this, when I was playing football in the last ten years that I've been doing it, I was thinking about the path that I'll be on in the next ten years, ... when I got cut by the Redskins it was when I hit a crossroads of what I wanted to do if I wanted to get back in that mindset of just playing ball. When I'm in that mindset I've got a different focus that I got to be on, I'm not the nicest guy. I got to be all in, and you got to be all in with your mind and all in with your body. What really steered me away from football was just that I got to play and I got the satisfaction of making my family proud, once I made the NFL I was proud and I had nothing more to prove to myself. Being away from the game and being with my family and to have that sense that they're still proud of me even though I wasn't playing. I was good with myself and they were good with me, so that's why I immediately chose to step away from the game.

Q: You could have taken many paths, why take up cannabis/CBD full fledged?

A: The reason why CBD now cause, I wanted to still able to give back to all the athletes I used to play with. I still want to give back to people, you know, you got to do like mama says. I still wanted to give back and make people happy, make people feel better and try to help more. I'm still tryna make my family proud, how can I honor my family... Grandfather said "Herb is the healing of a nation" right? ever since I could remember, even to this day, my father use to smoke and tell me, "not to smoke, this is not to get high. this is medicine this is a spiritual can connect, it's more than just to burn just to smoke."



Check Out Lionxwellness.com for all of their wonderful CBD products from Gummy bears to Balms they've got you covered!





"BRIDGE H20" A Well Deserved Tribute With a Taste & Effect To Match

By **Stu Zakim**

Many Happy Munkey regulars know, admire and love Leo Bridgewater. Leo, for those who don't know him, is a unique person; driven by his passion to break down so many barriers for his fellow veterans to get access to cannabis to help with many of their

symptoms that the VA was treating ineffectively with opiates that tragically, created a world of addicts among a group of Americans who had put their lives on the line to protect our country.

Leo's advocacy for the veteran community and cannabis community in general is well known! From him working directly with NJ Governor Murphy to get PTSD recognized as a qualifying condition for veterans to get a better medicine, to taking the lead in creating a community of Cannabis friendly souls by launching CannaGather NJ with Roni Soto that identified key issues the legalization bill had to work out (like minority access and social justice reform) have made him a true leader in our community.



So imagine my excitement when my local dispensary, Harmony in Secaucus, NJ, posted a new available strain, Bridge H20, in honor of all that Leo has done, and luckily, I had an appointment the first day the strain was available. I'm not an expert on describing the terpenes and other measures some of my fellow connoisseurs may focus on; rather, my system is taste, smell and of course the high. Well, true to form, when I "waked and

baked", this got me pretty fucking high (21.3% THC), yet I was totally functional. I smoked a bowl and the taste was so smooth, just like Leo, and the colors of the buds were very colorful, also like Leo. And the high from one bowl lasted a long time, also like Leo once he gets talking....

As we have just celebrated and honored all our Veterans for their service this Memorial Day, Bridge H20 will be an evergreen salute not only to Leo, but to all our Vets from the Cannabis community and all Munkey fans in the area should go check it out and see for yourself!



Photographs by **Jordan Hiraldo**
(@Jordanhiraldo)

SAVE SOME FOR LATER: ALL YOU NEED TO KNOW ABOUT MICRODOSING

BY AB HANNA

When most of us are stuck at home and unemployment is at an all-time high, there's never been a better time to experiment with microdosing cannabis. As many of us have learned the hard way, chasing your highest high every time you smoke will ruin your tolerance and your wallet fast. In fact, you could be smoking more than your body can process and basically wasting your weed.

Not to worry, we'll tell you everything you need to know about microdosing. Then, you can decide if microdosing will benefit you.

Reasons You Shouldn't Microdose

1. When you're seeking high psychoactive effects. You may not get as much of the psychoactive effect with too low of a dose. However, if you're consuming a lot it's still possible to be using less and getting just as high.
2. You require high doses of THC / CBD for medical reasons. If a lower dose doesn't provide you with the benefits you medically require, microdosing is not the move for you.
3. You get the effects you're looking for every time you ingest cannabis and your finances are doing well.

Reasons To Try Microdosing

1. Your tolerance has gotten too high.
2. You feel sluggish, unmotivated and tired when you consume your usual amount of cannabis.
3. Your habit is leaving you saying, "I am never going to financially recover from this." Having a higher tolerance means you need more weed. Avoid consuming more than necessary to avoid increasing your tolerance and debt.

How Microdosing Can Help

First, it helps to understand how cannabis tolerance works. Taking larger doses doesn't always lead to greater effects but it does make it harder to get high in the long run. The receptors responsible for putting the cannabinoids you ingest to use need time to recover. Neglecting this puts a cap on how high you can get. This is why most heavy consumers feel like they can never get as high as they did when they first tried weed.

High doses come with their own set of negatives. It tends to worsen my attention span. Not to mention, many of us believe cannabis can make you more social but most of us have also all been stoned to the point of awkward silence in a social setting before.

