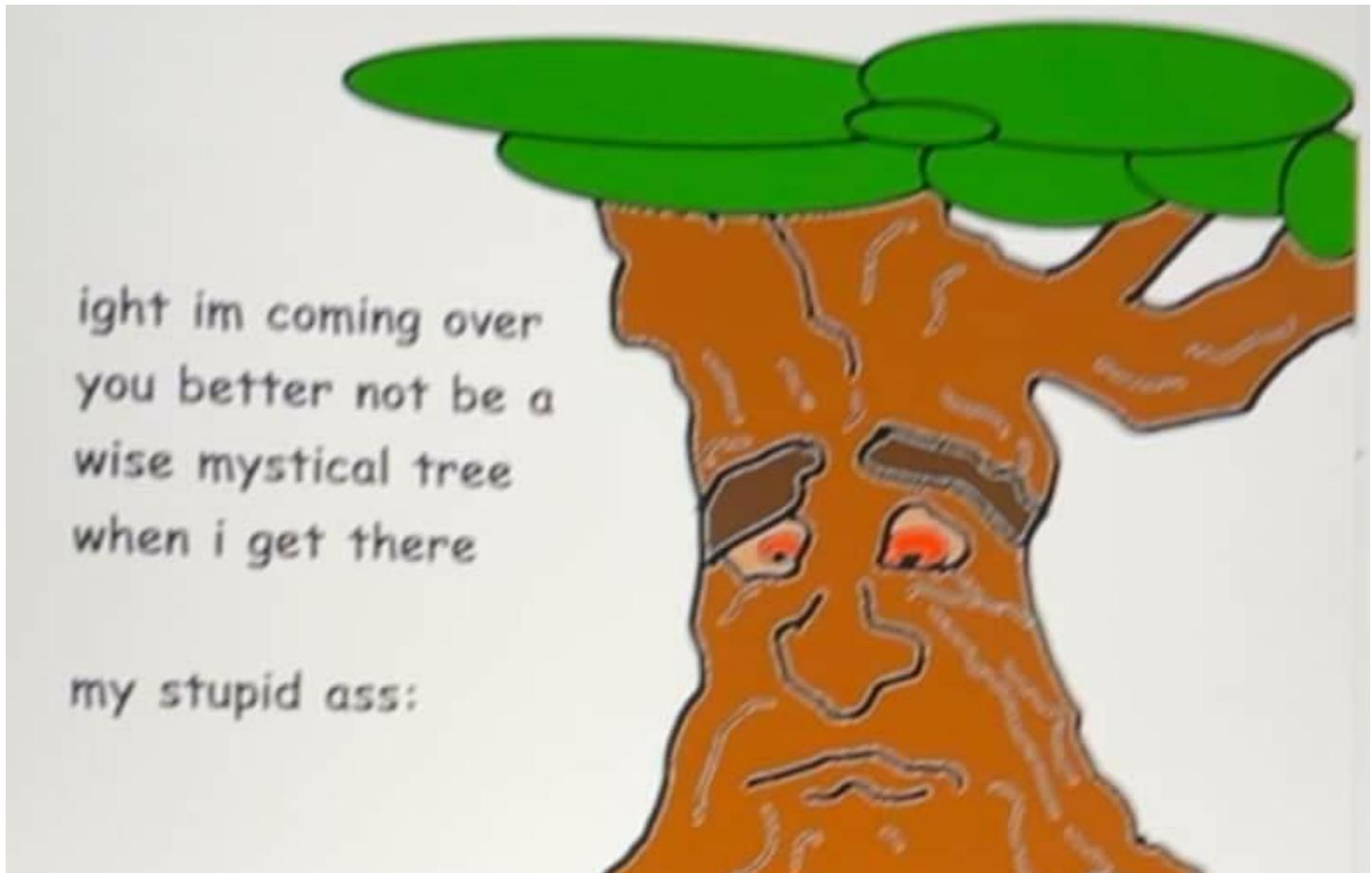


The Sensationalist: #3

9/28/22

"I found heaven, now I just need a bicycle to get there"



Cover by Leo Santisi

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The Eternal Tunnel: A Temporary Psychosis Story

Henry Levitt

The story itself isn't great but there is interesting lore behind it: I smoked a fat joint one night and began writing this. I completely dissociated from myself. The split personalities gave me temporary psychosis and I lost a singular identity. I was terrified of myself and yet could not stop writing. This experience was the most unsettling and unnerving thing in my life and thinking about how this happened to me still chills me to my core.

