



Z10 OZ



718.011.7118



1 2 3	1 2 3	1 2 3	3	2	1 2 3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6	8		4 5 6	4 5 6	4 5 6
7 8 9	7 8 9	7 8 9	2	9	6	3	7 8 9
4 5 6	4	2	9	6	3	7 8 9	4 5 6
7 8 9	7	1	2	7 8 9	1	2	7 8 9
1 2 3	6	3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
4 5 6	8	5	4	4 5 6	4 5 6	4 5 6	4 5 6
7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9
1 2 3	1 2 3	1 2 3	5	9	3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6	7	3	8	4 5 6	4 5 6
7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9
1 2 3	1 2 3	1 2 3	9	1	1 2 3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6	4 5 6	4 5 6	4 5 6	4 5 6	4 5 6
7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9



Available at TeleGram

42OTELEGRAM.COM



TeleGram



Trivia Questions and Answers

Is it time to stop using the word marijuana?



Corned Beef and Cabbage

INDICA VS. SATIVA: WHY CANNABIS LABELS ARE MEANINGLESS

Happy St. Patty's Day

42otelegram.com March 2022

A message from TeleGram,

Happy St. Patrick's Day and Lent for all those who celebrate those holidays. As always, we wish everyone a safe holiday especially on St. Patty's Day. If you had to much to drink, please use one of the many apps to make it home safely. Remember, smoking and driving could result in a DUI.

Effective March 1st are new online menu and ordering system will be up and running, You can always call in your orders or you may place them online. There may be some glitches so we ask for your patience. Your login will be your email or you may re-register so that you may create your own password. If you have any problems, Please feel free to contact us so that we may assist you in reset the user or password. You will need a valid email.

Thank you for all your support and we wish everyone good health and thank you for all your support.



-Telegram



GUMMIES

Anchor Kitchen

Medicated Edibles: Veteran ⚓ Non GMO: Quality Ingredients: **THC TINCTURES**
MCT oil: Coconut 🥥 oil: Whole 🌸 Plant and Flower extract

CAPSULES



anchor_kitchen2020

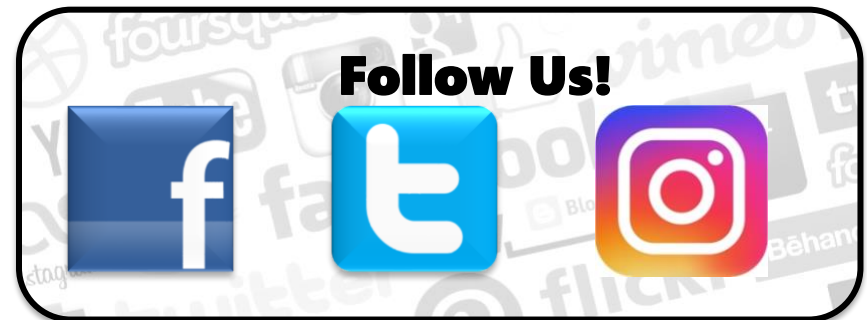
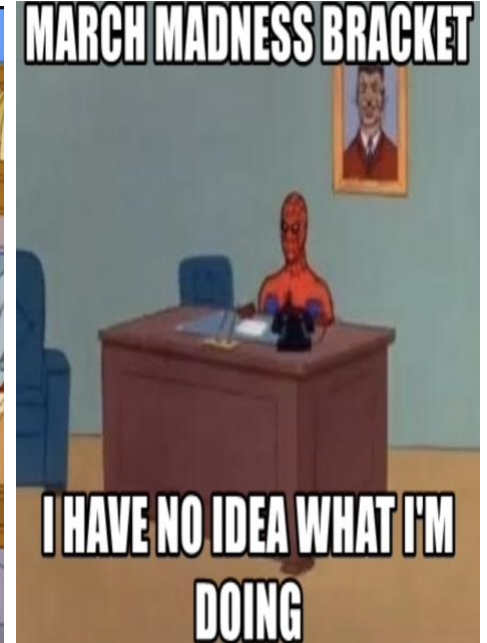


420TELEGRAM.COM



Locate our Online Menu, TG Daily Deals, and Discounts on our website @ **420telegram.com** or give us a call @ **(661) 349-9028**

Instagram telegram661_for_the_patients



St. Patrick's Day Trivia Questions and Answers

Question: Of which country is St. Patrick the patron saint?