How to Start Microdosing

Fortunately, toning down your weed intake is much easier than with other drugs because there is no strong evidence of physical addiction.

You don't have to start by drastically decreasing your intake. Maybe try one or two pulls less than normal or less potent weed. Go for lower doses with edibles and if you've made a habit of smoking full-size joints, try clipping them halfway and see how you feel. If you're still getting all the benefits you hoped for, keep the dose that small.

I personally cut the size of my average dabs in half when I'm trying to make them last longer, fix my tolerance or remain focused.

If you're trying microdose to save money, it's worth noting that using papers is one of the most wasteful ways to consume your weed. In fact, multiple studies comparing the effectiveness of joint smoking to vaping and dabbing have made this point. By switching to a bowl, waterpipe, or vaporizer your supply will go a longer way. Don't forget that joints and blunts remain lit when you're not smoking them. So even when you're not hitting it, your weed is burning away.

A heavy smoker's microdose could get some people too high. Potency differs by strain, grower and individual tolerance. So, you'll have to do your own experimenting to figure out what a microdose is to you. But once you do, your tolerance and wallet will thank you.



Cannascopes

JUNE 2020

ARIES

Strain: BLUE KUSH

Horoscope: When you doubt yourself, you give away your power. Committing to your plans will bring you the stability you've been missing in your life as of lately.

TAURUS

Strain: NINJA FRUIT

Horoscope: There may be a male figure that will shine some light on that idea you have been brainstorming on. Asking for advice is NOT a sign of weakness.

GEMINI

Strain: SUNSHINE

Horoscope: Happy Birthday, my verbally expressive souls. This IS your season, so dedicate it to YOU. You are always there for others. Spending, forgiving, and giving too easily to unappreciative people will continue to leave you burnt out.

LIBRA

Strain: JACK'S CLEANERS

Horoscope: Sharing your idea/s with others may have left you more confused on what actions to take. Don't let that feedback discourage you. Take notes, it may make more sense later.

CANCER

Strain: CRITICAL JACK

Horoscope: Trying to stay healthy both mentally and emotionally will always be a juggling act. Just stay loyal to bettering you. Do not let your ego distract you from that objective.

LEO

Strain: LA CHOCOLAT

Horoscope: Let's start by taming that brain of yours. Navigate gracefully through stress -- stress that you probably brought upon yourself. Your kingdom needs a confident leader that acts on a clear mind.

VIRGO

Strain: PURPLE COTTON CANDY

Horoscope: You will always come across obstacles when helping others. Don't let that deter you from doing so. The satisfaction & rush you feel in your heart is priceless & rewarding.

SCORPIO

Strain: SKUNK HAZE

Horoscope: Being so bored indoors has sparked an idea (or a few). It seems promising as long as you focus on it & do a lot of research. Speak to experts if need it be.

SAGGITTARIUS

Strain: NORTHERN SKUNK

Horoscope: You hold the key to unlocking & releasing all the pain & hurt others have caused you. A good cry in the shower never hurts.

CAPRICORN

Strain: BIG SUR HOLY BUD

Horoscope: Sometimes leaving is the best decision when you have done your (best) part & waited. If home doesn't feel like home, please leave. This can pertain to work, relationships, friends, etc.

Aquarius

Strain: WELLNESS OG

Horoscope: Time to put an end to unnecessary grudges, regret, & shame. Forgive others & then yourself & move on to conquering a baggage-free life..

PISCES

Strain: SHARKSBREATH

Horoscope: Cut out people that no longer bring value, not only to you, but to themselves either. Talking about Them, or even to them, won't make a difference either. Do YOU!

Cannasacopes crafted by the amazing [Astro G](#)

IG: [@AstroGTarot](#)



Kicks 4 The KULTURE Nike SB



“Chunky Dunky” Dunk

This month, Nike teamed up with the legendary munchie maker, Ben & Jerry's Ice Cream, to bring us the Nike SB “Chunky Dunky” dunk. With Ben & Jerry's being no stranger to chunky they lend their flare to this Nike SB silhouette to bring us the most coveted pair of Dunks in the last decade. Now at first glance the pairing may seem odd but when you consider both companys' history, it seems to be the perfect marriage.

Ben & Jerry's ice cream got their start in Vermont, churning out their creamy delights in 1978. Their ice cream had chunkier ingredients mixed in for better mouth feel, which was drastically different than their competitors at the time. One huge factor in their rise to the top was their innovative flavors and creative names for them, some even coming from the most unlikely places. Ben & Jerry started their push into pop culture with the flavor “Cherry Garcia” named after the Grateful Dead's Jerry Garcia in 1987. After its chart topping success, they've built a stable of flavors working with the likes of Stephen Colbert and Jimmy Fallon to the band Phish and the cannabis legend, Willie Nelson.

