

# 420/716

## MAGAZINE

*The voice of the 420 community in the 716.*

# THE MARKET GREW UP. DID THE INDUSTRY?



2026: NAVIGATING THE  
GREEN ECONOMY

CANNABIS WITHOUT  
THE HYPE



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Do not drive or operate machinery after consuming cannabis. Effects may be delayed. Use responsibly and in moderation."

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# 420/716

MAGAZINE

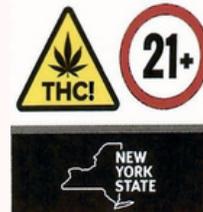
The voice of the 420 community in the 716.

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**For ages 21+ only.** Consume responsibly. Cannabis may impair judgement and coordination. Follow all applicable laws. Content is informational only.

WELCOME TO

# 420/716 MAGAZINE

The voice of the 420 community in the 716.



**THANK YOU FOR PICKING UP  
OUR MAGAZINE**

**We're proud to work alongside  
the 420/716 community as we  
composed this publication.**

**Our goal is to be a trusted source  
for local cannabis information:  
Local stories. Real voices.**

**Free for adults 21+**

**We look forward to our  
Spring 2026 issue.**

420/716 Magazine is a free, bi-monthly publication serving the Buffalo-Niagara region and Western New York's 716 area code.

Discover local cannabis news, dispensary directories, events, and more...

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*716 Area*

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# IN THE NEWS

## BORDERLAND 2026 RETURNS TO KNOX FARM SEPT. 18-20

Borderland Music and Arts Festival returns to Knox Farm State Park Sept. 18-20, 2026. Borderland is a three-day music and arts festival with craft beer, culture, artisans and food at Knox Farm State Park in East Aurora, New York. Early-bird tickets are available now. Visit: <https://borderlandfestival.com/>

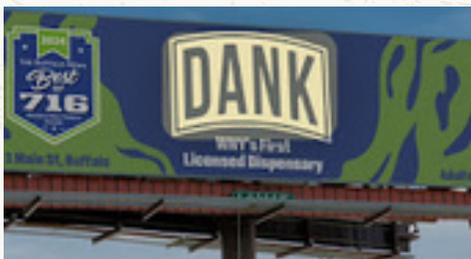


Organizers promise a genre-spanning lineup, expanded sustainability efforts and community programming.

Details and updates at [borderlandfestival.com](https://borderlandfestival.com/), coming soon nationwide.



## LATEST NEWS



### FIRST LICENSED DISPENSARY IN WNY DANK 716 IS CLOSING

After years serving Buffalo's cannabis community, Dank 716 closed its doors, leaving memories, loyal customers, and a changing market to define what comes next locally. According to an email from the owner: "We planning on closing and going into a different industry altogether".

[DAILY UPDATES AT 420716.COM](#)



### FALLING CANNABIS PRICES RESHAPE THE 716 MARKET

Declining wholesale cannabis prices are reaching consumers across the 716 as improved supply and market stability push retail prices lower. As price compression accelerates, competition is shifting from scarcity to branding, customer experience, and loyalty. Prompting a question: what does \$50 deliver compared to 2025?



### \$20K REWARD FOR THE LARGEST 420 ROBBERY IN NY

716 Cannabis, LLC is offering a \$20,000 reward for information leading to arrests in New York's largest cannabis theft, after nearly \$500,000 in product was stolen in Blasdell. Sources say law enforcement is actively following up on all leads.

# Navigating the **GREEN ECONOMY**

BY 420/716 EDITORIAL TEAM



## **A New Cannabis Landscape: How 2026 Regulations Are Reshaping the 716 Market**

2026 brings a new regulatory reality for cannabis operators in the 716 and across the United States. Federal posture is shifting, state oversight is maturing, and the gap between compliant businesses and the gray market is narrowing.

Bottom line: The 716 cannabis market is no longer defined by uncertainty. In 2026, success favors operators who understand the law, anticipate regulatory direction, and build businesses designed for a durable, regulated future.

### **Federal Developments**

At the federal level, the most consequential change remains the movement toward rescheduling cannabis from Schedule I to Schedule III under the Controlled Substances Act. While not legalization, this shift signals a meaningful reduction in perceived enforcement risk and regulatory hostility. From a legal standpoint, rescheduling would materially alter federal tax treatment, particularly by weakening or eliminating the application of IRC §280E, which has long distorted operator balance sheets.