Answer: Ireland

Question: Where and when was the first St. Paddy's Day parade in the United States?

Answer: Boston in 1737

Question: According to Irish lore, what did Saint Patrick drive out of Ireland?

Answer: Snakes

Question: Why are green shamrocks introduced around St. Patrick's Day?

Answer: St. Patrick was said to have used the three-leaf clover to demonstrate the Holy Trinity (Father, Son, and Holy Ghost) to potential converts.

Question: What are the odds of finding a four-leaf clover?

Answer: 1 in 10,000

Question: What does the circle at the very center of a Celtic cross represent?

Answer: The sun

Question: What is a boxty?

Answer: An Irish potato cake

Question: Which city has had a huge St. Patrick's Day parade and celebration since 1813?

Answer: Savannah, Ga.

Question: What historic site has been lit up in green on St. Patrick's Day in recent years?

Answer: The Roman Colosseum, Leaning Tower of Pisa, and Sydney Opera House

Question: How many pounds of green vegetable dye are now used to turn the Chicago River green?

Answer: 40 pounds

Question: What happened to Saint Patrick at age 16 before becoming a priest?

Answer: He was abducted and brought to Northern Ireland

Question: How many people march in the NYC St. Patrick's Day parade?

Answer: About 250,000

Question: Where is St. Patrick buried?

Answer: No one knows exactly where he is buried, but Down Cathedral is the most widely accepted location

Question: St. Patrick was originally associated with what color?

Answer: Blue

Question: How many people visit New York's St. Patrick's Cathedral each year?

Answer: 5.5 million

Question: Where was the real St. Patrick born?

Answer: Britain

Question: What iconic structure turns green to celebrate Saint Patrick's Day in England?

Answer: The London Eye

Question: How do Leprechauns earn their gold?

Answer: Making and mending shoes

Question: What year did St. Patrick's Day switch over from a strictly holy day for Catholics to an official Irish public holiday?

Answer: 1903

Question: About how many Americans claim to have some Irish ancestry?

Answer: 33.1 million

Question: What was St. Patrick's name when he was Born

Answer: Maewyn Succat

INDICA VS. SATIVA: WHY CANNABIS LABELS ARE MEANINGLESS

INDICA AND SATIVA ARE COMMONLY used to describe cannabis strains, but what's the difference between these two labels?

Some people are adamant that indica strains are sedative with earthy aromas. In contrast, Sativa strains are supposedly energizing with sweet aromas. However, the extent to which indica and sativa labels actually capture meaningful information is unclear.

CANNABIS STRAIN ANALYSIS

HISTORY OF INDICA AND SATIVA

Our team of researchers at Dalhousie University At one point in time, indica and sativa may have worked with Bedrocan International, a Dutch been used to describe two distinct species of medical cannabis company, to study hundreds of cannabis. Over time, the two species likely cannabis strains with indica and sativa labels. We hybridized to the extent that most of the measured the chemical compounds produced by cannabis grown and consumed today is a each strain. This included not only the major mashup of the two ancestral lineages. However, psychoactive cannabinoids like THC and CBD but the use of indica and sativa has persisted as also the terpenes that give cannabis its distinctive vernacular labels and has today taken on new aromas. We also measured the genetic profiles and meanings to describe psychoactive effects, were then able to examine the chemical and genetic aromas, and morphologies.

If labels describing cannabis strains do in fact between indica and sativa labels and a small represent two distinct groups of cannabis, then the number of aromatic terpenes. Strains labeled the differences should be reflected by chemical and indica tended to have higher amounts of genetic differences. Our study, published in Nature terpene myrcene, which is thought to Plants, found that Indica and Sativa labels are contribute to sedation and the more intense largely meaningless. “couch-lock” effect.

It was frequently the case that strains labeled indica On the other hand, strains labeled sativa had was just as closely related to strains labeled sativa higher amounts of sweet and herbal terpenes, as they were to other strains labeled indica. like farnesene and bergamotene. These findings

An example that illustrates the inconsistent use of echo what cannabis consumers have long said about the differences between the two labels.