On the other hand we have Nike SB getting its start in 2002, after a couple failed attempts at grabbing the skateboarding market in the late 90s. The initial run of sneakers were born out of collaboration between real skaters and Nike's design team. This partnership gave way to a new style of skateboarding sneakers, that were slimmer than other skate brands and still had the classic Nike style. Little did Nike know that these skater kicks would branch out further than the skateboarding world. One of its first collaborators being with Supreme, to release a reworking of the Jordan 3 cement texture on the Nike SB Low Dunk. Off of that they opened the

doors to work with other skate brands and eventually entrenching themselves in the culture by working with designers like Jeff Staples and graffiti artist Futura2000. Due to the success of these collaborations, they went back time and time again to collaborate with companies deep rooted in skateboarding, Hip-Hop, and street culture to become some of the most coveted sneakers by Sneakerheads.

Though both companies are out side of each other's realms, they've met up to make the most illusive pairs of sneakers in the last 5 years. With its spotted cowhide accents along the sneaker and its painted bright and sunny pastures making up the leather uppers all tied together with a yellow swoosh designed to look like melting ice cream, it's a bold and vibrant pair of kicks guaranteed to catch your eye. The tie-dye lining of the sneaker harkens back to 1978

hippie days of the ice cream company's origin and the proverbial cherry on top is a message by Jerry Greenfield embroidered on the tongues that reads “If it's not fun, why do it?” Which exemplifies the exact reason for the collaboration and embodies both companys' spirit since their start. To seal the deal, they were first released to skate shops to keep true to the Nike SB tradition, and some pairs were even being sold in boxes that look like an ice cream pint. These kicks retailed at \$100 but now can be found on the resale market for as low as \$1900

due to such limited production run and hype surrounding the release. The resale market has churned these kicks into Ben & Jerry's most expensive scoop to date, so try and cop you one.



-Rafael Herandez

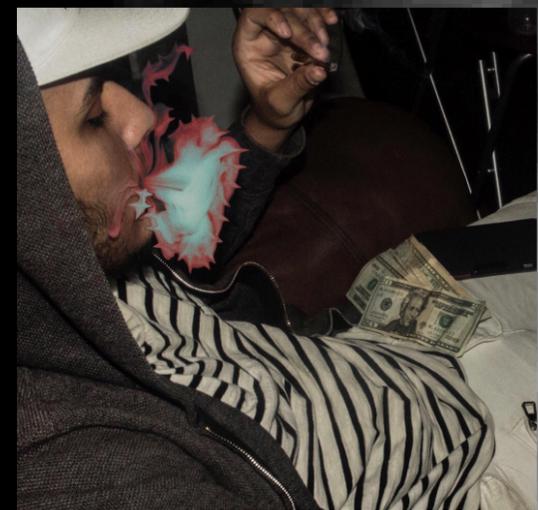


Smacktography

By

@The

Smacktographer



Shot by Rafael Hernandez

10 TIPS TO STAY MOTIVATED TO BE HEALTHY THIS SUMMER

NATURE IS YOUR BEST FRIEND AND ULTIMATE HEALER

WWW.SANNAOHANA.COM

By **Salam Diri & Estefania Valencia** from **SannaOhana Yoga & Wellness**

Now with the quarantine in place and all the negative news on TV it may feel harder staying motivated to get your health on this summer, especially if you have been in doors for the past 3 months. It is normal to lose yourself in this strange reality we are living today, but remember to be compassionate with yourself and without judgement, understand that health begins with self love. Staying motivated is about being conscious and seeing the big picture - Health should be your main priority. Being healthy and fit is not about maintaining our appearance, it is about survival. We need to not only take our health into our own hands to avoid the need to expose ourselves in a hospital or urgent care but, we also need to reconnect with ourselves, body, mind and spirit and the collective healing of the planet. This global pandemic and the risk that it has posed on our lives, economy and human rights should be enough to stay motivated on our road to health and balance! It is time to heal together, so here are a few tips to stay healthy and motivated this summer.

#1 Hiking: Hiking not only gives you an aerobic workout, but it is also good for your mental health; spending time in nature reduces stress levels and negative thinking. Concerned about too many people? Find trails less traveled in your home park. In most parks, you'll find labeled trails with colored markers. The yellow trail is usually a nice and wide but heavily traveled trail, choose the blue trail instead that may be narrower and less populated. But be aware that the less traveled trails may be harder.

#2 Spice up your workouts: Spice up your work out with some CBD or Cannabis Sativa dominant strain for energy or Indica dominant strain to reduce pain. The plant helps you be more focused & aware of your body while simultaneously reducing inflammation and helping with pain and post-workout recovery. If you usually feel like doing the opposite of working out when you consume Cannabis, try taking only a small amount pre-workout.

#3 Hit the Beats: Make a fun high beat music playlists to motivate you to work out! Music can serve as a powerful workout motivator. The universe operates in frequencies at its most fundamental level. So using music is a great way to influence your mind, body and energy! Crank up the beats and feel the music energize you! Try throwing a dance party in your house to motivate everyone in your household to get moving.