Equally important—but more immediate—is Congress’s action on hemp-derived intoxicants. The revised federal definition of hemp moves toward a “total THC” standard with a delayed effective date in late 2026. This change directly impacts retailers who relied on delta-8, THCA flower, and similar products, signaling a gradual but decisive contraction of the federal gray market. For compliant New York operators, these federal developments favor businesses already operating within regulated frameworks,

while increasing pressure on unlicensed and quasi-legal competitors.

**“Federal reform is incremental, but markets respond to direction, not deadlines.”**



Money and marijuana intersect as cannabis reshapes local economies, highlighting how regulation, investment, and consumer demand are redefining value in the modern green economy.



## “In 2026, compliance is no longer optional —it’s a competitive advantage.”

### State Developments

New York’s Office of Cannabis Management (OCM) continues to refine its regulatory architecture. Updated packaging, labeling, marketing, and advertising (PLMA) rules now provide clearer guidance on signage, promotions, and loyalty programs, while tightening product presentation standards. Importantly, transition periods acknowledge inventory realities—an indicator of a regulator shifting from emergency governance to long-term administration.

Licensing timelines have also stabilized. Provisional and adult-use licenses have been extended through 2026, giving operators additional runway to secure compliant locations and financing.

Perhaps most impactful locally is the evolving interpretation of school-proximity rules. Temporary measurement standards remain in place through early 2026, but the episode underscores a central theme of the new market: legal diligence now matters as much as branding or location.

## 420/716 REGULATORY SNAPSHOT — 2026

What Changed. What Matters.

### FEDERAL CHANGES (USA)

What’s shifting nationwide



#### Cannabis Rescheduling

- Moving toward Schedule III
- Eases tax pressure, attracts capital.



#### Hemp Loophole Closing

- “Total THC” standard by 2026.
- Limits delta-8 & THCA products.



#### Enforcement Softening

- Less hostility to legal markets.
- Markets react to new signals.

### STATE CHANGES (NEW YORK)

What affects the 716 directly



#### Clearer Marketing Rules

- Expanded ads and promotions
- Brands can market with confidence.



#### License Runway Extended

- Licenses extended to 2026.
- More time to open and grow.



#### Illicit Shop Crackdowns

- OCM seizing illegal shops.
- Licensed stores better protected.

Regulated cannabis is the future.

Compliance means success now.

2026 vs 2025: More Structure • More Competition • Less Uncertainty

Have a regulatory question?  
Send it to our editor at: [editor@420716.com](mailto:editor@420716.com)

# THE MARKET GREW UP. DID THE INDUSTRY?

Our Answer:

# HELL YEA!

*Congratulations to the Organizers of 2026 SUNY Cannabis Conference ~Job Well Done!*

## SUNY NIAGARA'S CANNABIS CONFERENCE ISN'T JUST RELEVANT—IT'S ESSENTIAL.

Attending SUNY Niagara's 2026 Cannabis Conference felt less like a traditional conference and more like a genuine gathering of a community that's still finding its footing—and doing it together.

The overall vibe was welcoming, energetic, and refreshingly authentic.

From the moment we arrived, it was clear this event plays an important role in Western New York's cannabis ecosystem.

The number and diversity of vendors stood out immediately. From cultivation and lighting experts to ancillary service providers, educators, and health professionals, the floor was active and engaged without feeling overwhelming.

Conversations flowed easily, and there was a

shared sense that people were there to learn from one another, not just sell.

What truly set the conference apart was the depth of networking. This was an unparalleled opportunity to connect with professionals across medical, educational, regulatory, and business fields.

We spoke with patients and caregivers who shared firsthand stories of how cannabis has helped manage pain and improve quality of life—conversations that grounded the industry discussions in real human impact.

SUNY Niagara's Cannabis Conference isn't just relevant—it's essential. It brings science, policy, care, and commerce into the same room, reminding everyone why this work matters and why the 716 cannabis community is stronger when it grows together.

BY 420/716 EDITORIAL STAFF



We had great conversations with many vendors during the event including but not limited to these companies:



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**More Info.**



# CANNABIS HELPED ME

## PATIENT-FIRST INSIGHTS ON PAIN, RECOVERY, AND QUALITY OF LIFE

### INTRODUCTION

My name is Nikki Lawley. I am a licensed practical nurse, a traumatic brain injury survivor, and a patient advocate.

