

# The Independent Investor

By Bill Schmick

## CBD is a real market

Cannabidiol is popping up all over the country. Local drug stores, supermarkets and health food shops, among other retailers, can't seem to get enough of this stuff on the shelves. Is this a fad, a fake or does it have some real health benefits?

It's called CBD for short, and this oil can be eaten, inhaled or applied to the skin. It is a substance extracted from the flowers and buds of the marijuana and hemp plant. And no, before you ask, you can't get high from it.

Back in the day (when I had hair to my shoulders and wore a buckskin jacket), I simply smoked marijuana or ate it in cookies. It contained THC, a chemical that attaches to the CB1 receptors in the brain and triggers all those familiar sensations like increased appetite, giddiness, moods swings, etc. Unlike THC, CBD was at first thought to attach to the CB2 receptors, which does not trigger psychoactive sensations. You don't get a buzz from it, although for someone like me, that is no longer important.

The FDA allows CBD to be prescribed for epileptic seizure disorders and other ailments, but the research for other uses is still ongoing. Most consumers are using it for things like inflammation and pain, especially for arthritis and injuries. Diabetes and acne are also conditions where CBD is used. Others believe it may have properties to treat Alzheimer's disease. Whether any of these claims are true will be borne out in time through research.

Given my own arthritis issues, I decided not to wait to try it on my neck problems. It worked. The pain vanished for an entire day. I gave some to my neighbor, who has the same condition. It worked on him as well. Certainly that is no scientific study, just personal experience. Now, what you should know is that CBD can be derived from both hemp and marijuana plants, which are similar, but not identical. Thanks to the Agricultural Improvement Act of 2018, hemp is now legal to grow and sell. Marijuana is not. The CBD derived from hemp is legal as long as it contains less than 0.3% THC.

Four years ago, sales of hemp-derived CBD oil was around \$90 million. By next year, sales are estimated to top \$450 million. If, over the next year or so, the federal government allows marijuana-derived CBD to be legally sold, the CBD market could generate as much as \$1.2 billion in revenues.

CBD crystals are the purest form of the product. They can be dabbed, made into a tincture or used as an edible product by mixing it with high-fat foods. Topicals and salves can be sold as soap, lotions, even shampoos. It can be inhaled as a wax or inhaled as a vapor, as well as eaten in chocolates, baked goods and even gummy bears. Pills and capsules are now marketed as nutritional supplements as well.

By the way, Titus, our 10-year-old chocolate lab, has been eating CBD-infused snacks for over two months now. Like me, Titus suffers from arthritis (me in the neck/back, him in both shoulders). Since he has many of the same brain receptors that I do, CBD works on his arthritis as well.

While pot stocks overall remain the darlings of the stock market, at least those companies that sell the legal form of CBD may have some real value. As for the companies that market the THC-based products, the risk is much higher. Under federal laws, growing and selling marijuana is not legal, at least until the U.S. government and more states pass new legislation that would legalize those products. That should happen within the next 12-18 months, according to both company managements and some legislators.

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## 2019 Woman of the Year

The League of Women Voters of Carteret County is pleased to announce that the 2019 Woman of the Year award luncheon will be held on August 22 at 11:45 a.m. at the Trinity Center in Pine Knoll Shores. This year's guest speaker is Dr. Lin Logan from Dare County, who will speak on "The History of the ERA."

The 2019 Woman of the Year winner—based on votes from the community—will be announced at the luncheon. This award was created in 2000 to spotlight and recognize the role that women play in our community across many diverse fields, including arts, education, health care, government, law enforcement, business, not-for-profit and others. Nominations are open to everyone in the community and must be submitted by Monday, June 24, at 5 p.m. Nominees must reside in Carteret County to be eligible.

Nomination forms are available online at [lwvcarteretcounty.org/home](http://lwvcarteretcounty.org/home) and may be submitted by email to [carolgeer@gmail.com](mailto:carolgeer@gmail.com) or printed and mailed to Woman of the Year 2019, PO Box 2181, Beaufort, NC 28516.

Biographies of the top nominees will be featured in the "Coastal Living" section of the *Carteret County News-Times* on Sunday, July 7. An online website for voting will be made available to all in our community at that time, with a deadline for voting of August 16 at 5 p.m.

League of Women Voters President Carol Geer states: "The League of Women Voters of Carteret County is proud to honor the great work and positive impact that women have had in our community throughout the years, and we continue to support the vital role that women play in building our community that make it a better place to live."

Tickets are \$25 for the luncheon. Please make reservations on or before August 12 by emailing [reenehawthorne@earthlink.net](mailto:reenehawthorne@earthlink.net).

*The League of Women Voters of Carteret County was formed in 1996 and is a nonpartisan political organization that encourages the informed and active participation of citizens in government. The league influences public policy through education and advocacy.*

PINE KNOLL SHORES

*Women's Club*

By Michelle Powers

The Pine Knoll Shores Women's Club members gathered at the Coral Bay Club on June 7 for the final meeting of the season and to install the new 2019-20 leadership team. Following a salad buffet, highlighted by the iconic Atlantic Beach pie for dessert, outgoing President Betty Thomas reviewed the year's activities. Of special note is the club's continued financial support of community organizations that improve the lives of county residents.

During the 2018-19 year, the club provided funds to the following town and county organizations: Friends of the Bogue Banks Library, Broad Street Clinic, Caroline's Playroom of the Domestic Violence Safe House, Food Bank of Eastern NC, Crystal Coast Autism Center, Pine Knoll Shores Fire Department, Pine Knoll Shores Police Department, Mile of Hope, and a special donation this year to the Atlantic Beach Fire Department in memory of Chief Snyder. The club continued its longstanding commitment to students at Carteret Community College through its scholarship program, the club's major charitable activity, funded primarily through the fashion show fundraiser held each year. This year, a special donation was made to the Carteret County Schools Foundation to assist students impacted by Hurricane Florence.

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