#4 Experiment: Experiment with Different forms of movement. You don't have to stick to doing only one kind of at home work out. There are countless ways to move your body and maintain health, especially in nature! Try experimenting with

different kinds of movement practices everyday, but make sure you leave some time for recovery.

#5 Disconnect to Reconnect: Disconnect from TVs, Computer devices and Phones that may easily distract you and send you to the couch. Notice how long you spend connected to the virtual world, what it does to your motivation and how you can reduce the screen time. Reconnect with your physical, emotional and mental state which will keep you present, motivated and energized to continue your road to wellness.

#6 Use your Green Thumb: We all have a green thumb, we just need to tap into it. Gardening or growing your own food indoors is a great way to connect with nature, stay active, grounded, and eating healthy. Growing your food can be as easy as rooting and regrowing your onions or basil in a cup of water next to your kitchen sink, or it could be as complex as growing all of your food needs in a hydroponic system. Learning to grow will not only enhance your perspective on eating healthy whole organic foods, but it will also ensure your survival if you are ever in a situation where food runs low.

#7 Home Projects: Work on a new project at home that requires you to get physical. Warm up before you begin and make sure that you are taking some time to recover after. Instead of dreading the difficulty of your project, for example if your project is construction, try to view it as your training schedule for the week.

#8 Positive Thinking: Positive thinking has never hurt nobody! In fact your body listens to your thoughts and will reflect your thoughts and beliefs in its physical and emotional form. Staying positive and light hearted will keep you healthy and feeling good and will ensure that you stay focused and motivated on what's important - Self Love and Self Care.

#9 Sick or Injured?: Don't be discouraged by your current condition. Learn to love your healing process, and be grateful and patient with yourself. There are many gentle ways of supporting your physical, mental and energetic healing. Try physical therapy videos, Tai Chi, Qi gong or restorative yoga. Get some fresh air and sunlight and if you can't work out, work in. Try doing breathing exercises and meditation such as the Wim Hof Method and focus on breathing into the area of discomfort. SannaOhana Yoga offers free Restorative CBD Yoga classes twice per week with a 15 minute breathing and meditation section at the beginning of each class. Check out our website for more information.

#10 Prepare: Preparing for your physical training is just as important as the training itself. Hydrate before working out and avoid drinking alcohol the night before as it will lead to injuries. Warm up your muscles, joints and respiratory system before working out. Get a good night's sleep, and If you need to eat before working out, eat simple carbs and fats and try to avoid protein and fiber which are difficult to digest and can upset your stomach and make you nauseous. Choose the time of the day when your body feels its best, in the morning men and women have higher testosterone and brain function while in the late afternoon, blood is thinnest and therefore improves performance. Lastly, plan for your recovery. Drink water to reduce soreness, take a restorative yoga practice, CBD, magnesium oil or epsom salt bath, or foam roll before and after your workout.

There you go! We hope these ten tips have motivated you to stay healthy and active this summer! Feel free to reach out to us with any of your health and wellness questions!

Namaste, Estefania & Salam

CANNA GET GET YOU SOMETHING WHILE IN THE BERKSHIRES?

By Dan McCarthy



Canna Provisions CEO Meg Sanders and COO Erik Williams, industry veterans from shared time in the trenches in Colorado (the birthplace of adult-use legalization in America) would like a word. Because the Northeast cannabis market where they opened their first Canna Provisions store in Lee, Massachusetts - about 15 minutes from the New York state border - reopened to the public on Memorial Day.

The duo and their adult-use recreational cannabis retail brand have already amassed a loyal following. Not only the locals of Berkshire County, but also the throngs of tourists and visitors to the sprawling treelines and roadways that break and heave through the mountains in the shadow of wellness country (see: two top wellness retreats, Canyon Ranch and Miraval Berkshires, where Oprah Winfrey and Ellen Degeneres are constructing dedicated sections for themselves).

Since opening in July of 2019, it's been the ability of Sanders and Williams and their entire diverse staff to pivot on a dime and rethink - sometimes down to the very philosophy of how retail design can reflect the spirit and energy of the community it serves - as well as how they can best serve the widest range of cannabis consumers while alienating none of them.

Along the way they've had to endure the vape ban controversy that ripped across the country in 2019 and left a lot of harm and shattered businesses in its wake, not to mention the onset of the first official plague of the 21st Century.

What that means: It means in an industry that's already over-regulated and controlled for consumer safety above all else, Canna Provisions is quite used to pivoting on a dime without sacrificing the experience, customer service, and product selection to their loyal cannabis customers.

But now that they have reopened with strict vigilance to all appropriate COVID procedures mandated by the state (as well as those instilled by the company to ensure consumers and customers can safely access and enjoy their purchases from order to packaging to exit), those mandated by the state (as well as those instilled by the company to ensure consumers and customers can safely access and enjoy their purchases from order to packaging to exit), those looking access and enjoy their purchases from order to packaging to exit), those looking for one of the largest and most diverse selection of cannabis and cannabis products from the best farms, cultivators, brands, and manufacturers serving the Massachusetts recreational cannabis market can rejoice.