You walked down the corridor passing the glowing alcoves illuminating the passage. I said how lovely the incense smelled as I inhaled sharply. After you breathed in the cedarwood smoke that hung listlessly in the air I picked up my pace.

You were walking quite quickly now. The alcoves were passing me faster and faster and you stopped running your finger along the grooves on the walls. Where are you going, I asked you. To the end of the corridor, you responded. You looked into the depth of a seemingly infinite tunnel illuminated by the yellow flickering lamps. I looked over my shoulder to see the same image.

How long have you been walking, you asked. Not too long, not too long. My words hung in the air. I slowed my pace again. The incense, you pointed out, was faint. I searched the walls for variations as I walked, but everything you saw was identical. You wanted to ask how much longer, but didn't want to insult my company, so the walk continued on wordlessly. All I could hear were your footsteps echoing down the hall.

I can't wait to get to the end, you said. I nodded, agreeing. As I walked, I felt a shudder of eagerness pass through me, excited to be moving towards the end.

Each alcove was about twelve feet apart from the next, mirrored on the walls of the tunnel. They were two foot high arches and four feet off the ground. Their base was about eighteen inches and recessed half a foot into the walls. Lamps burning with an apathetic yellow glow threw light in geometric patterns along the wall and floor. You could see faint crescents of light on the floor and bands of darkness circling the corridor in between alcoves.

The lamps were identical to one another: glass tubes that tapered towards the bottom set on cylindrical brass bases. There seemed to be a dial protruding from the side of the lamp. You guessed that it controlled the flame size.

I passed alcove after alcove noting how the light in between each slowly ebbed away dimming until there was a band of darkness that stretched floor to ceiling. The tunnel itself was an arch. Eight feet wide, eight tall, built from sandstone blocks. Each block had been cut precisely and was completely flush.

I noted the craftsmanship in the work, you agreed. Onwards I walked. Soon you smelled incense again--cedar. Sharp at first, then stringent and cleansing. As I kept breathing, the sensation engulfed you in a cloud of tranquility. You slowed your pace but continued moving, rhythmically. I soon noticed the white smoke languish and eventually cease its grasp on my movements.

I started walking faster again. This has been a nice walk, I murmured. You heard my voice echo down the hall, malleable, bouncing and reverberating off the sandstone. I nodded in agreement. Have you been to the end before, you questioned. No, you responded quickly, never.

More time passed. I became restless. Do you think you can take a lamp from an alcove, I asked, so you can see better? No, you responded. That's not right. Oh, I replied. You didn't have another thought of taking a lamp; it wasn't right. How much longer, I finally mused. Until we get to the end, I answered you quickly. I was walking faster now, your anxiety spurring me on. The passage looked the same as ever, but something began to feel different to me. I noticed it too. So did you. You looked down the tunnel, my eyes unable to make out anything except for the endless bands of light and darkness. There didn't seem to be a place for you to stop so I kept walking.

You walked on and on, my right foot aching. Soon you had a limp. You wanted to massage my foot so you could relieve your pain, but couldn't find a place for me to stop. My eyes reflected the tunnel.

Where does this tunnel bring you, you finally asked you. To the end, you answered me. And what's there, I wondered. The place I'm supposed to be, I said to you. You wanted to ask me more questions but I knew you wouldn't be able to propose a new answer.

The tunnel stretched on for eternity, but it had an end, you reasoned. You agreed with my assessment. You decided then, it would be wise that I keep walking. I continued on your way as you quickened my pace. Soon I was jogging and saw your feet beneath me stepping in and out of the yellow light. I seemed confused when you suggested you slow down. I explained to me, I'm quite sure you're near the end, you should conserve my energy. Yes, I agreed with you, that sounds right. I assumed your regular pace and continued into the tunnel.