This column exists to explore cannabis as a tool for pain relief and quality of life through a patient-first, non-commercial lens.

I approach cannabis the same way I approached patient care—as a nurse and now as a patient—through observation, documentation, and critical thinking. What I share here is grounded in lived experience, informed by medical training, and shaped by years of tracking outcomes, symptom response, and functional improvement.

This space is not about trends, products, or promotion. It is about education, clarity, and empowering people to make informed decisions in a space that is often confusing and misunderstood.

This first column focuses on understanding pain relief through documented patient experience.

### WHEN EVERYTHING CHANGED

On October 11, 2016, my life changed in an instant.

While working as a pediatric nurse, a workplace accident resulted in a severe blow to my head. I experienced immediate neurological symptoms and was later diagnosed with a traumatic brain injury and cervical instability.

### MY NEW LIFE AS A PATIENT

That day marked the end of my nursing career and the beginning of a long and uncertain recovery.

What followed was familiar to many people living with invisible injuries: constant appointments, testing, and treatment plans that rarely addressed the full picture. Chronic pain, cognitive impairment, memory challenges, and emotional dysregulation became part of daily life.

Medications intended to help often introduced side effects that made functioning harder. Tasks that once required little effort—remembering appointments, organizing my day, caring for myself—became overwhelming.

Cannabis entered my life cautiously and without expectation. What I noticed first was not escape or intoxication, but change. Pain became more manageable. Sleep improved. Cognitive clarity returned in measurable ways. These were outcomes I could observe, track, and document over time.

As a nurse, anecdotes were not enough. I needed understanding—and that need reshaped how I approached cannabis entirely.



*More from Nikki*



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# CONNECT THE DOTS

## WHAT I BRING — AND WHAT'S NEXT

### WHAT I BRING — AND WHAT'S NEXT

What I bring to this column is the space between medical training and patient reality.

I understand how healthcare systems document symptoms and outcomes, and I understand how patients feel when information is incomplete or confusing. Having lived on both sides of the chart allows me to translate complex ideas into practical understanding—without oversimplifying or sensationalizing.

My work focuses on intentional cannabis use. I document outcomes, track symptom response, and rely on Certificates of Analysis rather than strain names. Over time, patterns emerge.

For me, THC percentage proved far less predictive of pain relief than cannabinoid balance and terpene profiles. That insight changed how I used cannabis—and how I talk about it.

### WHAT'S NEXT?

In upcoming issues, this column will explore topics many people encounter but rarely see explained clearly. We will examine the real differences between medical and adult-use dispensaries, including how patient support, guidance, and goals differ between the two systems. We will also explore terpenes—what they are, how they function, and why they matter for pain relief and daily function.

This column is about education, literacy, and restoring trust.

For additional patient tools and educational resources, visit [nikkiandtheplant.org](http://nikkiandtheplant.org).



Patient Advocate | Traumatic Brain Injury

**Medical marijuana can have a profound positive impact on your traumatic brain injury.**



**Nikki Lawley, LPN**  
[nikkiandtheplant.org](http://nikkiandtheplant.org)  
[nikkeylawley1@gmail.com](mailto:nikkeylawley1@gmail.com)  
716-870-4744

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# Voted best Dispensary in Chatauqua County 2025!



**Locally owned and operated, specializing in hand crafted local  
cannabis and hand blown glass.**

**Liquid Monkey has been a local favorite for 20 years in  
Jamestown, NY 14701.**

**Stop in and check out our friendly vibes and  
great cannabis products!**

**Liquid  Monkey**

**177 Fluvanna Ave Jamestown  
NY, 14701**

**OCM-RETL-25-000311  
liquidmonkeyglass@icloud.com**

# DISPENSARY SPOTLIGHT

## YETI CANNA

Lackawanna, NY

Located along Abbott Road in Lackawanna, Yeti Canna is a licensed adult-use dispensary with deep roots in Western New York's cannabis history. Long active in the region prior to legalization, Yeti now operates fully within New York State's regulated market. Inside its calm, thoughtfully designed space—known as “The Cannabis Cave”—customers can explore a wide range of state-licensed products, including flower, pre-rolls, edibles, concentrates, vapes, and accessories. Staff are trained to provide factual, guideline-compliant information, helping adults 21 and over understand product differences without making medical claims. Yeti Canna's mission is simple: provide a consistent, compliant, and welcoming retail environment that supports informed choices while remaining connected to the local community it has served for years.

