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### SunnyTien's Spencer Belz gives a lounge report card (continued)

Recent legislative changes have opened the door to the availability of THC drinks on the shelves of licensed dispensaries later in 2026. "THC beverages represent a significant aspect of a lounge experience that is currently missing. We're excited to be able to leverage the success of THC beverages and welcome new guests into the lounge for them. Maybe THC beverages are what is currently missing from our offerings around Live Sports viewing parties. Either way, we are excited to see how beverages fit into our model."

The possibilities are endless for cannabis consumption lounges, and if regulated sensibly, lounges will be a net benefit to the industry as a whole, especially here in South Jersey. Make some time to visit a lounge near you, and tell em Smoke Signal sent ya! **If you visit SunnyTien, make sure you get some food delivered from Jonuzi's Southside Pizza!**

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# THE SMOKE SIGNAL

SOUTH JERSEY FOREVER

Volume 2, Issue 3

March 2026

SHOWCASING CANNABIS-POSITIVE RESTAURANTS AND BUSINESSES IN YOUR AREA



## The Future of Social Cannabis: SunnyTien Consumption Lounge Blazing a New Trail in South Jersey

# WELCOME TO THE SMOKE SIGNAL

This is an independently-owned & produced magazine, highlighting the best of South Jersey cannabis culture! We celebrate weed, local arts & culture, and the small businesses that make South Jersey special!

You can show your support for The Smoke Signal by supporting & buying from the small businesses, dispensaries, and cannabis brands you see in our pages!

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**Graphic Design** Krista Sand

**Print Shop** Pirolli Printing Co.



**Cannabinoid Hyperemesis Syndrome (CHS)** is a medical condition that can develop in those who have a history of long-term cannabis use. Symptoms include severe abdominal pain, nausea, vomiting, reduced appetite, and anxiety. It is estimated to affect millions of Americans every year!

The Smoke Signal is proud to partner with **Janiris Almonte**, a local cannabis educator & professional, who wrote a guide for those suffer from this condition to address their symptoms and find community with others who have experienced CHS!

**“Sometimes, when you’re in a dark place, you think you’ve been buried, but actually, you’ve been planted.”**



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## Ask A Cultivator: Brian McGowan



### Where do you work? What is your role there?

I most recently served as Head Cultivator at Panda Farms by Bridge City Collective, where I led cultivation operations, oversaw plant health and environmental systems, and helped guide overall production strategy. My role combined hands-on growing with team leadership and workflow development.

Currently, I’m focused on expanding independent projects centered around sustainable cultivation, living soil practices, and community-based horticulture through Grateful Garden Healers and the ventures we’re building for 2026.

### How long did you work in cultivation before running your own operation?

I’ve been cultivating on and off for about 15 years, beginning as a legacy grower before transitioning into the legal market. Over that time, I developed a strong foundation in plant health, environmental management, and hands-on problem solving through direct experience.

I spent the past year working within the regulated industry, which gave me insight into operating at scale and navigating the structure of a licensed cultivation facility.

### What is one thing you wish the average cannabis consumer knew about your side of the business?

Cultivation is truly a 24/7 responsibility. Plants don’t take weekends off, and neither do growers. Beyond growing itself, a cultivator often has to wear multiple hats – from environmental troubleshooting to mechanical problem solving – because everything in the room affects the final product.

I also believe consumers should take the time to understand who is growing their cannabis. Ask questions. Learn about the practices, ethics, and standards behind the product. The integrity of the cultivation process matters just as much as the strain name on the label.

**Extended Edition of this interview is available on our website!**

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**COMMUNITY CALENDAR**

Every Monday & Wednesday in March @ 6:30pm - **Bend & Blaze Yoga (Top of the Green - Riverside)** - Learn & enhance your yoga practice in a 420 friendly environment! \$22 per class!

March 20<sup>th</sup> @ 6pm - **Backyard Habitats (Burlington County Agricultural Center - Moorestown)** - Join Principal Park Naturalist Jen Bulava who will be sharing how to attract pollinators and repel pests in your own backyard! Free, no registration required.