No-Smell, Cheap, Easy, and Legal Edibles

Henry Levitt

I'm going to keep this as quick as possible because I hate when recipes on the internet have the author's entire life story that no one gives a shit about (though I now understand the place of passion it comes from as I write this).

Edibles are often expensive if bought legally, and unreliable if acquired through less-than-legal means.

This guide allows for both issues to be circumvented with minimal effort and maximum freedom and creativity.

How are these edibles legal? Instead of using **delta-9 THC** (d9), the active chemical in most marijuana, this guide uses **delta-8 THC** (d8) which is unscheduled and derived from CBD from the **hemp plant**.

Is it safe? Assuming you bought your **distillate** (discussed below in glossary) from one of the recommended vendors and it came with test papers, yes it is safe. It is just as safe as edibles that can be purchased at a dispensary (perhaps even safer).

Does it feel the same? In low doses there is less “psychaelia” associated with d8 but also much less paranoia and anxiety if you are prone to that. Body feel and therapeutic use is essentially the same. In higher doses, especially combined with other **cannabinoids** (discussed below), it can feel almost indistinguishable. For me, d8 is about 60-70% as strong as d9. This means that a 10mg d8 edible feels like a 7 mg d9 edible (though with those slightly different effects).

Where do I get d8? There are many online companies that provide d8 distillate. They also provide the 3rd party test papers from each batch of distillate. I will give my two favorite vendors at the end of this article.

Does it smell or taste bad? Because distillate has removed almost everything except for the THC itself, there will be no cannabis smell. Distillate by itself is bitter but has no flavor in recipes as long as the concentration isn't absurdly high.

How much does it cost? On average, making 100mg of d8 edibles would cost about 10 cents, excluding the cost of food ingredients which can vary widely.

How to make edibles (a framework):

1. Figure out desired dosing and food
2. Make cannabutter/oil
3. Mix your cannabutter into the recipe you're using either as a partial or full substitute for the fat.

Step 1: Figure out desired dosing and food: The first thing you need to consider is what food you want to become psychoactive. Use your creativity. The ONLY constraint is that the food must contain fat because THC (and most if not all cannabinoids) are not water soluble! Alternatively, you can put cannabutter or oil on any food. Once you figure out the food you want to make, decide what the right dose is for you per serving and divide it by your distillate's d8 THC percentage as a decimal (ex. 93%=.93) to get the true weight of distillate needed per serving. Now, multiply the servings in the food you're making by this number to determine the amount of distillate needed in total. There is nothing more important than accurate dosing. Reference the chart below if you are unsure of desired dose per serving.

Dose (per serving)	1-2.5 mg	5 mg	10 mg	25 mg	50 mg	70+ mg
Who's it for?	-First time -Microdose	-First time -Light experience	-Low tolerance -Comfortable experience -Step up from 5mg	-Some experience - Large step up from 10mg	-Lots of experience -Intense -Large step up from 25mg	You are an edible expert and likely aren't reading this guide. Don't make edibles this strong.
Effects	-Not perceptible	-Mental fuzziness -Relaxed	-Different thought patterns -Changes in perception -Everything is more interesting	-Large changes in perception -Relaxed body sensation (pain less annoying) -Euphoria -Sedating	-Strong pleasant body sensation -Large perception changes -Very different thought patterns -Sedating	-Strapped to a rocket ship -Highly sedating

Step 2: Making cannabutter:

- First pick the fat base that you want to mix the d8 into.
 - Butter is often used, but olive oil, coconut butter/oil and vegetable oil are all great options.
Really any oil or butter will dissolve the distillate well.