### FAST FACTS

**Location:** 1385 Abbott Rd, Lackawanna, NY 14218

**License Type:** Recreational

**Ownership:** Minority

**Focus:** Their aim is simply to help adults 21 and older make informed choices that fit their preferences.



Learn more about  
this dispensary

## Liquid Monkey

### FAST FACTS

**Location:** 177 Fluvanna Avenue  
Jamestown, NY 14701

**License Type:** Recreational

**Focus:** Licensed dispensary with a creative hub rooted in community and craftsmanship



Learn more about  
this dispensary

## LIQUID MONKEY

Jamestown, NY

Liquid Monkey is a licensed adult-use dispensary located on Fluvanna Avenue in Jamestown, blending cannabis retail with artistic heritage and community identity. The warm, wood-accented showroom features locally inspired design elements, including a custom floor made from thousands of copper pennies. Founded by Jamestown native and scientific glassblower Grant Robinson, the business grew from a small handmade glass operation into a regulated cannabis storefront. Grant's creative background continues to shape the shop's culture, balancing professionalism with craftsmanship. Today, Liquid Monkey operates fully within New York State guidelines, offering adults 21 and older a compliant retail environment rooted in creativity, resilience, and local pride. The dispensary reflects a commitment to responsible operations while honoring the artistic journey that inspired its name and space.

## 716 CANNABIS

Hamburg, NY

716 Cannabis is a licensed adult-use dispensary located at 5161 Camp Road in Hamburg, New York. Known for its warm atmosphere and knowledgeable staff, the store blends modern design with a community-centered feel that welcomes both new and experienced consumers. A standout feature is its state-of-the-art display technology, which allows customers to see and smell flower before purchasing, promoting transparency and informed decision-making. The dispensary is Black woman- and veteran-owned, with leadership focused on representation, access, and education within New York's legal market. The menu includes state-licensed flower, vapes, pre-rolls, edibles, tinctures, topicals, and accessories, available in-store or online. General Manager John Duncan brings a strong background in high-value retail, emphasizing trust, clarity, and respectful guidance—values that have helped build a loyal customer base and a strong neighborhood presence.

### FAST FACTS

**Location:** 5161 Camp Road Hamburg, NY 14075

**License Type:** Recreational

**Ownership:** Veteran/Minority

**Focus:** Known for its warm atmosphere, knowledgeable staff, and commitment to helping customers make informed choices.



Learn more about  
this dispensary

### FAST FACTS

**Location:** 146 Virginia St. Buffalo NY 14201

**License Type:** Recreational

**Ownership:** Veteran/Minority

**Focus:** It's approachable, friendly, and designed for adult consumers of all experience levels.

Learn more about  
this dispensary

## BEST BUDZ 716

Buffalo, NY

Best Budz 716 offers a bright, approachable, and pressure-free cannabis retail experience in downtown Buffalo. Designed for adult consumers of all experience levels, the dispensary features a clean, open layout that encourages browsing, questions, and informed choices. Local ownership and community values are central to the store's identity, reflected in its transparent operations and responsible education-first approach. Co-owner Rodney sums it up simply: an educated consumer is the best customer. Staff are trained to provide clear product information while maintaining a welcoming, compliant environment. With no gimmicks or hype, Best Budz 716 has become a trusted destination for adults seeking a straightforward, legal cannabis shopping experience that reflects the authenticity and values of the 716 community.

# CONNECT. ORGANIZE. ADVANCE.

BUFFALO CANNABIS NETWORK

EST. 2022



Not a marketplace.  
Not a hype machine.  
Just THE network.

## BENEFITS

### NETWORKING SOLUTIONS

Connecting people who are actually building cannabis in Buffalo. No fluff. No noise.

### LOCAL VISIBILITY

Editorial features, listings, and cultural context, without the hard sell.

### INDUSTRY CONNECTIONS

Operators, brands, and creatives, already talking to each other.

## OUR MEMBERS

### DISPENSARY OPERATORS

Looking to be part of the local conversation? *You're already invited.*

### CREATIVES

Photographers, designers, writers, strategists. If you live here, this is for you.

### PROCESSORS, CULTIVATORS

Brands Built in Buffalo. Grown with intention.



### INDUSTRY FAMILY

Become part of BCN'S community and start building meaningful connections today.

