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Treating Yourself

Informing the uninformed

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Isn't it time that we tax and regulate cannabis?

Greetings fellow readers. It brings me great pleasure to let you know that Treating Yourself Spain was a HUGE success at the Spannabis Expo in Barcelona, Spain. This led us to participate at Grow Med in Valencia Spain on April 20 - 22, 2012. Although cannabis isn't legal in Spain it is tolerated, providing that you are using it in private and you are not selling it. There is even a town tucked in the hills of one of Spain's most picturesque regions. The Catalan village of Rasquera has agreed to rent out land to grow marijuana, an enterprise the local authorities say will allow them to pay off their 1.3 million euro debt in two years. I just wish that the Canadian Government would see that they too can benefit by taxing and regulating cannabis. Instead Stephen Harper pushes through bill C10 that calls for a 6 month mandatory minimum for growing just six plants of cannabis and someone caught growing more than 200 plants will have to spend more time in jail than that of a pedophile. I really don't understand how politicians can ignore the science that proves that using cannabis is beneficial to one's health. I know that if I wasn't able to use cannabis or didn't have access to it I wouldn't be able to function as I do today. As a matter of fact, I wouldn't be surprised if I ended up in hospital due to my ailments. The research has been done and in the history of mankind NOBODY has ever died from using cannabis but this CAN'T be said of alcohol or the pharmaceutical drugs that are available everywhere even if you don't have a doctor's prescription for it

The Global Commission on Drug Policy includes: former Brazilian president Fernando Cardoso; former Colombian president Cesar Gaviria; Mexico's former president Ernesto Zedillo; ex-UN chief Kofi Annan; former Chairman of the US Federal Reserve and of the Economic Recovery Board Paul Volcker; former U.S. Secretary of State George Schultz; Mario Vargas Llosa; Carlos Fuentes; and Richard Branson.

The Commission called for loosening restrictions on marijuana and putting an "end to the criminalization, marginalization and stigmatization of people who use drugs but who do no harm to others." The group of statesmen and prominent intellectuals said punitive measures had led to a situation where "the global scale of illegal drug markets largely controlled by organized crime has grown dramatically."

They encourage experimentation by governments with models of legal regulation of drugs (especially cannabis) to undermine the power of organized crime and safeguard the health and security of their citizens. " "Let's start by treating drug addiction as a health issue, reducing drug demand through proven educational initiatives and legally regulating rather than criminalizing cannabis," Cardoso said.

On a much happier note we are working hard at getting the 3rd Annual TY Expo put together and I am happy to announce that Steep Hill Labs will be at the TY Expo testing samples brought to the expo by attendees. There will be a nominal fee of \$50 per sample that is tested for THC and CBD. In issue number 33, there was a typo in the application form as the pricing reflected the 2011 prices and NOT the 2012 pricing which is correct in the Expo advert. Looking forward to meeting up with everyone on May 25th to 27th at the Expo which is the highlight of my year.

Until next time
Take Care and Peace



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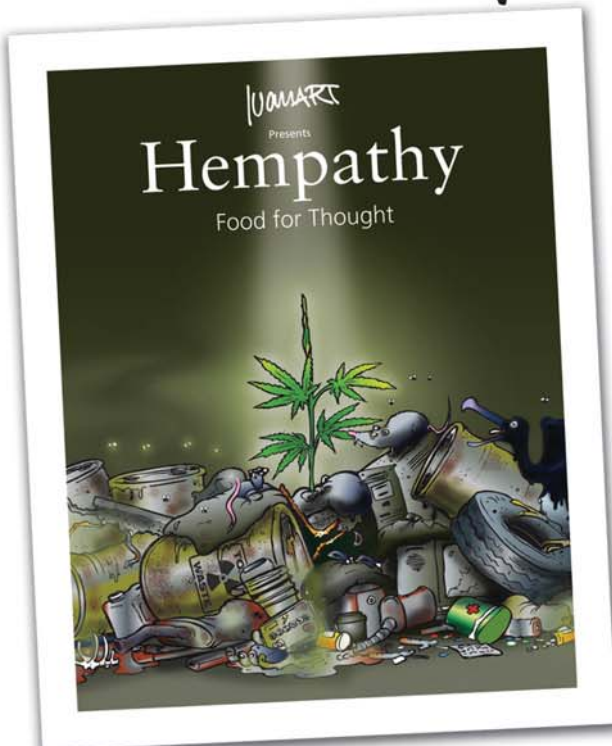
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In Memory of Peter McWilliams

by Julia Rose

"It's your life. Live it with people who are alive. It tends to be contagious."

A wise man both wrote and lived those words. In 2009, I discovered "You Can't Afford the Luxury of a Negative Thought," one of Peter McWilliams' books that topped the New York Times bestseller list. That book helped change my life. I wanted to thank the author but soon sadly found out he had died.

I wanted to do something to honour Peter's life. It all began with a Myspace page. Facebook followed. Then last year, I was honoured to obtain petermcwilliams.org and set out to redesign it and add a bunch of articles. Then I began work on a short tribute video. I started speaking at hempfests so that people could discover this wonderful author and activist.

Peter Alexander McWilliams was born on August 5, 1949 in Allen Park, outside of Detroit, and by the age of seventeen he had published his first poem. He was prolific, self-publishing forty books. Five of them were New York Times best-sellers. He taught people how to use computers. He wrote passionate poetry. He wrote: "This poem is a kiss for your mind." He helped people through their grief. The best-seller, "How to Survive the Loss of a Love," co-authored by Dr. Melba Colgrove, Ph.D. and Harold H. Bloomfield, is still in print and helping hearts heal, over thirty years later. Peter was a fan of transcendental meditation and began searching inside himself for answers. The LIFE 101 Series began. Books such as: LIFE 101, "Do It! Let's Get off Our Buts" and "You Can't Afford the Luxury of a Negative Thought."

In 1993 Peter wrote the libertarian manifesto, "Ain't Nobody's Business if You Do." It called for drug legalization and an end to crazy laws which are senseless and useless.

In 1995 Peter discovered he had suffered depression all of his life without knowing it. Harold H. Bloomfield, Peter's



friend and co-author, helped Peter treat and beat his depression. Like always, Peter wanted to share his knowledge with others. The two teamed up once again to write, "How to Heal Depression." Peter was a health-nut, always into cutting edge natural cures. He found that Hypericum, aka St. John's Wort, a natural herb, helped heal depression. Peter wrote, "The ongoing successful treatment of my depression is the single most important positive step I have taken in my life, hence my enthusiasm for the subject."

In March, 1996, Peter was diagnosed with AIDS and an AIDS-related cancer, non-Hodgkin's lymphoma, and tried every prescription medicine under the sun that his doctor could think of to help heal his nausea. Nothing worked. Peter turned to smoking Cannabis. He had not partaken since his college days in Michigan. He said, "Nausea is an unsolved problem of medicine. Marijuana is the finest anti-nausea medication known to science." Peter made a promise. He wrote, "I told myself that, if I lived, I would devote my life to getting medical marijuana to all the sick people who needed it. I lived, and I began my campaign."

In 1997 Peter published the Medical Marijuana Magazine Online. Peter had met Todd McCormick and had hired him to write a book on growing medicinal marijuana. Todd used a portion of his book advance to rent a house in which it could be grown. Todd was arrested and Peter wrote, "the DEA claimed Todd had 'more than 4,000 plants worth between \$20 million and \$27 million. As the Los Angeles Times noted, 'Many were seedlings rather than mature plants.' "

Peter was soon labeled a "drug kingpin" by the DEA. Four DEA agents questioned Peter. Peter wrote, "All four said they had known about me for some time, because most every bust they go on, they find a copy of my book *Ain't Nobody's Business if You Do: The Absurdity of Consensual Crimes in Our Free Country*. They didn't say it, but it was clear that, to them, I was the guy who wrote the bestselling book against the Vietnam War, the DEA Special Agents were the Green Berets. I was a traitor to their cause, and I was spreading my treachery through the written word. "

Peter began writing a book titled, "A Question of Compassion: An AIDS-Cancer Patient Explores Medical Marijuana." (Unfortunately, due to the government's interference, this masterpiece was never completed, but it's available at petermcwilliams.org).

The DEA seized his computer. They returned the computer, along with a virus, and because of all the problems that ensued, Peter's publishing business was severely crippled.

On July 4, 1998 Peter gave a stirring speech before the Libertarian Party National Convention in DC. It was nationally televised on CSPAN. Peter wrote, "I praised medical marijuana and condemned the federal government for keeping it from sick people."

On July 23, 1999, nine DEA agents again visited Peter and arrested him and booked him. Peter spent four weeks in jail and his mother and brother were forced to put up their houses as bail. He was denied his AIDS medication for the first nine days.

He was told he would be released provided that he stopped using Cannabis. If he failed drug tests, his mother and brother would lose their houses and he'd remain in prison until and during his trial.

Peter became sicker and sicker. He wrote, "In the three months following the arrest I lost 30 pounds, 15 percent of my total body weight. "

Through dealing with the court system, they stated: "Marijuana is not medicine because Congress says it's

not medicine, federal law supercedes California state law, we don't care what his doctors say, if McWilliams dies, he dies."

Judge George H. King denied Peter's request for medical marijuana.

And Peter got even sicker. "The high AIDS viral load feels as though I have the flu all the time. I sleep 18 to 20 hours a day. I have maybe four productive hours in every 24, most of them spent trying to keep my head financially above water. I have so much to say, so many ideas and discoveries I want to communicate, and very little time or clarity of mind to do so." Peter instinctively knew his days were numbered. He said, "I am the representative of all the sick people and what they are doing to me is only the worst case right now, but there will be others. I am living on borrowed time anyway. I owe this part of my life to luck and modern medical science. But I can't imagine what the rest of it will be like if they won't let me use medical marijuana."

On November 5, 1999, the trial judge ruled Peter could not use medical marijuana defense, nor could he even mention Proposition 215, marijuana's medical usefulness, the eight patients who get medical marijuana monthly from the federal government, or his medical condition.

Peter pled guilty to a lesser charge to avoid ten years in federal prison.

On June 14, 2000, while awaiting trial, Peter was found dead in his bathroom. Many people have their theories as to what caused his death, but I feel Peter died of a broken heart, because America had let him down.

Peter once said, "...in the war on drugs, unlike any war in American History, unlike any modern civilized war of the past two centuries in this war on drugs they are not stopping the battle and allowing the Red Cross on the field. In fact, they are shooting directly at the sick and at those who are trying to help them...and they are shooting to kill." Peter was many things: poet, photographer, author, self-publisher, libertarian, gay man, Cannabis activist. There are so many things to love about that man, and so many reasons why we should always remember Peter.

Please visit
www.petermcwilliams.org

for daily quotes

<http://www.facebook.com/WeRememberPeter>

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Post-Traumatic Stress Disorder:

With Veterans at Risk, Change is Necessary, but Progress is Slow

By Mary Lou Smart

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www.medicalcannabisart.com

In 1933, the repeal of America's first Prohibition came with the ratification of the 21st Amendment, during a time of economic hardship when it made good sense to admit failure and face reality.

In *Cannabinomics: The Marijuana Policy Tipping Point*, Dr. Chris Fichtner argues that three trajectories — policy reform, the whopping cost to society of a drug war, and the intelligence of regulating an emerging economy — are merging to make reform inevitable.

Not too long ago, Fichtner's theories might have seemed extreme, but as more and more people learn about and begin to use medical cannabis, acceptance of the plant as a natural health alternative is definitely becoming widespread.

Unlike the federal government, which prints its own money and manages to grow even during recessions, state and local governments are feeling the pain of enormous budget cuts. As state legislators seek new sources of revenue, the idea that cannabis should be regulated and taxed is no longer far-fetched. Public opinion supports reform, as the benefit of medical cannabis is now being seen by an incredibly large audience. To date, 16 states and the District of Columbia have adopted medical cannabis programs, and many more are considering legislation.

Success in treating post-traumatic stress disorder (PTSD), one of many conditions that responds favorably to cannabis therapy, reinforces the argument that change is necessary.

A psychiatrist with clinical and administrative public mental health experience in federal, state and county systems, Fichtner served as a state mental health director in Illinois for five years. He also worked for the United States Department of Veterans Affairs (VA), running a PTSD clinic for three years and a psychiatry service for two years. He has considerable clinical experience. He points out that the Food and Drug Administration (FDA) has approved only two drugs — Zoloft and Paxil — for the treatment of PTSD. Other drugs that come into the equation of standard treatment for patients suffering from PTSD have FDA approval for other issues such as pain, bipolar disorder and psychosis. The resulting cocktail of what can be four, five or more drugs, make his rationale to be not as much about the benefit of cannabis, but, rather, in light of a great deal of information about the problems with treating veterans with what appears to be an overload of pharmaceuticals, why not give a natural alternative a try?

"Everything that you are using, except maybe one medication, will be off-label for post-traumatic stress disorder,"

In 2011, a *The New York Times* article written by James Dao reviewed the cornucopia of prescription drugs dispensed to soldiers returning from Iraq and Afghanistan with PTSD diagnoses, and the problems these veterans experience as they become reacquainted with civilian life. Many, also being treated for anxiety, depression and pain, are mixing, matching and self-medicating with a toxic brew of opioid painkillers like Percocet and OxyContin and benzodiazepines like Xanax. With easy access to the likes of Ativan, Adderall Ambien, Celexa, Effexor, Elavil, Haldol, Klonopin, Lunesta, Prozac, Paxil, Restoril, Risperdal, Ritalin, Seroquel, Trazodone, Valium, Wellbutrin, Xanax and Zoloft, many who are trying so hard to cope end up dying. These deaths are often labeled as accidental.

he said. “They are FDA-approved, but for other conditions, and there are zero controlled-data studies supporting the use of the combinations being regularly used to treat PTSD.”

And while numerous side effects including suicidal thoughts, weight gain, cholesterol elevation, blood sugar elevation and long-term metabolic problems might not be reason enough to not use a medication, a natural solution might not be a bad idea either.

“I am not trying to bad mouth my profession, but by the time you get into the realm of where practice really occurs, it is quite a ways removed from strict evidence-based practice,” Fichtner said. “When you are that far off the map, why wouldn’t you be interested in learning whether or not herbal cannabis might be effective for the same symptoms?”

PTSD is considered the fourth most common psychiatric disorder, affecting 10 percent of all men and 18 percent of all women, with rates much higher in high-trauma locales such as war zones or ghettos. PTSD is something that many suffer from after experiencing or witnessing trauma. The National Center for PTSD, operating within the VA, estimates that up to 8 percent of the country’s population will have PTSD at some point in their lives, and that approximately 5.2 million adults will have PTSD during any given year.

Combat injuries inflicted on military veterans make them much more likely to experience PTSD. According to statistics assembled by the Pew Research Center, one out of every 10 veterans alive today was seriously injured at some point while serving in the military; three-quarters of those injuries occurred in combat, and those with significant service-related injuries are more than three times as likely as other veterans to experience PTSD. Estimates put troops returning from Iraq and Afghanistan with PTSD, depression and traumatic brain injury at well over 300,000.

The VA looks to a combination of pharmacology and counseling to treat veterans, but all indications are that standard treatment might need some fine tuning.

In 2011, a *New York Times* article written by James Dao

reviewed the cornucopia of prescription drugs dispensed to soldiers returning from Iraq and Afghanistan with PTSD diagnoses, and the problems these veterans experience as they become reacquainted with civilian life. Many, also being treated for anxiety, depression and pain, are mixing, matching and self-medicating with a toxic brew of opioid painkillers like Percocet and OxyContin and benzodiazepines like Xanax. With easy access to the likes of Ativan, Adderall Ambien, Celexa, Effexor, Elavil, Haldol, Klonopin, Lunesta, Prozac, Paxil, Restoril, Risperdal, Ritalin, Seroquel, Trazodone, Valium, Wellbutrin, Xanax and Zoloft, many who are trying so hard to cope end up dying. These deaths are often labeled as accidental.

Partly as a result of this article, the VA launched a study into the boatload of drugs being thrown at veterans diagnosed with PTSD. Published in *The Journal of the American Medical Association* in March 2012, the study revealed that veterans being treated for PTSD are more likely to be prescribed powerful pain killers than veterans being treated for pain.

For decades, the VA has sent returning vets out on the streets with loads of prescription medications. Its own personnel report a shortage of counselors to treat veterans and a lack of resources to track the multiple medications. Often labeled overdoses, suicides are skyrocketing, and drug addiction from these meds is causing a whole raft of other problems.

Although in recent directives it acknowledges that veterans in states with medical marijuana programs will be permitted to use cannabis in tandem with medical treatment offered through the VA, for the most part this federal entity refuses to acknowledge the medicinal benefit of cannabis.

In the United States, the federal government continues to classify marijuana within the Controlled Substances Act as a Schedule I drug with no medical benefit, even as the list of federal agencies either recognizing or recommending cannabis for medical applications grows longer. In 2011, for instance, the National Cancer Institute, a division of the U.S. Department of Health and Human Services, added cannabis to its list of Complementary



Alternative Medicines. The federal agencies charged with keeping the Drug War gravy train alive, including the Drug Enforcement Agency (DEA) and the National Institute on Drug Abuse (NIDA), are in the budget-protection business. Marijuana's scheduling placement allows the federal government to apply different criteria to the plant that's never killed anyone than to dangerous pharmaceuticals, and to ignore evidenced-based scientific data.

Therapeutic Benefit Recognized Worldwide

In other countries, governments are reforming health care policies in light of clinical studies that point to the endocannabinoid system's strong role in regulating, among other things, emotions.

Raphael Mechoulam, an Israeli professor of medicinal chemistry and natural products at the Hebrew University of Jerusalem in Israel, has been studying the chemistry and pharmacology of cannabinoids for over 40 years. He speaks about the shortfall of drug therapy.

"It has been suggested that pharmacological treatments in psychiatry have been overly reliant on neurotransmitter systems and their agonists," he said. "In the last several decades, advances in psychopharmacology have reduced side effects but have failed to lead to major disease improvement. The endocannabinoid system may shed new light on the physiological basis of psychiatric diseases leading to new and more effective treatments."

Reform State by State

In New Mexico, considerable research and patient testimony convinced lawmakers to include PTSD as the only

psychiatric indication qualifying for a recommendation in the state's medical cannabis program. Other states are following suit.

Bryan Krumm, a psychiatric nurse practitioner who helped to draft New Mexico's medical cannabis legislation, pushed for the addition of PTSD as a qualifying condition.

"In terms of safety, there is nothing that we have to offer pharmaceutically that can match the safety of cannabis," he said. "In my own practice as a clinician, I have never come across a single pharmaceutical agent that is as well tolerated, and lacking in significant side effects, as cannabis."

The greatest number of people qualifying for a recommendation in New Mexico have PTSD. Many of Krumm's patients suffer from post-traumatic stress.

"I've seen some very significant benefits in helping with that, which go above and beyond what I've been able to do with just traditional pharmaceuticals," he said. "Probably the vast majority of patients that I have in the program still require pharmaceutical treatment. But quite often the traditional pharmaceuticals are not able to manage the anxiety, not able to stop the nightmares, the flashbacks, the constant, recurring thoughts that people get, and that's where cannabis is very helpful."

Animal studies point to hyperactivation of the amygdala, the part of the brain involved in emotional regulation. Shown in research to perform a primary role in the processing and memory of emotional reactions, the amygdalae have a large number of cannabinoid receptors, as do

“There has been very little research done,” he said. “They (National Institute of Health (NIH) and NIDA) tend to refuse any type of research that’s looking into a benefit of marijuana. Proposals for grants looking into any kind of benefit get rejected outright. They say that because it has no accepted medical use, they don’t have the research to demonstrate that it’s safe.”

other areas of the brain feeding into them.

“Activating those receptors helps turn off or slow down the hyperactivity,” Krumm said. “So we see things like a decrease in anxiety, a lessening of depression. With patients with chronic suicidal behavior, we’ve seen it take away suicidality when they would not remit with traditional pharmaceuticals. Another big thing, with PTSD we see mood swings with irritability and anger. Cannabis really helps to control that. It has the advantage of working very quickly when working with the inhaled route in being able to suppress those types of emotions and allow people to function better.”

Krumm’s beef is that, despite widespread knowledge that veterans are medicating with cannabis to relieve suffering, the government uses the Controlled Substances Act’s Schedule I placement of cannabis to block research showing the beneficial aspect of the plant.

“There has been very little research done,” he said. “They (National Institute of Health (NIH) and NIDA) tend to refuse any type of research that’s looking into a benefit of marijuana. Proposals for grants looking into any kind of benefit get rejected outright. They say that because it has no accepted medical use, they don’t have the research to demonstrate that it’s safe.”

Dr. Donald Abrams, a cancer and integrative medicine specialist at the University of California, San Francisco, Osher Center for Integrative Medicine, provides integrative medicine consultations for cancer patients and has completed research in complementary and alternative therapies including mind-body treatments, botanical therapies, medical use of marijuana and traditional Chinese medicine herbal therapies. In addition to his role at the Osher center, he is chief of Hematology and Oncology at San Francisco General Hospital. He has been in the forefront of HIV/AIDS research and treatment.

While he learned long ago to avoid approaching NIDA to fund studies, he was able to get it to supply cannabis for studies.

“It is known that the National Institute on Drug Abuse has a Congressional mandate to study “substances of abuse” as “substances of abuse” and not therapeutic agents,” he said. “Although they may not fund studies of cannabis as medicine, they will provide cannabis (as they

are the only legal source) to investigators who get funding elsewhere, as we did with the University of California Center for Medicinal Cannabis Research.”

The Multidisciplinary Association for Psychedelic Studies (MAPS) is a non-profit research and educational organization that has attempted to get around the NIDA blockade on cannabis research by opening its own medical-marijuana production facility for federally-approved research. This challenge has been playing out in court for a decade. NIDA, despite its own federal administrative law judge’s ruling in favor stating that it would be in the public’s interest to end the monopoly, is not budging an inch. Stalling challenges, NIDA protects its turf.

“The only way patients are going to get some sort of legal access is through state-level reform,” said Rick Doblin, Ph.D., executive director, MAPS. “We are continuing to sue the DEA in the U.S. Court of Appeals. They are likely to win for years to come, and even if we win, they’ll put something else out there and we will sue them again. Even if we win, we lose. Our failure to work on the federal level highlights both the lack of credibility of the DEA and NIDA and their active suppression of research. If we keep showing that we cannot make it federally, that they’ve blocked us, more people will support state-level reform.”


In September 2011 NIDA stopped the first clinical examination on the benefits of cannabis for veterans suffering from PTSD. The three-month study would have been conducted by Dr. Sue Sisley, an assistant professor at the University of Arizona College of Medicine, and funded with the help of MAPS. The proposed study is designed to include a sample base of 50 veterans whose PTSD symptoms are not improving with standard medical practices.

In the realm of Prohibition, NIDA stands for politics. Instead of supplying the research-grade product necessary for the triple-blind, placebo-controlled environment, NIDA opted to throw up another obstacle. Making it crystal clear that the battle has just begun, the rejection letter from Sarah Wattenberg, a senior advisor and review committee chairperson, stated that reasons given for stopping the study “are not exhaustive and that a re-review of the proposal by the review committee is not limited to these issues.”

Sisley, who collaborated with MAPS in designing the study’s protocol, is discouraged.

"This was going to open a whole new dimension of additional science that had never been tackled in a comprehensive way," she said. "The FDA hailed the study design as being exemplary, and they embraced it warmly."

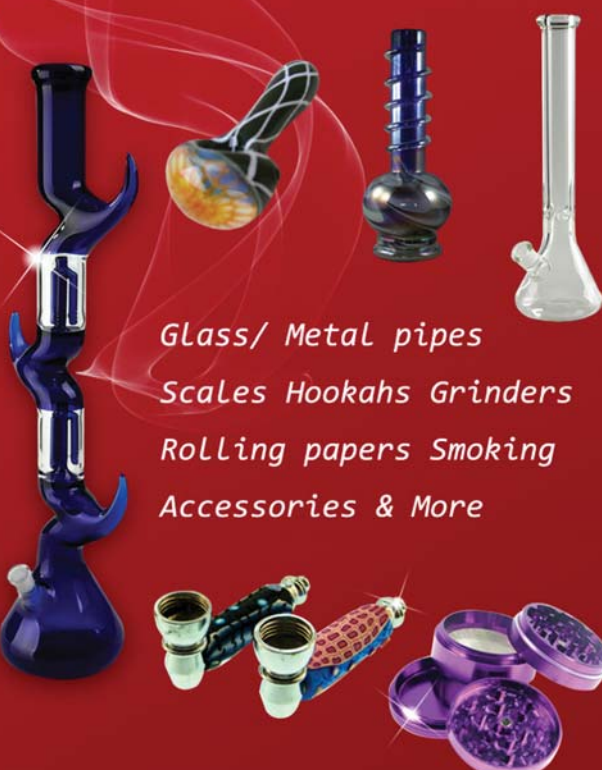
For now, the study's proponents have submitted a point-by-point rebuttal. Unlike the FDA, which responds to inquiries in a timely fashion, NIDA can take as long as it wants.

"We have this long list of veterans that so desperately want to participate in the study," said Sisley. "They want to know the results, and they're all in fear every day that they're going to get busted for using it medically. That is what is so sad." 

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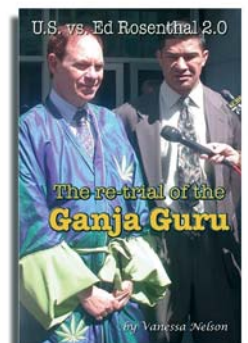


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana while enduring chemotherapy and a double mastectomy. After recovering, Dr. Fry set up a practice in the small northern California town of Cool and began recommending medical marijuana to her patients in accordance with state law. However, California's medical marijuana laws are not recognized by the federal government, and this legal conflict put Dr. Fry's activities under the scrutiny of authorities. Law enforcement surveillance on her home led to a raid that netted a meager 34-plant garden in September 2001.

www.MMAPUB.com

BOOKS BY VANESSA NELSON

In 2003 former "High Times" columnist Ed Rosenthal was convicted for growing and distributing medical marijuana, an activity legal under California law, but illegal under federal law. The jurors, who were prevented from hearing about California law, staged a revolt after learning that they had convicted a medical grower. Their public outrage matched the response of the activist community and pressured the judge into handing down a remarkably light sentence of just one day in jail, time Ed had already served. Coming 4 years after the original guilty verdict, the re-trial packs a heavier punch than ever before. During repeated outbursts in the courtroom, the loquacious defendant alternately ridicules his prosecutor and demands that his judge step down from the bench. The bombast becomes infectious, and soon everyone is speaking his mind in court, from outraged prospective jurors to righteous witnesses who refuse to testify. By the end, even the defense attorneys are threatened with jail time for contempt.



When Government Works for the People:

Maine's Evolving Medical Marijuana Program

By Mary Lou Smart

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The Pine Tree State, a place of scenic beauty and rugged coastline, became the setting for an unlikely liaison recently when a Republican governor known for Tea Party beliefs, Paul LePage, signed off on a bill that puts a medical cannabis program back in the hands of doctors, caregivers and patients. Sponsored by Republican House Representative Deb Sanderson, LD 1296 was written by Alysia Melnick, an attorney with Maine's Civil Liberties Union.

Maine's medical marijuana law was first passed in 1999 without much of a framework. A voter's initiative in 2009 added dispensaries, but the next year a rule-making process passed LD 1811, a law which was widely viewed as a gigantic step backwards with a mandatory registry and the loss of outdoor cultivation and legal protections. LD 1296 was created in reaction to LD 1811. When asked about her support, Representative Sanderson stated that legislators had used the rulemaking process to circumvent the direction that the citizens had chosen with their vote. "The most important piece of this is that the citizens have a right to self-govern," she said. "The direction that the citizens wanted to go in was changed, and that negates our right to self-govern."

LD 1296 put outdoor cultivation back into the program. The new law created a voluntary registry for patients with the provision that records on hand could be wiped out.

Patients pay no fees when voluntarily registering with the state, something that many choose to do when they are not worried about being stigmatized or harassed, an example given is the case of an older glaucoma patient who might like to carry more credible identification than a doctor's recommendation to show if he or she is pulled over.

And there is an affirmative defense for patients, which is something that LD 1811 took away. LD 1296 prohibits



search, seizure, arrest, prosecution or penalty of patients or caregivers who present a valid registration card or an up-to-date doctor's recommendation. "When patients have interaction with law enforcement, and law enforcement charges them with having more than 2.5 ounces, they have a legal defense," said Paul McCarrier, legislative liaison with Medical Marijuana Caregivers of Maine (MMCM), a trade association. "I feel that we have a chance here in Maine with a law that works so well for patients. We will encourage the community to do things that will not put that law at risk."

States' Rights, Montana-Style

The move to support citizens that worked hard to create a medical marijuana program through public referendum is the exact opposite of what Republican legislators in the western state of Montana did, around the same time, when they joined forces with the federal government to raid dispensaries. The same legislators had resisted any rule-making process to improve Montana's regulation-lite program, and instead weaseled their way around the will of the citizens' initiative as they forced through their own prohibitive legislation. The raids led to arrests, loss of livelihood, and loss of life savings. In Montana, many argue that the timing of the first raids, just minutes after the citizens' medical marijuana law was repealed in favor of the bogus cram-down, equates to shady dealings, also known as collusion.

Pundits love to scream about the Obama Administration bailing out big business at the expense of taxpayers. Here we have Obama Administration working with state governments in exact opposition to the will of the people, and Republicans that spend their waking hours blabbing about less government working with big government. Participating in this enormous expenditure of taxpayer dollars were the Drug Enforcement Administration, the Internal Revenue Service-Criminal Investigation Division, the Federal Bureau of Investigation, the United States

<http://www.ezilon.com/>

LD 1296 prohibits search, seizure, arrest, prosecution or penalty of patients or caregivers who present a valid registration card or an up-to-date doctor's recommendation.

Secret Service, and even Immigration and Customs Enforcement - Homeland Security Investigations.

Many provisions of Montana's anti-medical marijuana program have been deemed unconstitutional by the first judge to rule on them, and the circus continues with lawsuits aplenty. Patients lose out.

Patient-Friendly Maine

In eliminating mandatory registration, Maine's legislators were trying to protect patients while promoting a workable program. In light of what is occurring in states like Montana where the Obama Administration is using Homeland Security to hunt business people down like terrorists, Mainers have a strong wish to fly under the radar.

"Our biggest concern was patients being forced to register in a state-wide database," said the bill's author, Alysia Melnick. "They were being required to submit personal and confidential medical information to the state. Databases can always be breached, and that is highly concerning."