- Measure out the amount of fat base needed (usually total oil/butter in recipe) and begin to heat it up to around 160F.
- While heating the fat base up, bring water to a boil and let it cool for a few minutes before pouring the water into a bowl with the jar of distillate.
 - Leave for 3-5 minutes in order to make the distillate more workable.
- Remove the jar from the water and dry it. Take the lid off and place it on the milligram/centigram scale. Tare (zero) it out and verify it is measuring in grams. This now means that the scale will display the amount of distillate removed from the jar. This is the exact amount of distillate that will be dissolved in the fat.
 - Ex. “-.100” means 100 mg of distillate was removed from jar and will be added into your recipe
- Use a clean dab spoon (recommended) or the end of a thin metal utensil to scoop and twirl distillate. The consistency should be like a thick honey. Once the scale is showing that the total desired amount of distillate +/- 20mg was removed (do not spend too much time with this step--it's very hard to get the number spot on. Additionally, some helpful equations to backtrack and figure out dosing are listed below). Record the number and put the distillate end of the tool into the heated base fat and stir vigorously until there is no distillate left on the tool. If using other cannabinoid isolates, repeat this step with a clean utensil. Weighing will be easier due to the powder form. Now take a spatula or whisk and stir the fat for 2 minutes to ensure that the d8 and cannabinoids are evenly distributed.

Step 3: Cooking with cannabutter: Use your cannabutter/oil in place of the non-psychoactive fat in your recipe. If the cannabutter is not the full amount of the fat necessary, then add the non-psychoactive butter or oil to get to that correct amount.

Recommended materials:

- A scale that goes down to milligrams (three places to the right of the decimal, 1 mg increments)
 - OR a centigram scale (two places to the left of the decimal, 10mg increments)
 - .10=100mg, .01=10 mg
 - **Quick note:** more accuracy is always better, but milligram scales are 3-4 times more expensive than centigram scales and do not help that much more
- Dabbing tool/spoon
 - These are used for a method of getting high in which distillate is vaporized, but I have found that they are also excellent for helping to measure out distillate for edibles
- Other cannabinoids to “fill out” the experience. I recommend CBG, CBD, and CBC.

Glossary:

Δ⁸ THC/Delta-8 THC/D8: Hemp-derived psychoactive chemical very similar to the chemical found in marijuana.

Delta-9 THC: Psychoactive chemical responsible for most of the effects of marijuana.

Distillate/oil/concentrate: Highly purified, or concentrated, form of THC resembling tree sap that is fat and alcohol soluble. It usually is about 93% THC though it can vary. For making edibles do not buy distillate with added **terpenes**. Check your test papers to find out the percentage.

Cannabinoid: Active chemicals found in the cannabis plant. Some are psychoactive while others are not. All are bioactive in some way. See list of common cannabinoids, their effects, and recommended percentages below.

Terpenes: Natural essential oils responsible for the smell and flavor of marijuana.

Isolate: This is a powder form that many non-psychoactive cannabinoids come in. The purity is usually above 99% and they are fat soluble.

Hemp Plant: Cannabis plant that does not produce significant amounts of d9 THC and has many industrial uses. Legalized in 2018 by the Farm Bill.

Sourcing: Here is a list of some trusted distillate sources. I gave one other option but Cannaclear is far and away better than all the others.

- My favorite by far: **Cannaclear**
- Unlimited options beyond distillate: Vivimu

To avoid

- 3Chi
 - Fuck 3Chi. Low quality, incredibly expensive trash
- Companies that are not 3rd party tested and/or do not provide test papers

Other Cannabinoids:

Cannabinoid	CBD	CBG	CBC	CBT
Effect	-Clear headed in higher quantities -Fills out experience in lower quantities -Dulls psychoactive effects -Good for pain and inflammation	-Anti-anxiety -Smoother body feel -Energizing in smaller quantities -Sedating in higher quantities -Dulls psychoactive effects in high quantities -My favorite (non-psychoactive)	-Potentiates other cannabinoids leading to stronger and fuller effect	-Sedating -Good for sleep

		cannabinoid please consider using!		
Amount (as a percent of d8 dose)	5-10% -fuller experience 10-25% -pain and inflammation without dulling psychoactive effects too much 25-50% -Less psychoactive, increased body benefits 50-100+% -Much more clear headed, therapeutic	5-10% -smoother experience 10-25% -highly relaxing and anti-anxiety effects 25-50% -sedating and less psychoactive 50-100+% -therapeutic effects, great for anxiety	5-7%	5-10%