## JOIN TODAY

Dispensaries,  
Brands, Creatives,  
Investors, Operators,  
Policy Makers



Building Buffalo's  
Cannabis Future,  
Together

[buffalocannabisnetwork.com](http://buffalocannabisnetwork.com)

50+  
EVENTS

1500+ EMAIL  
SUBSCRIBERS

4 YEAR  
TRACK RECORD

## CLASSIFIEDS

### OPERATOR SEEKING CONTEXT

Licensed. Operational. Busy. Trying to understand the local ecosystem faster.

### EDITOR, WRITER (FREELANCE)

Cannabis-adjacent experience preferred. Not interested in rewriting press releases.

### MEDIA BUYER, STRATEGIST

Knows paid channels. We need better organic context.

### NYC DISTRO PARTNER

Not starting from zero. Just need the right connections.



### CREATIVE DIRECTOR, PHOTOGRAPHER

Strong portfolio. Buffalo-based. Looking for work that actually circulates here.

### MARKETING MANAGER (DISPENSARY)

Have budget. Have compliance handled. Need better local visibility than boosted posts.

### HELP! WITH EMAIL LIST.

Vendors, agencies, "partners." Just want to know what actually matters here.

### THIS IS NOT A JOB POST

It's a network.  
Buffalo Cannabis Network  
[buffalocannabisnetwork.com](http://buffalocannabisnetwork.com)

# Beginners Guide to Cannabis

BY 420/716 EDITORIAL STAFF



**“There’s no wrong way to start—just start low, go slow, and stay curious.”**

## Welcome to the World of Cannabis in the 716

If you’re new to cannabis, take a breath—you’re not late, and you’re not alone. Across Western New York, cannabis has moved from whispers to storefronts, from taboo to thoughtful conversation. Welcome to the world of cannabis in the 716, where curiosity is welcome and questions are encouraged.

### The Science Might Surprise You

This isn’t your parents’ cannabis. Today’s legal cannabis is grown with precision, tested for safety, and labeled with more information than most food products. THC (tetrahydrocannabinol) is the compound responsible for the “high,” while CBD (cannabidiol) is known for calming, non-intoxicating effects.

But the real magic happens in terpenes—aromatic compounds that influence how cannabis feels, smells, and tastes. Different combinations of cannabinoids and terpenes can affect energy, relaxation, creativity, or focus. That’s why two products with the same THC percentage can feel completely different.

### Dispensary Stage Fright Is Real

Walking into a dispensary for the first time can feel intimidating. Bright menus. New terminology. People who look like they know exactly what they want. That nervous feeling? Totally normal.

Remember, dispensaries exist for people exactly like you—new, curious, and learning.

Here’s how to beat dispensary *stage fright*:

- Know your goal: Relax? Sleep better? Feel social? There’s no quiz—just be honest.
- Ask questions: Budtenders are trained guides, not judges.
- Start small: Low-dose edibles or pre-rolls are beginner-friendly.
- Take your time: You’re allowed to browse.

### What Is Bioavailability?

Bioavailability is the percentage of a cannabinoid that actually makes it into your bloodstream after consumption. In simple terms: how much your body can really use.

**420/716 QUICK GUIDE**

## HOW YOUR BODY ABSORBS CANNABIS

*Why how you consume matters more than how much you consume*

- INHALATION**  
*Smoking / Vaping*  
 Bioavailability: 10–35%  
Onset: 2–10 minutes
  - Fastest effects
  - Easy dose control
- SUBLINGUAL**  
*Tinctures*  
 Bioavailability: 12–35%  
Onset: 15–45 minutes
  - Balanced absorption
  - Precision dosing
- ORAL**  
*Edibles*  
 Bioavailability: 6–20%  
Onset: 30–120 minutes
  - Longer-lasting effects
  - Stronger liver metabolite

*“How you consume cannabis matters as much as how much you consume.”*

**START LOW • GO SLOW**

**420/716**  
MAGAZINE

**“Terpenes don’t just shape aroma or flavor—they influence mood, energy, and relaxation, often guiding how cannabis actually feels for beginners.”**

## CANNABIS STRAINS

sativa	indica	hybrid
		
<b>High THC level</b> Energizing Stimulating Reduce anxiety Increase creativity Increase focus	<b>High CBD level</b> Relaxing Relief of pain Decreases nausea Increases appetite Better sleep	<b>Mix</b> Indica and Sativa effects depending on the traits from their parent strains

### Understanding Terpenes: The Personality Behind the Plant

If cannabinoids like THC and CBD are the engine of cannabis, terpenes are the steering wheel. They don’t just influence how cannabis smells or tastes—they help shape how it feels. Terpenes are aromatic compounds found in many plants (including citrus, pine, and herbs), and cannabis happens to be especially rich in them.

