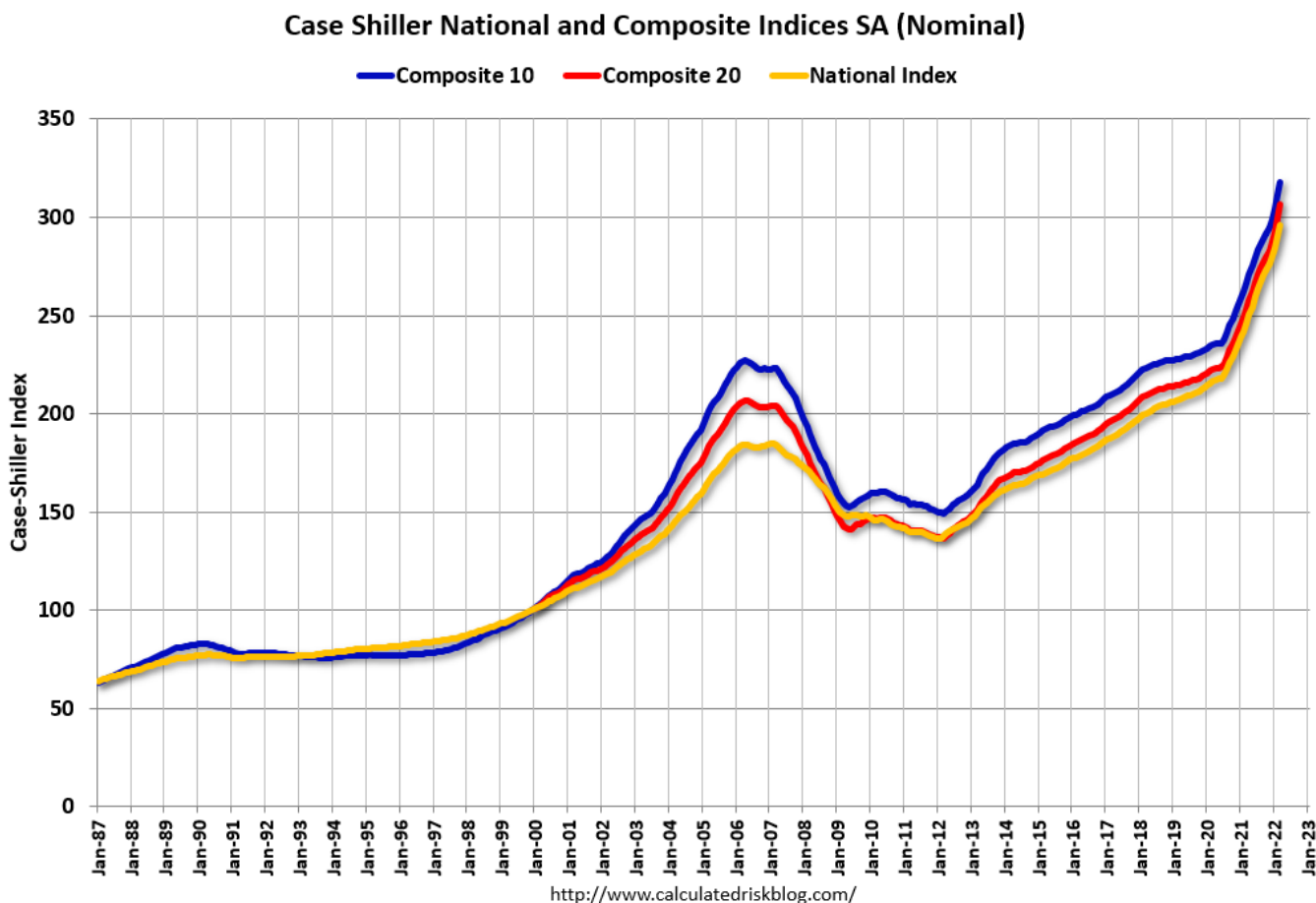


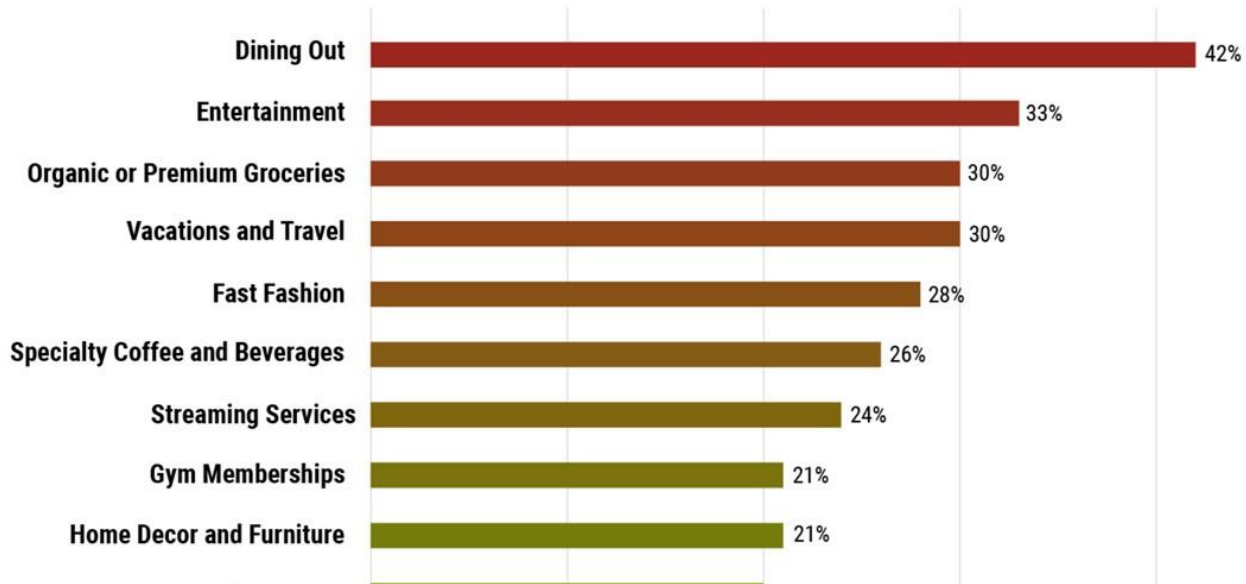
In a sign of these inflationary times, the Case-Shiller twenty city home price index [popped an astonishing](#) 20% year over year in March. You read that right. Houses across the United States are worth an absolute shit ton more this year than last. And yes, that's a technical term in my world.



And not to belabor it too much, but we are classily trained in the art of belaborment, inflation has spooked so many people out that a full 25% of Americans are [delaying retirement](#), or so says BMO Bank. That's right, one out of four are saying they can't get off the carousel because it's moving too fast.

INFLATION IMPACT ON U.S. DISCRETIONARY SPENDING

What discretionary spending will you cut back on due to rising prices?