Not only are fan favorites coming back - Heirloom Collective, Gibby's Garden, Howl's Tinctures, Incredibles and SIRA, but there's a host of other products and brands coming into the fold with Canna Provisions - Nature's Heritage flower, Betty's Edibles, Kalm tablets, Chemdog Glass, Chocolate Do Drops and more!

Of course, for those that see a menu that regularly boasts over 100 products and items from small craft cultivators up through the state's leading large scale distributors and manufacturers, let alone some of the most choice concentrates, edibles, and new products available in the Massachusetts market, it would be understandable if one feels overwhelmed.

No worries. That's where Canna Provisions really starts to shine.

"People are looking for guidance around cannabis products, but too often dispensaries just don't provide it," Ms. Sanders said. "At Canna Provisions, we're going beyond basic transactions and elevating the standard for cannabis customer service. We want to offer everyone who walks through our doors a thoughtfully curated experience."

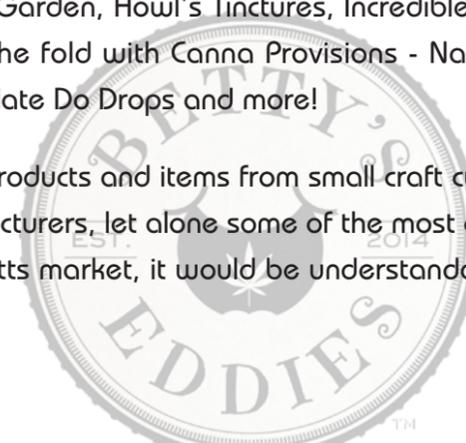
Naturally, that has meant constantly adapting to the daily changing dynamics of life before, during, and after COVID, whenever that is.

So until things calm down and life resumes some semblance of normalcy, visiting Canna Provisions will still have the benefit of interaction (socially distant) with Green Flower certified on-site guides with a deep wellspring of knowledge and product alignment with customer goals and wants from their cannabis shopping experience.

If this seems like more than just a dispensary with doors open and flower to sling, that's probably because the owners are not exactly spring chickens in the cannabis game (though their 13 chickens living at their Lee, MA home are).

Ms. Sanders helped open one of Colorado's first dispensaries in 2010, and was among key stakeholders who assisted then-Gov. John Hickenlooper and state officials in developing retail cannabis laws. Mr. Williams, in addition to being a longtime political consultant across the country, served as Executive Director of the Connecticut NORML, where he led decriminalization efforts and was integral in passing Connecticut's medical marijuana law through its Legislature. Together, they bring deep expertise in cultivation, strain selection, regulatory compliance and retail management to Canna Provisions.

Easthampton is the next Massachusetts city where Canna Provisions is planting a flag, and the eclectic Pioneer Valley vibe and COVID-vigilant May 25 store opening will commence with similar pre-orders and curbside operations compliant with the town and the state. Following that, Holyoke will be getting their own Canna Provisions in canal-adjacent former artists colony and historic papermill, slated to open in early summer 2020.



Rose Blunts With Black Rose



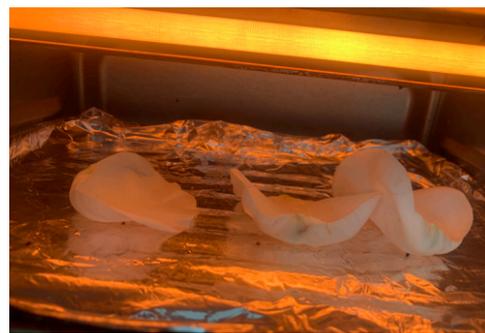
Are you guys ready to add a new trend to your smoking routine? Well us at Happy Monkey have a suggestion. Rose Blunts. That's right, you read that right. Actual blunts rolled on rose petals.

We have been hearing lately many people are trying the new trend of rolling rose blunts and I being Black Rose, the self acclaimed "Queen of Chronic" had to try for myself. Coincidentally so did our COO David Hernandez. This was a project I couldn't wait to take on. I did my first step towards researching how can we roll this blunt.

I stumbled upon a video by @simple_sasha who tweeted a small "How To" back in 2017. Ever since then many have taken on the trend and have smoked the very floral rose blunt.

I had to finally try it. I had some fresh white roses I had just purchased. (Side Note: I buy myself flowers all the time. Good energy to keep at home.) It smoked pretty good and had a light floral taste to it. I then tried red rose petals and noticed an even more floral taste. You can roll the petals just like a backwood after going through the process of drying the petals 10 secs at a time to help them stick and then drying the blunt up so it smokes perfectly. If you're worried whether it's safe or not, don't. It is perfectly safe and doesn't possess any more danger than smoking tobacco and Cannabis. As a matter of fact, many tobacco companies have started to include rose blends in their cigars. So if you're a daredevil like us at Happy Monkey, give it a try. I see this trend picking up momentum and can be a new floral routine to add to your cyphers. Enjoy and Choose Happy

Step One: Broil petals for 10 seconds



Step Two: Stick the petals together!