For beginners, terpenes are one of the most useful tools for choosing the right product. While strain names can be confusing and THC percentages don’t tell the full story, terpene profiles often provide clearer clues about the experience you might have.

### Common Terpenes You’ll Encounter

Here are a few you’re likely to see on dispensary labels:

#### *Limonene*

Often described as citrusy or bright, limonene is commonly associated with elevated mood, stress relief, and mental clarity. Many people gravitate toward limonene-heavy products for daytime use.

#### *Myrcene*

Earthy, musky, and herbal, myrcene is linked to relaxation and body-focused effects. It’s frequently found in products people choose for winding down or evening use.

#### *Pinene (α-pinene & β-pinene)*

As the name suggests, pinene smells like pine or fresh woods.

It’s often associated with alertness, focus, and memory retention.

#### *Linalool*

Floral and calming, linalool is also found in lavender. It’s commonly linked to relaxation and may feel soothing or sedating for some users.

#### *Caryophyllene*

Spicy and peppery, this terpene is unique because it interacts with cannabinoid receptors directly. It’s often associated with stress relief and physical comfort.

What’s important to understand is that terpenes work together with cannabinoids, influencing how THC or CBD is experienced.

### Why This Matters for Beginners

Two products with the same THC percentage can feel completely different depending on their terpene profile. Learning a few terpene names can help you make more confident choices—and better explain to a budtender what you’re looking for.

### Safety Tips for New Cannabis Consumers

If you’re just starting out, keep these basics in mind:

- Start low and go slow, especially with edibles

Avoid mixing with alcohol until you understand how cannabis affects you.

With a little knowledge and a cautious approach, beginners can explore cannabis with confidence—right here in the 716.

## BUFFALO CANNABIS NETWORK Buffalo, NY

Founded in 2022, Buffalo Cannabis Network (BCN) was created to connect people navigating New York's emerging legal cannabis industry. What began as informal coffee meetups evolved into a structured community focused on building real relationships among operators, service providers, advocates, and supporters. BCN hosts educational sessions, networking events, and industry gatherings across Western New York, emphasizing trust, collaboration, and practical support over sales-driven programming. Its impact is best seen through the connections it fosters—helping businesses find partners, advisors, and resources during complex licensing and launch phases. BCN's mission is simple but powerful: strengthen the industry by bringing people together before, during, and after the market takes shape, reinforcing Buffalo's long-standing tradition of relationship-driven business.

### FAST FACTS

**Founded:** 2022

**Location:** Buffalo, NY

**Focus:** Cannabis industry networking and education

**Mission:** Building connections across the 716 cannabis community



Learn more about  
this Business

### FAST FACTS

**Location:** 1100 Military Rd., Kenmore, NY 14217

**License Type:** Distributor

**Ownership:** Local

**Focus:** Bison Botanics products are carried in 35–40 licensed dispensaries across the 716 area code.



Learn more about  
this brand

EST. 2018

## BISON BOTANICS Kenmore, NY

Founded in 2018, Bison Botanics has grown from a small hemp and CBD operation into one of Western New York's most recognizable cannabis brands. Rooted in Buffalo, the company built its reputation on consistency, affordability, and patience as New York's adult-use market evolved. Today, Bison Botanics products are carried in 35–40 licensed dispensaries across the 716, with THC-infused beverages—especially the Loganberry flavor—emerging as a standout success. The company also operates a Kenmore storefront offering hemp and CBD products. Looking ahead to 2026, Bison Botanics plans to begin indoor cultivation, expanding quality control and genetics while continuing its seed-to-shelf vision grounded in craftsmanship, community, and long-term growth.

INDOOR FLOWER

# KNACK™

LOCALLY GROWN, LOCALLY LIT

## KNACK DIDN'T JUST POP OUT OF THIN AIR...

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Cannabis may impair coordination. Keep out of reach of children. In case of accidental ingestion or over-consumption, contact the Poison Center at 1-800-222-1222 or call 9-1-1. For help and info: New York State HOPELINE Call 1-877-846-7369 | Text 467369 Visit [oasas.ny.gov](http://oasas.ny.gov) for substance-use support and resources.

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