These labels is that in 1999, a cannabis strain named about the differences between the two labels. We have a hunch that due to the absence of “AK 47” won the Sativa Cup in the Cannabis Cup. We have a hunch that due to the absence of strict naming and pedigree tracking, producers

The same strain went on to win the Indica Cup in the same competition four years later. have been assigning labels to cannabis-based primarily on the aroma. Considering the

Not only did we find that indica/sativa labeling is historically clandestine nature of cannabis For example, we found that two strains both named breeding, it's unsurprising that labeling would “OG Kush” were more similar to other strains with have been relegated to more subjective

different names than they were to one another. methods, like the smell, rather than a more Overall, strain names are often not reliable consistent system that reliably distinguishes indicators of a plant's genetic identity and chemical strains. profile.

WHY CALIFORNIA CONTINUES TO CHANGE THE CLOCKS DESPITE 2018 DAYLIGHT SAVING TIME VOTE

Three years ago, nearly 60% of Californians voted in favor of Proposition 7, with the hopes that — after decades of turning the clocks back and forward twice each year — they could do away with daylight saving time switches once and for all. No more setting the clock forward an hour on the second Sunday in March, and no more dropping back an hour on the first Sunday in November.

But now it's 2022, and despite the results of the 2018 election, we've got another change to Pacific Standard Time looming. What happened? Well, there were a few complications, San Diego-area Assemblymember Lorena Gonzalez told Spectrum News 1.

For one, Proposition 7 itself didn't do away with stopping the clock-swap — essentially, voters gave the Legislature the power to make the decision. But you can't just get rid of the time switch: you have to figure out if you want to spring forward permanently, or fall back forever. And because of the federal Uniform Time Act of 1966, states can choose to opt out of daylight saving time, but cannot decide to permanently observe DST.

"To go to permanent daylight saving time, post-initiative, you have to get it through the Legislature with a 2/3 vote, and then petition Congress," Gonzalez said. "If we want to eliminate daylight saving time, we just have to get it through the state."

For definiton's sake, Daylight Saving Time is the practice of rolling a clock forward by an hour during warmer months, so the sun effectively sets later in the day. The first modern use of DST in the United States ran for only seven months in 1918 and 1919; as an energy-saving measure, the U.S. turned to year-round DST (or "War Time") during World War II; from 1945 to 1966, states were left to figure out if and when they would observe DST. In 1949, California voters approved DST by passing Proposition 12.

The idea is that, by realigning waking hours with daylight hours, people will use less energy to light their homes. But, as the California Senate's Energy, Utilities and Communications Committee reported, federal studies have found that DST actually increases energy use in some regions of the country (as a result of heating and cooling energy use versus lighting use); and when the federal government extended DST by three weeks, the California Energy Commission found negligible energy savings.

In 2018, alongside then-Assemblymember Kansen Chu (a lead sponsor of Prop. 7), Gonzalez threw her support behind California Assembly Bill 7. The bill would have introduced permanent Daylight Saving Time in California, pending Congressional approval. The bill made it through the State Assembly before dying at the Senate's Energy, Utilities and Communications Committee.

In an interview, Chu — who represented Northern California's Assembly District 25 from 2014 to 2020, with plans to run again in 2022 — told Spectrum News 1 that some legislators were worried that permanent observation of DST would disrupt trade along the border; Baja California is the only Mexican state to follow the U.S. DST schedule; its nearest neighbor, Sonora, ignores DST entirely. (Chu said he had been advised that Mexican trade partners would simply follow the lead of California.)

Gonzalez suggested that it was just as simple as more people liking DST — that people enjoy watching their kids play later into the day without running into the dark, or that they enjoy the extra hour of daylight.

"However, if you listen to sleep experts and health experts, it's not the preferable route," Gonzalez said. "Spring is when we feel it: that's when we see the increase in car accidents, the increase in heart attacks, what it does to kids going to school, and to all of us going to work."

Dr. Sion Roy, a cardiologist at Harbor-UCLA Medical Center (and a 2022 candidate for the 50th Assembly District), was among the supporters of Prop. 7 in 2018. In an interview with Spectrum News 1, he noted that a handful of health risks jump in the days immediately following the spring swap to DST.

"The theoretical reason would be because of the changes in sleep habits affecting cardiovascular risks," Roy said.

Bringing the bill back before the legislature would likely require a refined tack; Gonzalez thinks that she and allies would have to "keep reintroducing it and keep getting experts in to talk about it to see if we can make some agreement."

Is it time to stop using the word marijuana?