Important notes:

- There is nothing more important than accurate dosing!
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- Avoid making highly potent cannabutters as they will be less bioactive and possibly taste bitter
- Using the microwave to heat up distillate is not recommended because it can possibly degrade THC, though there is no scientific evidence to prove this currently. It may be a valid way to soften the distillate if a water bath is not possible.
- THC is NOT water-soluble. Though it can be dissolved in fats, high percentage alcohol, vegetable glycerin, among other less common solvents.
- Avoid distillate syringes because they are more annoying to use and worse value.
- Do not buy distillate with added terpenes. This is essentially adding flavors and reducing potency of the d8. Concentrate with terpenes is sold for people interested in vaping the d8.

Lastly, here is a list of helpful equations to figure out dosing:

****Weight of distillate will always be in milligrams**

****Other units in the equation must be the same**

1. To find new dose per serving if a different amount was added to the fat than anticipated:
 - a. $(\text{Total distillate added by weight} / \text{distillate potency decimal}) / (\text{Number of servings in recipe}) = \text{accurate new dose per serving}$
2. If a food is not easily divided into servings:
 - a. $(\text{Total weight of food}) / (\text{Total distillate added by weight} / \text{distillate potency}) \times (\text{weight of your serving}) = \text{dose per specific serving}$
3. Dosing cookies accurately if your total amount of THC added was equal to anticipated amount:

- a. $(\text{Total weight of food}) / (\text{Number of servings}) = \text{weight each cookie should be (weigh each cookie before baking!)}$
 4. Dosing cookies accurately if a different amount was added than anticipated (keeping same number of servings):
 - a. $(\text{Total distillate added by weight} / \text{distillate potency}) / (\text{number of servings}) = \text{Dose per serving}$
(Do calculation 3 to figure out cookie weight)
 5. Dosing cookies accurately if a different amount was added than anticipated (keeping same dose)
 - a. $(\text{Total distillate added by weight} / \text{distillate potency decimal}) / (\text{desired dose per serving}) = \text{New number of servings}$ (Do calculation 3 to figure out cookie weight)
-

Anti-Racist Stand Up Joke

Henry Levitt

"I think we all are slightly racist in some way. And I do think it's probably good to examine our preconceived notions about different racial groups. But if I see you reading an anti racist book I'll immediately assume that you're a full on racist.

Seriously, what's the book for at the end of the day?

It's a self help book for recovering racists.