Nobody told the people at California's most haute couture, highest priced natural foods market Erewon, about any of this. But the hot food island at the Venice location is the rumored to be better than Studio 54 in terms of pickups. We love you Erewon, as expensive as you are. Keep buying [Skinny Dips & Salsa](#) and help us make seed-based dips a reality.



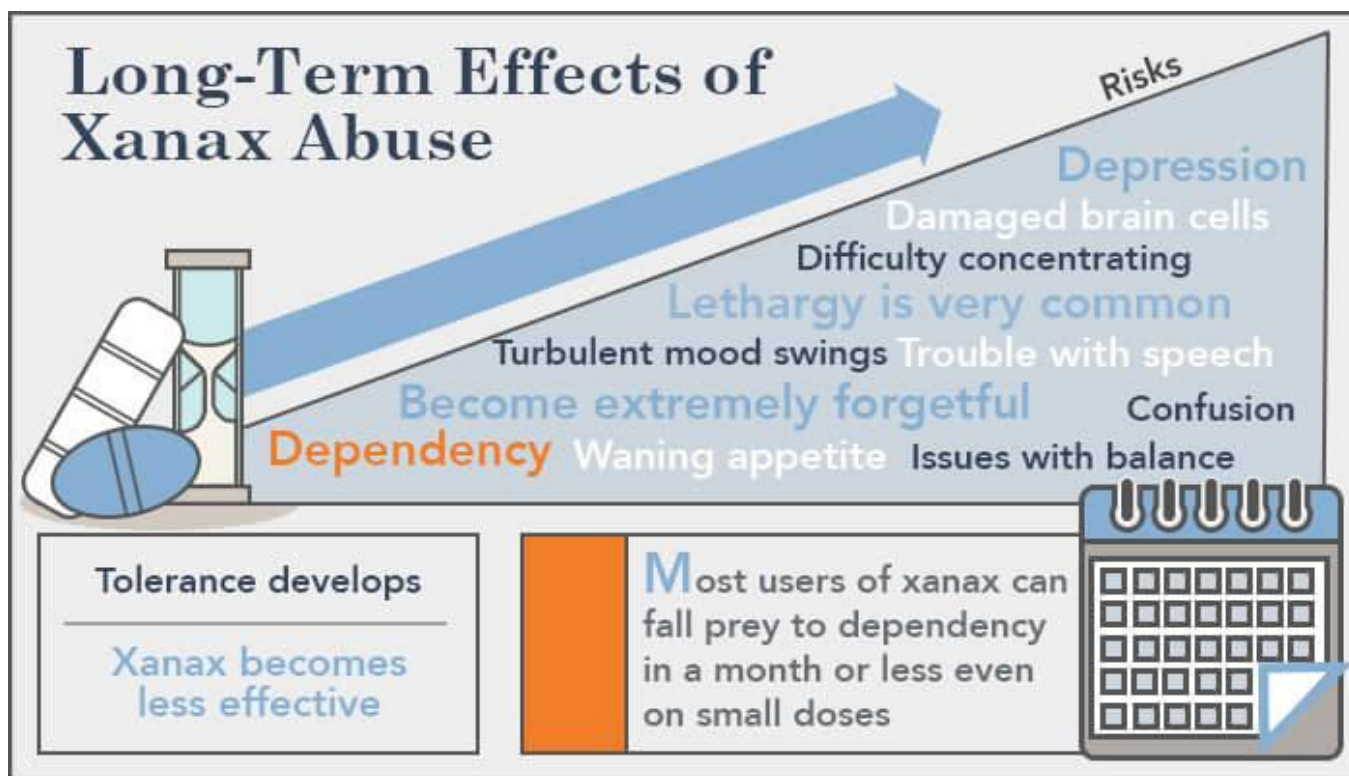
On that subject, and another story from the real world, a decent part of my Memorial Day weekend was spent in Los Angeles sourcing the best wet and dry ingredients for the 5,000 unit production run of Skinny Dips we are doing this Thursday. The other part of the weekend was spent loading up a cargo van with hundreds of pounds of cilantro and parsley at Talley Farms in Arroyo Grande, California. So, while participating in the Valley Club Member/Guest was a casualty of my busy schedule, advancing the cause of making a great consumer product and diversifying my financial risk in life is right up there with it. I hope you played well, boys. You included, Denny.