Maine legislators were supportive, and part of that came from a strong advocacy movement working hard to bring doctors and many, many patients to legislative hearings. Chris, a caregiver who wants to go by first name only, is a MMCM member. He first learned about medical marijuana six years ago, just after his mother died of a brain tumor at age 53. Having watched her take up to 15 medications a day and endure chemotherapy and radiation, he decided that he wanted to spend his time helping people with natural methods of medication.

"It was around that time that I started becoming interested in how herbs can provide people with what they need, instead of having Pfizer provide them with what they need," he said. "Once you start diving into the research and finding what that holds, you realize how natural elements can help people who are really, really ill, and also help people from getting ill."

In Maine, a caregiver can have up to five patients, and patients can receive up to five ounces of cannabis a month. Thanks to LD 1296, caregivers growing or buying cannabis for family members or household members do not have to pay a fee. All other caregivers must register with the state, and pay a \$300 licensing fee per patient annually.



“This is one of the rare pieces of legislation passed by the state that did not require subsidies from the state, and it’s creating jobs for the state.” said Chris. “That’s a pretty darn cool thing.”

Estimating that 700 jobs have been created between doctors’ offices, caregivers and openings at dispensaries, MMCM printed several versions of pro-medical cannabis pins and handed them out to lawmakers at the opening of the Republican caucus. “We really applauded legislators for approving this bill without grumbling or moaning,” he said. “There is just an overwhelming amount of support for medical cannabis, which is gratifying.”

Many attribute the state’s strong advocacy movement to Harry Brown’s Hill, a pro-legalization music festival in western Maine that dates back 21 years.

“People come out of that festival being able to plug in together to say that the citizens see this as very important,” said McCarrier.

Catherine Lewis, a caregiver, helps her husband grow cannabis. The two of them were seriously injured in a car accident 20 years ago, and her husband is disabled. Over the years, her husband has been able to wean himself off of a boatload of pharmaceutical pain killers, and now medicates with cannabis only.

When LD 1296 was being written, several gathered in the evenings to work, without pay, at the Lewis’s home, often until 4 a.m. They also worked to make sure that patients, doctors and caregivers spoke to legislators. During public hearings, halls were packed to the gills and overflow rooms were filled.

“The media, unfortunately, just wants to portray the hippie types, and so that is all that you saw on TV, she said. “Actually, there were all kinds of people there from all walks of life, young and old, from parents with children with brain tumors, to the elderly, the little old lady with white hair, sharply dressed business people, and those who have nothing. Everybody came together and worked to get this through.”

Many hope that the old slogan, “As Maine Goes, so Goes the Nation,” is once again the order of the day. Maine’s model is being adopted by other states such as Vermont, and used for the proposed program in New Hampshire.

“We think that the northern New England model is very responsible, in stark contrast to what we see in other states out west,” said Matt Simon, legislative analyst,




Come Home to the Hill
Gathering in Support of Marijuana Liberation since 1991

Marijuana Policy Project, a national organization lobbying for reform.

At least for now, Maine’s program is fairly fluid, allowing patients to easily shift between growing for themselves or accessing medicine through a caregiver or dispensary. The next hurdle is the rule-making process, which is already months behind schedule.

“We saw what can go wrong with LD 1811, so we want to be involved,” said Chris. One goal will be to facilitate an approval process for qualifying new conditions. Numerous conditions, including post-traumatic stress and many stomach ailments, are not approved.

And while budget deficits are taking legislators’ minds off of rule-making, one shining star in the state’s economy is its medical marijuana program, which is able to fund itself by collecting fees from dispensaries and some caregivers.

“This is one of the rare pieces of legislation passed by the state that did not require subsidies from the state, and it’s creating jobs for the state.” said Chris. “That’s a pretty darn cool thing.” 



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The New Paradigm in Argentina


Human Rights and Harm Reduction are slowly becoming a reality

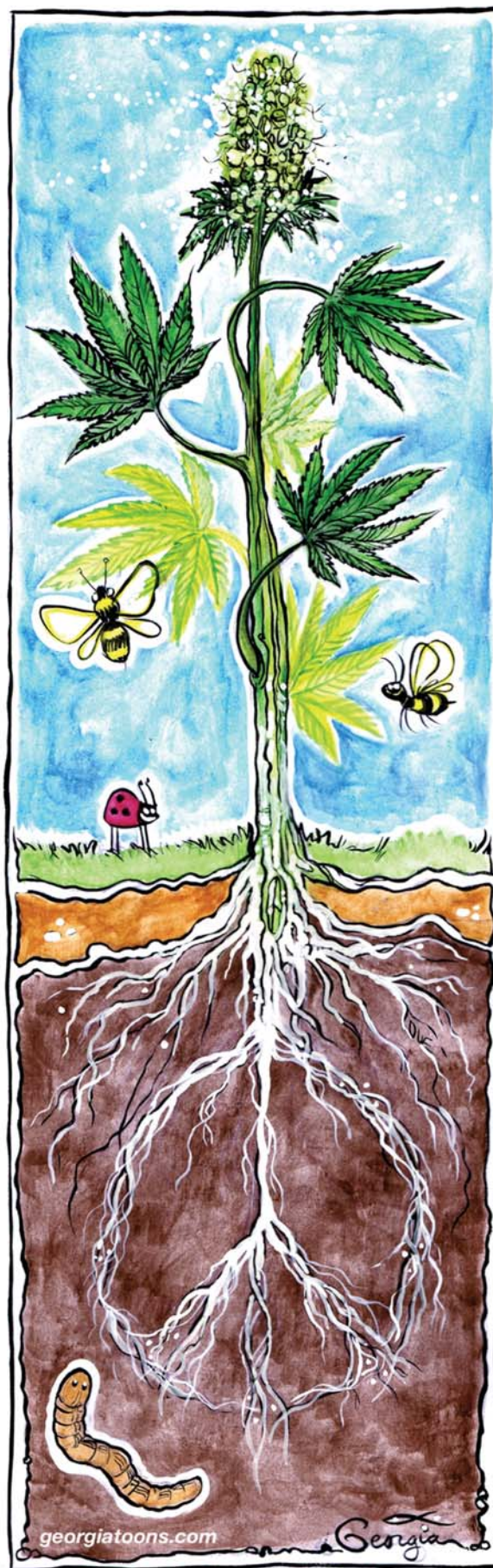
By Mike Bifari

When Cristina Fernandez de Kirchner became for the second time president on Dec. 10, after winning a majority of votes in the last election (more than 53%), nobody expected her to make so fast a significant change in her secretary staff. Two days after, on Dec. 12, it was officially announced that Mr. Jose Granero, in charge of the Sedronar (DEA representative), was no longer in office. Mr. Granero had continued encounters with minister Anibal Fernandez, whose approach is for a more human-rights, harm-reduction policy. Fernandez made a great campaign, demonstrating the failure of the war on drugs policy, and worked hard to make a strong political base to begin a big change, not only in Argentina but also internationally. It is no secret that Argentina and Uruguay are working together to defend this new paradigm in the United Nations.

This is a total confirmation of what had started three years ago, when the Supreme Court gave a new vision of tolerance, declaring that small amounts or amounts that are no doubt for personal use can no longer be criminalized.

There are currently six initiatives to change the current drug law. All possible changes are positive, taking into account that for growing cannabis, the law says between four and 15 years in prison. Apart from this, nobody seems to be going to prison now. We had an average of 15,000 arrests for small amounts in the last year, but only three trials went orally. The rest were dismissed. That means that the only ones who also are not interested in changes are the lawyers and the justice employees, who virtually steal the evidence, making small arrangements with corrupted cops. This combination is the closest that we can imagine to how a real cartel can start.

When there are corruption, drugs, and prohibition, then it is just a matter of time to see violent gangs appear. Fortunately, the government is showing a different path to walk, and we from the already strong Argentine cannabis movement are watching carefully to help the new policies become real. 



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The only thing in life you can guarantee each day is something will change! But most of us live our life as if we prefer to remain the same. Familiarity, safety and certainty are things we try to create with our homes and neighborhoods. Life is evolving and maybe things do not look like they change too quickly in our immediate vicinity, but things are constantly changing and adapting all around us.

We are now well into our industrial revolution and with the added knowledge of New Science we are well into a New Era where we are playing catch up to our technology. However with creation comes destruction, it is Nature's way of allowing us to shake out the wrinkles of slow change and to shock us into different ways. If you think about it with a little more depth, you will see exactly what we have been doing for so long to create all our time saving devices and methods and

Man has made a difference to Earth...but so did the Dinosaurs!

comforts for modern living, we have created the biggest headaches of our future as a race inhabiting Earth!

Let me tell you, from my point of reference there is no Human or theory that can predict our outcome or the future. There is however some merit in predicting the smaller steps in time and our impact on the Planet. To be honest and if Man could take a good look at himself in front of a mirror, we would see we have sacrificed quite some pristine parts of Earth in lure of our time saving comforts. In retrospect we have made some great mistakes in the name of humanity, yet our achievements have been equally astounding! So where do we go from here?

As a plant biologist and a strong believer in Science, I have come to respect balance and the eternal change of our knowledge, relative to our history. Studying how plants continually evolve to adapt to their environments it often makes me think whether animals or plants are doing a better job? Both have suffered and been lost to extinction with the progression of time, but we also see the birth of a lot of new species of both plants and animals.

Similarly I often think whether Man has and is adapting fast enough to his environments? Without looking for a single solution it would seem logical with the rise in our population that we are doing well, adapting to all corners of the Earth. Like all expanding and ubiquitous proliferating species there is a point to reach before we begin to implode on ourselves.

Success is sweet while it lasts but being too successful means we peak before causing our own demise. No species can keep growing and expanding without serious

compromise and consequences.

Earth is alive and continuously producing resources. Humans gather-up, mine, pump, and siphon off most the Earth is offering. But Earth is not limitless and one day soon we will be demanding more than there is to supply us all.

We are at the dawning of a New Era where we can make a difference, but we must do this and remain aware, not fall into our old ways of complacency. Easier said than done I am afraid, but with a joint effort, doable nevertheless!

In my main work of breeding new strains of cannabis for medicinal users we are at a pinnacle of change. Twenty years ago all cannabis was viewed as gateway drug to the drug culture...However, in those years huge advancements have taken place in agriculture and medicine which have been applied to cannabis to carve new ways forward. Finding applications of certain natural occurring chemicals on the plant have made many sick and suffering people lives` better.


We were unable to identify and measure precisely the different terpenes profiles (aromas) and cannabinoids found on a single plant. We classed things according to what we could measure and THC was such a chemical thought to be the mind altering substance that caused such effect. In recent years and through some in-depth analysis and medical trials we now know there are some 66 different cannabinoids on a plant as well as all the numerous terpenes. From developing our tools to quantify these aspects of the plant we have learnt that CBD if found in larger quantities and equal to THC in ratio, the positive effect on MS patients or chemotherapy suffers have been uplifting without mind altering experiences.CBD is found on non



drug types of cannabis normally associated with hemp production.

We are touching on a tender spot, where the terminal sick and hopeless patients without alternatives are reaching out to any form of relief without the grave side effects of pharmaceutical drugs. The sick and suffering cannot be denied help in any way possible and they are creating our new research from their demand. It is exciting to see the help these new CBD rich strains are having on this group of users and the positivity it brings to their lives and their families.

Looking at the big picture can be daunting and leave any one feeling it is of no consequence what they do, they alone will not make change come! A lot of single steps make a long journey. Single steps count. They allow us to

gain space and move closer to the distant light at the end of the tunnel. The single step is the key to our future on Earth as a species. We cannot run back to the Past to change what we did wrong but we can be here Now and do our best not to add to the mistakes our ancestors unknowingly chose for us. We can look Forward from where we stand now and turn our folly into fortitude. This will take an effort by all of us. Many people will need to make those single steps count and with some good fortune along the way we will turn our partial demise into our strength for creation once more. We will pay a price as most do for making incorrect decisions along the way, a kind of Tax to Nature...but it will lead us to a New Beginning. 



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All American Marijuana

Equality for Alternative Lifestyles

by S. Brook Reed



Deflecting his BMX bike off of a metal-edged, cement obstacle, a schoolboy blurted, “Medical marijuana saved my Dad’s life!” Gracefully deviating his airborne bicycle into outrageous contortions, the short person punctuated his silky touchdown with a rhetorical inquiry: “When will everyone clue in?”

We looked for the camera. Was NORML filming an alternative TV commercial?

The actor was clean cut and well-kept. Pedaling backward, he circled the platform. His freewheel hub ticking incessantly, the charming kid resumed his monologue. “I’ve seen my Dad in the ER too many times. Percocet, and the other narcotics the doctor gives him, stop the pain, but they’re addicting --- and the withdrawal is terrible!” The amiable rug rat flashed an infectious grin.

Was it a reality show, or a contemporary Brady Bunch remake?

“The positive aspects of my Father using medical marijuana definitely outweigh the negative,” his soapbox rant forged on.

The wily lad disappeared momentarily into a deep concrete bowl. His high-tech ride rolling effortlessly, the hired peewee’s aerial maneuvers at Pismo Beach, California skateboard park were on par with that of the local teens. For a character in favor of supporting his Father’s well-being, the youth shreds the limits of a conceivably perilous extreme sport. After a series of nicely executed vertical drops and off-kilter sky-shots, he emerged at the sanctuary of the palm-tree-shaded sidelines.

Coasting to a stop, he used eye contact. “The problem with the ER is, every time Dad had an emergency, they’d pump him full of drugs, which only meant more withdrawal,” he rolled his eyes. “Thumbs up to medical marijuana. Pot just isn’t like life-threatening synthetics.”

The pint-sized BMXer summarized with more well-read ravings. “Marijuana should be legalized, not demonized,” he said shaking his head. Evidently, as he would later reveal, not only was the astute little fellow the product of white collar folk, but medicinal weed kin.

Another point of interest was ill at ease: This writer’s decision to survey one-time fave pastimes skateboarding and BMX whilst thumbing through a popular medical grass publication had garnered the attention of a junior gentleman. There were no concealed zoom-lenses.

We played dumb. “It’s better than alcohol or cigarettes,” he came back at the silence. “Which are two things Dad DOES need to quit,” he raised his brows. “Inhaling smoke into your lungs is never good. In my opinion, pot ingestion is the better option, whereas the true medicinal potential of marijuana is then shown.” Even having ascertained knowledge of carbon vs. blood-oxygen levels, the tiny dude was B-A-D --- bad!

But solo children shouldn’t talk to strangers. “That’s my Dad and Brother over there.” He gestured to a shirtless, fit-looking adult male, and an even shorter towheaded sibling, where other bicyclists and skateboarders were milling about. At that moment, his Father was vaulting a 20-inch bicycle off a six-foot cliff, his younger child looking on wide-eyed. “My Dad has been riding a lot with Conner and I,” the sharp kid enthused. “As soon as he started the medical marijuana and got the pills under control, he’s been a lot more active. He grows it,” the beaming small fry concluded with too much information.

A quick-witted computer programmer and part-time therapeutic grass farmer, Dan Tyler, 37, has been a sick man. Speaking with the same well-disposed charisma his Son had displayed, he later said with the kids in the parking lot: “I’ve been in the ER 26 times for abdominal issues.”

While loading three valuable two-wheelers into a late

model Honda mini-van, he ushered Marty, 10 --- the talkative daredevil --- and Conner, 7, into the passenger seats with the playful verbal instruction of an all-state football Dad. Filling in son Marty's blanks, Dan too was literate.

"It all started with a motorcycle accident and an undiagnosed solar plexus disruption," he said, resting his hand on his stomach. "After the crash, I lost my appendix and gall bladder to exploratory surgery. The outcome? I couldn't eat. They put me on a drug called Marinol for appetite stimulation. A week later, I was immune to it. Therefore, I lost not only my ability to consume, but 65 pounds." At a healthy previous weight, his loss of lean tissue was his body dying of malnutrition. Not to mention the riddled central nervous system, another side effect of the prescription chemicals.

At some point, cannabis appeared the obvious solution - on both counts. "The medical marijuana has two simple yet effective objectives: It restores my hunger and calms anxiety, thus my rejuvenation. I have not actually been high for a long time. It's medicine --- I just use it to attain inner -peace." Which typically means a nutritious all-natural lunch.

Tyler, a medicinal weed patient since 2009, has been a grower from the onset. "My wife and I have discussed the pros and cons of having and propagating cannabis around our children," he said with dauntless enthusiasm. "Our primary concerns were federal and social. How would the kids view cultivation and consumption, while simultaneously, other members of society strongly protest it. We feel it's important to be open with them.

"The boys understand that smoking pot can be beneficial," he maintains. "But it must be respected; it, too, has potentially harmful side effects. Technically, the plant affirms drug properties --- and even herbal drugs should be pursued with caution."

Moreover, smaller Tylers Marty and Conner are familiar with the astonishing, combined 56,600 annual pharmaceutical, over-the-counter, and illicit drug incited American deaths. As opposed to the perfect historical pot record of zero casualties, resulting from ingestion or smoke inhalation of cannabis, the inexplicably notorious anti-carcinogen.

"Marty and Conner watched me spiral into frailty, " Dad Tyler said with a we-know-what-others-don't gleam in his eye. "The conventional drugs caused partial paralysis of my insides, in turn inducing further regression. The approach of the American Medical Association is a vicious circle." A corkscrew down to death's bleak door, the pills had to be decreased. Popping his physician's recommended dosage was no longer an option.

Nor were his children about to watch him wither into a rising national drug statistic! "By the same token, they observed my ascension back toward health. No one needs to draw them a picture --- they've seen it firsthand. A lot of things changed for our family once I initiated this alternative medicine."

Joining other neighborhood Fathers for one of the planet's most physically demanding sports, the freestyle BMX validates it. "I've only been doing this for a few months," he downplayed his veteran-like abilities. "I'm not as good as some of our sponsored, local shredders. But I'm getting some level of physical fitness back; this is a workout!" Ironically, quality father/sons time and exercise were virtually impossible for Dan ahead of medical marijuana.

We spoke with the Tyler tribe matriarch via their home landline. Employed full time with a nearby university's career placement center, Mother, wife, and accomplished educator, Jennifer Tyler, is also pro-life. "When Dan became ill, I couldn't keep food in his belly. He was vomiting and dropping pounds fast. We spoke with the doctor, and obtained a medical marijuana card. It helped alleviate the pain and nausea. And yes, I'll admit it, the pot allows my husband to eat and keep food down."

She also concedes to early on skepticism. "I wasn't the biggest supporter of medical marijuana previously. And there were politics behind it. The conservative voters hate and teach their children to hate," she steams matter-of-factly. "Above all, my children come first, and I must protect them.

"We constructed a medical marijuana grow room behind the house," she breathed into the phone. "It's just currently more appropriate to keep it anonymous and separate from the children." Hardly fountain of youth access, yet key to preferred rates of longevity, it may someday be a culture of mass acceptance.

Like Marty, Jennifer is optimistic that others may experience her surprise revelation. "I have a totally different outlook now than I did going in," she bears witness. "Life is too short to get hung up on ancient stereotypes. If people only realized how much more caustic narcotics and heavy drugs are on the human body." Do the math: Toxic drugs take over half a million North American lives per decade.

"Cannabis is definitely looking better than meth or crack cocaine," Marty emphasizes. "But I'm not old enough to think about using medical marijuana, and I would never drink, smoke, nor do drugs. Screw that!" 🌿



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Bestial Invasion

Medicinal Cannabis Divergence

by S. Brook Reed

A focused UFO laser beam drills down onto a prefab movie set. The lush, makeshift cannabis field an objective, a hovering being's quest for grass results in one jesting farmer's premature harvest. Individually, the frantic gardener's radiant seedlings torpedo up into a luminous spacecraft. The hair-lipped Mexican's long, red mane streaming in the wind, he is forced to watch his entire herbal empire evaporate.

Fictional raid scenes from Cheech and Chong's 1980 comedy film *Next Movie* pale beside a harsh medical marijuana reality: Federal intervention. Green and purple Maui Wau'i buds reach for summer's final sunlight – only to recede and wilt against this national opposition.

At 9 a.m. on a bleak September Wednesday, James Anderson, 25, peered out his kitchen window to see guns. Eight of them, each of various size and/or caliber, aimed intently at his Gold Hill, Oregon home. Seventy-five percent of his family was inside. "I'd just put my six-year-old on the school bus," the visibly shaken father of two lamented.

Accompanied with unsettling silence, the men in black stood precariously before a spotless white Ford van, their shark-like eyes fixed on the face in the window. Grim and shameless, your Mother warned you about people like this. Systematic mercenaries to some; cringe-inspiring hell hounds to others. Each moment suggesting that Anderson's medical marijuana crop may be at risk, the men were plainly not there for breakfast.

Utilizing a battering ram, as averse to pressing the doorbell, they accessed the residency. "It was silent chaos the

moment I stepped through that broken door," Anderson stammered, growing flushed with the memory. "There was no dialogue. No one read us our rights; no one even flashed a badge." Yet the words Federal Agent emblazoned across the back of each of the men's identical Kevlar jackets spoke loudly. Anderson was handcuffed outside.

Rushing indoors, a DEA (Drug Enforcement Administration) agent proceeded to slap the confining chrome bracelets on Anderson's wife, Ashley, also 25, with little consideration for the child in her arms. "They didn't even let me put my 11-month-old down first," the blonde exhaled hastily, her wholesome features contorting. The couple was not being cited for any infractions.

Nor were they under arrest. Detained and humiliated in their own front yard, which promptly faces southbound I-5 traffic, they were defamed as second-rate desperados. Observant rubberneckers slowed traffic to a snail's pace, some curious motorists choosing to pull over. The Andersons were on display for over six hours. The couple, and their adjacent others, many believe, were unnecessarily pillaged, terrorized, and violated.

Implicitly disrobed and exposed to the world, in a traumatizing display of dictatorship, some say, the family's state rights were disregarded. But without question, the safety of their neighborhood was sacrificed for dated, poorly itemized traditionalism. And as rapidly as mysterious men substantiate solemn impression, one may later decline in favor of grave comedy.

"A large caliber shot was fired," James' voice trembled. Sadly, the buffoonery behind the discharged weapon is funny for all the wrong reasons. "One of the agents had suddenly stooped to tie his boot – and his gun went off! My family and neighbors have no sanctuary," he said turning white, pointing to a bullet hole in the ground, then revealing a slug in his open hand. "The official was discreetly escorted off the property." Pre-coffee rookies at their bumbling best.

Notwithstanding, the next 10 hours would offer no quarter. Plundered of pocket cash, cell phones, and defunct firearms, the most unfortunate of circumstances involved the indefinite number of prime medical marijuana plants. "An entire season of hard work was about to pay off and benefit many patients," James said.

Yet there were mathematical errors. The U. S. Department of Justice-inspired anti-pot brigade, spawned by Deputy Attorney General James M. Cole, maintained that nearly 500 cannabis trees had been uprooted. "They were counting virtually every twig," Anderson, who uses medical marijuana for pain stemming from metal hardware in his left arm, retorts of the exaggeration. "They're

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not horticulture nor cannabis experts." Head-counting pot plants is not DEA specialty; Expressionless Allure 101 completes their basic training.

Moreover, James M. Cole, the deputy AG who condones busting cancer patients for therapeutic pot, is also said to abuse his federal leverage by enforcing national anti-drug laws against medical marijuana. Spontaneous raids are his icy diss on medical weed.

Washington DC-based National Organization to Reform Marijuana Laws (NORML) representative Allen St. Pierre said, "It's routine in Washington and California – agents regularly bust medical marijuana growing sites."

Now carving its way through Southern Oregon, the empty-eyed shark has no remorse.

Predator infestation of this sort is typically repelled by keeping your plant numbers below 100, as per the state's 96 limit. But Anderson's segment of the 350-plus plantation was a scant 42, the largest of ten, individually-owned, fenced-off fractions.

Still, Ashley, a victim of post-accident pinched spinal nerves, validates the overall count. "With all of our cultivated enclosures, together, it would have treated 80 patients, many of whom have terminal illness. Most of our people have severe pain yet have given up prescrip-

tion drugs all together. They're 100 percent reliant on the safer alternative. Now they've been left to hurt pointlessly." Seven of the 80 ailing subjects were to depend on Anderson's harvest.

Despite the ease in which one may deny the suffering of another, Mrs. Anderson says many tears have been shed over this calamity. If some tag family and friends the finest dynasty one can experience, remedying a loved one is then vital. And everyone has a Mother. "The DEA asked if I had ever given the Andersons money in exchange for marijuana, which I'd never done. They also wanted to see my medical marijuana card. When I asked them when I would get my much-needed medicine, they laughed," said an anonymous 65-year-old woman.

Twenty-five-year-old Ashley makes care giving a way of life for such folks. A full-time, CNA-licensed technician at Count Your Blessings assisted living center, the gentle girl extends humanity in a motto of non-synthetics. "I want to see elders exchange life-endangering pharmaceuticals for life-prolonging medical marijuana," she said, her toddler climbing into her lap. "My mother agrees, has made the switch, and is upset for our loss.

"My parents are divorced, however, and my more conventional father has yet to grasp the medical marijuana concept." While federalism applies to free speech, in theory, human preservation is liberty in a zip lock baggie, a



joint between your clenched teeth, or a plant in your closet. Thus James, Ashley, and their honorable hamlet, as they pay it forward.

Left with no medicine even for themselves, the All-American Anderson clan has received donations. "Some of the patients are sicker than us," James upholds. "Everything we get goes to our people first." In no manner of addicts needing a fix, they don't mind going without medicine for a spell.

"That's what our medical marijuana community is all about," says Lori Duckworth, squinting in the sunny center of her 46-acre, greenhouse-equipped spread. The administrative manager of SoOr's NORML, Duckworth and her organization advocate for medical marijuana. "Contributing medicine to those that have been slighted is not optional – you just do it."

Damaged but not ruined, the local medical marijuana enterprises have simply been spooked. "Providers are suddenly very fearful," Duckworth realizes. "Is the federal government going to show up and arrest people – even within state limitations? Cannabis is merely another harmless agricultural product – and should be treated as such.

"Thirty percent of new medical marijuana patients will be lost to these raids," Lori estimates.

Not if the White House has anything to say about it.. "Obama himself said the feds would not bully medical marijuana," Peter Kaiser uttered between bites of soup in his nearby Cave Junction abode. Popular in SoOr for their home-concocted, organic strains, Brothers Peter and James Kaiser have never experienced federal search and seizure, yet offer optimistic insight on the issue. "If they keep pushing, it'll come to a head," James finishes for his sibling. "It'll work in our favor."

Medical pot may pave a road to equality. Having once thrived on pistol-whipping weed-tokin' hippies, leaving them to the buzzards, even mean old federalist ranchers now accept medical marijuana --- according to the Kaisers! Not to mention now-ozoned straight edgers, who once lived to pound the heavy metal kid for smoking a joint in the Agnostic Front show parking lot. Now well-disposed, they've incorporated a "bake" clause into their once-hateful, clean-and-sober self-theology. Is anti-racism next?

"Cannabis bridges gaps," James K. says, sorting through

a gallon-sized freezer bag of the Cobb strain. "It's becoming a major force in every walk of life. It inspires peace; it can unify all of us." Perhaps a new, less violent world of longevity awaits --- even for the contemptible DEA agent with the AK-47 branch wedged up his backside!


Nodding, Peter says, "This is becoming a valuable medicine for many people. Even chemo therapy patients are benefitting tremendously from some strains. And the feds can't prove that we, nor the Anderson's, have hurt anyone in any way by growing medical marijuana. We supply appropriate alleviation to those in need. I fail to understand the discord between country and state laws. If we're not harming ourselves, or the public at large, leave us alone."

Will the state of Oregon stand up to the federal aversion? "Well sure," James K. says, pacing about, apparently agitated by the insolence demonstrated for the industry. "Why not pass an Oregon law that allows a pharmaceutical commission for this medicine --- it's not a charity. The state is the only entity allowed to profit from medical marijuana anyway." While Washington State progresses with a medicinal grass farmer's market, the earlier-rising Oregon remains a tax stand-off.

Although the state is exasperated by the disrespectful central government sideshow, unfortunately for the DEA, catching a touchdown pass while out of bounds does not reflect on the scoreboard. Voting liberally in 1996, U. S. citizens of Oregon made medical marijuana farming permissible. "Now the grower is stuck in the middle," State Attorney General John Kroger said.

Noting the affinity between medical marijuana and Oregon's notorious euthanasia laws, Senator Alan Bates, of Ashland, possesses a degree to back his views. A man responsible for over 30 patients exchanging opiates for grass, uh hmm, Dr. Bates is standing by with his professional, AMA-licensed physician's opinion --- medicinal weed promotes life.

Century-old remedial grass confirmation takes shape via American Medicinal Plants. A book originally written in 1886 by Charles F. Millsbaugh, and re-issued in 1974, the age-old documentation features a seven-page chapter on pot's curative properties and overall resolution. Portions of the section read as follows:

"The juice of the fresh plant is useful for pain and obstructions of the ears. The principle form of the Indian plant is called Ganja, or in England, Gauza. It reaches the American market through London, and from which our tincture of C. Indicia should be made. In India, the plant is known by names which translate into: 'Increaser of Pleasure,' 'Laughter Mover,' and 'Cement of Friendship.'" 

Neighborhood Debate Q and A

On hand to bequeath medicine, summon additional media, and bolster for the noble, medical marijuana activist Cynthia Willis, also a Gold Hill dweller, contests the federal matter with unbiased nearby home owner Brian Reynolds:



Were the Anderson's over the limit or not?

Reynolds: The community co-op that exceeds the state limitations is not a good idea. It attracts too much attention from feds that aren't nabbing enough illegal growers. You're dangling a carrot for them. We don't have the right of free assembly.

Willis: Technically, there should be no DEA raids on subdivided gardens --- not if they don't singly surpass the state's utmost double-digits between the barbed-wire. No fields bled beyond their own chain link --- no medical marijuana growing guidelines were violated. Why weren't the cancer patients given their due medicine on the spot? They we're not in question of abundance nor criminal activity. States will fight tooth-and-nail for their medical marijuana rights and better liberate cannabis internationally.

The U. S. Drug Enforcement Administration served a deferred search warrant. Why were firearms necessary? Why was the DEA so quick to use the battering ram?

R: (Laughing) In reference to the gun going off, what happened to keeping your safety on? Man that could have been ugly. The DEA agent should be demoted for firearm incompetence. There's no excuse.