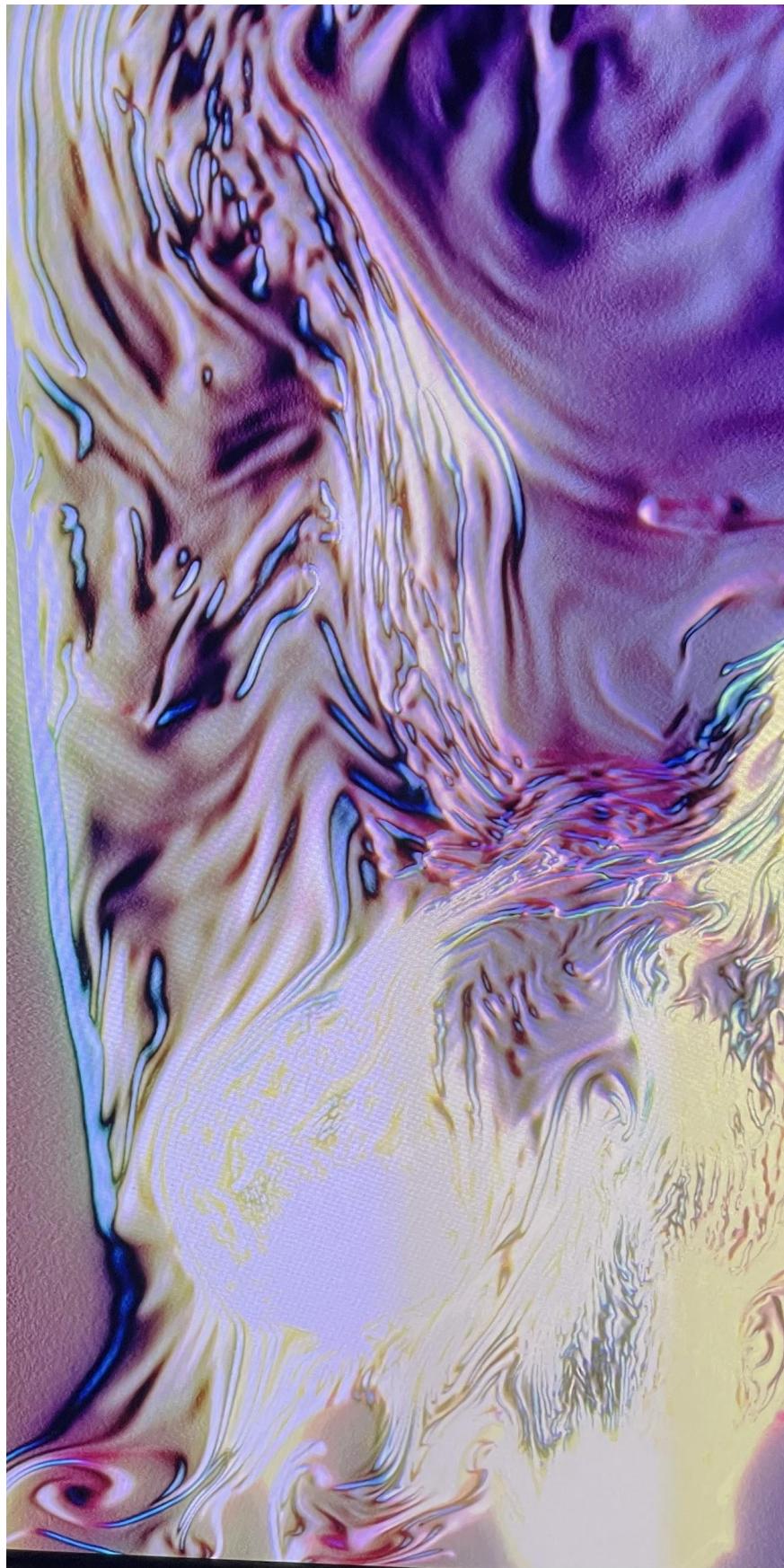
Or maybe it's a manual of how not to be racist. I don't know, I've never read one.

But either way, I'm impressed with your ability to admit that you're racist publicly.

You can get lynched for that nowadays!"

Turbulent Flow

Ben Wiener



Melting

Ben Wiener



Renewal

Ben Wiener



Ginkgos Galore!

Henry Levitt

How did this even start? Let me key you in...it was the evening of the 22nd of September, 2022 when Yours Truly was playing capture the flag on North Campus with the Outdoor Activity Club. There was a tree that happened to drop a large quantity of wrinkled fruits with yellow flesh and large pits within the boundaries of the game. Being perhaps too curious, I naturally tried some of the flesh of this unknown fruit, and much to my surprise, it tasted good! It was sweet with a pear-like flavor and some citrus notes. Though, it was highly astringent and left my mouth completely puckered. Well, I thought, what if I made a jam out of these fruits, or even try to ferment them!



Alas, the next day I returned to obtain a significant quantity of these fruits, still without knowing the identity. I was on my knees removing pits and throwing the flesh into a gallon ziplock when a kind young man approached me and asked what I planned to do with the "Ginkgo". I relayed my plan and he, with more common sense than I could muster, suggested I look into whether these fruits are safe to consume.