Step Three: grind weed and place on bed of petals

Step Four: roll petals like you would a backwood



Step Five: Broil rolled rose blunt for 10 seconds

Step Six: let sit and continue to dry for two minutes.



Step 7: Smoke & enjoy your rose blunt!



TESTING Our Patience: Cannabis Testing In The Era of Legalization

The witching hour begins around 7:30am, and for the next 15 minutes, the anxiety will flow. By now the process is second nature, and yet he still can't help to feel nervous. He has his kit, he's used it before, he's practiced a thousand times. 7:35. Deep breath, don't pace around! 7:39 to 7:40. An urgent text message comes through: "they're here, you're up. Are you good?"

For many stoners this scenario is a head scratcher, for others it's a daily concern. In this, the 21st century, hundreds of thousands of Americans are forced to urinate in a plastic cup, so some clinician rummage through it, to prove to their employer that they're not using the devil's lettuce. Under the guise of "work place safety", this relic of Reagan era reefer madness still chugs along, forcing responsible tokers, both recreational and medical, to always live one job interview away from being forced to give up Marijuana.

Since the genesis of the industrial revolution there have been bosses who took an interest controlling the lives of their employees. Some unscrupulous company owners even paid their employees in scrip instead of legal currency, forcing them into economic bondage. Imagine being unable to leave your miserable coal mining job, because the only currency you possess is useless outside the company store?

Henry Ford took "micro-management"

to new and excitingly intrusive levels. When Henry Ford introduced a five dollar a day wage, it was hailed as new age for the industrial worker. Henry Ford is responsible for giving the employee a sense of pride, and making him feel that the dangerous, monotonous factory work he performed was appreciated.

Although this policy helped reverse Ford's epic employee turnover rate, nothing is ever free. The five dollar salary came with a set of moral demands. With an influx of immigrants looking for work to feed their families, many complied. Having your life combed through seemed like a small price to pay for the 2020 equivalent of \$129 a day!

Ford's Human Resources department, operated quite differently than what you might be used to. Want to own a Ford vehicle? Make sure you meet Henry Ford's requirements. Trouble with money? Family? Sobriety? Not coming along on your English lessons? Gamble a bit? Not married? If so, you could find yourself on the losing end of Ford's generosity. An army of investigators scrutinized your life to determine your fate in the company, and for immigrants and natives alike, your American dream.

Those who stuck with Ford's program absolutely benefited, but the question arose as to whether or not a boss had the right to concern himself with the lives of his employees. Should the managerial surveillance continue to operate

after 5pm? Should an employee's home life and personal life choices matter to supervisors? Eventually Ford realized the price of corporate nannying wasn't worth it, but by then a certain standard had been set.

The industrial revolution steamed forward, and after two world wars, America emerged an unquestioned leader of production. Factories across America churned out some of the best quality, and most advanced products of the time. Cities boomed, unionized Workers bought cars and homes, then sent their children to universities. The American worker was rewarded with benefits and retirement. It's interesting to point out, that despite many companies having policies against showing up to work intoxicated, it was only in the late 70's into the 80's that federal government began addressing the issue... at the same time deregulation would eventually close many of the factories, and send many of the American jobs abroad, as well as forcing most American jobs into the service sector.

On a frigid afternoon in January 1987, a train derailment in Chase Maryland, would spark the wick for drug testing to go from company policy, to federal regulation. A Conrail Engineer and his brakeman, started their journey from the Conrail yard in Baltimore, to another in Harrisburg, PA, by failing to perform their required pre-trip safety procedures, and smoking a joint. Gunning passed multiple signals admonishing the Conrail train to slow down, the brake wouldn't be pulled until it was too late. An Amtrak train barreling down the track slammed into the Conrail diesel, leading to, until that point, the worst accident in Amtrak history (it would be surpassed by the 1993 Bayou Bridge disaster in Alabama).

Now before I continue, let me acknowledge what should be a no-brainer: NOBODY, should operate anything, trucks, trains, planes, heavy machinery, boats, artillery batteries, magic carpets, etc; under the influence of anything, that may inhibit their ability to react, make logical decisions, or cause them to be unsteady. Not just intoxicants



like alcohol, marijuana, but also sleep deprivation, depression and even cold medicine.

16 people died, including the motorman of the Amtrak train, and 170 were left injured. In the aftermath, the media jumped straight to the fact the two most important people on that Conrail train were toking, and as the media does, they tuned the narrative, blaming Marijuana. A year later Reagan passed the Drug Free Workplace Act, which started the process for giving employers, both private and government sectors, the right to test their employees urine. In 1991 the Omnibus Transportation Act was passed, which solidified into law that all DOT license holders had to submit to random testing. By the end of the 90's many private and public agencies were in compliance. Since then marijuana testing as trickled down to welfare recipients, high school students, and gun owners (in some places being a medical marijuana patient keeps you from obtaining gun permits... but you can still get drunk).