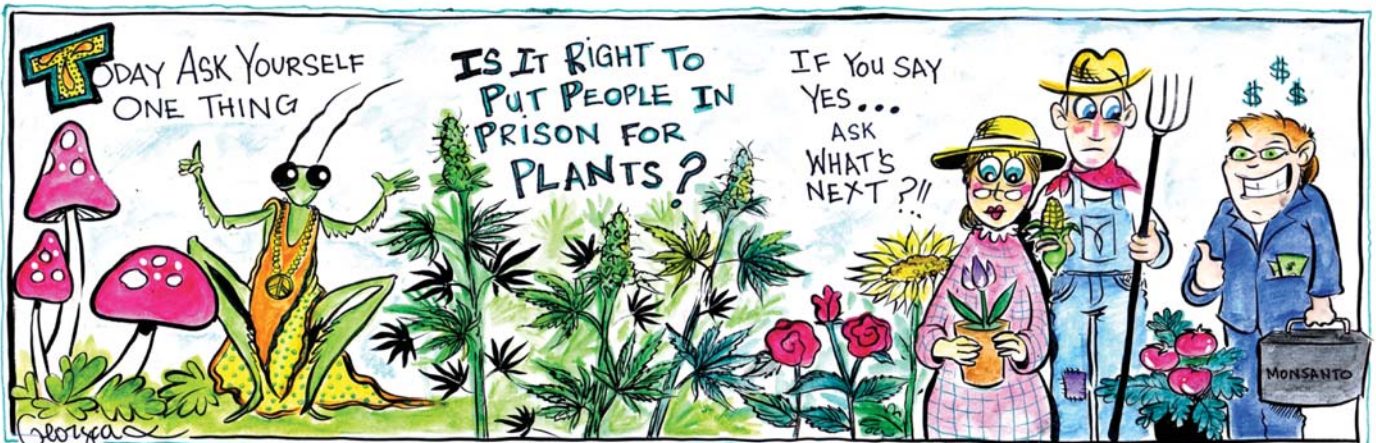
W: Precautions must be taken --- law enforcement is spontaneous --- those agents don't know what may be pending. Nevertheless, the one officer's gun handling skills were subpar, at best. Thank God no one was hurt. And I have three words for the brutal entrance and postponed warrant: Power tripping abuse.

What purpose did these raids serve?

R: The intention is to obtain the bottom dollar; they must remain active to keep budget funding up. When they're desperate, they attack legal gardens to compensate for what they are not getting on the illegal front.

W: Regulation can demonize law-abiding citizens the same way it once did cannabis. Raids force prescription-abandoned patients to refer to the black market for relief of whatever ails them. Nobody wants to suffer. It's simply not very well thought out on the part of the feds.

Obama has declined his earlier positive stance on medical marijuana. Newspapers also allege that California dispensaries are illegally profiting from the industry, hence the crop redemption. End this non-point threat of violence, and eliminate the illegal pot market, by legalizing cannabis. H-E-L-L-O...



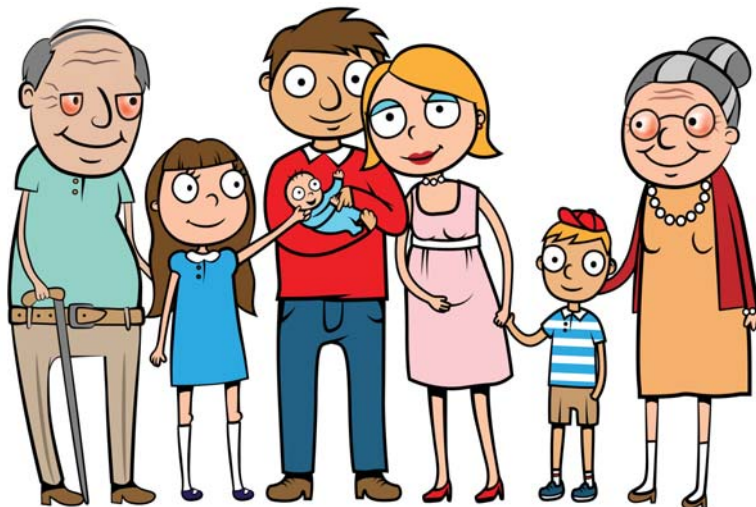
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Medicinal pot expert/activist Cynthia Willis speaks out

on a new generation of non-hippie medical marijuana dynasties

by S. Brook Reed



Are parents that expose their children to cannabis poor examples?

Willis: That depends on the example parents set and how they approach the matter. My Son always knew cannabis was my medicine and not to be discussed in specifics outside of our family...when he was old enough to understand. My Grandchildren know. They know the difference between cannabis and tobacco, my family appreciates me not being on narcotics any longer, I appreciate the money I save and having a medicine that will not destroy my body.

Should therapeutic pot-oriented families be welcome in middle or upper classed America?

W: They already are! Whether main-stream America knows it or not, cannabis is a part of many a hard working upper-crusters' nightly routine to relax and sleep well, rather than a beer – which contains hops, a part of the

cannabis family. Many of them have family members who are patients, we are in every socio-economic faction of society.

Children use topical and edibles. How old should one be to smoke medical marijuana?

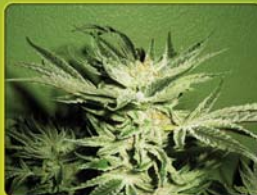
W: If a child is severe, they should not smoke medicinal cannabis but use a vaporizer. This is a method by which the medicine is heated enough to release a vapor, not a smoke, containing the active ingredients. This is not only well-tolerated, but the method commonly used when any research is done. I personally believe if we can keep children from smoking anything until they are old enough to understand the consequences, 21 in most states, then we can keep most people from smoking. I struggle every day to be an ex-smoker instead of a slave to cigarettes...now that is a stroke looking to happen every time you light up! 🌿



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Ryan Begin at the U.S. Department of Veterans Affairs Togus campus near Augusta, Maine. Veterans have been receiving care at Togus since 1866. Photographer, Roger Leisner, The Maine Paparazzi

Ryan's War on Drugs

By Mary Lou Smart

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www.medicalcannabisart.com

On his second deployment to Iraq in 2004, United States Marine Corp. Sgt. Ryan Begin lost his elbow to a roadside bomb. The lower and upper sections of his arm were fused together. His arm is six inches shorter and no longer bends. Thirty-five surgeries, many at Maryland's Bethesda Naval Hospital, left him addicted to prescription medication. His life was in a downward spiral marked by treatment at a Veteran's Affairs (VA) facility, arrests and stays in mental institutions.

Begin's pill load included Valium, OxyContin, morphine and Dextroamphetamine, a psychostimulant. By 2007, a time he refers to as his morphine phase, he was taking 100 pills a day.

"That didn't even touch the pain," he said. "That was just me trying to maintain, you know? I never did prescription pills before the military started shoving them down my throat. Of course you're not going to get well when you're being given Valium and speed. That's not treatment. That's 'Here, eat these and shut up, and we'll see you in a month.'"

A Maine resident, Ryan was being treated at the Veterans Affairs Medical Center in Togus. About a year ago, the

center refused to treat him when he reported that he'd begun using marijuana as medicine.

"I've been dealing with the VA since 2004, and they've known that I use marijuana the whole time," he said. "They always listed it under recreational drug use. When I ran into a problem was when I told them that I'd gotten a referral and a medical marijuana card. At that point, my psychiatrist at the VA told me that I'd need to take a urine test or I would not be getting any more pills."

Two other veterans treated by the Togus facility, also taken off of medication following their admission of marijuana use, were subsequently shot and killed in altercations with law enforcement officers.

The Fuzzy World of Pain Contracts

About 15 years ago, the federal government began requiring that physicians prescribing pain medications mandate that patients sign standard pain contracts stating that if it is found during a random drug test that they are taking certain illegal drugs, they will be denied treatment. While doctors withholding treatment for anything other than medical reasons is a topic that receives attention in the courts, actually denying treatment to a veteran in a VA hospital is seen as particularly cruel. In the civilian world,

In July 2010, the Department of Veterans Affairs, through the Veterans Health Administration (VHA) issued Directive 2010-035. The directive acknowledged that laws in states authorizing the use of medical marijuana are contrary to federal law, that VA physicians recommending marijuana can lose the ability to prescribe controlled substances and be subject to criminal charges, and that marijuana cannot be used on VA property even in states that allow medical marijuana.

a person tossed out of a pain clinic can visit another pain clinic. After returning from service, many veterans rely on the VA as their sole venue for care.

The VA, obligated by law to provide pain treatment to soldiers injured in the line of duty, has issued directives outlining guidance on access to and use of medical marijuana by veteran patients. One reason for the directives is that for decades a growing number of veterans have been medicating with marijuana, lumped alongside dangerous narcotics in Schedule I of the Controlled Substances Act. While more and more states recognize the medicinal value of cannabis, the federal government does not.

In July 2010, the Department of Veterans Affairs, through the Veterans Health Administration (VHA) issued Directive 2010-035. The directive acknowledged that laws in states authorizing the use of medical marijuana are contrary to federal law, that VA physicians recommending marijuana can lose the ability to prescribe controlled substances and be subject to criminal charges, and that marijuana cannot be used on VA property even in states that allow medical marijuana. The directive stated that VHA policy does not prohibit veterans participating in programs of states that authorize medical marijuana from participating in VHA substance abuse programs, pain control programs or other clinical programs.

Lucky for Ryan, he had begun weaning himself off of the prescription medications when his VA physicians went against this directive and took him off of medication. The way it has been explained to him is that, despite the directive, the VA can administratively allow patients to stay in pain management programs while taking them off of the opiates if they find out that they're medicating with marijuana, which is listed under federal law as a Schedule I drug with no medical benefit.

That is not how the directive was explained to Michael Krawitz, founding director of Veterans for Medical Cannabis Access. In 2010, after asking for clarification on the same subject, he received a letter from Department of Veteran Affairs Under Secretary for Health Dr. Robert Petzel, "Standard pain management agreements should draw a clear distinction between the use of illegal drugs and legal medical marijuana."

Krawitz maintains that the VA is obligated by law to provide pain treatment to soldiers injured in the line of duty. He is not alone in believing that the pain contracts and

associated drug-testing provisions violate veterans Fourth Amendment right to be secure from unreasonable search; violate the Fifth Amendment by forcing veterans to testify against themselves when submitting to drug tests; and violate the Fourteenth Amendment provision for equal protection under the law by targeting only pain patients.

While Krawitz has no problem signing a treatment attestation for pain management acknowledging he is who he says he is and agreeing to not misrepresent his history, he does not agree with the standard pain contract. Part of his problem with the contract is that the federal government's stance in placing marijuana in Schedule I of the Controlled Substances Act is particularly cruel in light of seriously ill patients that depend on the therapeutic benefit of cannabis. He maintains that marijuana's classification is quite bizarre in light of Schedule I's requirement that a drug have no currently accepted medical use in the United States. The inappropriate placement has been noted time and again, most notably in landmark rulings by two of the Drug Enforcement Administration's (DEA) own Administrative Law Judges, Mary Ellen Bittner, in 2007, and Francis L. Young, in 1988, both of whom strongly favored more access for research and rescheduling in rulings that that were ignored by the DEA.

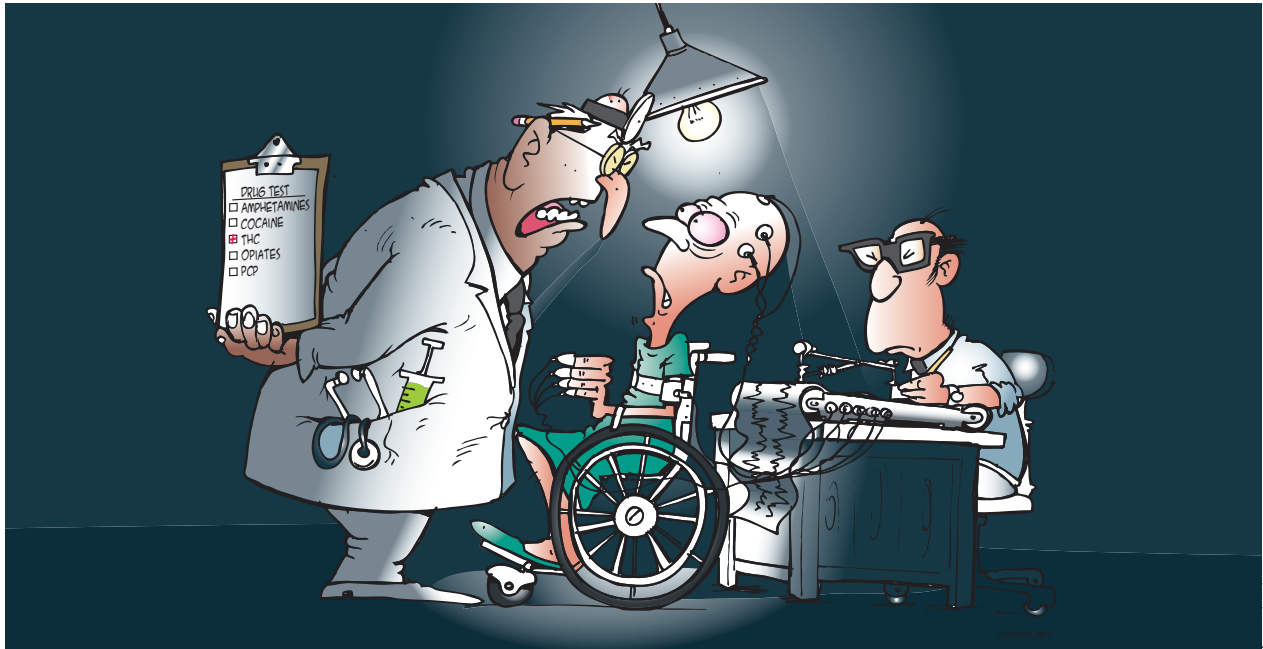
"It's an interesting problem," said Krawitz. "You've got these doctors that are not providing medical care. They're acting as agents of the DEA, not as physicians. They've given up their Hippocratic Oath, and are not respecting these patients' rights to medical care."

Compassionate Care

Begin smoked marijuana in high school. He stopped when he joined the military, and started again following his injury. After years of VA drug use, arrests and stays at mental institutes, he decided to take matters into his own hands.

"The only thing that helped me was when I said, 'Okay, I've given you guys seven years to try and treat me. Now I'm going to do my own research and figure this out on my own.'"

Begin visited Dr. Dustin Sulak, an osteopathic physician who advises patients on healthier lifestyle choices. Well-documented chronic pain permitted Begin to receive a recommendation to join Maine's medical marijuana program. Prior to studying about cannabis, Begin understood that marijuana could help with anger and anxiety and stimu-



late appetite, but he didn't understand its full potential. Gradually, he realized that cannabis eased the symptoms of post-traumatic stress disorder (PTSD). His life began to improve dramatically when issues such as recurrent nightmares tapered off.

"I was so out of balance from being on so many pills, that the marijuana was only helping with a portion of it," he said. "It wasn't until the spring, when the VA fully kicked me off my pills, that I found the true benefit of medical marijuana. Since then, every minute of my life's been really, really on the uphill. I can be medicated, but I'm still myself. I can still be who I am."

One of many who have spent considerable time working to improve Maine's program, Dr. Sulak sees many veterans that suffer with post-traumatic stress, and others experiencing anxiety and depression. He wants the rules and regulations that are being added to the law to include a reasonable process for adding qualifying medical conditions. As it stands, Maine's law does not include PTSD as a qualifying condition.

"On a case by case basis, I've seen conditions that have proven to respond better to cannabis than to other treatments," he said. "One of the exciting things that I've been finding in my practice, which hopefully we are going to be able to do scientific research on, is the use of cannabis instead of more dangerous pharmaceuticals."

An integrative physician, Sulak sees the potential of cannabis and other alternative medicines and treatments as being capable of benefiting society in many ways, including less reliance on pharmaceuticals, less visits to emergency rooms, specialists, surgeons and doctors, and in more rewarding employment opportunities.


"I have seen a handful of patients that have left their depressing, soulless jobs in cubicles somewhere to become caregivers," he said. "They have new lives dedicated to the service of others, steady incomes, and they find what they're doing to be rewarding. When people find meaningful work, their lives get better, and that helps the healing process."

Begin, 32, medicates with cannabis, and looks forward to each day without pharmaceuticals. His mother, at first discouraged when she saw what he was doing, was amazed when she realized that her son had finally pulled away from drugs. She is now an advocate for medical cannabis.

He has helped two fellow veterans wean themselves off of pills, and works with advocates to try to help others. "We're helping individuals get off of their medications so that they're able to enjoy life again," he said.

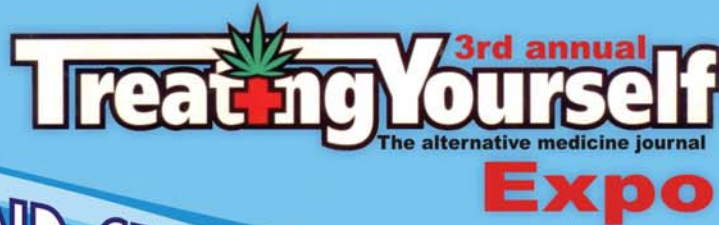
He did start a petition on www.change.org, to ask the DEA and the National Institute on Drug Abuse to stop blocking medical marijuana research for treating veterans with PTSD. The petition quickly gathered more than 16,000 signatures. His hope with this petition and other advocacy efforts is that people become empowered to share their experiences.

As he shares his positive experience with cannabis in helping to alleviate the overwhelming symptoms of PTSD, Begin urges others to do the same.

"It takes people to come forward and state that they use medical marijuana," he said. "What we are doing is difficult, but that doesn't mean it's impossible. We are making waves." 



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Seshat's Secret

Solving the mystery of what the ancient Egyptian goddess of wisdom was all about brings to light the true nature of the world's favorite forbidden flower

By Carl Hedberg

I am not an Egyptologist, but I played one as a boy in the late 60s. Attracted by the art, the mythology, and the unsolved mysteries, I spent enough time in the Egyptian collection at the Museum of Fine Arts in Boston to recognize when objects were moved around or rotated off the floor. One unsolved mystery is the meaning of the emblem symbolizing Seshat, the sexy and mysterious goddess of wisdom, writing, and measurement.

I never paid the question much mind as a kid, but recently I stumbled on a Seshat carving sporting what looked like a five-point cannabis sun leaf; Northern Lights, to be exact. My work with legal cannabis patients and care growers in New England gives me access to such leaves, so I scanned a few and chose point counts to correspond with Seshat images I found online.

The notion that Seshat is the patron goddess of cannabis is not so far-fetched. Her symbol is among the oldest hieroglyphs, and although cannabis is not native to North Africa, it would have grown well there, and been available through trade routes. Indications for use of cannabis and instructions for preparation are in some of the oldest medical texts in existence.

Temple walls depict festive royal spirituals featuring beer, wine, psychoactive concoctions, ceremonial sacrifices, and exotic dancers including the Seshat priestess herself—turning heads in a dazzling leopard-skin pullover. Lotus buds soaked in wine produced a spiritual effect of such

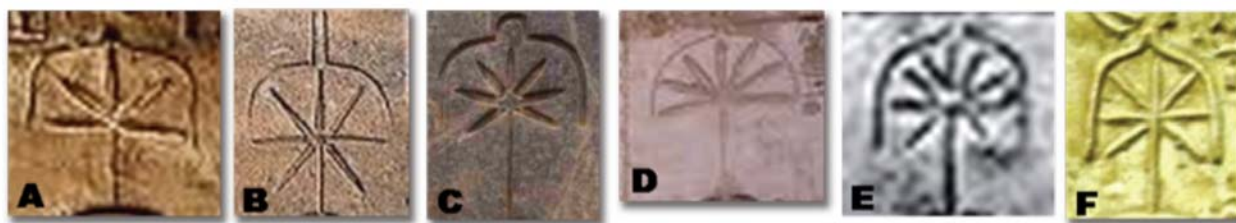


importance that much of their art and architecture was devoted to the flower.

No temples to Seshat have ever been found, and the psychoactive use of cannabis in ancient Egypt is thought to be less well documented—or maybe the truth is all over the walls, and we just can't see it through the haze of drug war propaganda.

Prohibition did not start with the banning of cannabis in the 1930s. It began many centuries earlier with religious edicts that forbade—on pain of death—the use of psychoactive plants as spiritual sacraments. The Industrial Revolution went even further by creating a propaganda campaign that turned the world against natural medicines, and by outlawing any plant that could produce euphoric and/or spiritual effects.

That's where Seshat comes in. We know the ancient Egyptians were intelligent, spiritual, and as a culture, very successful. (For the United States to be half as long-lived, our Constitution would have had to have been written around the year 762.) If cannabis was revered in those ancient times the way it is today (mostly in the shadows by people you'd never think...), that's one more body slam against the crumbling walls of prohibition.



Establishing the Proof

Here are six Seshat emblems from their golden age—The New Kingdom (c. 1550-c. 1069) :

Artistic interpretations and dynastic variations are an excellent measure for eliminating popular guesses. For example, if the top piece looks like a bow at Luxor and like horns at Karnak, it's probably not representative of either. The explanation must work across all variations. **(Condition 1)**

Since the two parts of the emblem never appear separately, the explanation must describe how the images work together to symbolize one concept. **(Condition 2)**

Seshat was the deification of wisdom: the goddess of writing, astronomy, architecture, and mathematics. She was an exotic dancer with spirit-realm connections. The Coffin Texts, a collection of funerary spells written beginning in the First Intermediate Period (c. 2181-c. 2055), spell out 10 states: Seshat opens the door of heaven for you. The explanation for the symbol must reflect the whole of Seshat's complex character. **(Condition 3)**

The human embodiment of the goddess was a royal priestess—a smart, creative, and powerful top advisor to the king; the keeper of records and chief architect responsible for laying down measurements for royal projects. The explanation must plausibly reflect the life and duties of an actual Seshat priestess. **(Condition 4)**

First Inquiry:

What Is That Star-shaped Thing?

It's not a star because the base of the emblem is often not star-shaped. Same for papyrus and palm leaves. Cannabis hemp matches the images, but a food and fiber plant cannot begin to capture the full color spectrum of this goddess and her earth-bound representative.

Cannabis leaves vary greatly between strains, but point counts of five, seven, and nine are common. Although the drawings differ widely in shape and artistic style, cannabis is a perfect match for every image in the set. This satisfies the first condition of the proof.

Second Inquiry:

How Does the Cannabis Leaf Work with the Image Above?

Unlike the leaf, the upper image is portrayed in many different ways. Sometimes it floats above the leaf (emblems B and C), and often it looks more like a veil (A, E, and F). Some are open at the top (B and E), and when the two sides are joined they form a point (A and F), or a cap (C and D).

Given that the message must be evident in all cases, this wide range of interpretations suggests that the image on top is symbolic rather than physical—and that the answer must lie within the elements that the images have in common.



Star on a stick



Papyrus



Palm





In every carving, the upper shape flows down from above and around the image that always looks like a cannabis leaf. That leaf always rises straight from the very top of Seshat's head, and always stands at attention under the veil.

The leaf is cannabis, and the veil is the wisdom it bestows. Taken together, the two images represent the source of her creative ideas, cosmic intuition, and spiritual connection. This satisfies the second condition.

Third Inquiry:

Does This Explanation Reflect the Whole of the Seshat Mythology?

This might be a hard pill to swallow for the people of a nation raised to just say no, but nothing about this smart,

colorful, and spirited multitasker is inconsistent with cannabis use.

This ancient truth is reflected in the lives of creative thinkers and people of action like Steve Jobs and John Lennon, and in the words of the late astronomer, mathematician, philosopher, and novelist Carl Sagan. Writing anonymously as Mr. X in the 1969 book *Marijuana Reconsidered*, Sagan described cannabis as a spiritual conduit for ideas and creative expression:

"I do not consider myself a religious person in the usual sense, but there is a religious aspect to some highs. The heightened sensitivity in all areas gives me a feeling of communion with my surroundings, both animate and inanimate.... Many but not all my cannabis trips have somewhere in them a symbolism significant to me...a kind of mandala embossed on the high. Free-associating to this mandala, both visually and as plays on words, has produced a very rich array of insights."

People who use cannabis to spark insights and creativity (artists, professionals, clergy, teachers...mostly all in hiding) would agree that the whole of Seshat—the writer, the spiritualist, the dirty dancer, as well as the no-nonsense nail-the-numbers professional getting baked on the job—are all well within the lifestyles and possibilities of people who use cannabis. This satisfies the third condition.

Temple complex at Karnak/18th Dynasty



Final Inquiry:

Does This Explanation Relate to Real Life in Ancient Egypt?

Yes. Cannabis was known, available, and would have thrived in the region. The variety of point configurations in the drawings supports the notion of favored strains, and a private palace home grow is consistent with the theme that Seshat was a secretive goddess of the royal classes. This satisfies the final condition.

Why This Matters

This is more than an academic exercise. Cannabis prohibition is a war of words and images, and until very recently our government was in total control. History will record the irony; the very communication system that was being used to broadcast lies about this so-called recreational drug was suddenly the means by which the people could learn and share the truth about what cannabis really is.

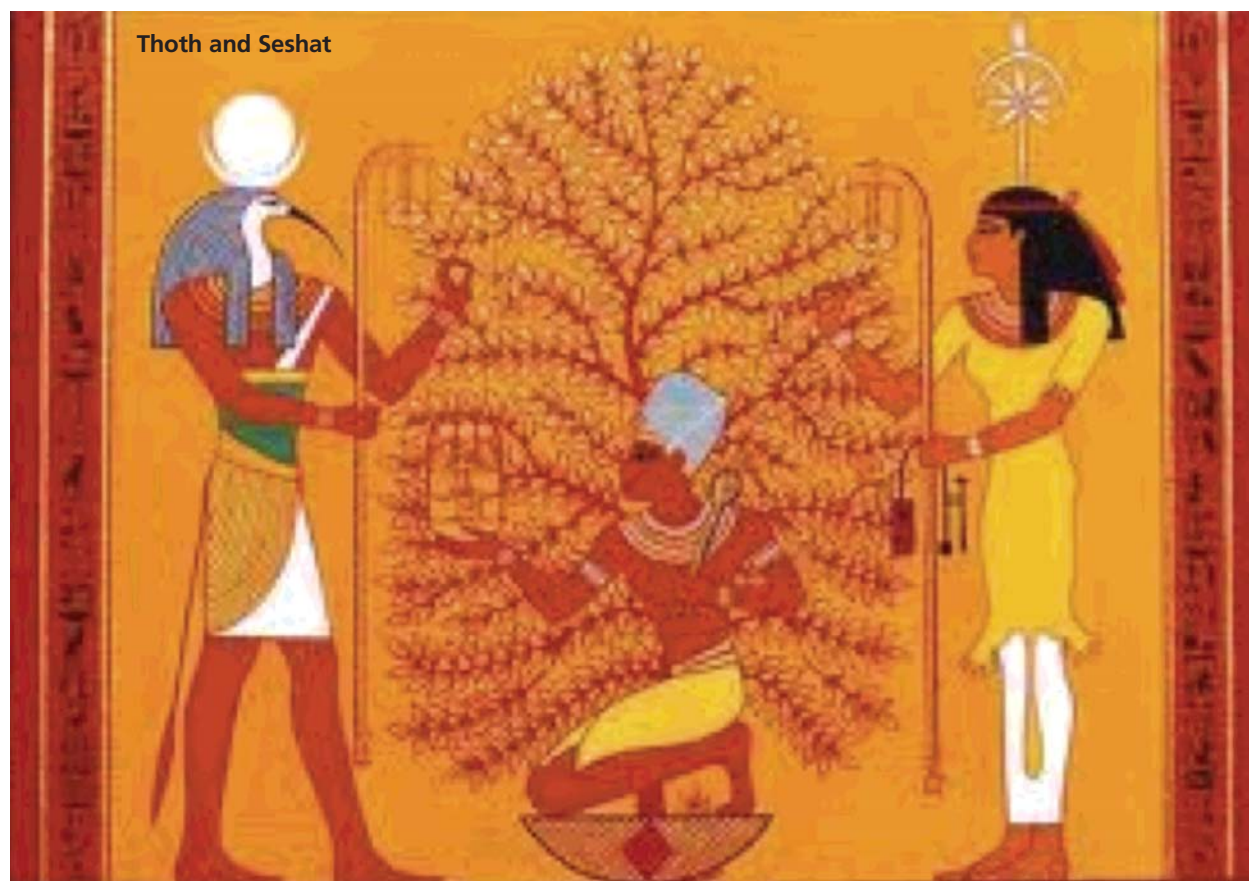
As we head into this new century, few things represent the future better than cannabis, an ancient plant that can deliver food, fiber, fuel, medicine, inspiration, and an occasional laugh. Seshat reminds us that sometimes the best way forward is to look back and learn from the wise ones who came before. 🌿

Carl Hedberg is a writer, speaker, and medicinal use explorer working with legal cannabis care growers and their patients in New England. This article is from the lecture Cannabis Rising: Truth and Healing on the Front Lines of the Battle to Restore Our Right to Choose.

Questions and comments for Carl:
hedbergce@gmail.com

<http://cannabination.com/2011/02/05/ancient-egypt-and-cannabis/>
<http://www.entheology.org/edoto/anmviewer.asp?a=65>

A. Temple complex at Karnak/18th dynasty, B. Red Chapel of Queen Hatshepsut (1473-1458)/18th dynasty, C. Luxor Temple; Ramesses II (1279-1213)/18th dynasty, D. Medinet Habu mortuary of Ramesses III (1184-1153)/18th dynasty, E. Temple complex at Karnak/18th dynasty, F. Temple of Osiris, Abydos; King Seti I (1294-1279)/19th dynasty
<http://en.wikipedia.org/wiki/Seshat>
<http://marijuana-uses.com/mr-x/>
http://en.wikipedia.org/wiki/Seshat's_emblem (Note that the word "sesheta" means hidden things, mysteries, secrets, and through Seshat the Pharaoh was given access to the power of those mysteries).





Systematic Omission

Demonizing Cannabis Timeline

by S. Brook Reed & Dr. Y



If you've surmised cannabis, medical or otherwise, a generation X contemporary, you've been misinformed. Mongolia, among the most irreproachable countries on the planet, was analyzing weed therapeutically and recreationally by 400 BC!

Between **400 and 10,00 BC**, pot evoked an intricate journey into the world of medicinal value, mythological creed, and fiber-rich nutrition. Used as a broad spectrum **health tonic in India**, Hinduism also utilized "**sacred grass**" as a ceremonial offering in **1,000 BC**. The "**holy anointing oil**," specified by **Moses in the bible's book of Exodus**, entailed six pounds of cannabis, for purity sake! Yet it would be the Chinese, in **8,000 BC**, to first infer pot seeds a, uh hmm, defecation aid!



Who knew?

Clearly, the cannabis timeline has been sustained throughout the AD enumeration, as well. The Ancient Essenes, creators of the Dead Sea Scrolls, a primitive transcription of **St. Mark's Ethiopian church**, inhaled cannabis vapors as an act of divine worship in **45 AD**. **Documented history from 70 AD possesses "De Materia Medica,"** a written works on the soothing advantages of cannabis via Greek Physician Penadias Dioscorides, was born near modern day Tarsus. But, again, it would be china who would one-up the remaining cultures in **200 AD** when "**doctor**" **Hoa Tho** applied **cannabis extracts to his surgical procedures**.