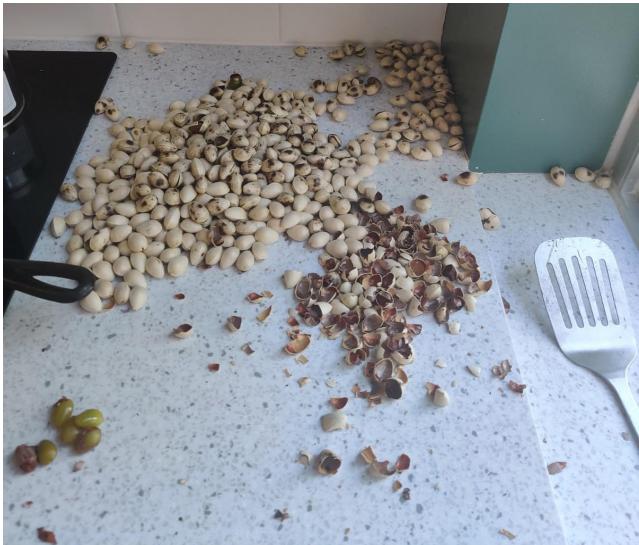
As I began my internet query I quickly realized that 1) ginkgo flesh is wholly unsafe to consume in almost any quantity, and 2) the fruits put off an incredibly putrid smell (quite similar to durian). Though the latter sounds obvious, I was so stuffed up that I didn't know I was rolling around in such stench until I looked it up.

So where does the

adventure continue from here now that the plan was foiled by ginkgotoxin (real name)? Well, it turns out that the pit I considered the waste material is actually the part of the plant that is consumed as it has significantly lower levels of the toxin, and so I began collecting the ginkgo nuts.

After filling the gallon bag to my heart's content, I trudged back to my dorm (un?)fortunately unaware of the putrid stench emanating from my person. I cleaned the nuts thoroughly in the community sink until it felt like they no longer stunk, though I had no way of knowing.



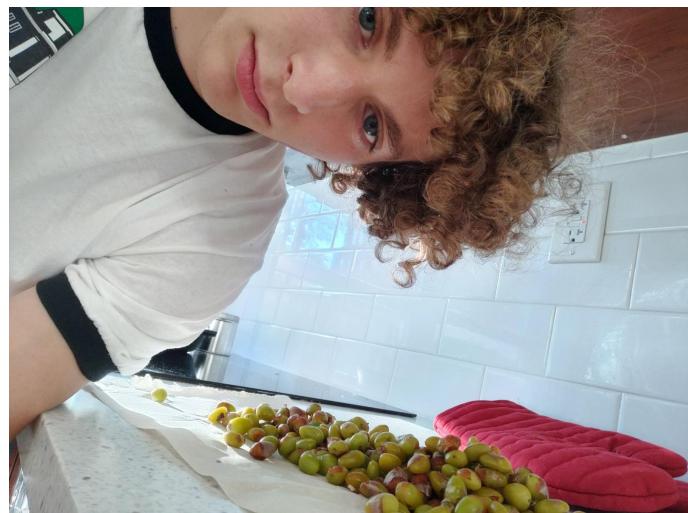


Ginkgo seeds must be roasted in order to not be toxic...so that's what I did next. I heated up the trusty cast iron and roasted the seeds in batches. When they were ready, they cracked open with a velocity similar to popcorn, still yet another surprise for this naive forager! Once all the batches were done roasting, I began to crack them open even more with my spatula so that the inner edible nut was accessible. The inner nut is a bright green and surprisingly soft for something considered a nut. Though the softness was shocking at first, it quickly grew on me and soon the texture was actually a boon. The flavor can be described as a mellow mix of chestnut and pine nut. I continued this cracking tedium, a sort of sisyphean exercise until, after



almost two hours, a heap of green "beans" stared at me. Oh and, the cooked beans are still toxic by the way, just slightly less than before:

eating 40-150 in a sitting causes adverse health issues. The good news is that the recommended dose of 8 a day can boost immune system function, brain power and a whole host of other benefits! The ginkgo nut project wasn't a waste of time after all!



The O.A.R. Project Update,

I regret to inform you, dear reader, that no progress was made this week due to a combination of events that sapped my time. One such event is detailed above.

This has been the Sensationalist #3

"One cannot hold an honest man at fault; a man is only as honest as his mind"