Was Marijuana the most crucial factor in that fatal wintertime derailment? What do you think: First and foremost the pre-trip safety checks were skipped. Those would have uncovered a light bulb in the cab signals (that alerts the motorman to track conditions) had been removed, duct tape plastered over the speaker for the shrill failure to stop warning alarm. The brakeman too failed in his duty to call out missed signals to his motorman. Americans need a quick and easy blame. And when the choices are between list of safety violations written in complicated railroad lingo, or pot, you can see why the latter made sense. It didn't help that

Reagan's war on drug was raging, so having an excuse to demand all employees be sober from weed 24/7 makes perfect sense to everyone... Except statistics.

In the late 90's the ACLU published: Drug Testing, a Bad Investment. Going into great detail, they laid out what, if any, positives drug testing produced. None. It makes no difference. Shit happens. I reiterate: if you operate heavy machinery or ferry passengers in large vehicles, you need to be sober. However, there is no connection between the joint you smoked when you got home the day before, and the accident you had the day after. Even as states begin legalizing, anti-pot crusaders point out that higher number of traffic accident victims are testing positive for THC. However, the correlation still does not imply causation. Finding THC metabolites in an accident victims or perpetrators blood or urine, is no indicator of their sobriety at the time of the collision. I can smoke all day Friday, get into an accident Monday, and although scientifically the two are not related, the law says they are. Even if the accident was totally not my fault, I'll be disciplined for testing positive.

NYC and Maine recently called for businesses to stop testing employees for weed. Although it seems like a great stride, it's really just a small hop. As long as the federal government obstinately refuses to rescind or at least amend, the Omnibus Act and the Drug Free workplace act, there will still remain a large contingent of the population who will always be forced to quit to take a job. So what does this mean for the legal states? Courts in Colorado unanimously upheld the decision of a company to fire a quadriplegic customer service representative, for off duty medical marijuana use. Despite the state law saying weed is legal, the Drug Free Workplace that cancels it out.

Drug testing has it's place, but the current standard for marijuana is just plain ridiculous. I should be allowed to smoke pot on my couch, as legally as I can drink a beer; whether I drive a tractor trailer, or work in a call center. I believe it

is up to the weed business owners to act upon this issue and force the federal government to budge. Any ganja capitalist will realize that with 88% of employers drug testing their staff at some point during the career, there is a pretty solid group of people who will pass on the joint. Even with fake pee kits available, for most people it's not worth the trouble. To add insult to injury: 86% of employers worry legalized weed will increase operating costs. This based on the fear that off duty marijuana use contributes to work place accidents and slowdowns. I wonder if we will see businesses in legal/legalizing states implement weed testing "just to be on the safe side", or as an excuse to discriminate against hiring pot smokers?

Humanity's greatest architectural, intellectual and industrial accomplishments took place well before Reagan's Drug Free Workplace act, and the 1991 Omnibus Act. But if you speak to drug testing advocates now, you'd wonder how humanity functioned until then. Sure workplaces are safer, but that's more due to OSHA standards than pee tests. It's been shown that off-duty marijuana use does not have an impact on the safety, reliability, efficiency and productivity of a worker and his workplace, so why does it remain? Reefer madness, and of course the industry that has since been built around little plastic cups with temp strips, complete with their own lobbyists.

I'm not sure what mission the legalization movement is on at the moment. With great weed being available everywhere, cops refusing to respond to small complaints, ticketing for outdoor smoking, coffeeshops and dispensaries existing on American soil, everyone seems to be pretty content with where we're at. But I know plenty of people who aren't. With talks of marijuana being part of the post-Covid economy, it makes perfect sense to get the campaign rolling now and ensure that every American will get to freely partake... after work that is!

-Danny Hulkower



'SHROOM & SHRIMP BURGERS



RECIPE BY CHEF JOSH

It's Grilling Season!!

Time to bust out the grill (or grill pan for us apartment dwellers) and try a new burger creation. Since mushrooms seem to be the talk of the town this quarantine season, I'm bringing my Portobello Shrimp Burger. Simple but Magnifique! Top with some 'quarantine pickles' and vegan mayo, all on a fresh baked roll. (Contact @Themeditlist additional recipes)

Ingredients

1/2 pound peeled and deveined shrimp 1 teaspoon corn starch 1 teaspoon sea salt
1 Shallot 2 medium/large Portobello caps 2 teaspoon cracked black pepper
1 tablespoon Aged Balsamic Vinegar (RSO infused if you want the twist)

Directions

- 1) Mince mushroom and shallot.
- 2) Saute shallot until slightly translucent.
- 3) Add mushrooms, saute until they reduce and give off most of their liquid.
- 4) Drizzle in the balsamic vinegar and add the salt and pepper then mix well.
- 5) Remove from heat and let cool to room temp.
- 6) Once the mushrooms and shallots have cooled, take the shrimp and dice it.
- 7) Add cooled mushrooms and continue to chop until you have a fine mince.
- 8) Form in patties, wrap tightly with plastic wrap and let them sit in the fridge to set for at least 20 minutes.
- 9) Heat small amount of oil in skillet over medium high or fire up that grill. Cook burger on both sides anywhere from 3-5 minutes depending on thickness.
- 10) Top with pickled salad and vegan 'mayo', serve on a fresh baked bun or roll.