Connotatively speaking, the pot feline was definitely out of the bag in **400 AD**. Having **reached the English colonies of Britain**, universal remedies and holiday smoking were objectives.

International cannabis expansion spread like wild flowers in the middle ages. Embraced by the "virtues" of theology, **grass was condoned within the Islamic faith by 680 AD**, while Mohammed permitted weed, yet prohibited fermented beverages, 120 years in succession. Not to mention the sacramental cannabis consumption at the Persian alters of **Sufi Hyderi founder Hydar**, who's last right in **1155** included a lush, eternal bed of pot foliage. Talk about ethereal alteration!



Twelve-hundred AD marked the first cannabis-related adversity. Reprimanded for allegedly inducing the Hashshashin war, in northern Persia, hashish produced a decline in regard for cannabis.

Quandaries would again surface for pot early in the renaissance transition. In **1484 Pope Innocent VIII called cannabis an "unholy implement" for the satanic masses of Europe.** "The witches hammer," as Christians called it, cannabis would then be considered taboo in many clerical circles.

Countering the notion, **King Henry VIII issued citations in 1533 to non-hemp agriculturists**, his military demanding it for its infinite recourses. Fellow Englishman William Turner had solidified non-theological cannabis wisdom with his 1538 book, *New Herbal*.

Cannabis hit the salty shores of North and South Americas amid 1492 to 1606 via the Mayflower! It seems Christopher Columbus was competent in some respects, apart from browbeating and segregating the indigenous American tribes! But it was the Angolan slaves to first import, grow, and smoke cannabis in Brazil. And, of course, you can **thank Quebec founder Louis Herbert for introducing cannabis** not only to the liberal province, but all of Canada, to complete the massive geographic addition in **1606**.



Sixteen-Nineteen through 1637 saw cannabis, as well as cousin plant hemp, making large strides toward mainstream American applications. Along with the **1619 Virginia state requisite, all farmers, commercial and /or**

otherwise, grew hemp. In 1631, hemp was then as good as cash via US retailers. And within six years time, legally encouraged cannabis plantations exceeded even tomato cultivation in Hartford, Connecticut.

The now controversial relative **seedlings celebrated their diversities at all-new international levels in the 1700s.** The textile industry of America, via Boston, brought in Irish spinners and hemp. **Central and South Asia, in 1770, used hashish as a major trade asset. Documented on hemp paper, the United States of America's Declaration of Independence emerged in 1776.** Seven years more witnessed the horticultural division of sativa and indica, the two primary sub-species that would later spawn thousands of strains.

Further esteeming the wide-mouthed enterprises of cannabis/hemp, early **US Presidents Jefferson and Washington, in 1791 and '94 respectively, spoke publicly and/or wrote inspiration for hemp.**

"Make the most of the Indian hemp seed and sow it everywhere," advised President Washington.

Well into the seventeenth century, English literature on the medicinal evaluation of cannabis came to light. **In 1839, British publication Indian Homeopathy Journal ran the**

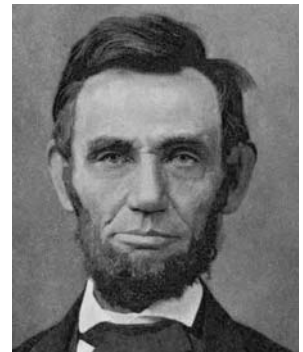
first article on pot, America's Proverbs Union, by Dr. William O'shaunessy. The Anglo-Saxon physician would then write *Preparation of the Indian Hemp or Ganja*, a book that logically presented cannabis, and its medicinal assessment, to western science. The health care professional had concluded large doses of cannabis oil a cure for tetanus.

By 1840, cannabis tinctures were all the rage in conventional pharmacies across America!

Later that year, President **Abraham Lincoln denounced obstruction of cannabis.**

"Prohibition goes beyond the bounds of reason in attempt to control man's appetite through legislation and make crimes of things that are not crimes. A prohibition law strikes a blow at the very principles in which our government was founded."

Nevertheless, exemplifying age-old propaganda, in **1854 the New York Times erroneously termed cannabis "a narcotic."** The poor PR spin would be complicity to the decline of weed's accountability.



With NYC leading the way, however, hash bars were sprouting up in metropolitan cities across North America. Notwithstanding, by century's end, Greece and Turkey had banned cannabis permanently, loosely based on moral ethics. Like a vile rumor, ballyhoo that seemed oddly superstitious, at best, began with the God-fearing "faithful" – inadequately informed do-gooders.

Señora, Mexico's Poncho Villa, along with his theistic assemblage, were among those to **bequeath cannabis demonic surname "marijuana" in 1895.** Things would only get worse for Baphomet, er, marijuana in the new millennium.



The credulous name-calling and continued civil limitations were inflammatories in the 20th century. But when the **US Department of Agriculture tagged cannabis a poison in 1905,** the "liberty and justice for all" phrase that concludes the US "Pledge of Allegiance" became as deceptive as the deduction itself. They would go on to discourage all pharmaceutical/remedial formulas, fueling the counterpart warnings.

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Ironically, the Mexican revolution had bled social marijuana use into America's veins. Though the African-American, Jazz-club-inspired "Reefer" references would bleed the US pot movement to death in 1910. "Its uncivilized," discriminators cried.



An accomplice to "the devils music" – sixty years prior to "evil" rock sub-genre heavy metal! – Christian feared reefer may subject white folks to dark spirit possession, too!

Then came the double-edged, right-winged innuendo: "Your wife will sleep with black men if she smokes marijuana!"

In another paradoxical twist, South Africa would ban cannabis shortly after the "negro-incited" American Marijuana "hysteria." Massachusetts was the first state to follow the classicist trend.

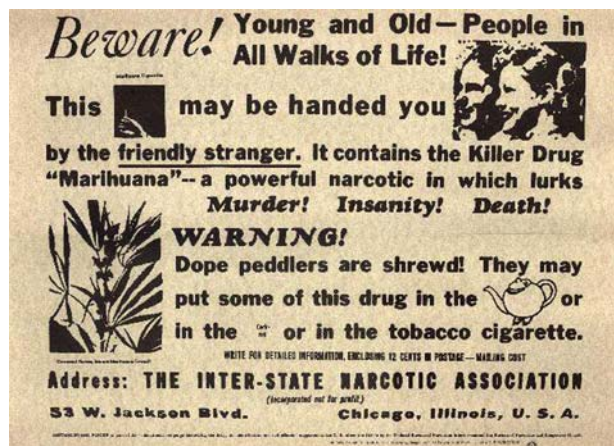
At 1912's First Opium Conference, 46 nations initiated a hypothesis that suggested cannabis should be outlawed internationally. Countering sentiments of interdiction, the same global parties detained commercial merchandising and handling for opium, heroin, morphine and cocaine, yet preserved cannabis.



In the 13-year interim that separated 1915 and '28, the marijuana reproach would abate the cannabis cause further. Utah and California were the first states to criminalize the impeccable plant. Hard nose Texas would soon succeed them. By 1927, only New York, Colorado, and Montana had retained pharmaceutical cannabis, yet stiff penalties were placed on festive recourse and street peddling. And finally, The Dangerous Drugs Acts of 1928 would be the sound of the cannabis tomb echoing closed throughout the United Kingdom.



The FBN (Federal Bureau of Narcotics), later the DEA, became a malignant tumor within cannabis' permissible standing in 1930. Two years in, FBN Commissioner Harry J. Anslinger organized a subdivision contract system, the Uniform State Narcotics Act. The once federally liberated states were strangely encouraged to comply with the termination of cannabis,"and other narcotics."



Thirty-three states had opposed the organic substance by 1933, as a result.

Federalist, Racist, and Liar, Commissioner Anslinger Masterminded a pot scandal in 1935 that would deceive the entire human race. Swindling a national media operation, the government official who regarded African-Americans as "Niggers" via live broadcasting warned that marijuana provoked homicidal tendencies and crime sprees in its users. The malicious, prejudice crusade was effective enough to cease all cannabis farming in even China!



The do-gooder's rancorous reign of cannabis tyranny spoke via film in 1936. Reefer Madness, directed by Frenchman Louis Gasnier, and The Devil's Weed, a product of The Motion Picture Association of America, while maintaining concepts of violence, were fabrication.

But the most ludicrous assessment from reactionaries that same year were newspaper headlines:

MARIJUANA-CRAZED, SATANIC, JAZZ-MAD NEGROS RAPE WHITE WOMEN!

By 1937, such evangelistic, racial biased networking would mean the decline of cannabis in 46 states. With Anslinger's congruity, newspaper mogul William Randolph Hearst, spreading the disease, their collective white supremacy, anti-cannabis/hemp campaign would garner exploitative corporate backing.

DuPont, the leading intercontinental manufacturer of plastic/vinyl, was/is vehemently averse to the hemp industry, potentially the tightfisted company's primary competition.



Medical and casual pot users could smell a rat later in '37 when the Marijuana Tax Act created a catch 22. Presenting cryptic legal jargon, the statement was utter poppycock! More slander from Anslinger, the balderdash loop-holed a simultaneous state and federal hemp ban, to the elation of DuPont.



Making a heroic last stand for medical cannabis, NYC Mayor Fiorella La Guardia publicly emphasized its worth in 1944.

Commissioner Anslinger, in turn, incriminated La Guardia. Altering legislature, Anslinger The Terrible then erected felony precepts for scientist physicians who independently studied, researched, and tested cannabis.

Discounting persistent former assertions that cannabis usage equaled rage, Anslinger claimed in 1948 that pot use generated "peace." Cynically suggesting a cannabis-weakened America may be vulnerable upon the event of communist intrusion, the word apathy better depicts the dictator's implication.

The United Nations Universal Declaration of Human Rights emerged, if but non-plausibly, too, in '48!



Wild Weed, a.k.a. She Shoulda Said No, yet another obstinate survey of cannabis, was a new film release in 1949. Focusing on wasted careers and self-destruction, marijuana held the thematic diatribe.

[Incisively, today, in 2012, daily medicinal and/or inadvertent pot users graduate university, earn seven figures participating in pro sports, and direct major law firms!]

The Boggs Act of 1951, established by Anslinger, lumped cannabis with hard drugs. With guaranteed jail time in exchange for convicted cannabis distribution, retailers of pharmaceutical and/or "party grass" then gambled their freedom and social approval. A parallel

proposal five years later observed the wholesome medicine as it was pitched an even meaner curve ball.

Officially over-killing the criminalization of cannabis, the Narcotic Control Act of 1956 was inconceivable. It posed a startling 10-year sentence and \$20,000 fine for a mere first-time possession charge. Anslingers Marxism approach had begun to open eyes.

An avid medical cannabis user, nonconformist President JFK fired the unwarranted FBN commissioner in 1962. Kennedy's Assassination the ensuing year reflected a likeness to slain former president Abraham Lincoln, who also condoned cannabis.

The world's hottest rock and roll artists, in 1967, risked their major recording contracts for weed. Using fame as deflection, Keith Richards and Mick Jagger "walked", their marijuana possession charges dropped.



And in this, The Beatles psychedelic era, the music group received hair-raising media attention when they signed a pro-pot petition in London. Record sales for both bands would be stimulated by the commotion.

Over the next two years, "the Satan music" would be associated with "The Devil's Weed" globally three times. The Rolling Stones, not surprisingly, were christened "Lucifer Worshipers" by revivalist media. Then John Lennon and George Harrison were arrested, in two separate instances, when customs found marijuana amid their belongings.

Also in 1969, President Richard Nixon put Operation Intercept into play. The now abandoned order harassed US tourist that returned from Mexico, a venture that hoped to regulate a Mexican domestic policy on cannabis. Recalled as Watergate's most notorious party member, the dishonorable president detested marijuana, completing a pattern for underhanded officeholders.

Nixon's administration





http://politic365.com

made their grand denunciation in **1971**, his ongoing “War on Drugs” claiming thousands of innocent lives, officers included. **“I am against the legalization of marijuana,”** the loose-cheeked politician would reiterate.

NORML, and the Nixon-delegated Shafer Commission, filed **1971** testimonials, suggesting that medicinal cannabis be decriminalized. Nixon and legislature declined.

Nineteen-seventy-three meant new federal troops. Fighting Nixon’s War on Drugs then included the DEA (Drug Enforcement Administration). Never mind the diabolical formula of music, people of color, and – gasp! – marijuana. The DEA agents – men in black with mirrored shades – represent Third Reich styled power.

A state brazenly stepped outside of the box in **1975, and NORML again made a stand.** The Supreme Court of Alaska sanctioned in-home cannabis use, pointing out that the Fourth Amendment gifts Americans the “right of privacy” – Even if that means smoking grass in your living room while watching Monday Night Football! And, funding a Compassionate Use program, NORML teamed up with the FDA to make Washington DC’s Robert Randal America’s exclusive medical marijuana lab rat.



http://theordinarypolitical.files.wordpress.com

A Republican, **President Gerald Ford, in the last year of his administration, then forbade programs that researched remedial cannabis.** Still, on January 5, 1976, **The New York Times reported that scientists had ascertained the safety factors of cannabis.** But dumbfounding the US most that year, DuPont

Publicly proclaimed marijuana less harmful than alcohol. And again, Robert Randal superseded congress via Investigative New Drug, his personal medicinal grass sanctuary agenda.

More progressive minds surfaced for cannabis a year later. Embracing the Shafer commission’s pro-pot mindset, democratic oval office occupant **President Jimmy Carter attempted to re-school legislature,** requesting mild mar-

ijuana laws. Australia’s Baume Committee suggested viewing cannabis use as a social and/or medical issue; hardly a legal matter. South Wales also expressed a desire to reduce worldwide penalties for grass.

Bad news for post-Beatles **Paul McCartney fans: in 1980,** an uppity Japanese judge **jailed** the baby-faced superstar for weed, qualifying only Ringo for the priesthood.



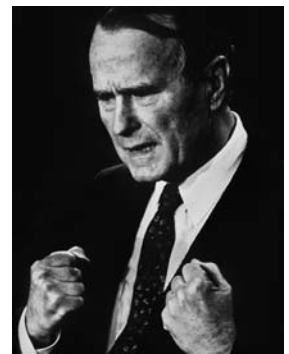
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Praised only for his elimination of the Berlin wall, Ronald Reagan was not a US reformist. As cannabis’ smiling adversary, in **1983 President Reagan ordered all American Universities to shred marijuana-related reports** and/or examinations from 1966 to ’76. In the **1986 Anti-Drug Abuse Act,**

Reagan erected a mandatory conviction statute for any drug-associated crime, including cannabis. **Accumulative offenses could then incarcerate a mere pot smoker for life!**

In **1988 the DEA hardened.** After countless confirming depositions, **executive federal Judge Francis Young reached the conclusion** that medical marijuana should be a US government proposal. **“Marijuana, in its natural form, is one of the safest therapeutically active substances known to man,”** the chief justice said. Shrugging, then moving on, the Reagan Administration and the Department of Justice refused the safer alternative to even terminal patients that suffered, also, from synthetic drug allergies.

President George Bush, who later reinforced terrorist son George W., represented a **rehabilitated War on Drugs in 1989.** Springboarding employer urine testing, George Sr. also pointed a shaky finger at head shops. Secretary of state James A. Baker deduced the War on Drugs a failure, his words falling on deaf ears. In its wake, the black market exploited an inevitable cannabis industry. In effect, more unnecessary casualties would ensue.



Resuming the dizzying rollercoaster ride, in **1992, more cannabis-linked pros and cons had arisen.** The California Research Advisory Panel presumed the War on Drugs,

with its inserted violence, more perilous to society that hard drugs. The Investigational New Drug itinerary was shelved. And, damned by traditionalists for his extra marital affairs, as well as grass, President Bill “I didn’t inhale” Clinton failed to assist **Jim Montgomery, a paraplegic who received a life sentence for medicating with cannabis.**

In addition to Holland’s exempt status, **Germany approved cannabis in limited quantities by 1994.** Holland responded by reducing their gram-allowance from 30 to five.

1996 glimpsed medical marijuana via Proposition 215.



The state of California had validated medicinal pot use solely for cancer, AIDS, and other potentially fatal maladies. Further tearing the liberation envelope, Belgium and the Netherlands loosened all drug laws.

Unscrupulous government cannabis examinations were exchanged for reality in 1997. UCLA’s School of Medicine determined that lung capacity in regular cannabis smokers remained virtually normal. Another credible source, American Journal of Public Health, said, “Relatively few adverse clinical effects from the chronic use of marijuana have been documented in humans. However, the criminalization of pot use may, itself, be a health hazard; it can expose users to violence and criminal activity.”

Connecting years **1998 through 2000**, medical cannabis had attained its own bills. **The Medical Marijuana Act**, Oregon’s ticket to physician prescribed weed, was passed in ‘98, followed by individualized projects in **Alaska, Washington, Colorado and Hawaii.** Nevertheless, the debilitation-ailments-only clause had opened the medical marijuana door but a crack.

Unfortunately, some US government sanctioned organizations were not on the same page in **2001.** With passé judicial ordinances instigation technical contention, **the United States Supreme Court ruled that Nixon’s 1970 Act made no exception for medical marijuana.** Period. The American Medical Association’s Council of Scientific Affairs counterpointed. “Until such time as rapid-onset cannabinoid formulations are clinically available, our AMA affirms the appropriateness of compassionate-use marijuana...”

The Council of Scientific Affairs listed cachexia, anorexia, nausea, chronic pain, and other conditions, treatable via medical marijuana. On February 12, **2003, California’s Senate Bill 420 was solidified.** It certified that a medical

marijuana patient may licitly hold a half ounce, along with either six fully bloomed or 12 small plants.

Each in conjunction with specific state guidelines, Montana (’04), Vermont(’04), and Rhode Island(’06), then New Mexico(’07), and Michigan(’08), clued into medical marijuana.

Moreover, confirming the blatant dictatorship of the US federal government, a **2009 AMA cannabis strategy was recommended.** A fragmented version said:”Our AMA urges that **marijuana’s status as a federal Schedule I controlled substance be reviewed.** The goal is to facilitate the conduct and development of cannabinoid-based medicines.” But alas, this policy, too, was rejected.

An indecisive **United Kingdom**, after having **reclassified cannabis to a Class C drug in 2004**, refiled it **back to class B in 2009.**

Better slow than not at all, by **2010 two more states had complied, while another lifted the bar.** Recent dividends to the American Medicinal Grass dynasty are Arizona and New Jersey. Though Holland wannabe California, a state that has now closed many dispensaries, took Measure 19 down to the voting-booth wire. The ballot deficit missed liquor store retail by an emotional seven percent!

Canada’s Parliament Hill, and the once medicinal pot elusive American North-East, augmented provincial statutes and medical marijuana affiliated legal processing last year. Ottawa, Ontario Superior Court vowed to adjust chapter issues by July. Delaware and Connecticut then, also, opened the gate to safer alleviation.

Nonetheless, don’t hold your breath for that US legalization bill just yet; The SWAT-esque **DEA raids of 2011** could set a tone for the subsequent time.

Further disrupting the accord of independence, the federally promoted IRS has tangled the hairs of medical marijuana. On February 2, **2012, activist Steve DeAngelo, an Oakland, California dispensary keeper, petitioned a \$2.4 million tax bill.** The antiquated Section 280E, designed to thwart deductions on illicit drug sales, is four decades old! “No cannabis shops will remain in business if the IRS is successful in denying all deductions,” DeAngelo said of his business audit.



Sadly, Legalization and medical marijuana prospects were more stout in 2010 than they are today. Welcome to the merry-go-round of cannabis.

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Living High with HIV

How Medical Marijuana Rivals Mainstream HIV Medicine

By BenBot

In 2011, I was diagnosed with HIV. An unmarked van was compensating \$90 for an HIV test to random guys off the street. When I saw the red plus-sign on the results card, I couldn't breathe.

Medical marijuana saved my life. When I started eating THC-laced foods in addition to smoking, I had dramatic results. My HIV viral load dropped 60,000 cells in two weeks. Why are HIV medications like Atripla (which causes a false positive in a THC drug test) legal, when medical marijuana will get me fired?

Atripla is the most common HIV medication. Atripla is actually three drugs: emtricitabine/tenofovir/efavirenz. The most notable of these three is Sustiva, the brand name for Efavirenz. Efavirenz has psychedelic side effects that usually last two weeks. Side effects include hallucinations, lucid dreaming, and more. Atripla is not given to patients susceptible to psychosis, depression, and schizophrenia. Efavirenz is also the drug that causes false-positive THC and Valium in drug tests. That is why Atripla is recommended to be taken before bedtime. In nations like South Africa, where HIV positive rates are high, Efavirenz tablets are ground up and sold as "Whoonga" on the street. People there purchase the cheap generic Indian version Efavir online without a prescription. Brave HIV-negative people smoke or snort ground-up Efavir or Stocrin for a psychedelic experience.



trust.org/

According to an AIDS journal, The Body, South African AIDS advocate Ntombizonke Ndlovu said, "People as young as 13, 14, and 15 [are] getting mixed up in this whoonga thing. Crime is growing like crazy." Efavirenz

access is the silver lining to an HIV diagnosis. There are tales of whoonga addicts intentionally infecting them-

selves with HIV in order to get a prescription. Some locals say there's a lot of hype, and a great deal of the whoonga on the street is heroin sold as fake whoonga. An astonishing 10% of South Africans are HIV positive or suffering from AIDS. Efavirenz abuse is growing in America as well, mostly among HIV-positive patients. According to The Neuroskeptic March 1 edition, "Efavirenz inhibits three [enzymes]: CYPs, 2C9, and 3A4. All three are involved in the breakdown of THC, so, in theory, Efavirenz might boost the effects of marijuana by this mechanism."

Once I learned that Atripla will make a drug test show up as positive for THC, I knew I had to get it. That meant I couldn't get fired for smoking marijuana, because how could they tell if the drug presence was indeed marijuana or the Atripla? HIV-positive patients that take Atripla can get a note from their doctor excusing a THC-positive drug test. Many of my positive friends already knew this.

Atripla is much more effective than HIV drugs in the past. In the 80s and 90s, doctors were giving HIV-positive patients drugs like AZT, which probably aided in destroying their immune systems. Medical marijuana aids by controlling nausea caused by the HIV medication itself, and it's effective for peripheral neuropathy even in healthy HIV patients. Peripheral neuropathy is especially hard to treat. Marijuana alleviates neuropathic pain, even in tiny doses. There is no better medication than marijuana for appetite stimulation, neuropathy, and nausea.

With all the side effects of HIV medication, quality of life is another consideration. According to Science Daily, University of California San Francisco studied the effects on 775 HIV-positive patients from around the globe. The findings were extremely positive. The only symptom marijuana didn't help with was fatigue, for obvious reasons. Researcher Inge Corless says, "Given that marijuana may have other pleasant side effects and may be less costly than prescribed or OTC drugs, is there a reason to make it more available... Our data indicates that the use of marijuana merits further inquiry."

The October 8, 2007, edition of Reason magazine featured an article where the American Academy of HIV Medicine (AAHIVM) stated: “When appropriately prescribed and monitored, marijuana/cannabis can provide immeasurable benefits for the health and well-being of our patients.”

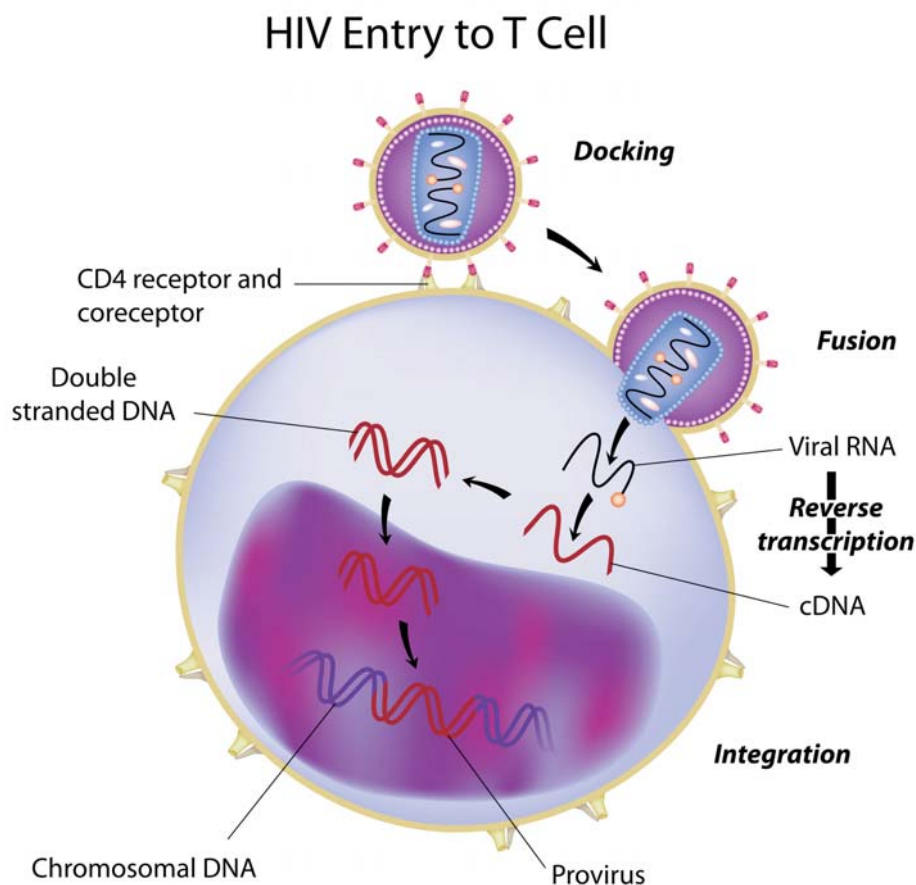
Modern HIV medication is called HAART (Highly Active Antiretroviral Therapy.) HAART is usually a combination of drugs including protease inhibitors. Since HIV cells mutate easily and attach to human DNA, all medication can do is cut off the “food supply.” Protease is an enzyme or “food” HIV needs to live. Protease inhibitors have so many risks that doctors usually delay treatment until it’s absolutely necessary. Side effects include bone density loss, unwanted fat loss, diabetes, and more.

The worst facet of antiretroviral therapy is the potential for drug resistance. Like an antibiotic, HIV drugs must be taken every day religiously, lest the virus become resistant to the drug. HIV is good at mutating and can survive medications. Drugs have the potential to make the illness worse as the virus becomes more drug-resistant. Someone who screws up multiple medications will pass the resistance onto the next person, making it a stronger, more lethal virus. Resistance is common, so patients usually take at least three protease inhibitors at a time.

HIV/AIDS is usually the first illness listed for medical marijuana. Over 1 million Americans are HIV positive, and 60% self-identify as medical marijuana smokers. One study has reported that patients who use cannabis therapeutically are 3.3 times more likely to adhere to their antiretroviral therapy regimens than non-cannabis users. This is presumably due to the nausea and negative side effects of HAART. HIV patients usually suffer from a great deal of stress living with a weak immune system. Immune function is linked to mood and this is why, I believe, medical marijuana is effective against HIV. When I started consuming high-quality medical marijuana, my viral load dropped from 89,000 to 29,000. The viral load is the count of HIV copies [cells] in a blood sample. My experience is not exactly medical fact, but it

isn’t any riskier than other options. Other friends have been smoking for 10 years and remain undetectable [outstanding viral load counts] An undetectable person has counts that are so low it is nearly impossible to pass it on to another person. For someone like me, it is frustrating to hear it from people that don’t believe medical marijuana is legit.

Besides my own experience, there is so much data to back up the legitimacy of medical marijuana’s effectiveness against HIV. The October 8, 2007, edition of Reason magazine featured an article where the American Academy of HIV Medicine (AAHIVM) stated: “When appropriately prescribed and monitored, marijuana/cannabis can provide immeasurable benefits for the health and well-being of our patients.” Others agree that medical marijuana’s benefits outweigh the risks: In March 1999, the Institute of Medicine stated, “The profile of cannabinoid drug effects suggests that they are promising for treating wasting syndrome in AIDS patients. Nausea, appetite loss, pain, and



anxiety are all afflictions of wasting, and all can be mitigated by marijuana. Although some medications are more effective than marijuana for these problems, they are not equally effective in all patients. A rapid-onset (that is, acting within minutes) delivery system should be developed and tested in such patients....” Any doctor in good conscience cannot advise a patient to smoke. Doctors continued to say, “Smoking is not recommended. The long-term harm caused by smoking marijuana makes it a poor drug delivery system, particularly for patients with chronic illness” When I asked my doctor about medical marijuana, she said “Go for it, under my supervision. Just take it any other way other than smoking.”

Recent studies conducted by Louisiana State University in June 2011 suggest THC helps prevent HIV progression in healthy HIV-positive patients. Eight lab macaques were injected with SIV Simian Immunodeficiency Virus (monkey HIV). SIV-positive monkeys on THC lasted significantly longer than other monkeys before progressing to final stages. Professor Patricia Molino of LSU stated, “These results indicate that chronic [THC] does not increase viral load or aggravate morbidity and may actually ameliorate SIV disease progression.” She goes on to say, “We speculate that reduced levels of SIV, retention of

body mass, and attenuation of inflammation are likely mechanisms for [THC] – mediated modulation of disease progression that warrant further study.”

I live in Long Beach, California. There are 39 dispensaries currently open, and several delivery bike companies supplying medical marijuana to AIDS patients. Long Beach is currently in the forefront of the California Dispensary War. In December of 2011, a ruling was made called *Pack vs. The City of Long Beach*. The ruling sought to destroy the city’s lottery-like dispensary ordinance. If they ever did succeed at shutting down the city’s dispensaries, there would be riots in the streets. There are too many HIV-positive people here that have a life-and-death dependency on medical marijuana. A dispensary ban in Long Beach would inevitably cause a chain reaction of cities in California that have dispensaries. I and many others depend on access to medical marijuana. Some of us have no other reasonable option other than cannabis. The outcome in Long Beach has a big impact on California and consequently the rest of the nation. Defend Long Beach. The research in favor of medical marijuana and HIV is growing, even in healthy patients that have just converted. Lawmakers need to wake up and see the difference between medical marijuana and accepted HIV medicine. 🇺🇸





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Anxiety Panic Disorder and Cannabis

By Hal Lubinsky

My name is Hal Lubinsky. I'm in my forties, a husband, a father, a grandfather, a U.S. Army veteran who served in the 101st Airborne, a blue-collar worker, and a medical cannabis patient enrolled in the Arizona Medical Marijuana Program. I suffer from Anxiety Panic Disorder, a lifelong illness with no known cure.