March 12<sup>th</sup> @ 7:30pm - **Weirdly Hilarious with Brad Wentzel (Broadway Theatre of Pitman - Pitman)** - Brad Wentzel is getting noticed for his standup specials, albums and appearances on CONAN! Come see him perform with local comics Jake Mattera & Tyler Wolf!

Every 4<sup>th</sup> Friday @ 6pm to 9pm - **Country Line Dancing with “Aunt Lynn” (Salem Oak Vineyards - Pedricktown)** - Learn some new moves, socialize, or just dance the night away! Wine & light food menu available.

March 8<sup>th</sup> @ 12pm to 2pm - **Tavern Talks with RevolutionNJ! (Garden State Beer Co - Galloway)** - Talk with reenactors of the American Revolution about the mindset of the people in 1776, and how it compares to our current events! \$5 entry, 21+

March 18<sup>th</sup> @ 6pm - **Camden Artists Meetup (JPEG Gallery - Camden)** - Networking, guidance, and collaboration for artists who want to bring their vision to life! Guest Speaker Namibia El will talk about her journey in creating children’s books! Free Event!

# SUNNYTIEN LOUNGE CREATES NEW SOCIAL OPPORTUNITIES FOR CANNABIS IN SOUTH JERSEY

by Dan Coyle, Editor of The Smoke Signal Magazine

In late summer 2025, NJ's Cannabis Regulatory Commission granted approval to 4 consumption lounges, where customers can purchase & consume cannabis on-site, safely & legally. This month, we sat down with Spencer Belz, SunnyTien's COO, to debrief about the last 6 months and the future of consumption lounges in NJ.

In their first 6 months of operation, SunnyTien's lounge has hosted a variety of events, showcasing the true utility of a space like this. Live music, industry showcases, podcast recordings, classic concert rewatches, and yoga classes have all occupied the space in the last few weeks alone. "Yoga classes were honestly a surprise to me. I thought the lounge space here, with the marble floors and VIP booths, would not match the vibe of a yoga class, but we've had success with them here. Our facilitator is focused on education, and how to make cannabis a meaningful part of one's practice, so the experience is more than 'get high and do yoga' and we love that! We have a high return rate for yoga classes as well, so we're excited to see how that evolves."

Events around Live Sports, on the other hand, have not yet worked for the SunnyTien Lounge. "This could be because alcohol has a deeply tethered relationship with sports that cannabis does not, or because routines are hard to break. If you're already set to go to your uncle's house or the bar for the Eagles game, that can be a hard habit to break. We're trying to create new traditions for a space like this, and that means that some old traditions need to shift or change."

When asked what needs to change with with current NJCRC lounge regulations, Spencer was clear: Food & Water.

"The biggest change that we need is the ability to sell & provide pre-packaged food & beverage. We don't want alcohol or tobacco in the lounge, but we do want our guests to be able to buy water, ice tea, soda, and chips & pretzels, as breweries are allowed to do. It's a diversification of our revenue, but also a safety factor to be able to comfort and stabilize our guests after consumption. Without food & beverage, we're missing a pivotal part of the hospitality model of a lounge."

(Continued on back cover)



## LESSER KNOWN HOLIDAYS IN MARCH

### MARCH 29<sup>TH</sup> - MOM AND POP BUSINESS OWNERS DAY

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### MARCH 12<sup>TH</sup> - NJ COLONY DAY

IS THE ANNIVERSARY OF NEW JERSEY BECOMING AN ENGLISH COLONY. 362 YEARS LATER, WE'RE STILL WONDERING "DO WE **REALLY** NEED TO PAY TAXES TO THE KING?"

### MARCH 20<sup>TH</sup> - SPEAK FRENCH DAY

MEANS YOU CAN SAY "LES MILLIARDAIRES NUISENT À LA SOCIÉTÉ DANS SON ENSEMBLE".

## SMOKE SIGNAL CLASSIFIEDS

For \$10, you can have a small text space in our upcoming April 420 issue! Use it to sell your stuff, look for a job, or say hi to other readers!

Email: [smokesignalnj@gmail.com](mailto:smokesignalnj@gmail.com)