Perhaps now as the country continues to legalize the substance, it's time to say goodbye to marijuana and just stick to cannabis, the way we did before this whole marijuana madness began.

In recent years, society has shown interest in correcting centuries of historically hurtful symbolism and terminology. As people begin to dig deeper into this country's often-problematic past, more and more words and phrases have revealed their racist origins.

There are a wide array of still-commonly used phrases that some suggest should be examined further. Common terms like "Black Market," used widely in conversation about cannabis culture and all business, according to Reader's Digest, is just one example of a phrase with racist roots. Even the term marijuana, a term so common and accepted that it has even found itself in modern legislation, is a word that many say should be canceled for good.

The word marijuana is the widely used term to describe cannabis that contains THC. However, it was not the first term Americans used to describe the psychedelic, and its origins are not at all scientific. In recent years, society has shown interest in correcting centuries of historically hurtful symbolism and terminology. As people begin to dig deeper into this country's often-problematic past, more and more words and phrases have revealed their racist origins.

There are a wide array of still-commonly used phrases that some suggest should be examined further.

Common terms like "Black Market," used widely in conversation about cannabis culture and all business, according to Reader's Digest, is just one example of a phrase with racist roots.

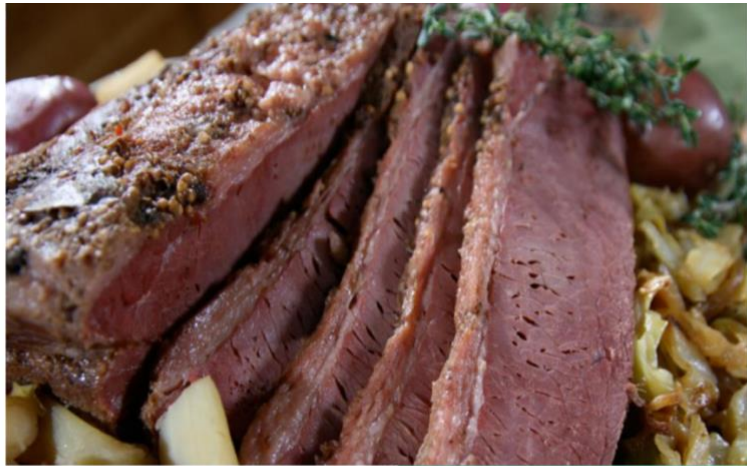
Even the term marijuana, a term so common and accepted that it has even found itself in modern legislation, is a word that many say should be canceled for good.

The word marijuana is the widely used term to describe cannabis that contains THC. However, it was not the first term Americans used to describe the psychedelic, and its origins are not at all scientific.

This campaign may have occurred nearly 100 years ago, but it can be argued that its effects are still felt today. It is widely known that arrests associated with marijuana are racially disproportionate. "Despite roughly equal usage rates, Blacks are 3.73 times more likely than whites to be arrested for marijuana," according to the ACLU.

Fear tactics and racism birthed the word marijuana, and also helped lead to it becoming illegal on a federal level, but the tide continues to shift. "Today 'cannabis' and 'marijuana' are terms used more or less interchangeably in the industry, but a vocal contingent prefers the less historically fraught 'cannabis,'" wrote The Guardian.

Perhaps now as the country continues to legalize the substance, and society continues to want to improve upon its racist and problematic mistakes, it is time to say goodbye to marijuana and just stick to cannabis, the way we did before this whole marijuana madness began.



Corned Beef and Cabbage

Level: **Easy**

Prep: **30 min**

Yield: **6 to 8 servings**

Total: **6 hr 30 min**

Cook: **6 hr**

- 5 pounds corned beef
- 5 garlic cloves, lightly smashed
- 10 peppercorns
- 4 sprigs fresh thyme
- 2 bay leaves
- 12 ounces stout (recommended: Guinness)
- 1 cup beef broth or stock
- Water, for simmering
- 4 yellow onions, cut into wedges, plus 1 medium yellow or sweet onion, sliced
- 2 parsnips, peeled and cut into large chunks
- 3 carrots, peeled and cut into large chunks
- 6 medium red potatoes, scrubbed
- 1 medium head green cabbage, cut into quarters, core removed
- 4 tablespoons butter