I had my first panic attack in the year 2000 and I had no idea what was happening to me. I didn't even know what a panic attack was. One panic attack sent me to the emergency room. After a battery of blood tests and other medical tests found no cause for what happened, it was suggested to me that I was having panic attacks. So, I referred myself to a psychiatrist. You see, Anxiety Panic Disorder, which is what I later learned I have, is usually diagnosed and treated by a psychiatrist. That's who has to write you the prescription for the medication. By the time you get in to see the psychiatrist, a wait time that can be up to six months in certain states in the U.S., you're so desperate you'll take any medication they offer that will stop the panic attacks. These medications are known as antidepressants and Selective Serotonin Reuptake Inhibitors. No one is absolutely certain what exactly causes panic attacks or even if it is the classic "Nature or Nurture" or perhaps a combination of the two. Before we go further, let's talk about what a panic attack is and how it manifests.

Panic attacks manifest in different ways with different people. With me, they usually manifest as severe nausea, severe gastrointestinal distress, and an overwhelming sense of fear and impending doom. I have had one severe attack that mimicked a heart attack. You have no control over them and you have no warning of when or where they might happen. You might have one every day or you might go for months before having another one. When they happen, you have the nearly unstoppable urge to run away from where you are at the moment and get to what you feel is a "safe" place.

Imagine this happening on an airliner in flight and you can imagine how humiliating and embarrassing APD is on top of the terrible psychological as well as physical pain of these attacks. I have had to get up in the middle of meals in restaurants and leave. I've lost time at work because of this. This, in turn, leads to depression because you literally have no control over your body. In short, you are betrayed by your own mind. The worst thing about this is that there is no cure. You go through life having to explain to everyone, such as your employer, that you have this disorder and that you have no control over it. You don't "look" sick, but inside you live in a world of fear: Fear of the next attack and then the drowning whirlpool of the panic attack when it happens. You'll do almost anything to avoid another panic attack. You'll almost quit living your life.

So, the psychiatrist prescribed me a medication called Remeron, which is mirtazapine in the antidepressant family. One thing that should be mentioned is these medications begin to lose effectiveness at prescribed dosages over time. Basically, you become used to them and your body no longer responds to the dosage. So, you then require a higher dosage for it to be effective. How do you know when that happens? Well, that's easy to answer. You start having panic attacks again and often. Bear in mind the psychiatrist has to up the dosage. You can't just do it yourself (unlike cannabis, which we'll get to later) because there can be dire consequences from fooling around with powerful psychoactive medications such as these. Anything from a bad psychological reaction to overdoses. This is a reason why you just can't stop taking these medications "cold turkey" once you're on them.

I had been on mirtazapine for about three years when the psychiatrist mentioned that this medication could cause high lipids in the liver. So, I was tested and showed high lipids. So, the doctor decided to put me on a new medica-

tion called Cymbalta. I should mention that the doctor did not ask about my diet, which was the real cause of the high lipids. I have since corrected that problem on my own. The Cymbalta was a nightmare. It had the strange side effect of causing you to void your food before full digestion took place. In other words, you could count on spending half an hour on the toilet each morning. I am a very thin man and this side effect caused me to lose weight rapidly. People that knew me were doing the "Are you all right???" when they saw me. Later, they told me they thought I had cancer because I was so thin. I lost all my subcutaneous fat and quite a bit of muscle as my body basically started eating itself. On top of this, the medication wasn't all that effective in managing the APD and caused some very unwelcome changes in my personality. Later, I found out that several people had committed suicide and several had attempted suicide while taking Cymbalta and the drug was implicated in the cause. Little "side effects" the doctors don't tell you about. I'd say suicide is a pretty serious side effect. In fact, some doctors tell you not to go looking up the medications on the internet; to just take the medicine and trust them. I went to the doctor and demanded to return to using mirtazapine and be off the Cymbalta. The doctor at first refused to believe the Cymbalta could be causing the voiding and wasting. This is the kind of reaction you sometimes get from psychiatrists when you tell them the medication isn't all that great. But I said I knew about the suicides and, gosh, the doctor agreed to put me back on mirtazapine. Which brings me to my next point.

In the United States these days, we have a very high rate of people on antidepressants and anti-anxiety medications. I don't know the figures, but I think we're probably among the highest in the world. We can partially blame what I call the "Next Day Air Culture" of unreasonable demands placed on us by employers and society in terms of pace, output, and speed. Even vacations are a headache when you have to go through Soviet-like security measures just to board a plane. Everything is rushed and hurried and no one has anything in terms of job security. Is it any wonder why people are on these medications? But these people are, in great measure, also being exploited by the pharmaceutical companies and our for-profit medical care establishment. When you get a business card from a psychiatrist, you will see that many of them have, after their name and title, the words "Medication Management". This basically means this psychiatrist will prescribe medication and keep your refills coming with a session of fifteen minutes or less. Psychiatrists aren't so much counselors these days as they are legal pushers. They shouldn't just prescribe this medication without making sure someone is going through some therapy or counseling on how to deal with their emotional problems. A sad commentary on this is that there is a bridge here in Northern Arizona where several people have committed suicide by jumping off of it. All of these people were under

the so-called "care" of a psychiatrist. The problem is, this "care" is just handing out pills. I myself have had an open prescription for xanax since the year 2000. It's an "emergency medication" to use in case of a panic attack.

In late 2010, I started having massive panic attacks again. I lost my appetite and started losing weight rapidly. This was, in part, due to extreme stress. I wanted to make an appointment with a psychiatrist but there was a three month wait to get an appointment with one who took my health insurance. This is another failing of the American medical system. In the meantime, I went to my physician to see if there was anything he could do to help. He suggested I look into medical cannabis since it had just been made legal in Arizona. He said the only other thing he knew of that would help with appetite would be Ritalin and with my APD, he thought that would be a very bad idea. I was surprised because very few "mainstream" doctors will dare to suggest medical cannabis to anyone. It's something that is almost taboo to even discuss. But by this point I was willing to try anything to find relief and started to look for a doctor who could write me the recommendation. In the meantime, I was existing on what I called my "Anxiety Cocktail". This was a xanax, a pepcid, an anti-gas pill, and an anti-diarrheal pill. I'd take all



of these at once in hopes they would work. This isn't a pleasant way to live.

When I got in to see the psychiatrist, I asked her if she would write me the recommendation for medical cannabis. She was vehemently against it. She listed a lot of nonsense reasons as to why it was a bad idea. So, I dropped the subject. Then she started me on another medication called guanfacine. The theory was, slowing my metabolism (which the medication does since it's used for hypertension) would somehow help the situation. I started on the lowest possible dose. I took it in the evening before bed and by the time I laid down, I was afraid I wouldn't wake up. I was gasping for breath. I felt like my heart wasn't beating. It made me panic because I felt I was going to stop breathing. The next day, I called the psychiatrist's office and said I can't take this medication. She insisted I give it at least seven days. I said I was not going to give it another seven seconds and that I was going to go find a doctor to write me the recommendation for medical cannabis. I saw an ad in the newspaper about a doctor who was coming to the city here to do exams for medical cannabis and I called right away and made an appointment. It would be another few weeks, but I was determined to try medical cannabis and stop being a guinea pig for the next round of pills.

I had my medical records sent to the doctor writing the recommendations. The day of the exam, I could finally see some light at the end of the tunnel. I had a feeling that things were going to get better. The doctor examined me and discussed medical cannabis with me at length and thought it would help me for the cachexia (wasting) and severe nausea. Now, I had smoked cannabis in the past. I never could understand where the paranoia against this plant comes from since I knew it didn't do all the terrible things the government says it does. But I hadn't considered the possibility that this plant could help me until my doctor had suggested it. I knew about medical cannabis but I thought that it was only for the terminally ill. I hadn't imagined that it could help me. When the doctor wrote me the recommendation, the law stated that I could begin using medical cannabis with just the recommendation in hand. The ID card from the state was basically what's termed a "shall issue", meaning that they have to issue the card when they receive the doctor's recommendation. Now, in the meantime, the feds decided to once again threaten sick people and sent out a letter to our state DA saying they can still arrest and prosecute people for cannabis if they felt like it regardless of the state law. How a government that does things like this to sick people presumes to lecture the rest of the world about human rights is dark comedy, to say the least. But our governor used this as a way to thwart the opening of cannabis dispensaries. The dark comedy of that is that our governor got a lot of publicity by sticking her thumb in the eye of the feds on other issues. But in the case of medical cannabis, she actu-

ally went running to the feds to help her find a way to keep the dispensaries from opening. So, how did I get my medicine?

When I was seeing the doctor doing the medical cannabis exams, they also helped you fill out the paperwork for the state. I discovered that if there was no dispensary within 25 miles, you could check a box to get the right to cultivate. In other words, you could grow your own medicine. I wisely checked that box. I figured, hey, if I can grow culinary herbs, I should be able to grow cannabis. Since I didn't know when there would be a dispensary, or even if there would be any, this was a smart choice. I was also able to get some cannabis later that day from another patient I knew who had already gotten a card, which the law allows for. The law allows sharing between registered patients. I want to stress I did everything "by the book". I waited until I had my recommendation before even trying the cannabis. I went through about four months of suffering knowing the cannabis could probably help me. But I waited and did everything "by the book". I also want to stress I did everything "their way" first. In other words, I tried the pills. I gave the pills a chance. They didn't help me. So, what happened when I tried the cannabis?

Never in my life have I tried a medicine that has such beneficial effects you notice immediately. The first thought that entered my mind was: "Why is this plant illegal?!" I felt great, I had an appetite, and I felt the mouse running in the wheel in my mind had gotten off the wheel and let me rest. The next day, I was more relaxed than I had been in a very long time. My wife noticed an immediate improvement. I had only wanted this medicine to restore my appetite and help me gain weight. And it did this quickly and more effectively than anything else I know of. But what surprised me was how the cannabis greatly helped me with Anxiety Panic Disorder. I started seeing huge improvements in my reactions to stress, the way I deal with stress, and my inner well being. I had been reading about Ginseng and one researcher used a term for it and that term is "adaptogen". An adaptogen is something that helps the body adapt to stress and anxiety. I have come to think that cannabis is an adaptogen, based off my own experiences with it. Let me put it this way. Before the cannabis, during this highly stressful period of severe panic attacks in late 2010 and early 2011, I was taking a xanax nearly every day to remedy a panic attack or stop one I felt was starting to happen. After starting with the cannabis, I have not needed to take a xanax since, and it's been almost a year now. How can you argue with that success? The proof is in the prescription----of lack of renewals thereof. This is why I think cannabis is an adaptogen. I also think that cannabis affects serotonin in a positive way. A lack of serotonin can cause anxiety and mood problems, so if cannabis assists the body in creating serotonin, this could be of great benefit. The tragedy is that cannabis is not being researched for these things because

the research remains technically illegal. I could sit here all day and tell doctors how cannabis has changed my life for the better but I won't be believed by most of them. Another tragedy is that medical research is mostly done by the pharmaceutical companies and they're not about to applaud the virtues of a medicine anyone can grow in their closet with about \$60 worth of equipment.

Expanding on the previous statement, I had obtained some seeds from another medical cannabis patient. I had no idea that cannabis is so easy to grow. It's easier to grow than a lot of garden vegetables and herbs, in fact. I grew some very wonderful cannabis with clamp-on work lights, compact fluorescent light bulbs, and some regular pots and organic potting soil. I did everything organically. Growing your own medicine is highly empowering. You take charge of your own health care, relying on yourself, and understanding your medicine and knowing where it comes from. I can't fully explain the dynamics of this except to say it's something like harmony and balance. You see the medicine growing, you take care of it, you nurture it, and you enjoy the presence of the plant in your life. When you harvest it and cure it, it then takes care of you. It's a "full circle holistic healing".

Now, some people fear the paranoia and anxiety that tends to be associated with cannabis. So far, I have not had this problem. I tend to think the paranoia comes from the fact that this plant is illegal in many places and so this thought resides in the subconscious and comes up for some people.

It's also all about the dosage. Remember, you can have these same side effects and worse from prescription medication. One advantage is that cannabis can't kill you or cause you harm. If you have an unfavorable reaction, you need to moderate your dosage. Or you might need to try a different strain. The first strain I tried was Sour Diesel and I have delightful success with it. The strain I grew was predominantly Indica and Indica-dominant strains are reputed to be a very good "fit" for anxiety. This is true. But don't count out Sativa-dominant strains, either. Some Sativa-dominant strains tend to be more cerebral in nature and one thing this can do is focus your mind off of anxiety-causing obsessions and more on to creative pursuits that are actually relaxing in nature. I also have a Sour Diesel and Hawaiian Skunk hybrid that works quite well for me. Bear in mind, all of these work outstandingly for the reasons I officially need medical cannabis which is cachexia and nausea. Another advantage to cannabis is that it won't react with your medication if you're taking medication. You can't say that for a lot of things, even other herbs. Saint John's Wort is often suggested as an herbal remedy for anxiety and depression. Unfortunately,



Saint John's Wort will also react negatively with most of the antidepressants and Selective Serotonin Reuptake Inhibitors prescribed for anxiety. Saint John's Wort will also react negatively to other prescription medications as well. In short, cannabis is safer than even some of the over-the-counter herbal remedies that are out there. But remember, your dosage is your homework to do. Start small on your dosages and find what works for you. You can also rely on trusted friends, caregivers, and fellow patients to help you if you're new to this. Sometimes, the mind is open to the power of suggestion. If you proceed with cannabis with suspicion and fear it'll cause you anxiety, well, it just might in some cases. Approach cannabis with an open mind and a desire for its benefits. Don't be afraid to lower your dose or increase it if you need to. Remember, this isn't a prescription medication. It's not going to hurt you. It's all set and setting. Make taking your medicine part of a relaxing experience with soothing music or CDs of the ocean or rainfall. Don't rush it. The point is to slow down, relax, and heal.

Cannabis can be a big part of a total holistic system of healing. There are other things you should be doing in addition to the cannabis. When you have Anxiety Panic Disorder, you should be aware that you need to relax. Meditation and yoga are great for this, as well as anything else that relaxes you. You need to eat healthy meals. You should try to eliminate processed foods from your diet as several of the various forms of chemicals, sodiums, and corn syrups in these foods tend to "amp" you up. If you're drinking "energy drinks", you need to stop. Energy drinks are "panic attacks in a can". You might find you need to stop drinking caffeinated coffee. I have found that green tea has a totally different effect as the caffeine in it is moderated by the actions of certain phytochemicals in the tea, so I can drink tea and enjoy it. You will have the best results with cannabis if you do your part and eliminate the "clutter and crap" from your diet.

It needs to be said that I am not suggesting that psychiatry and mental health professionals are all quacks. There are some excellent mental health professionals out there who are doing what, in this society, is a very thankless job. There is a lot of discrimination against people with mental health issues and there are slurs used for people who are mentally ill that need to be challenged the same as ethnic slurs are. People will use the words "nuts", "loonies",

We need mental health professionals willing to look deeply into the use of cannabis for anxiety disorders, obsessive compulsive disorders, and Post Traumatic Stress Disorder. Real people are suffering every day. It is immoral for a government, and especially immoral for doctors, to stand in the way of medical cannabis.

and "loony bin" for the mentally ill and psychiatric hospitals. A mental illness is as real as any physical illness. The difference is that a mental illness can never be cured. You can only treat it. This is why we must have access to medical cannabis. For something this effective to be illegal is beyond tragic. For a long time now, the psychiatric establishment has classified cannabis use with "substance abuse" which they see as a psychological problem like addiction. Yet, many of them see no problem with basically being dependant on xanax, which truly can be physically addictive. These dogmas need to be challenged. We need mental health professionals to take more holistic approaches that extend far beyond just prescribing pills. We need to look deeply into how we care for the mentally ill. We need to look deeply into our medical system and ask ourselves what motivates its decisions. We need to listen deeply to what people with mental illnesses have to say. Just because we have something like Anxiety Panic Disorder does not mean that we are not rational, intelligent human beings. Just giving us pills and wanting us to go away doesn't help us. We need mental health professionals who are genuinely interested in healing, regardless of what the government says. The government was once wrong when slavery was legal and they're wrong about cannabis now. We need mental health professionals willing to challenge the status quo as they did when homosexuality was once considered a mental illness. We need mental health professionals willing to look deeply into the use of cannabis for anxiety disorders, obsessive compulsive disorders, and Post Traumatic Stress Disorder. Real people are suffering every day. It is immoral for a government, and especially immoral for doctors, to stand in the way of medical cannabis. In sitting in the psychiatrist's office, I

noticed the waiting room was crowded. This wasn't the case a few years back. Obviously, something is seriously wrong. Many of these people were frustrated and at the end of their ropes. If our medical system is such a success, why is the waiting room crowded and a waiting list to see a psychiatrist so long? This is not a success, this is a disaster. We need to realize this system is deeply flawed and its motivations are profits, not healing. A great many people are suffering and if medical cannabis can help them, then this medicine must be made available without stigmatizing people already stigmatized by society because of the nature of their illness.

A few words about our state program. In the State of Arizona Medical Marijuana Program, you must get a new doctor's recommendation each year and also pay \$150 to the state to renew your registration each year. What other medication forces a person to have to do this? They don't even do this when doctors prescribe morphine. It's hard enough to find a doctor willing to write the recommendation because so few are willing to even discuss it. So, now, the state wants to investigate doctors writing what they think are "too many recommendations". Well, when only a handful will write the recommendation, how can it be that they're writing "too many"? I don't see the same concern over the tens of thousands of prescriptions for hydrocodone that "mainstream" doctors write. What gets me about having to renew the registration each year is that, what, I'm going to be cured in a year? There is no cure for Anxiety Panic Disorder! Medical care is a human right. I have a right to be healthy and to have access to the medicine that helps me without having to go through red tape. I've suffered enough. ☒



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Treating Yourself Looks into

Extreme Sports and Pot:

Do Dirt Bikers Sustain the Congruency?

Words by S. Brook Reed
Interviews by C. C. Willis

“Are motocrossers merely baked, slang-talking, academic slackers?” Bend, Oregon comedian Johnny Blade Rinker noisily exhales the query into his microphone. “Surfers and snowboarders would love any degree of deflection from their pigeonholed posturing. I mean, what must one be smoking in order to jump four stories high on a motorcycle?” The flagrant funnyman tilts his head.

“U-P-S-I-D-E-D-O-W-N?!”

Extreme sports participants require melon-sized balls. Like motocross, surfing and snowboarding carve the unforgiving perimeters of sanity with freeform extremities. Largely cerebral and physical, the activities demand spot-on timing, mental vigilance, and above-par fitness, each hardly typical of an XBOX geek. Top ‘boarders Craig Anderson and John Jackson, similar to MX hero Ryan Villopoto, lace the perils of their crafts with heart-stopping vertical transitions and quantum-claused aerial maneuvers. Seducing implied disaster, the highly technical paths of these supermen may reduce the feeble to a 911 emergency.

Ironically, apex-related athletes have traditionally been tagged “stoner dudes.” Sean Penn’s Fast Times at Ridgemont High character, Jeff Spicoli, was not only stereotyped, but validated, save but a few IQ points. “All I need is a nice wave and a cool buzz and I’m fine.”

At a glance, motocrossers may appear no different. Jeff Emig, for instance, made MX history in 1999 when he was fired from Team Kawasaki for using pot. Among the finest riders of his era, sleepy-eyed “Jeffro” had three National titles and a prestigious supercross championship to his credit. Nonetheless, there would be no second chances for his lucrative factory contract after he was observed exhaling pungent smoke at a major AMA event. Months later, Jeff would retaliate by winning the \$100,000 first place purse at the U. S. Open in Las Vegas.

Riding a low-tech, privateer Yamaha opposite high-tech, corporate-backed pros, Emig’s success almost seemed to advocate for marijuana.

In the flamboyant ‘70s, liberal Maico/Suzuki factory rider Steve Stackable hoodwinked “herbal” support. Smiling perpetually, the tall rider that was sarcastically labeled “Short Stack” ran a cannabis leaf sticker among his helmet and fender sponsor logos, an exclusive in national/international MX to this day.

Notwithstanding, the motocross/supercross-rider-turned-hang-gliding-instructor emphatically states: “Marijuana should not be used in any competition under any circumstances. Sure, I was a rebel, hence the sticker, but I’ve never raced under the influence of THC. It should only be viewed as medicine.” Fair enough.

“There are no potheads in professional motocross,” three-time national champion Marty Smith adamantly states. “Period. In the 40 years that I’ve been racing, teaching, and delegating motocross, I’ve only seen occasional pot users. If top local pros in any given area are the regular stoners, it couldn’t possibly say much for the talent in that particular state and/or province.” As dean of the Marty Smith Motocross Clinic for 30 years, as well as director of Slaton Racing supercross team for the ’11 and ’12 seasons, the guy knows what’s up.

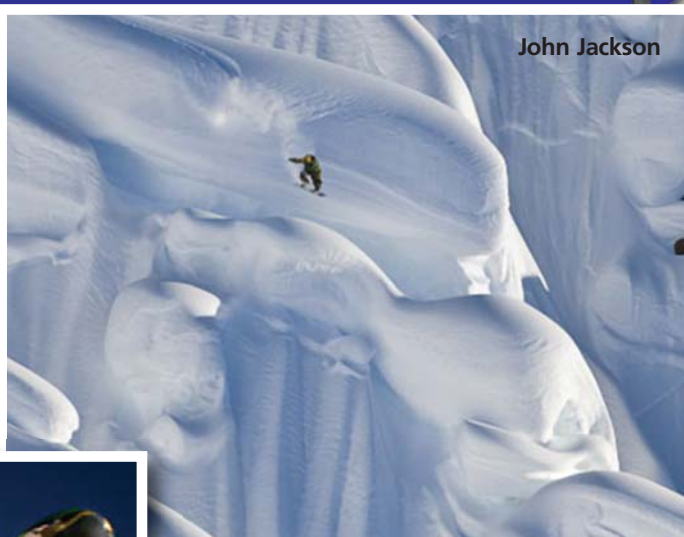
But without question, the one-time surfer dude who rocked Black Sabbath in the Honda pits, bonged-out in the off-season and at parties, no? “I know I looked the part,” Marty laughs. “But I personally have never even taken one hit off a joint. Other than a drink here and there, I’ve never tried drugs.”

In the epoch of NBA-cannabis-farm jokes, Marty relents. “I’m not saying pot is a caustic sports-related drug like steroids. I definitely think medical marijuana card-holders should have rights, but with dispensaries closing in California, the jury is still out. Society should also be





Craig Anderson



John Jackson



Jeff Emig

granted immunity for recreational use. Who's to say what you should or should not do in your own private life.

"Just keep it off the road and track."

Ultimately, in the grand equation of sports (not to mention NFL wannabe drug lord Sam Hurd), it appears that motocrossers loom almost as innocently as a Mormon gal on her honeymoon. Almost. ▀



Ryan Villopoto

http://www.mxlarge.com/storage/image/Ryan_Villopoto_2011_shoot



Treating Yourself takes a look at the

Great Canadian Glass Story

By James

As a non-Canadian it's funny how little I knew about this place before I arrived. I knew they had: rivers of maple syrup, a passion for hockey and obviously some seriously good weed. Aside from that everything was new to me. As a glass collector, seller and user, one of the first things I did when I arrived was try and find out what was going on with the Canadian glass scene. After a lot less digging than I expected I uncovered a growing scene of Canadian artists ranging from prodo workers running out of their sheds to super heady guys. I tried to catch up with as many of them as possible to show off their work and just get to know them a little better...

Redbeard



How long have you been blowing glass?

RB-The first time I got behind a glass torch was the fall of 1997. My roommate and best friend Sebo had just got a few simple tools, and for months I'd watch and absorb everything I could. My short apprenticeship with Sebo started full time fall of 1998, in Kaslo, BC. I've been pretty much full time since then quitting my last 'day job' around the year 2000.

What got you into glass blowing?

RB-Watching my bro Sebo every chance I got, then when he started getting orders for his pipes, he asked me if I wanted to learn, and help fill his



orders. Hell Yeah! I was hooked.

Have you worked with any other artists?

RB-The majority of my years on the torch have been spent alone in a shop, I think this helped me find my own 'style'. I love working with others though, and have taken lots of opportunities to do so. Friends like BE Glass, Gibsons Glassworks, Stratisphere, Korey Cotnam, James F., Kim @ Mystic Glass, and many other Canadian artists. To further my skills, I took lessons with glass masters Robert Mickelson, Josh Sable, John Kobuki, and Amber Pelligrini.

What has been your most memorable moment over the years?



RB- It's hard to say what my most memorable moment has been. The first pipe i made is vivid in my memory, a small trail and rake design that turned out perfect. the first of thousands to come.... Another memorable moment was learning from Robert Mickelson, at a Graal class in Victoria BC. What a privilege it was to soak up some of his knowledge. I spun my first perfect flat footed goblet foot with him watching at my shoulder. But I'd have to admit, more great moments are fresh in my memory from the Great Canadian Glass Gatherings. 5 years ago I decided I wanted to host a glass-blowing party. With the help of several colleagues, the event was a great success. Matt Eskuche made it up from

JF Glasswerx



the states, and I think his quote went something like "best guerilla glassblowing event I've seen". You could say the environment was rustic. the organic farm I was living on was perfect, with fresh 'goataccinos' in the morning. not baaaaaad eh. The event has gotten a bit bigger and bit better every year, with about 15-20 active glassblowing stations and many more glassblowers, collectors, store owners, and other spectators watching and enjoying the party. Collabs were passed around the table, spontaneous "flame-offs" between artists, and collectors ordering custom work and watching it be built in front of their eyes. I'm really looking forward to this summers Gathering, to see all my friends in this community again.

Do you feel the glass culture in Canada is much different to the USA?

RB- Canada's glass scene is indeed different than the USA's. we're a tenth of the population! and we're spread out further too. So I'd say we're a smaller scene, perhaps behind on the most current trends but holding strong, and getting stronger all the time. New glassblowers enter the market all the time, and the bar keeps getting raised. I think it's beneficial that we all have to push our limits to keep on top of the market. I think one of the things that really boosted the American scene forward, (and consequently our canadian scen too) was that alot of american shops would have many glassblowers working in them at the same time. i know some of America's greatest came out of a scene where their colleagues were right there, bouncing ideas of each other, feeding off each other's creativity, and pushing Everyone's limits. And the Bar get Raised.

When I started blowing glass, everyone was very secretive about their techniques, their designs, their equipment, everything. Around the turn of the century, the glass curtain was raised, and ideas and designs were shared freely and everyone benefitted.

There's not too many large shop environments with many individual artists working in Canada. More are needed. We see that every year at our Gathering party.



How long have you been blowing glass?

JK: Around five years. I originally took a lesson from Korey Cotnam, and learned a lot from other local industry leaders such as Pat V (Redbeard), Ben Evers, Pat S, and Gibson, among others. Other than occasional exposure to these other great artists, I am largely self-taught, practising alone in my shop over the years.

What got you into glass blowing?

JK: Fall 2007, Cannabis Culture issue 68 was it. This issue featured 'The Best of BC's Glass Blowers' and after reading about how they got into it, how much they loved it, and all their amazing art - I knew it was the career I'd been looking for. I practically dropped everything else and went on a mad quest to learn the art of lampworking. It was the perfect time for a transition in my life, and it probably saved me from a lot of trouble if I'd decided to stick with the path I'd previously chosen. I took a lesson from Korey, and hermitted myself in my shop for months until the first Great Canadian Glass Gathering - where I met so many other great artists. It took me about a year before I was comfortable selling my work, and here I am today! I only hope that someone reads this, and finds themselves as inspired as I was!

Have you worked with any other artists?

JK: Yeah, a lot of other local artists. Recently (within the last few months) I've collaborated with Redbeard, Ben Evers, Colby - with plenty more down the road!

What has been your most memorable moment over the years?

JK: Definitely my first glass gathering in 2008. It was an absolutely amazing experience. I learned as much in the time I was there than I did practising alone in my shop for over 6 months. Everyone was super friendly and open, sharing knowledge and experience. That and it was probably one of the biggest, craziest smoke-fests I've ever been too - I don't think there was ever a point where I didn't have a joint in my lips or a bubbler rumbling my lungs... For medicinal purposes, of course.

Do you feel the glass culture in Canada is much different to the USA?

JK: Yeah, absolutely. I feel the glass culture/scene in the states is much larger than ours. Its more 'mainstream'(a lot more e-coverage and publicity to the public eye through events like the Arizona Project, etc) while still being largely underground. I think it has a lot to do with population density though. That being said, the Canadian scene is by no means lacking, even if it is smaller. I also think we're a little less worried about image, but that could just be my perception.

Barracuda



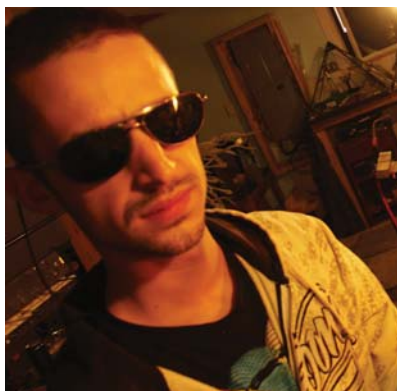
Barracuda spins a lathe out in Calgary and has been working with glass since 2004, doing live demos at the Shambhala festival in Nelson, BC, from 2006 – 2010. Since being brought into the world of lamp working by “a girl” he has come along way. Now he works in a studio with his wife Jodi and regularly works along with other artists, including Jared Toner (White Flame), Chris Breneau and at the time of writing just finished working with Jon Kostuk. Since picking up his lathe he was lucky enough to take classes from Merc & J-Red, which opened up a whole new range of possibilities.



Barracuda x
Jon Kostuk colab



Goolen



I started blowing glass at the age of 12, so I've been working glass for 11 years. I started blowing glass because my sister and my mother blew glass. I have worked a little with Marbleslinger but my sister Willow and her husband Quinn are the people who showed me most of what I know.

"Every time I make a piece that surpasses what I have made before is a memorable moment"



Ben Evers

How long have you been blowing glass?

BEN- I finally got my torch in the winter of 99' so that'd make it near 13 yrs.

What got you into glass blowing?

BEN- I was travelling around in Washington state and I saw a friend, James Sheldon, make a piece, a little spoon, I was hooked instantly. Upon returning to Canada i ordered the tools and began to fumble my way into the glass world.

Have you worked with any other artists?

BEN- As many as possible! I've spent the last few years travelling the world working with glass artists. Places such as England, Czech, Germany, Netherlands, and many wonderful artists from across Canada as well.

What has been your most memorable moment over the years?