On many occasions I wake up craving a nice home cooked meal, specifically a Dominican one. Because I don't live with good ole mom and pop dukes anymore, these meals can go few and far in between. Yes both my parents live in the city but it can be hard to schedule a breakfast on a whim such as this. Sometimes I have to go on a journey for that slice of home. So the next best place had to be Dyckman, the Little Quisqueya of New York City.

As with any trip I take far from home, I prepare a couple of blunts for any unexpected shenanigans I might stumble into. I rolled up some Haze in two Dutches for my trip to uptown, which thinking back on it now, was like bringing sand to the beach. Washington heights, Dyckman, and Inwood are known as the "Home of the Haze" for being the epicenter of Haze or as some call it "Piff." To this day uptown is flooded with Haze, as it is the go to for the locals, but to find the good stuff, that is a mission.

You knew you could buy some good haze if the whole block smelled of some pungent incense, it was only a matter of finding the right guy. If

the spot was good enough people would line up like it's Black Friday for only grams of Haze. As a kid I remember seeing people with New Jersey plates parked waiting forever just to grab some and head straight back across the Washington bridge.

But anyways back to my mission, I hopped off the 1 train on Dyckman street, and I crossed the street to a Restaurant called Dyckman Express. As soon as I entered I was greeted with the smell of rotisserie chicken and freshly made rice, I was home. I ordered "Los Tres Golpes" which is Spanish for "the three hits." It is a traditional Dominican breakfasts consisting of mashed plantains called mangu as the base and fried cheese, eggs, and salami as the three hits on the side, and I got some red onions that have been cooked in a bit of vinegar and oil for some extra flavor on top. Once I got the order in hand I decided to eat it by Inwood park a few block further up.

I lit one of the blunts to build up my appetite and to take in the neighborhood. As I walked, I could smell fresh pastries and bread from a few bakeries

that lined the Dyckman strip and on the sidewalks were some street salesman selling DVDs and VHSs, along side some used toys and books. It looked like a flea market on some streets, with old Dominican men trying to get lower prices for bootleg DVDs of movies that were still in theaters. As I got closer to the park, the neighborhood gets more residential but it is just as lively as the main strip. You can hear the bass of Dembo music blasting out the speaker of passing cars, abuelitas chatting to people on the street through their windows, or guys talking in front of the bodega on the corner. No one noticed me smoking, because that's a normal occurrence uptown, so much so I crossed paths with a couple of other smokers.



Finally, I found a bench by 206th street by the park and I got to chowing down on my mid day breakfast. It was definitely worth the trip as the mangu was the perfect consistency topped with the onion and everything else was fried to perfection. It was comfort food at its finest, and like any good comfort food it makes you feel too comfortable. I needed to walk some of these "golpes" off, so it was

just right that I was by the park.

I entered the park in 207th street, and walked by quite a few baseball fields. Passed that was a large clearing great for a picnic or a good game of football in the fall, behind it is manhattan's last natural salt marsh that opens up to the Hudson River. It has a great view of the river and on the other side of the marsh is a cliff with a huge blue C painted on the side in honor of Columbia University's medical center that's been there since 1952.



I take a few moments to soak in the view, then I light my blunt and headed into the wooded areas of Inwood park. As I got deeper into the woods, the sounds of the city melted away and all I saw were trees for as far as the eye could see. I looked up and I could see a giant eagle flying over head, it's as if I was transported somewhere rural upstate. much like Fort Tryon park, this park is like a forest on the edge of manhattan with many alcoves and archways hidden in the middle. So hidden in fact, I end up stumbling into one of those alcoves along the water, looking for graffiti near the metro north train tracks. Which led me to some creepy hidden spot full of old porno mags and beer cans. I swiftly made my way back to the path, and I was back amongst the trees. the hiking trail coincidentally circled back to the entrance, but before I left, I took a couple of moments to sit by the marsh. I finished my blunt near the park's row house, then I offered up my clip to the marsh. Finally My mission was complete so It was back to the 1 train to plan another adventure on a full stomach. Until next month Happy Monkey Fam!

-Rafael Hernandez





ART BY NOAH GONZALEZ
@NOAHGONZDRAW

WE ARE ALWAYS LOOKING FOR NEW HAPPY
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