Further digression from the real world, and the world of finance, I came across an article in the San Francisco Chronicle detailing the city's latest pushing of the [mental health discovery](#) envelope: [Professor Seagull's Smartshop](#). It's a retailer focused on selling legal herbs, petals, mushrooms, and cacti that offer some form of enlightenment and clarity of thought. While there is a hint of psychedelic effects in the products, for the most part they are herbal remedies and elixirs that have been around for centuries.



As readers know, for a long time now I have been advocating for a fast tracking of research into psilocybin and its effects on mental health and the brain. Count me amongst the many people I know who occasionally 'micro-dose' their way into a clearer state of mind. But more importantly, count me in as one of those who think that many of the pharmaceuticals prescribed today are worse than what they are looking to treat. Anti-depressants? Welcome to living in a haze from hell. Anti-anxiety? Sure, give me something that makes me want to kill myself even more. I would call them both criminal, but I don't want to insult criminals.



Full disclosure, I believe in psilocybin for reasonable and appropriate mental health treatments and think it will be so life changing for many that I'm not afraid to advocate its legalization. I have zero interest in hallucinating. If I smoked weed in almost any amount, I'd wind up in the corner under a blanket sucking my thumb. I'm center right in politics, and until Biden I've rarely voted Democrat. And I like country music, and Yellowstone.



Point being, this is about treating mental health in a new manner and saving lives along the way. Interesting interview as well this week on Bloomberg with the CEO of Field Trip on the [effects of Ketamine therapy](#), and how it reduces down the effects of anxiety and depression. I'm not so sure that Ketamine has the best reputation in the business, but the guy is directionally accurate.



Finishing up our tales from the real world last week, the Friday before last I got to live a country song by taking the train from Santa Barbara to San Jose, having my momma pick me up at the station, and then driving her across the Nevada desert en route to her summer home in Red Lodge, Montana. We stopped at [Thunder Mountain Monument](#) along the way and I'm still trying to shake off what I saw.



The price of gasoline descended along the way, as did the price of meals and hotels. While not cheap, it beat the prices in California, but then again everything does. For the record, Golden Staters are more persona non grata in the Treasure State than you can imagine. It's so bad, I don't even like myself when I'm there.



But the trip was well worth it as I got to deliver a warm-hearted mother of two boys, grandmother of six more, to a place that she loves and brings her peace. That said, make her angry and you will experience something that would scare the love child of a wolverine and great white shark straight into therapy for life.



But she earned it, blazing a trail for women in the field of engineering and software when it was a men's only club. If a guy did what she did he would be called 'strong willed' and 'determined'. But a woman does it, and the moniker is quite different. But there she is, front and center. Pound for pound, the best mind in the bunch.



With that, we are checking out for the week. It's a short one, and we are going to let the markets do what they are going to do and be back next week with a fresh look at why, and what comes next. In the meantime, we leave you with one of those songs that should be inspire you to get on with living, release the bad, and do everything you rightfully want to do in this life, ['Til You Can't](#). Saw it performed at Stagecoach, and that's all I needed to hear.