BEN-Its so hard to pick just one... I would have to say the inaugural year of The Great Canadian Glass Gathering, in which my friend Red Beard asked me to assist in organizing the first major gathering of Canadian pipe artists. It was Epic! Camping, a pig roast, and entertainment, all while hanging out with some of the coolest cats around. We're just now coming up to our 5th yr, and its shaping up to be the best year yet!

Do you feel the glass culture in Canada is much different to the USA?

BEN- I'm having a really hard time to answer this question. I'm not allowed to travel there so i cannot really say 100%

From this end of my computer it looks to me like glass culture is significantly different in Canada. Sadly not as evolved. We do not have; easy access to the knowledge base (esp. for borosilicate), nor the schools, classes, tools and supplies, the sheer volume of lampworkers, or anything else involving glass. Were a little isolated here in the great white north. In my opinion, this has made the progression of the Canadian lampwork/pipe making movement a little slower than our US counterpart.

However! Since the first GCGG things have been coming along nicely. We are forming bonds as a community, finally, and from the experience of working together with our peers I am seeing many



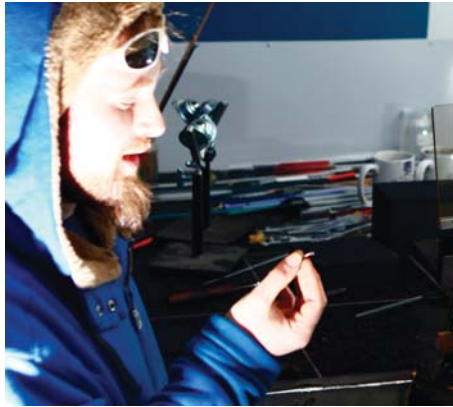
Korey Cotnam x Ben Evers colab



Canadian artists begin to push their personal boundaries in glass. It is very nice to see other artists working together on a regular basis now and long lasting friendships coming from the efforts of my good friend Red Beard and all who help to make the GCGG a reality!

Iceberg Glass

All Iceberg pics by Ron Pogue.



"Iceberg Glass is about 10 years old. When I was a little boy I wanted to be either a candy taster or a glass blower. Good to know I got a backup career choice, eh? I have only done straight up collabs with Ben Evers and my former student and good friend Dustin at Solid Flow. Many thanks to Phatty Glassworks for the fun openhouses, hosting workshops, and for the supplies back in the day. Thanks as well to Redbeard for hosting such fine Glass Gatherings, and to the Puff Family. Also a shout out to the Island headshops, Ahead of the Tymes, and also to my old ARC buddies Hippo, Surf Rat, and Slinger. My most memorable moment was getting supposed space gas poisoning, back when I was smelting lots of tektites. I've never fired up a torch in America, but all the folks I have met over the years from over the border are all family to me. Hope to come down and check it out soon!"



HT Glassworks



With only 8 months experience under his belt, Ben is a sign of the future of Canadian glassblowing. He made the break from collector to blower at the great Canadian Glass Gathering and hasn't looked back. Under the wing of one of Canada's best know artists Korey Cotnam, Ben moved out of his backyard shed and into a full shop for the first time. As well as working alongside Korey for a few months, in his studio, Ben has also worked with guys such as Ben Browski, Amsta Glass and Kwest. Now he's working in the Submerge Studios in Vancouver, where they hope to develop a proper community shop & school.

Korey Cotnam



It was over a decade ago when Korey's passion for the 420 culture and "love for sweet Maryjane" led him to the melting pot. Over the years he has soaked up every piece of inspiration available in order to further his art. He's worked with names both sides of the border including Patrick Stratis, J-Red, Dew, Ben Evers, Red Beard, Jon Kostuk, White Flame and is always looking for new opportunities to collaborate.



"My most memorable moment would have to be getting the opportunity to attend a Scott Deppe course, his teachings have greatly improved the quality of my work.....Thank you Scott!!!!"



ME Glassworks

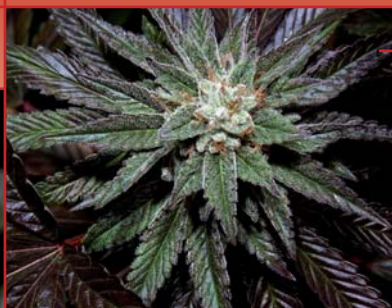


Matt was always destined to be an artist, it took until 2004 to discover glass but since then he was hooked. He made the move onto borosilicate in 2007 and never looked back. After graduating college he moved out to Eugene, Oregon, where he worked at Dichroic Glass Alchemy before moving onto cooperative studios including Cornerstone and Freeman Studios. Since then Matt has taken all that he learned and applied it to ME Glass. Reaching the point where he can open his own gallery in Burlington, where he teaches, makes and showcases glass in all forms, and taking ME Glass to the Cannabis Cup in Amsterdam. His work is constantly evolving and he strives to merge the world of functional and non functional glass art. ■



Conclusion

It seems like Canada's glass scene is coming on leaps and bounds and a community is coming together to learn from each other and push Canadian glass to the next level. The Great Canadian Glass Gathering has been a huge part of opening the scene up and we will be heading out with the guys from TY and 1 of a Kind Glass to check it out. Started in 2008, the Great Canadian Glass Gathering has been held in the Coastal Mountains of BC, not far from the slopes of Whistler. Glassblowers from across Canada (and beyond) and across all glass disciplines (from beads to blasted panels to pipes) brought glass gear and camping gear to light it up together. With an 'organic' home-grown feel to the event, it is not so firmly organized. Demos all day, collabs everywhere, and collectors and store owners drooling at our shoulders, waiting to snap up the still warm glass. Delicious organic food, tasty music provided by DJ friends, we all gather under the roof of a great long outdoor tent. It truly is an epic event. a Piper's Dream.



LA Confidential - DNA seedbank



STRAIN CATALOGUE

**BARNEYS FARM**

FEMINISED PACKS OF 5

8 Ball Kush	\$44.00
Blue Cheese	\$51.00
G13 Haze	\$59.00
L S D	\$56.00
Pineapple Chunk	\$51.00
Sweet Tooth	\$57.00
Tangerine Dream	\$59.00
Vanilla Kush	\$63.00

**BC BUD DEPOT**

REGULAR PACKS OF 12

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Blue Berry	\$90.00
Burmese	\$75.00
God Bud	\$105.00
Mango	\$90.00
Pine Warp	\$90.00
Purple Buddha	\$75.00
Purps, The	\$105.00
Sweetgod	\$90.00
Sweettooth	\$90.00
Texada Timewarp	\$90.00

FEMINISED PACKS OF 12

Jack Herer	\$150.00
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BUDDHA SEEDS

FEMINISED PACKS OF 5

Deimos Auto	\$60.00
Pulsar	\$70.00
Quasar	\$70.00
Red Dwarf Auto	\$45.00
Syrup Auto	\$55.00
White Dwarf Auto	\$60.00

**DINAFEM SEEDS**

FEMINISED PACKS OF 5

Haze Automatic	60.00
Blue Fruit	53.00
Blue Hash	66.00
Blue Widow	60.00
California Hashplant	72.00
Cheese	53.00
Cloud # 9	45.00
Critical Jack	56.00
Critical+	68.00
Critical+ Automatic	60.00
Diesel	48.00
Fruit Automatic	45.00
Industrial Plant - 74.00	
Jack Automatic	\$56.00
Moby Dick	\$83.00
Moby Dick #2	\$71.00
Moby Hash	\$74.00
Power Kush	\$53.00

Roadrunner #2 Automatic	\$54.00
Roadrunner Automatic	\$60.00
Shark Attack	\$50.00
Sweet Deep Grapefruit	\$48.00
White Siberian	\$50.00
White Widow	\$75.00

**DNA**

FEMINISED PACKS OF 6

Haze Automatic	\$60.00
Blue Fruit	\$53.00
Blue Hash	\$66.00
Blue Widow	\$60.00
California Hashplant	\$72.00
Cheese	\$53.00
Cloud # 9	\$45.00
Critical Jack	\$56.00
Critical+	\$68.00
Critical+ Automatic	\$60.00
Diesel	\$48.00
Fruit Automatic	\$45.00
Industrial Plant	\$74.00
Jack Automatic	\$56.00
Moby Dick	\$83.00
Moby Dick #2	\$71.00
Moby Hash	\$74.00
Power Kush	\$53.00
Roadrunner #2 Automatic	\$54.00
Roadrunner Automatic	\$60.00
Shark Attack	\$50.00
Sweet Deep Grapefruit	\$48.00
White Siberian	\$50.00
White Widow	\$75.00

REGULAR PACKS OF 13

C13 Haze	\$90.00
Cannadential	\$105.00
Cannalope Haze	\$20.00
Cataract Kush	\$120.00
Connie Chung	\$120.00
Hashplant Haze	\$90.00
LA Confidential	\$135.00
Pure Afghan	\$50.00
Sour Cream	\$105.00
Sweet Haze	\$105.00

**EVA SEEDS**

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Jamaican Dream	\$88.00
Missing	\$80.00
Monster	\$56.00
Nexus	\$56.00
Papa's Candy	\$80.00
Pink Plant	\$96.00
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Veneno	\$98.00

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Medi Kush	\$75.00
Medifemss	\$75.00
Peace Maker	\$75.00
Skunk NL	\$75.00
White Rhino	\$75.00
White Widow	\$75.00

FEMINIZED SATIVA PACKS OF 5

Amnesia Haze	\$95.00
G13	\$95.00
NL 5 Haze	\$95.00

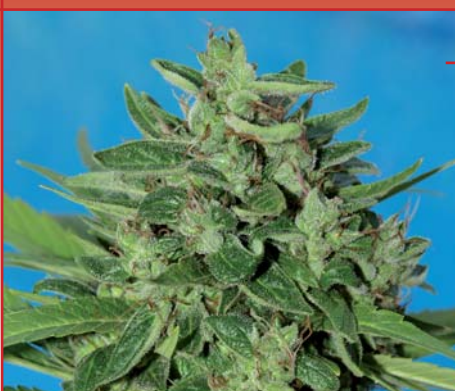
**GREEN HOUSE SEED CO.**

FEMINIZED PACKS OF 5

A.M.S.	\$35.00
Arjan's Haze #1	\$62.00
Arjan's Haze #2	\$62.00
Arjan's Haze #3	\$38.00
Arjan's Strawberry Haze	\$62.00
Arjan's Ultra Haze #1	\$62.00
Arjan's Ultra Haze #2	\$62.00
Auto Big Bang	\$48.00
Auto Super Critical	\$60.00
Big Bang	\$30.00
Black and White Mix	\$48.00
Bubba Kush	\$52.00
Cheese	\$42.00
Chem Dog	\$48.00
The Church	\$35.00
Dam Sour	\$52.00
Diamond Girl	\$38.00
El Nino	\$55.00
Exodus Cheese	\$35.00
Great White Shark	\$55.00
Green-O-Matic (auto)	\$48.00
Hawaiian Snow	\$62.00
Himalayan Gold F	\$48.00
Indica Mix E	\$48.00
Indica Mix F	\$48.00
Indica Mix G	\$48.00
Indica Mix H	\$48.00
Indica Mix I	\$48.00
Jack Herer	\$48.00
Kaia Kush	\$52.00
Kalashnikov	\$35.00
Kings Kush	\$48.00
K-Train	\$52.00
Ladyburn 1974	\$38.00
Lemon Skunk	\$38.00
Moby Dick	\$48.00
Neville's Haze	\$62.00
NL5 Haze	\$48.00
Pure Kush	\$42.00

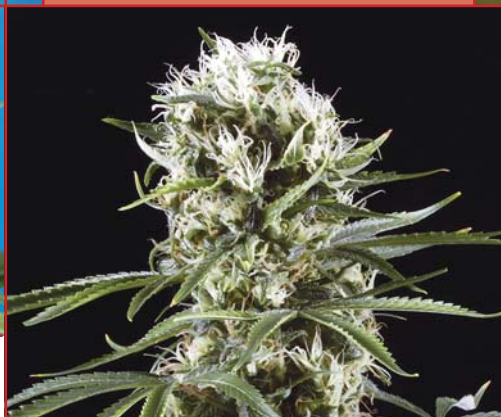
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Sensi Star - Paradise Seeds



Avalon - Next Generation

Super Lemon Haze - Greenhouse Seeds



Super Silver Haze - Mr. Nice

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G13 Skunk	86.00
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NL 5 Haze	\$120.00
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NL5 Skunk	\$86.00
Nordle	\$86.00
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BlackJack	\$45.00
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Chrystal	\$38.00
Ice	\$38.00
Kaya Gold	\$38.00
Master Kush	\$38.00
Medusa	\$38.00
Northern Lights	\$70.00
Northern Lights Auto	\$80.00
Papaya	\$38.00
Raspberry Cough	\$45.00
Short Rider Auto	\$70.00
Snow White	\$38.00
Super Skunk	\$38.00
Swiss Cheese	\$38.00
Venus	\$38.00
White Castle	\$38.00
White Rhino	\$38.00
White Widow	\$38.00
Wonder Women	\$38.00

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Bubblelicious	\$30.00
Chrystal	\$30.00
Ice	\$30.00
Medusa	\$30.00
Papaya	\$30.00
PPP	\$40.00
Snow White	\$30.00
Super Skunk	\$30.00
Swiss Miss	\$30.00
White Castle	\$30.00
White Rhino	\$30.00
White Widow	\$30.00



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Jacky White	\$75.00
Lucid Bolt	\$75.00
Magic Bud	\$45.00
Nebula	\$5.00
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Sensi Star	\$90.00
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Wappa	\$45.00
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Kosher Kush	\$105.00
OG Kush	\$105.00
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Kandy Kush	\$105.00
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Auto Smile	44.00
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Auto Thai Fantasy	44.00
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La Blanca	44.00
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Querkle - TGA



MK Ultrawreck - THSeeds



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Kushage	\$105.00
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Cannatonic	\$170.00
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Warlock	\$80.00
White Russian	\$105.00

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TIMEWARP
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NEBULA
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CANNATONIC
SOUP P
CRITICAL HAZE



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BLUEBERRY
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MAZAR
ORTEGA INDICA
PAMIR GOLD
PASSION # 1
POWER PLANT
PURPLE # 1
SKUNK # 11
SNOW BUD
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AK-47



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SHINNING SILVER HAZE
NORTHERN LIGHT
CRITICAL

EASY BUD (AUTO FLOWER)
ROYAL AUTOMATIC (AUTO FLOWER)
NORTHERN LIGHT (AUTO FLOWER)
ROYAL BLUEMATIC (AUTO FLOWER)



FEMINIZED PACK OF FIVE
BURMESE KUSH
A-TRAIN
KUSHAGE
MK-ULTRA
S.A.G.E.
SAGE N SOUR
REGULAR PACKS OF TEN
SHUNK XXX
MENDOCINO MADNESS
DARKSTAR
THE HOG



FEMINIZED PACKS OF SIX
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CONFIDENTIAL CHEESE
HEADBAND / SOUR KUSH
KANDY KUSH
KUSHBERRY
OG KUSH
SOUR CREAM
C 13 HAZE
RECON
CHOCOPOPE
60 DAY WONDER (AUTOFLOWER)
OG #18
SILVER BUBBLE
SOUR DIESEL



FEMINIZED PACK OF FIVE
BCN DIESEL
MATARO BLUE
MATARO BLUE (A)
WHITE DOMINA



REGULAR PACKS OF TEN
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AK-48
B52
BIG BUD
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CALIFORNIA ORANGE
EARLY BUD
EARLY MISTY
WHITE RHINO
ICE



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WHITE RHINO
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SUPER LEMON HAZE
EL NINO
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ARJANS HAZE #2
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NL HAZE
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Kali Mist Feminised

Heavy-weight sativa queen with
a perfectly female appearance

Text and photos by
Green Born Identity - G.B.I.

Strain

Kali Mist
(Cambodian/Colombian/Thai/Afghan)

Vegetative stage here: 3 weeks

Flowering stage here: 73-84 days,
in general 70-90 Days

Medium

Plagron Standard Mix with 5% expanded
clay and horn chippings, 11 litre pots

pH

6.2–6.8

EC

Vegetative stage: 1.2–1.6 mS

Flowering: 1.6-2.0 mS

Lights

Vegetative stage: 2x Secret Jardin CFL 75 W

Flowering: 2x GIB Lighting 600 W HPS + 1x
400 W Osram Son T plus

Temperature

24-28°C (day)

18-20°C (night)

Air humidity

Vegetative stage: 40–60%

Flowering: max. 50%

Watering

by hand

Fertilisers

HeSi Blühkomplex, HeSi Phosphor Plus from
the 4th week of flowering

Stimulators/Additives

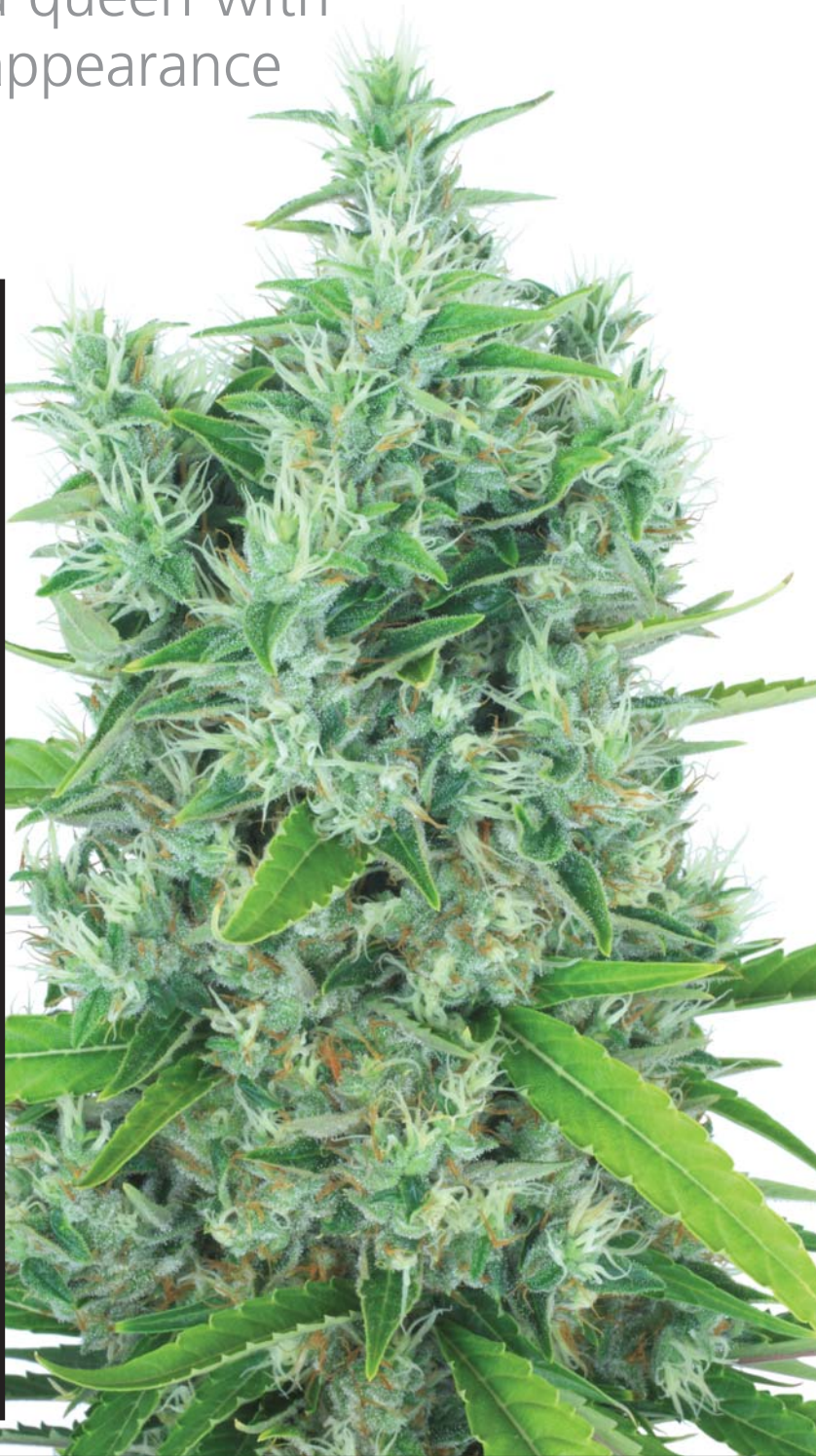
HeSi SuperVit, Wurzelkomplex, Enzyme

Height

98, 160-192 cm

Yield

140, 160, 175 and 185 g

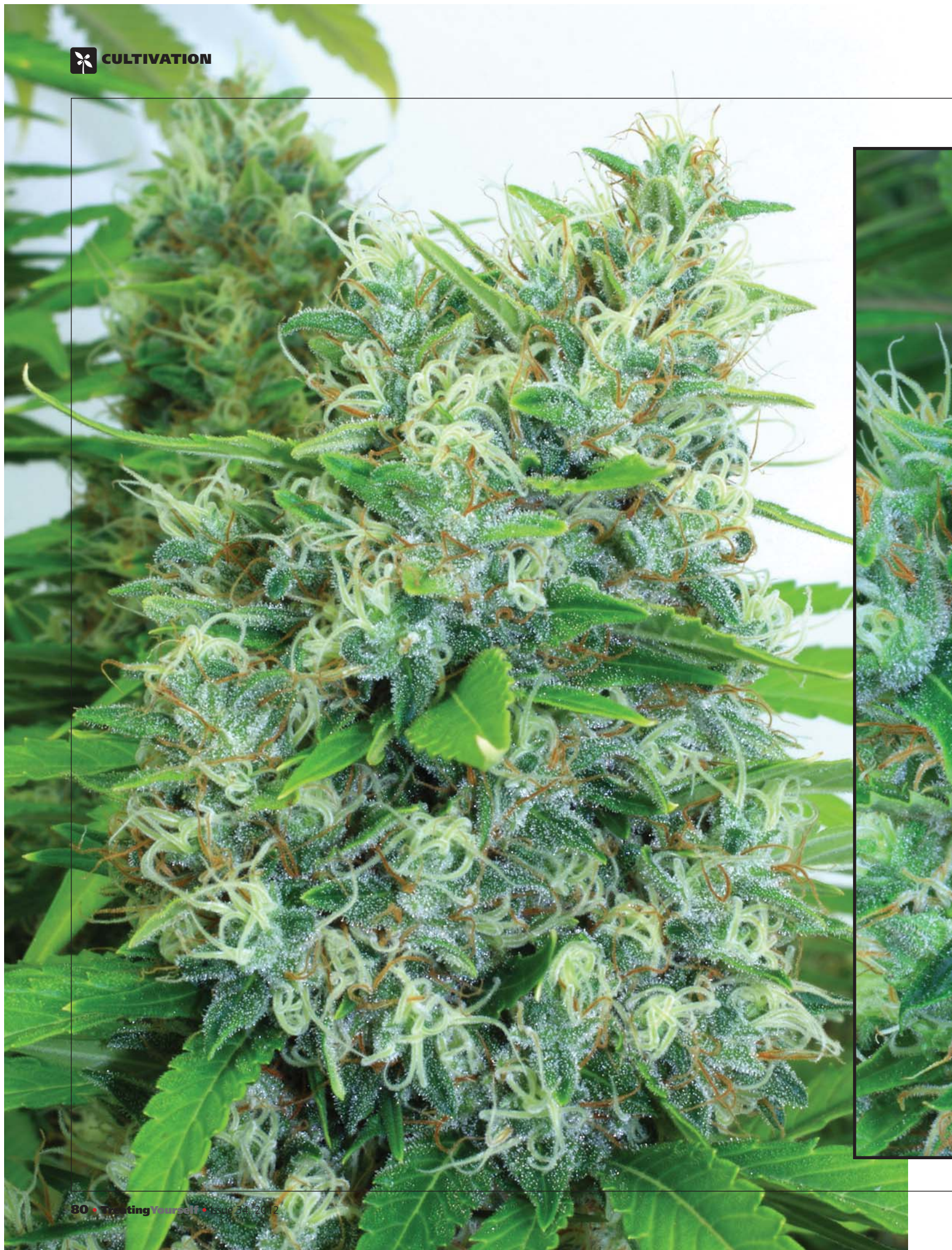


The Kali Mist strain from Serious Seeds is a legend, a timeless queen amongst the sativa strains of the cannabis world, a true evergreen. The year of her creation dates back to 1993. Since then, Kali Mist has been genetically modified a bit several times, partly because a part of the parental genetics had been lost (through busts), but also partly in an effort to further improve it. Simon, the owner and breeder of Serious Seeds, even went for a journey to Cambodia one time, in search of old high-grade landraces, to import them to The Netherlands and use them for refining his Kali Mist strain there, but he “didn’t find anything that matched the class of the Kali Mist parents.” The different genetic Lines brought together by Simon in Kali Mist originally came from Cambodia, Colombia and Thailand (sativa side), plus Afghanistan (indica side, only a small share). The

exotic Kali Mist strain delivers classic sativa effects in a crystal-clear quality, unleashing an energising and inspiring high energy flash, a vibrant up-high that both mentally and physically endures for a very long time. Several awards at different cannabis cups, also in the past few years, underline the ever big popularity of this sativa queen.

Kali Mist has been available also in the form of feminised seeds for a while, and The Doc, a big fan of that strain, wanted to find out whether she has preserved her outstanding class as a feminised strain as well. That caused him to sow four feminised Kali Mist seeds into jiffy pots, and after four days, they had all sprouted, illuminated by two 75 W Secret Jardin High Efficiency CFLs. A few days later, The Doc transplanted them to 11 litre pots and put