1. Rinse the corned beef and put it into a large Dutch oven or heavy soup pot. Make a bouquet garni with the garlic, peppercorns, thyme and bay leaves and add to the pot. Stir in the stout, stock and enough water to cover the beef by 2 inches. Bring to a boil over medium heat, then reduce the heat to a gentle simmer and cook for 4 hours, covered, stirring occasionally.
2. After 4 hours, add the onion wedges, parsnips, and carrots, and cook for a 1/2 hour. Add the potatoes and the cabbage wedges and continue cooking until the cabbage is tender, but not limp, about 20 minutes. Remove the cabbage to a plate and allow the corned beef and other vegetables to continue cooking until the meat is tender.
3. In a separate large saute pan, heat 4 tablespoons butter over medium heat. Add the sliced onion, and a pinch of
4. salt and saute until tender and beginning to brown, about 8 to 10 minutes.
5. Meanwhile, slice the cabbage thinly, gently pressing with a paper towel to remove excess water. Add the cabbage to the onion mixture and toss to coat well with the butter. Cook over medium heat until the cabbage begins to brown.
6. Remove the meat to a cutting board and slice. Serve at the table with all the vegetables piled onto a serving tray and the sliced meat onto another tray with some of the broth poured over the meat.

ONLY 1 COUPON PER PATIENT PER MONTH WILL BE HONORED




With a \$60 Donation
Receive a Free 1/2 lb
(Your Choice of Sella Kuntz, Desert
Dishes, or White Kuntz)

Non-Combinable with any other Deals
and/or Discounts

Expires 04/03/2022

**MUST MENTION COUPON WHEN ORDERING,
PLEASE HAND COUPON TO DRIVER.**

ONLY 1 COUPON PER PATIENT PER MONTH WILL BE HONORED




420TELEGRAM.COM





Reefer a Friend

Get up to 25%
off your next order

**Friend must have a valid
Physicians Recommendation and ID
to become a Member
Sign up @ 420telegram.com or
call (661) 349-9028*

*(If Patients needs to purchase
Physicians Recommendation.
TeleGram will reimburse in product
on the second order)*



Instagram telegram661_for_the_patients

DEAL // REMINDER



EARLY BIRD SPECIAL



Donate between the hours of 10:30pm-12:00pm and receive 10% off order
*Non-Combinable

HAPPY HOUR

Donate between the hours of 4:20pm-6:20pm and receive 10% off order
*Non-Combinable

SCHEDULED DELIVERIES

Schedule a delivery 1 day in advance and get 10% off total order. *Non-Combinable



REEFER A FRIEND

Receive up to 25% off your next order when you refer a friend. Friend must have a valid Rec & ID. Call for Details



420TELEGRAM.COM OR CALL (661) 349-9028

**LOOKOUT FOR DAILY DEALS ON OUR WEBSITE
MUST MENTION DEALS WHEN PLACING ORDER**



Follow us on IG @
telegram661_for_the_patients

Hours of Operation:
Monday - Saturday 10:00am - 9:30pm
Sunday 10:00am - 4:00pm

*Hours are subject to change. Last calls are usually 1 hour before closing depending on your location



BERRIES



*Fresh
Flowers*

www.uccfm.org/santa-clarita

Santa Clarita Farmers Market

The Ventura County Certified Farmers' Market Association was formed in 1985 as a not for profit farmers' cooperative.

Since the City of Santa Clarita invited the VCCFMA to establish a market in Santa Clarita back in 1993, locals have been enjoying access to the freshest produce California farmers have to offer. Our loyal customers have established many friendships with the farmers and enjoy the relaxing atmosphere.



AntiPasti & more

The Santa Clarita Certified Farmers' Market offers seating for patrons to enjoy a leisurely Sunday breakfast prepared onsite from one of the Market's several food vendors or try some of our wonderful artisan bakery products. Every week over 40 California farmers bring the freshest, vine and tree ripened fruits and vegetables to you.

Other California agricultural items offerings are fresh ocean fish & seafood products, herbs, honey, eggs, whole and shelled nuts, fruit juices, jams, jellies, cut flowers and potted plants.



Pressed Juices

Free Range Eggs

MASKS ARE STILL
REQUIRED IN
THE FARMERS
MARKET.

Every Sunday from 8am-12pm
COLLEGE OF THE CANYONS
in PARKING LOT 5.

Valencia Boulevard & Rockwell Canyon Road,
Santa Clarita, CA 91355

IG @

santaclaritafarmersmarket