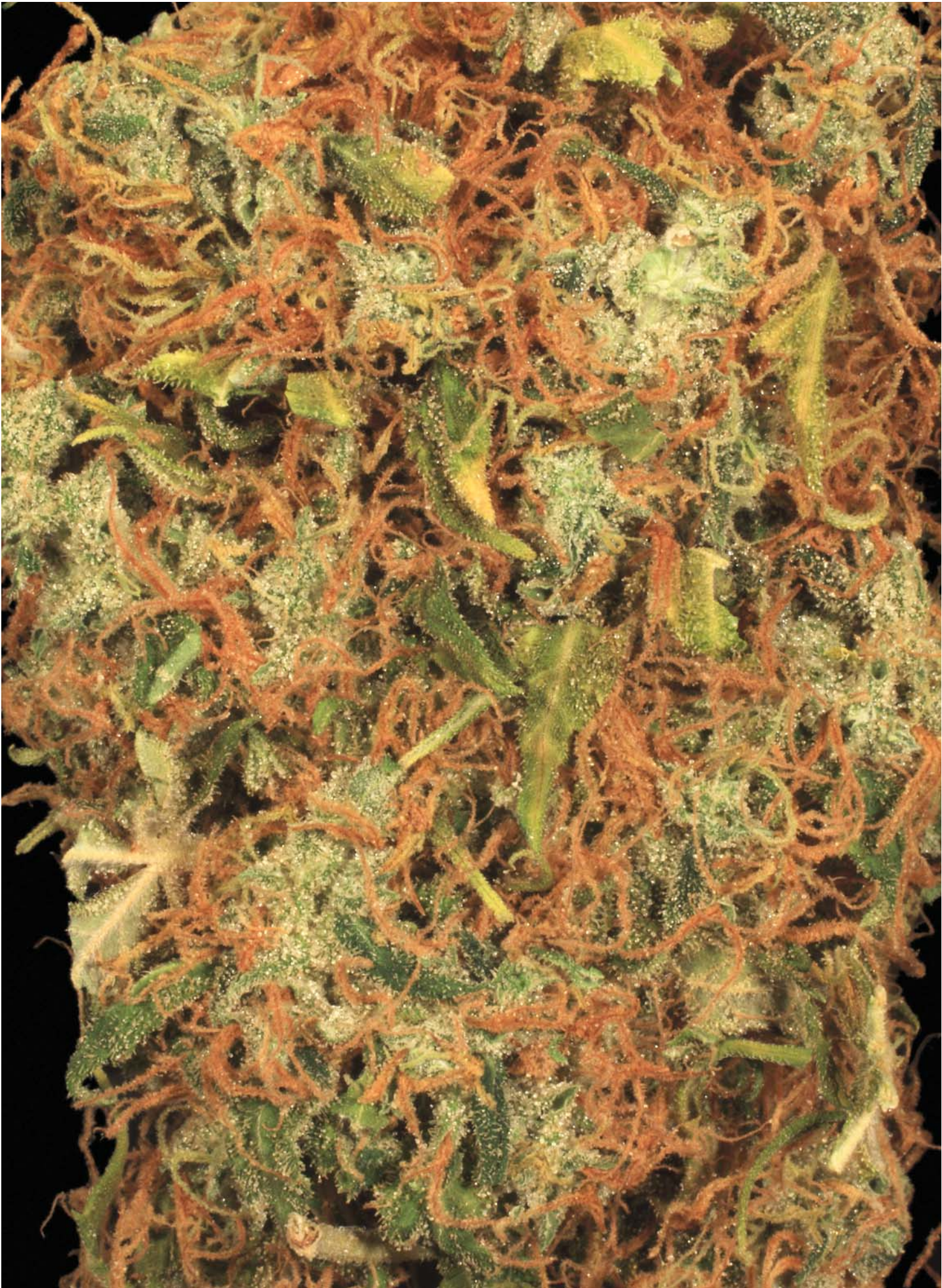


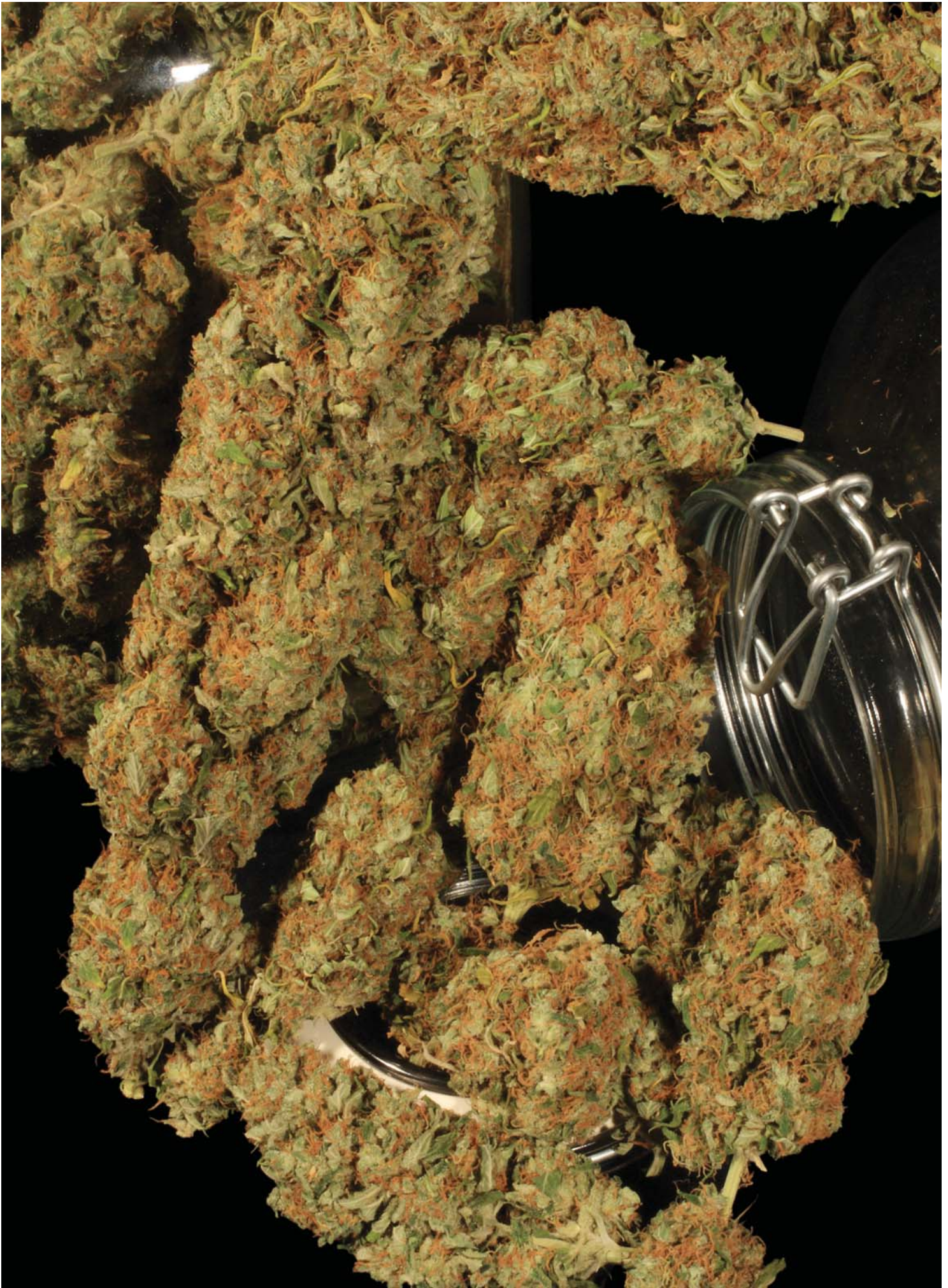


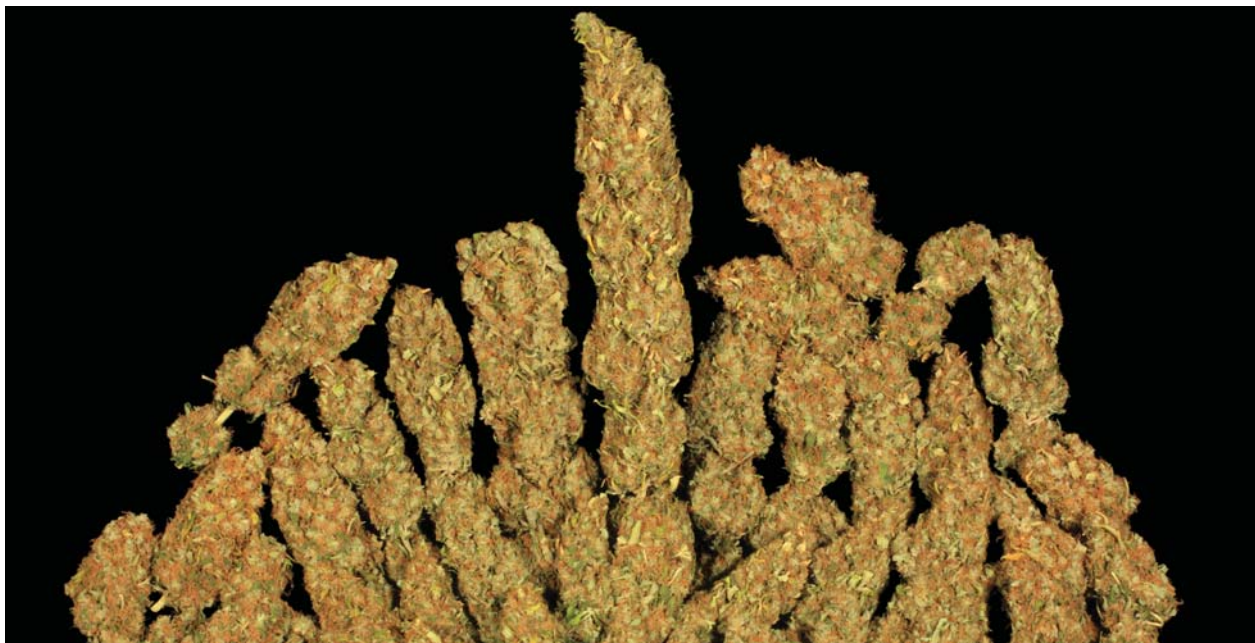


them into the actual grow room, under a 600 W Plantastar HPS light, together with some other plants. Which effected a very vivid growth, twelve days after germination, the four seedlings had arrived at heights of 10-15 cm and produced several side branch onsets. After three weeks, The Doc reported that “they have kind of exploded”, benefiting from the high light intensity. His four Kali Mists were already 25-40 cm tall now and exhibited a lot of side branches, it was about time to induce flowering, which The Doc did by cutting down the daily light cycle from 18 to 12 hours. Also, he re-equipped the room with two GIB Lighting 600 W lamps and one 400 W Osram Son-T Plus lamp. The reason why he allowed his Kali Mist plants to become fairly tall already before flowering was that there is a lot of vertical and horizontal space in his grow room, and The Doc grows rather less, but bigger plants there, they can easily grow into bigger dimensions than in average grow rooms.

The four Kali Mist plants quickly, within a week, switched to the flowering mode. The tallest plant was 60 cm tall (having 10 internodes), when the first female preflowers became visible, and the other three 45-55 cm, the typical stretching effect had gotten into full gear now. The smallest Kali Mist plants revealed an obviously higher indica share than the other three, growing more compact and with darker, somewhat wider leaves. After two weeks of flowering, The Doc was flabbergasted by a most intense stretching effect, within one week only, the tallest plant had increased its height by another 40 cm! The other two taller plants exhibited a likewise strong stretching effect, only the shortest plant acted kind of restrained, with a height of about 60 cm. But all the four plants had produced numerous long side branches, along which a very vivid flower production had started. When three weeks of flowering had passed, The Doc reported: “Now they are showing the first little compact rose-like buds. The budding pattern of the three taller plants is absolutely identical, but also that smaller plant exhibits an unmistakably classic sativa flower formation. The biggest plant is about 120 cm tall now, the other two 110 and 105 cm, and the fourth one 75 cm. That superb bud formation promises a rich harvest!” And one week later: “Now it’s showtime! The branch and bud stretching effect still is immense, the two tallest plants have arrived at a height of about 160 cm now already, and the buds are getting dense and denser. One can also see pretty nice first resin gland formations, these plants will certainly be very resinous when harvest time comes. In any case, they will become as tall as a man. But not the smallest plant, she seems to have stopped growing into height after having arrived at about 90 cm.” After week five of flowering, that stretching effect had come to an end obviously, with the two tallest Kali Mist plants having reached a height of about 180 cm, and the third one about 150 cm. “All the plants will from now on gain further height only through bud elongation. Pure sativa as far as the eye can see!” The Doc was enthusing.







After six weeks, flower formation had become already tremendous, “but they will keep on flowering for several more weeks for sure”, The Doc estimated, “The smallest plant exhibits a budding pattern more or less identical with the other three plants, with the only difference that the buds are not that much elongated here, due to the shorter internodes. And there are quite amazing amounts of resin on the buds.” One week later it became obvious that one of the two tallest plants was flowering a bit faster and would be the one that was to be harvested first, while the smallest plant would be the last one probably. The three taller plants exhibited the first withered, brown flower hairs now. “The flower formation of all the plants is very dense and tight, particularly for a sativa strain. However, the end is not in sight yet!” The Doc reported. After eight weeks into flowering, The Doc reported “The flowers seem to adopt a kind of golden colour. They are most beautiful, these are really divine plants I feel, smelling wonderfully exotic, with sandalwood and haze notes, but somewhat sweeter. Their abundant resin content does surprise me, never before I’ve seen such resinous Kali Mist plants.” One week later, he forecasted that the two taller plants would only need about one more week of flowering to reach maturity – “That’s pretty damn fast for a sativa strain”, The Doc said.

Indeed, after 73 days of flowering, the tallest plant was ripe and could be harvested, and the second tallest plant followed four days later. Another three days later, also the third tallest plant had reached maturity, and after 84 days of flowering, the smallest plant had passed the home-stretch as well. “All the four Kali Mist plants have reached maturity within the harvest window stated by Serious Seeds, being even 1-2 weeks faster, flowering 100% female until the very end, I couldn’t find any male flower”, The Doc praised, “they have passed the femi test with ease

and truly are heavy-weight sativa queens with a perfectly female appearance!”

Thanks to the very low leaf content of the buds, The Doc could easily harvest his Kali Mist buds, however, due to the sheer mass of buds, it took him quite a while. He thoroughly dried them over about 3.5 weeks, effecting a slight fermentation effect that gave the Kali Mist buds a great aromatic finish, smelling wonderfully organic, with an earthy-sweet fragrance and – just like with the fresh buds – delicious haze and sandalwood notes. The Doc separately weighed the four plants, and his high expectations were even exceeded with sensational results of 140, 160, 175 und 185 grams. “This is simply madness!” The Doc cheered. When test-smoking the Kali Mist buds, he was overwhelmed by sativa effects in the purest of forms, with heavily pulsating sativa energy rushing into his body and mind, effecting crystal-clear visual appearances and an accelerated heartbeat. The Doc: “As always, Kali Mist provides an extremely prickling feeling, I simply love that heavily activating and stimulating, also euphoric feeling. And that marvellous effect unalteredly lasts very long, at least one and a half hour, and even more if you put a little bit more into your joint. Then that super clear up-high naturally declines and leaves you in most relaxed and vitalised shape. And also the Kali Mist flavour was outstanding and a sheer enjoyment, mild and sweet, but also revealing a certain spiciness, in the form of clearly noticeable haze and sandalwood notes.”

The Doc concluded “Also in its feminised form, Kali mist has fully convinced and deeply impressed me once again, this divine sativa queen most reliably yields fantastic results in both terms of quantity and quality.” Six feminised Kali Mist seeds are available at the price of 80 Euros. ☘

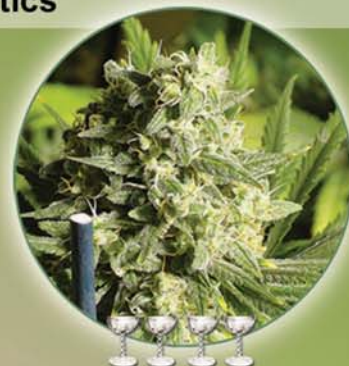


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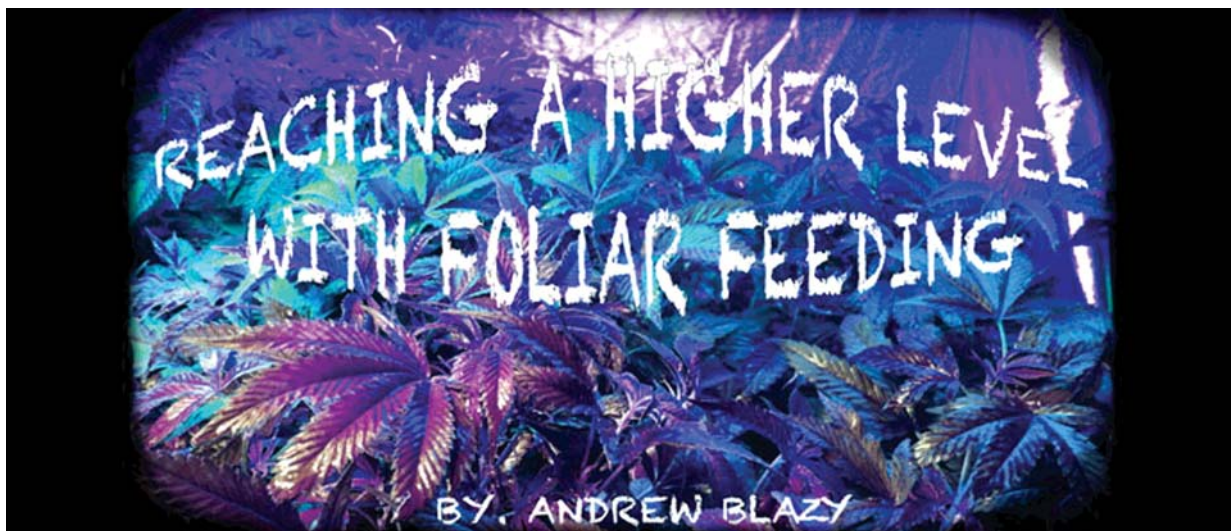
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Foliar feeding is a process used to feed nutrients to a plant by absorption through the leaves into the plant tissue by way of the stoma. Stomata are tiny little pores on the underside of the leaves that are able to intake nutrients and carbon dioxide. Foliar feeding has been used and researched by growers for many years and can be a very efficient way to provide nutrients to a plant, providing great benefits to a grower in most stages of plant life when used correctly.

A great advantage of feeding nutrients through the leaves is that a cannabis plant is able to intake nutrients through foliar sprays more quickly than through the root zone. But foliar sprays pose the risk of over-feeding the plants and causing more damage than repair. Creating a foliar feeding nutrient schedule and knowing when to use it will ensure adequate foliar feeding.

There are many different purposes and uses for foliar feeding, including nutrient deficiencies, pests, mold, and diseases. Foliar feeding can also promote healthier growth and advancement in any growth stage. Plants will produce more bud sights per branch, leading to bigger yields with higher quality.

Preparing a foliar spray

Foliar sprays should only be used with distilled or osmosis-filtered water. Tap water may contain too much calcium and magnesium, nutrients that may already be present. Foliar sprays without filtered water can eventually lead to nutrient deficiency, and you don't want that.

Water that will be misted on foliage should always be cooler than the ambient room temperature. Cooler water is also less susceptible to pathogens and foliar diseases. Ensure that the temperature of the water is between 62 to 70 degrees Fahrenheit, or 16 to 21 degrees Celsius.

The concentration of foliar sprays should always be diluted more than nutrients provided to the roots. A low nutri-

ent level of 0.3 to 0.6 electrical conductivity (EC) is a preferred for a regular foliar spray concentration. The maximum concentration for foliar sprays should be no greater than a 0.8 EC to 1.0 EC level. Raising the EC level above this point can have increased risk of over-feeding and burning the foliage.

When the nutrients are mixed, temperature is set, and EC level is acceptable, it's time to check the pH of the water. Nutrients are only available to the plants at certain pH levels, so it's important to match your water to the correct level. If the correct PH levels are not provided in the nutrient mixture, the foliar spray will not only create nutrient deficiencies, but it will also cause nutrient burn to the foliage. This can also leave the plant helpless and more susceptible to bugs and foliar diseases, which left untreated, can greatly decrease overall quality, taste, and yield of the final product.

The correct pH level for foliar sprays also depends on the growing system and whether the plants grown are in soil/soilless medium or hydroponics. For soil/soilless medium plants to intake a vast amount of different nutrients efficiently, the pH should be between 6.2 and 7.0. For hydroponic cannabis plants, the pH should be between 5.8 to a 6.2 pH level for intake of vast amounts of different nutrients efficiently.

Foliar feeding should always be performed with an atomizer or spray bottle with the option of a fine mist. Using a fine mist will allow water to easily attach to the foliage without draining off the leaves, creating a thin coat of water evenly throughout the leaves. When using a regular spray, the water will quickly drain off the foliage and leave behind little beads of water that can refract light and burn the foliage of the plant. Experienced growers will commonly use a surfactant/wetting agent in every foliar spray mixture, with only filtered water. A surfactant helps the absorption into the leaves and also aids in relieving the surface tension of the foliar solution.



Foliar solutions can be stored for short periods of time, usually two to seven days, before discarding. Organic foliar solutions may have an even shorter shelf life than synthetic foliar solutions. The longer a foliar spray sits, the greater the chance of spreading pathogens and disease to the plant.

When to use foliar sprays

Foliar feeding should be performed when the stomata are fully opened; they will begin to slowly open up once the lights turn on each day. The most effective time to foliar feed is about one to two hours after the light comes on, while temperature and CO₂ levels are still rising. At this time, the stomata are fully opened, and plants start exerting their energy into absorbing nutrients and dispersing them to areas of the plant in need. Cannabis plants do not intake nutrients or CO₂ during the dark period of the light cycle. During this time, the stomata in the foliage are closed to avoid any moisture loss.

Before foliar feeding, raise the lights two to three feet higher than the normal set point above the plants to avoid foliar burn. Leave the grow lights raised for 15 to 30 minutes, giving the foliar spray time to absorb into the leaves.

Be sure to return the lights to their lowered position when finished. Another method is to simply turn off grow lights while using regular household light during foliar feeding. Again, remember to turn on grow lights when finished.

Another great suggestion is to turn off oscillating fans so the foliage can have more time to absorb the solution. If fans are not turned off, the foliage will have less chance of absorbing the foliar solution. Evenly mist the top and bottom surfaces of the leaves lightly with a foliar spray solution; then let dry slowly. A day after each foliar feeding, mist the leaves with only filtered water. The extra moisture will allow foliage to absorb any leftover dried nutrients (This can be repeated on the second to third day to get the most out of each foliar feeding).

About three to four days in between and after each foliar feeding, make sure to wash off any excess nutrients and leftover salts. This will ensure that the stomata are able to breathe and fully absorb all light. Using dark or organic fertilizers as a foliar spray may block the top of the leaves from soaking up sufficient amounts of light. For example, dust on a glass cover of a reflector or light bulb will block the full intensity of the light from getting to the plants.



Without wetting agent

Washing the inside of the reflector and glass cover will ensure the fullest potential of the light bulb.

Just like feeding nutrients to a medium, it is recommended to take a break on feeding, then watering, for a few days up to a week till feeding again. Foliar feeding too frequently can lead to overfeeding and stress on the leaves, as foliage is only able to handle very low amounts of nutrients at a time. If using a new or unfamiliar foliar feeding mixture, it is best to start foliar feeding on a seven to ten day schedule at half recommended dosage, or about 0.4 EC, before using it more frequently at a higher dosage. This will help ensure less chance of over-feeding and help one understand how much the foliage is able handle before burning the leaves.

When foliar feeding in parallel with your basic nutrient schedule, the roots will intake fewer nutrients because they are already being provided for with the foliar feeding. Lowering the concentration of nutrients to the roots about 25 to 50 percent will provide best results for nutrients that will be provided as a foliar feeding.

During times when the stomata close, foliar feeding should be avoided, as it can make a foliar application less efficient. An environment with high temperatures above 84 degrees Fahrenheit, in dry conditions with low humidity below 35%, when the roots and medium are dry, overabundance of provided CO₂ and during the dark period: During all of these conditions, the stomata are closed, and foliar applications become less efficient or completely useless and can damage the foliage.

Foliar feeding can be used to prevent any pest, fungal, and foliar diseases. For pest, mold, and disease control, high-concentration foliar feeding is recommended at 0.8 to 1.4 EC. The most common foliar solutions include neem oil, sesame oil, cinnamon oil, insecticidal soap, and pyrethrum. Foliar solutions with a high pH level will make these foliar solutions more effective.

Correcting deficiencies with foliar feeding

A nutrient deficiency is when a plant is not getting enough nutrients, or too many nutrients are being provided to the

plant. Deficiencies will affect the health of a cannabis plant as well as the yield, taste, look, and quality of the end product. If not treated, deficiencies can slow growth or result in total crop failure.

pH levels have a huge impact on nutrient intake, and if not in the correct range, the plant won't be able to intake the available nutrients provided. Foliar sprays can be a great way to fix nutrient deficiencies in the plant and have the ability to fix a nutrient deficiency faster than feeding nutrients to the roots.

When a nutrient deficiency is noticed, the first thing to do is check the pH and EC levels to see if they are in the correct range. For hydroponically grown plants, simply check the hydroponic reservoir. For soil/soilless mediums, first soak the medium with pH-balanced water for five to ten minutes, and then apply more water until it starts draining through the bottom of the container. Test the pH level of the runoff water from the medium. If the pH levels are off, simply correct them and don't add any further nutrients, since they have already been provided and the plant has not taken them in yet.

If the correct pH level is being provided, then the EC level must be examined. This can be done by also testing the runoff water of the medium containing the roots. When EC levels appear to be too high, flush the root medium and spray the plant with pH-balanced water. If EC levels appear to be too low, examine the symptoms to identify the deficiency. Create a foliar spray and provide the specific nutrients required.

When nutrient deficiencies seem to be a confusion, it is best to flush the root medium. This should be done with pH-balanced water with double or triple the amount of water per container size. Wait about five to seven days before applying any nutrients to the roots, and inspect the foliage daily to see if the deficiency is continuing to progress or has been reduced.

If deficiency is continuing to progress, spray foliage with a foliar spray and add a low nutrient concentration to the root zone. When overfeeding occurs, it is best to spray the plant with only pH-balanced water every day alongside the roots. This will help the plant intake more water than nutrients to even out the balance of nutrient concentration at a quicker rate.

Foliar feeding to boost growth, yield, aroma, and quality

There are a variety of different foliar solutions to boost a cannabis plants growth. Using these steps in your foliar feeding schedule can greatly increase yield, aroma, and overall quality of the end product.

In the cloning and seedling stage, the most common foliar

spray solutions include low levels of B vitamins and very low levels of macro nutrients that may include nitrogen, phosphorus, and potassium. For clones and seedlings, foliar solutions should be no higher than 0.4 to 0.6 EC.

Foliar feeding with mother plants can have a great impact on relieving stress for future clones, and stress-free mother plants can have a greater percentage rate for successful clones. About seven days before cloning, use a mixture with B vitamins and a low nitrogen level, with higher levels of phosphorus and potassium. A kelp extract is commonly used to achieve this lower nitrogen level and will soothe mother plants from stress after cloning. This will also help encourage plants to grow an extended amount of new branches at a quicker rate for an abundance of clones.

In the vegetative and early flowering stage, foliar feeding is commonly used to promote a plant to grow faster with shorter internode spacing and with extended amounts of bud sights per branch. This can be achieved with seaweed extract, kelp extract, alfalfa meal, and krill meal, and also with higher levels of phosphorus and potassium. B vitamins can also be applied to ease plants from stress.

Carbohydrates and fruit extracts can be applied as a foliar spray in late vegetative and early flowering to boost the sugar level in the plant, which can have a great impact on flavor, quality, and yield. Often buds will become more pungent and flavorful. Sugar levels in the cannabis plant can be determined by a Brix meter, also known as a refractometer. A reading from 12 to 16 is perfect for the cannabis plant.

One of the most recent foliar spray applications includes a product called chitosan. Chitosan has been used and researched in agriculture and horticulture for many years and is known to be one of the best inducers for the cannabis plant. Chitosan is an elicitor that, once applied to the foliage, makes the cannabis plant act as if it is being attacked. The defense system responds, which induces increased growth, photosynthesis, and nutrient intake in all stages of growth. As a bonus, it also increases resistance to insects, fungus, and pathogens.

In the flowering stage, chitosan can be used to promote bigger yields with abundant trichomes. When the defense system responds in the flowering stage, the cannabis plant produces more trichomes to protect the flowers from harm. Often the buds will become completely coated in trichomes. With the ability to produce more trichomes, the plant has the potential to grow much larger, trichome-filled buds.

Foliar feeding in all stages of growth can provide a 10 to 20% increase in yield and trichome production, giving a little bit more to those nice, chunky, sticky-icky buds.

Add a mist to the list and get your foliar on! 🌿



Treating Yourself Unlocking the Secrets, **Advanced Tissue Culture**

Tissue Culture is a process of isolating cells from plant tissue (explants) which are cultured (grown artificially), in a nutrient medium under sterile conditions. These explants can under the right conditions induce rapid growth producing new shoots and with the right hormones new roots as well. At the shoot stage, these plantlets (the plants in the tissue culture) can also be divided producing large numbers of new plantlets. Because of the ease of producing a large number of plantlets which literally are exact duplicates of the mother. This technique is used frequently in large agricultural setups as well as in labs. Using tissue culture to produce clones in this method is called micro propagation.

Marco arranged for me to have a chat with Dr. Tissue Culture from Advanced Tissue Culture a Canadian company specializing in tissue culture. The company has been in existence since 2008 and the motivation behind its genesis was to be able to work with the plant from a purely scientific point of view.

Anyone that has ever had to keep mothers or make clones knows what a task that is. Especially those that are in the seed business. As each plant either male or female represents one strain, it is not uncommon for some breeders to have to keep 40-60 different plants, be they moms or dads. In addition to space there is also the other issue of passing genetic disfunction's if they are present in one of your moms. This is why Tissue Culture is such an interest-



ing way to keep mothers and to make clones. Dr Tissue Culture explains that "tissue culturing is the only way to remove unwanted contaminants within the plant and the only way to preserve the plants genetics. He goes on to explain

that "seeds are known to carry virus through their RNA, which means the mother has a virus, which means your clones will have a virus and anything that you breed with will have a virus. These viruses which you may not even realize your plant has will often appear to look like a nutrient deficiency." Truly the only way to ensure 100% exact duplication from what you know to be a sterile 100% healthy plant is indeed to use the tissue culture technique.

Dr Tissue Culture came to tissue culture because he wanted to develop a bettered product as far as clones go. He spent more then ten years researching and perfecting tissue culture. This technique relies on a scientific method which ensures a pure product every time. In this way you are not changing the genetic material, simply duplicating it. The advantages to tissue culture are vast, as I've already mentioned space is a big issue with mother rooms. Inevitably the rooms are always over filled which leads to crammed rooms. With these crammed rooms light and air flow are always an issue. In addition to this as the moms



This technique really is the future of modern breeding. By being able to store your genetics for years in a way that they don't deteriorate is the perfect way to keep both males and females.

get older they can become increasingly unhealthy which in turn gets passed down onto the clones you take from them. With tissue culture most of these problems disappear. As you are using an exact duplicate of the genetic material you ensure that each of the copies are exactly the same as the original, very important in breeding. Dr Tissue Culture explains that, "using tissue culture you can maintain genetics for 20+ years. Instead of wounding the plant we are multiplying its cell structure and holding it in a juvenile state with no fragmented cells. From this thousands of copies can be made. This means that 25 plantlets can in over eight months produce 12,000 more plantlets. This while using only 3000 lux of light per 100 plants, and one liter of water per 70 plantlets. The space you save is also huge, on one 2ft x 4ft x 6ft rack you could have up to 1,200 plantlets.

This technique really is the future of modern breeding. By being able to store your genetics for years in a way that they don't deteriorate is the perfect way to keep both males and females. In addition by being able to easily ship these plantlets it opens up even better access to sharing genetics. The technique to transfer the plantlets into another medium and get it begging again is super easy, "even a ten year old can learn it," Dr Tissue Culture says. He goes on to say that "really this is the only way to keep genetics backed up in a way where their genetic integrity is constantly maintained."

BBF, which is the nutrient company Dr Tissue Culture has in addition to his company Advanced Tissue Culture also

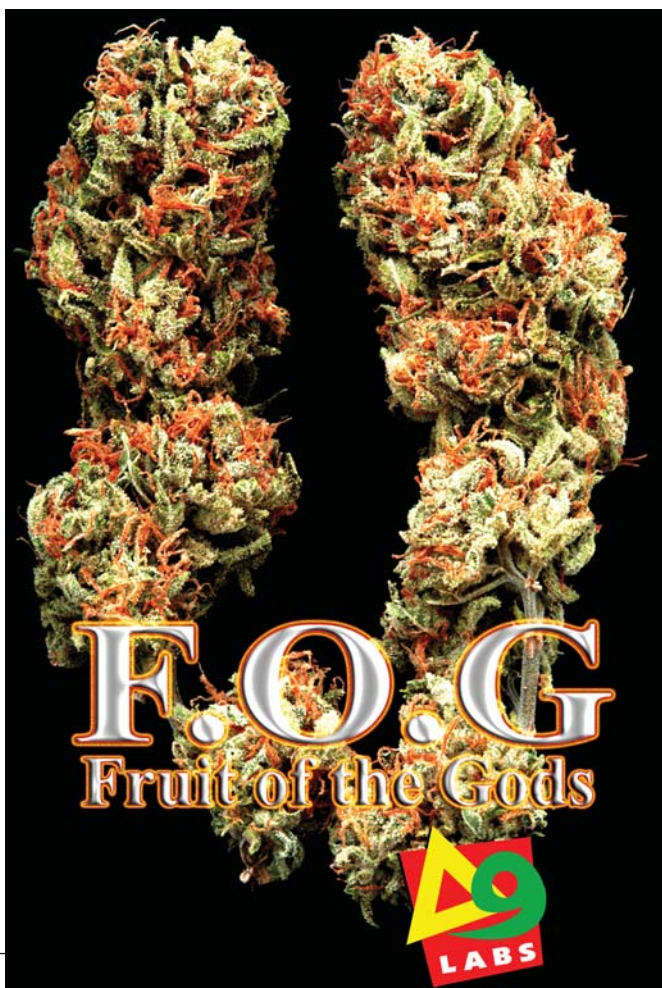
has products integral to the tissue culture process. The nutrient company has been in existence since 2008. The nutrient company supplied the legendary seed company The Cannabis Seed Bank of Holland. This was from 1986 and lasted until the early 90's. Their A and B system has been perfected over the years. When mixed with water that has ph of 7.4 BBF nutrients will lower it naturally to a ph of 5.5. For their A and B food they use a special milling process that finely grinds the base of the nutrients into a perfectly soluble solution so that when both parts are mixed you will get an ideal nutrient mix. The food works on a balanced principle ensuring that all micro and macro nutrients are present. Their research showed that plants require a well balanced diet so to speak in order to ensure a fluid process when it comes to nutrient uptake.

Check out www.advancedtissuecultures.com for upcoming products they will be selling tissue cultured seeds and tissue culture hardened rooted cuttings. As of June of this year they will be open and offering their clients tissue cultures, they have a 12,000 square foot lab and will have a capacity to produce 1 million cultures per year.

Plant tissue culture is a remarkable system ensuring genetic uniformity and pure disease free cuttings. A perfect way to keep and store multiple genetics for future use, including males for future genetic projects. Tissue culture it seems is really the future of growing and it seems to now be a viable source for securing new genetics for your grow, thanks to Dr Tissue Culture from Advanced Tissue Culture. 🌱

Super Star





Getting Caught Up with **DELTA-9 LABS**

By Ed Borg

The cannabis seed industry continues to thrive as the seed companies are once again sprouting faster than the seeds themselves. I stated this about 12 years ago after a colleague had noticed a growing phenomenon even 2 years earlier. So, how does a customer choose a variety that is what it is and knows that the outcome should be as rewarding as choosing the variety in the first place? Many seed companies are under the impression that producing a new variety is as fast as running a race. With the recent craze of feminized seeds, a seed company only needs an acquired clone to begin to make female only seeds and thus can avoid the arduous, time consuming work of selective breeding with both males and females. Unfortunately what has occurred in recent years is so-called seed breeders taking other seed company's hard work in clone form, changing the name and apparent origin and then releasing female seeds in order to enter the market in this fashion.

Although Delta-9 Labs is reluctant to release a female only seeds line, some of our customers and the overall market is demanding it in the same way that knowledge is taking a back seat over other GMO's such as soy bean and corn. Making female seeds is not rocket science. In fact, it's quite easy. With the appropriate ratio of two combined chemicals, that are no strangers to me coming from a photo-printing background also being used in the photography industry. The sex reversal method is known as STS, or Silver Thiosulfate. The result is a combination of the two chemicals, one being silver nitrate and the other sodium thiosulfate.

In the following 4 issues I will describe and include photos of the actual recipe, applying the mixture on Delta-9 Labs very stable **Super Star** variety from start until harvest 4 issues later. I will continue to document and follow through with photos every week from the exact same plants in the exact same set up so that the Treating Yourself readers can see and learn the entire process for themselves and to have a better understanding of what is involved. A first for a cannabis magazine to follow the entire flowering period through until harvest from the exact same plants as well as seeing feminized seeds being made.

With Delta-9 Labs being a 100% biological seed compa-

STRAWBERRY SKUNK





ny, crossing the fine line utilizing chemicals was quite hard to consider as it appeared to break my main rule of passion over profit. With other Earth-Friendly seed companies offering female seeds, we decided to run our own experiments. These experiments have been successful and ongoing for the past 3 years. Delta-9 Labs had to establish a facility just for this purpose as I did not want any contamination to our original lines or regular male/female seeds in any way possible. Even though emails continually come in requesting female seeds, and our distributors claim to increase our revenue threefold, I believe you cannot rush perfection for greater profits just to perhaps develop a bad reputation down the line or to be on par with the competition. I am a bonafide medical patient myself who uses cannabis as my primary medicine. Sometimes an occasional coffee to help alleviate a major headache as I consider that a drug, however anything else that doesn't meet up towards setting the highest of standards and coming from natural organic sources eventually gets purged from Delta-9 Labs. Perhaps you can call us the Bugatti/Bentley of seed companies!

Several attempts with alternative biological methods proved to be less feasible in several ways, which is the reason why every seed company today who offers female only seeds utilizes the STS method. Instead of compromising Delta-9 Labs organic facility that follows strict guidelines to be in anyway contaminated, I felt that I had no choice but to create an entirely new facility just for the production of female only seeds and this required time and resources. Even with a close step behind some of our top colleagues and still only offering regular seeds, we are obviously pleasing many out there as that has always been my intention as the founder and chief breeder for Delta-9 Labs. Based on that I decided to stick to our roots and release only 3-5 varieties in feminized seeds only that would be unique and of epic quality and consistency. They are forthcoming and soon to be released at the TY Expo in May. The first three varieties to be released commercially are our awaited **Strawberry Skunk** that was well received and featured during the past Cannabis Cup. This variety is very special as it comes from a cross of two landraces, one from Morocco and the other from Afghanistan. If there was ever luck in our cards this variety is indeed special. The two other varieties being released are the **Kopasetic Kush** and the **Kaleidoscope Kush**, which will certainly have some of the highest THC/CBD ratios in the business, as we have been one of the first to acquire top Kush strains from California. They are both Kush hybrids that have been in the past 3 years female seed development project of Delta-9 Labs.

As the saying goes, buyers beware! If you are not confident of a seed company then contact them and do your own homework. It is a great feeling to have Delta-9 Labs main worldwide base in Amsterdam so that you can come

and meet me personally and enjoy a smoke together. At Delta-9 Labs I stand behind and in front of everything that we do. With the term "medical cannabis" used quite loosely and ambiguous in recent years I strive to maintain the transparency and professionalism in this unregulated industry. I would prefer to use and coin the term "pharmaceutical grade cannabis" since the proper testing and distribution channels have already been established for goods being sold in pharmacy's and perhaps many people can relate to that easier. Besides, I am confident the quality control methods that we have in place allows for continuity and standardization. Coming from both a risk management/commercial photography background and having 8 years experience in the pharmaceutical industry before moving to Amsterdam, the Netherlands 16 years ago has allowed Delta-9 Labs to see things from many angles.

The sharp focus and direction that Delta-9 Labs is heading and striving towards is to compete with the pharmaceutical giants and not our seed company colleagues. Together we can overgrow them all with natural pharmaceutical grade cannabis, starting with seeds from Delta-9 Labs.

Come and visit us online at www.delta9labs.com, live in Amsterdam, or perhaps at the upcoming Treating Yourself in Toronto!!

The Treating Yourself Expo is just around the corner and once again I look forward to attending and seeing you all with our female only varieties in production to serve you.

I look forward to the next 4 issues and showing you the various timeline stages of the entire flowering female seed making process!!

Keep It Real! Ed 



Dolce Vita

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America: The Exile Nation

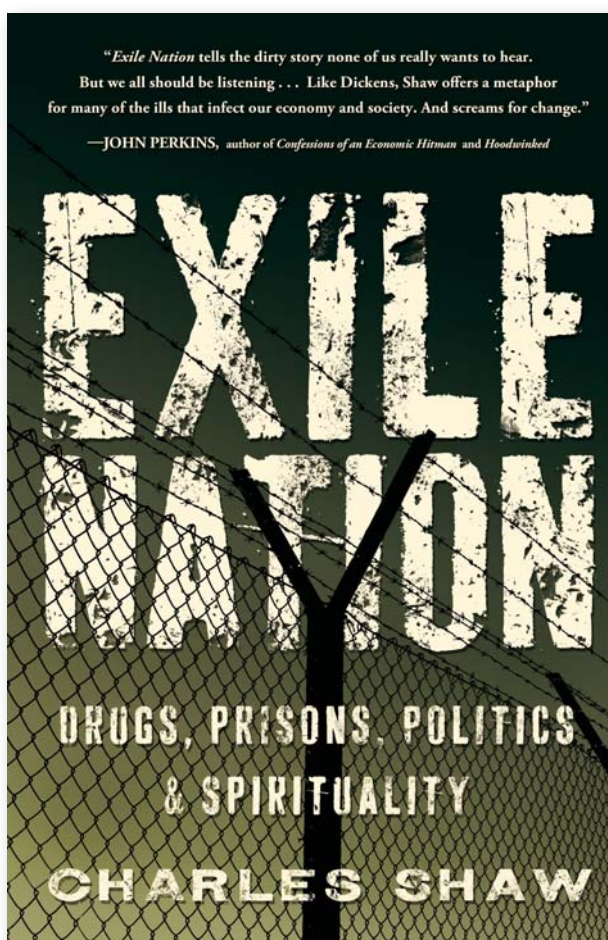
A Review of Charles Shaw's Brainchild

In the eyes of award-winning journalist and activist filmmaker Charles Shaw, a vast amount of American citizens have become exiled within their own country. "Three million incarcerated; seven and a half million on probation or parole; 13 million with felonies; 65 million who can't pass a background check. They're exiled from the fruits of our society. From our basic moral contract," Shaw says, speaking to me on a long-distance phone call.

His documentary film of the same name is described as an oral history of the War on Drugs and the American criminal justice system, which Shaw says is more akin to "a gigantic economic engine." The film – available for free online – begins with a voiceover reminding us of a time in which people believed that prisons had a justified purpose of rehabilitating prisoners. This documentary depicts a different, more realistic scene: Warehouses that are used by bureaucrats, politicians, and unionists, all dependent on nonviolent criminals for modern-day slave labor.

As the film chronicles, the crime rate between 1910 and 1970 was relatively immutable. Then, in 1971, President Richard Nixon famously declared his "War on Drugs" – an amplification of funding for federal narcotic laws already in place. Shaw concurs that at the time there was a problem with inner-city violence: "Cities were cesspools. Crime really was an issue. That's not a Left-Right thing. If people were scared to go outside, they were scared to go outside. And they were definitely scared."

Interviewed during the course of his two-hour exposé are many experts in the field of practical policy. Mark Kleiman, a Ph.D. teaching at UCLA, who wrote the book *When Brute Force Fails: How to Have Less Crime and Less Punishment*, agrees with Shaw. Kleiman originally advocated the building of more prisons to compensate for the increase in crime. Viewing it in hindsight, he says he feels a bit like the sorcerer's apprentice, wondering where the off switch is. As Kleiman explains, drug war enforcement starts off with a "presumption of futility." Whereas taking a burglar off the street will result in one less person stealing, the effort of taking a drug dealer off the street has no direct benefit, as the dealer's clients will simply find another person to give them what they want. It expands the underground market of narcotics by inviting more opportunities for other dealers.



A personal testimony of criminality and life behind bars comes from a bald-headed man known only as Steve, who quantifies the absurdity of sending a 17-year-old to prison with a bunch of hardened thugs when his "crime" was only being in possession of marijuana. "Not only is he going to get hurt, you're going to turn loose a lunatic," Shaw says. He adds that prison is 90-percent psychological and 10-percent physical: "The bruises go away, but the psychological part damns people for the rest of their lives."

As these stories progress, the real-life nightmare is elucidated for all despots to admire. One convicted drug offender spent 16 ½ years behind bars for owning a piece of property that held his friend's cocaine. The police let the other man go. Another man, admittedly guilty of something, tells us that the American government employs more drug informants than the Stasi did under Soviet Union rule, and more blacks are incarcerated than under South African apartheid.

The social dilemma is best explained by an attractive New York physician who uses a cookie jar as an analogy. If, she explains, you leave a jar of cookies on top of a shelf and tell a child not to eat them, there's a good possibility that child will find his or her way up there and eat them. On the

Governor Jerry Brown, a long-time CCPOA stooge, was once quoted as saying that “the Drug War is one of the games to get more convictions and more prisoners.”

other hand, if there were an open discussion about not eating the cookies, because of health or discipline or whatever, the child just might be more respectful.

“More than anything,” she says, “our nation’s drug problem is a public health issue. It’s an issue for the therapist. The psychiatrist. The medical doctors.” Quickly, the scene turns to another man with only a single name. Dimitri tells us about his own heroin addiction and the unfortunate death of his young wife from endocarditis – a heart infection resulting from sharing dirty needles.

Adding to this insanity are the endless news reports, columns, and studies – coming out every day – that assert this very same principle. A very recent, brave column by James Bloodworth at the U.K.’s Independent was titled: “The Prohibition of Drugs Has Been an Abject Failure with a Devastating Human Cost.”

After citing the usual abysmal numbers – you know: \$15 billion spent last year by the U.S. government, along with the mere 5 percent total world population who use drugs – Bloodworth adds, “Most opponents of prohibition would refrain from claiming that legalization would provide a definitive solution to the problem of drug abuse. What we would argue, however, is that decriminalization (at a minimum) is, unlike prohibition, not mired in political fantasy. Those of us who believe prohibition to have failed live in the real world – a place that will always be, and always has been, people who experiment with drugs.”

Admitting to his own narcotic experience years ago, Shaw tells me how the law finally caught up to him in 2005 in his home state of Illinois. He ended up spending a year incarcerated. “Non-violent offenders have absolutely no place inside of prison,” he asserts firmly. “But that’s not to say that everyone locked up is a victim.” Having spent a lot of time around law enforcement, he’s convinced that Chicago has the most corrupt police department, explaining how they would railroad Latino suspects who were convicted for crimes they had never committed. “By far the worst,” he observes. Once getting out, Shaw became deeply immersed in politics and activism.

The 42-year-old brainchild of the Exile Nation Project now spends most of his days traveling and promoting his film. His book, *Exile Nation: Prisons, Politics, Drugs, and Spirituality*, comes out in May. It is an extension of his written work online. Alternet, Huffington Post, and Reality Sandwich are a few of his outlets in which he writes about current events, the environment, and national affairs.

During our conversation, Shaw also made clear a great misconception about private facilities: “I’m an expert here. I’ve been out there and have actually talked to the people, to the family. They will tell you it’s more humane inside of a private prison.” Being the progressive that he is, it was painful for him to admit that, like the justice system itself, the unions that serve it have become just as distorted from all their original intentions. “I think it’s like 90 percent state unions in the country [that run prisons],” he notes.

Discussed as an example was the California Correctional Peace Officers Association (CCPOA), a public union often referred to as the most powerful special interest in the state. These puppet masters “have so much influence,” Shaw tells me, and “they can shape public opinion very easily.” He states how many people, when presented with options to reform the system, are often overwhelmed by rhetoric that denounces such measures as being soft on crime. “And you know what?” he notes solemnly. “It works every time.”

When the California Supreme Court upheld a court order last year mandating the release of 46,000 inmates, Shaw was surprised. “I thought they would overrule the order. It shows you how fucked up it is over there. Even the courts have gotten into it.” Governor Jerry Brown, a long-time CCPOA stooge, was once quoted as saying that “the Drug War is one of the games to get more convictions and more prisoners.” Brown should know, having had several closed-door sessions with union leadership and refusing to even consider Proposition 19’s passage.

On the Presidential candidacy of Congressman Ron Paul, a consistent libertarian long opposed to the Drug War and a vehement critic of fake “compassionate conservatives,” Shaw comes across as indifferent, although not entirely spiteful. “I’m advocating a withdrawal from the entire system,” he says, adding that if Paul wins the election, “the decision will fall down on the states, and the red ones will go one way, and the blue ones another way.” Texas? “Not gonna happen,” he says.

More critical were his comments on current President Obama. When asked if he supports him, Shaw says: “Absolutely not. Obama’s presidency should finally put to rest this idea that politicians are going to do what they say. It’s the system that needs to change.” He went on to crucify Obama’s hypocrisy. He first stated on the campaign trail that he would not enforce federal medical marijuana laws. Then, last October, he ordered a crackdown in Los Angeles. “I’m pretty sure he’s CIA. Yeah....he’s CIA,” Shaw says. ☐

Ivan Art: Raising Cannabis Consciousness

One Cartoon Strip at a Time

By Mary Lou Smart

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www.medicalcannabisart.com

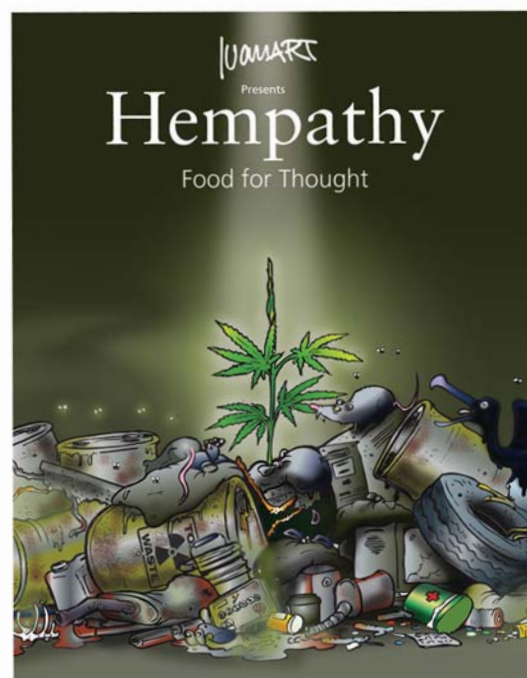
In an insane world, cartoons tell the story fast and painlessly. No need to belabor the point when a full, rich graphic can cut to the chase.

Hempathy – Food for Thought, the premier compilation of Ivan Art's Why? Why Not? strips, portrays a tale of cannabis dysfunction throughout the ages. Why an age-old plant treasured by so many is sidelined, and why the same harmless plant makes a good deal of sense are messages conveyed in humorous and poignant detail. Straightforward copy is cram-packed with tidbits about prohibition, pharmaceutical overload, a gun-crazed culture and environmental malaise.

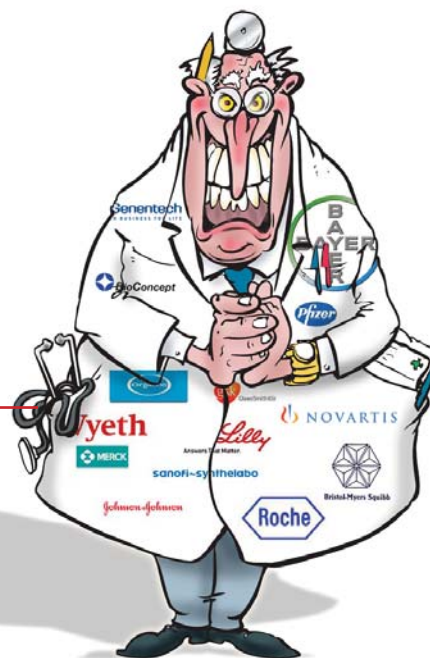
Readers of *Treating Yourself Magazine* are familiar with Why? Why Not? comic strips encapsulating good and evil down to a color code of sinister shades of green, black and purple next to vibrant, joyous yellow, turquoise and pink. The artist's intricate drawings bring to comical life an entire spectrum of events that are usually obscured by the complexities of life.

The delicate marijuana plant next to the fat and sassy legal pusher sporting a white lab coat emblazoned with pharmaceutical logos pretty much says it all. A greedy doctor with large gaping teeth is terrifically entertaining in the moment, whereas the fact that the number of Americans dying from prescription drug overdoses has tripled in the past 20 years is fodder for a longer tale at another time.

Delivering the essence of a situation in illustration, caricature and cartoon translates very well to the cannabis trade. As graphic designer of *Treating Yourself*, he's overseen the creative design of 24 issues over four years, creating overall layout, cover art, comic strips, article artwork and advertisement graphics.



For anyone new to the world of medical marijuana, *Hempathy* will ease the transition. To those who know next to nothing about cannabis, the book is educational. For the seasoned advocate, sit back and enjoy.



Visit **Hempathy food for thought** on

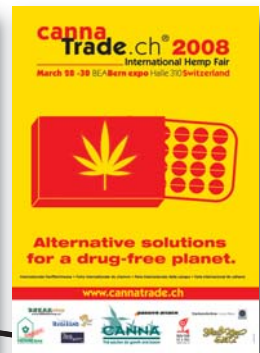
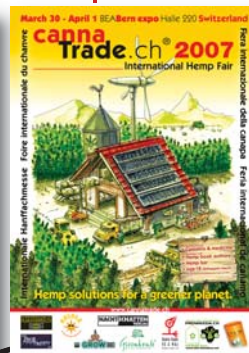
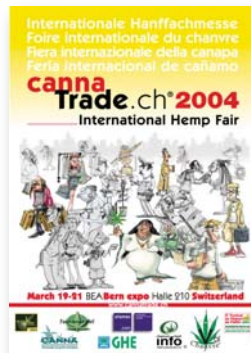


Ivan was the graphic designer for the CannaTrade.ch, the Swiss hemp fair, for a decade, and has also contributed for several years to the Italian magazine *Dolce Vita* and the Spanish publication of *Canna Habla*. His comic strips have been translated into Dutch, German, Italian and Spanish. He still enjoys meeting people and doing caricatures at fairs and other public events.

Ivan Art's work is warm, lighthearted and humorous. *Hempathy* begins with a gleeful Thomas Jefferson dancing around with a bag of cannabis seeds next to his quote about its value to the country's economy. The book ends with a plump and euphoric farmer running past a message about the need to promote the landslide of scientific research documenting the benefits of cannabis.

While Ivan no longer partakes of the recreational use of cannabis, he fully supports the idea of deregulation and the importance of medical cannabis in a world suffering from a reliance on pill popping.

"It's illogical that cannabis is still illegal," he said. "I mean, nobody's ever died from it, and that alone should be enough."



Hempathy – Food for Thought is available on www.why-whynot.net and at familiar online resources such as Amazon.com.



QUICK BIO

Born Esteban Ivan Artucovich, the artist known as Ivan Art even prefers his shorter name, professionally. His view is worldly; Ivan Art gets around. Born in Los Angeles at the edge of southern California's surf culture, he was raised by South American — Peruvian and Argentinian — parents of European — Italian, Basque and Croatian — descent. His mother also loved to get around, and so by age 18 he had attended almost a dozen schools and was familiar with Europe and North and South America.

Self-taught, the artist was a childhood fan of Warner Brother cartoons. Early idols were *Mad Magazine* caricaturist Mort Drucker and cartoonist Gilbert Sheldon, creator of *Fabulous Furry Freak Brothers*. While attending Saddleback College in southern California, he worked full time as a graphic artist in a print shop. Exposure to the arts instilled a desire for more. Moving to Italy at age 22, he was introduced to the fantastic world of European comics culture, found French and Belgian comics amazing, and was especially drawn to the works of Uderzo and Goscinny, authors of *Asterix*, and underground cartoonists like Mäester and Daniel Franquien. He studied the art of graphics in Florence; attended Scuola del Fumetto (School of Cartooning) in Milan, and furthered an aptitude for graphic illustration at the Superior School of Applied Arts in Lugano.

After years of travel - from Baja, California, across North and South America, throughout Asia and around Europe, he finally settled in a quiet corner of Switzerland. At 48, he is a full-time, freelance artist. Samples of his art can be seen on www.ivanart.net. Happily married to Simona, he is busy working and raising two children, ages 13 and 11. 🍷



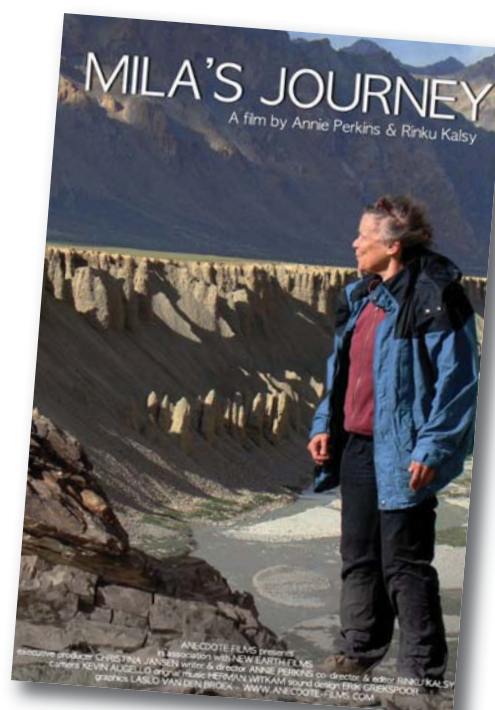
A Look at **Mila's Journey**

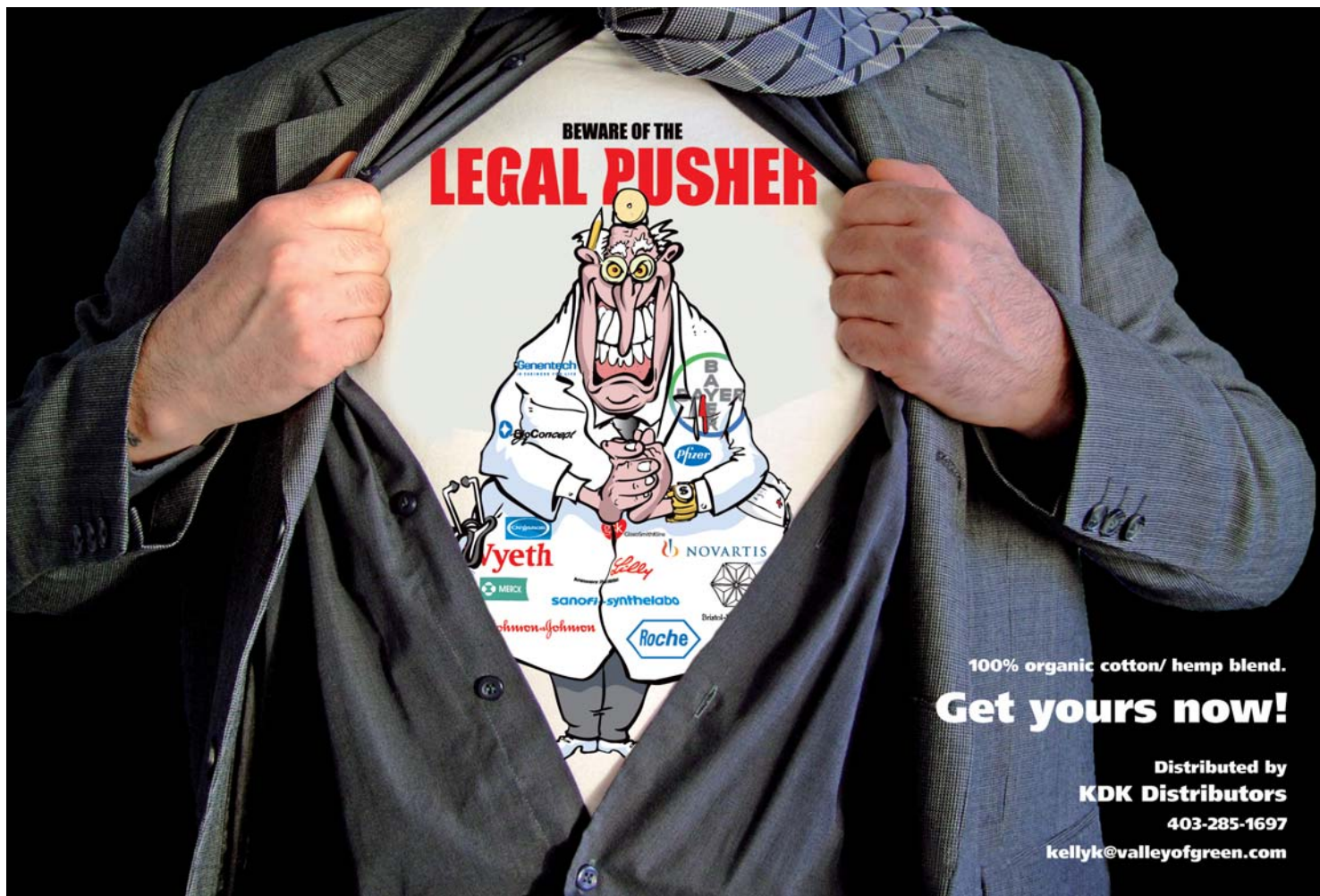
By Marco Renda

Mila's journey is a documentary about an icon of sixties Amsterdam Mila Jansen and her return to India after more than 30 years to retrace a 1500 kilometre trip and find her old guide and others from that trip after Mila's late husband who is dying of cancer hands here a suitcase of 8mm film from an incredible journey they took high into the Himalayas in 1976. Mila's journey juxtaposes modern images with the 8mm footage her husband gave her. The film does pay homage to her love of India, spirituality, adventure, freedom and female independence. One notices from very early in the film Mila's outlook and approach to life are and were shaped by this journey and can sense some disappointment Mila has on her return. Mila sees how much has changed both physically and spiritually.

Mila who owns the Hemp Hotel and invented the pollinator machine is referred to by many as the Queen of hash and opened what may be considered to be Amsterdam's first coffee shop Kink 22. It was the constant police harassment at this shop coupled with stories of India from a recent guest that prompted the trip to India.

The film could have given more insight into Mila's Cannabis life and accomplishments. Very little is said in regards to this. The film is only 65 minutes long so there was ample time to expand on Mila's life in Cannabis. Having said that the whole film could have been longer, I was left wanting more. It was a good film that clearly showed Mila's love of India and her great outlook about life and change, but for anybody who doesn't know about Mila previously you don't get the whole picture and I personally felt that I watched part of a good, interesting movie and would like to see the whole film. Except that was the whole film. I hope that 1 day Mila decides to put her whole cannabis / hash life story on video. I know that I'm 1 person that would watch it and I know plenty more that would too!





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An Ounce Of Kush?

By Emily Ryan

Kush Perfume is a 1oz. bottle of unisex eau de par-fume that is blatantly intended to smell like the sweet scent of Kush. Like the cover of a book, this box is designed to attract the average pot culture consumer with its shiny golden script and alluring close-up of an appetizing pink haired bud. Even as you open the box, the lush imagery implies that the user must harvest the bottle right out of the flourishing background. But that's where the Kush tease ends.

Unscrewing the cap carefully (this one doesn't spray on), I immediately inhale a sweet smell...but not of Kush. The dominant scent of Kush Perfume is unmistakably Musk. A secondary sweet vanilla aroma pleasantly mellows out the darker woody smell of the musk. With a subtle baby powder and a hint of floral, this perfume leans towards being a more feminine scent. However, due to the masculinity of the musk, it does pass as being unisex. A welcome change from the predictable patchouli. But who cares? Where's the Kush!??

According to their web site, www.kushperfume.com, this perfume is "formulated to mimic the finest Kush marijuana aroma" but personally, I don't smell it. So I covered up the imagery and asked other people for their opinions. None initially described the scent as Kush or as any other strain of marijuana. It was only after I revealed Kush Perfume's premise that some seemed to be persuaded of a faint scent of cannabis or the smell of smoke blown through a spooftube.

It's a shame that such a highly regarded strain Kush has been cheapened to the point of being used as a gimmick to sell perfume. Strategic marketing for the eyes but deceiving to the nose.

Like judging a book by its cover, I had great expectations but I was left disillusioned in the end. If you like the smell of Kush, you'll have to sniff out the real thing. But, if an officer stops you for smelling of marijuana, I don't recommend pulling a bottle of Kush Perfume as your defense. ☹



By Lexx

Nearly a year ago, I wrote a premier new product article on Grow Switch. After using this product for a year, I have got to really love this Grow Switch.

The first thing that must be said is this really, really works. Our greatest quest as organic farmers has been to find a way to equal the yield of conventional farming, 100% organically. Having had a bad attack of spider mites in my last crop, I lost almost 25% of what I normally yield.

The surprising fact was that every bit of what I harvested, down to the littlest buds, were dense, sweet smelling, and incredibly strong. I can attribute the yield and quality to Grow Switch and my very proven soil mix. My current garden has not had a single mite anywhere since I shut it down and bleached the entire room, floor to ceiling, for two months straight.

The growth rates and tightness of growth in my current garden are spectacular. When the distance between

TY Product Review

Grow Switch is like a transfusion of receptivity. Whatever you feed your plants, it will turbocharge it like a fuel injector on a race car, directing every drop of nutrient to its destination, energizing each cell to its maximum strength, driving its ultimate purpose to grow exponentially.



nodes is an inch or so, the amount of budding sites that creates is spectacular. I am using the model Star Trek to demonstrate this growth. What can be seen in this extremely tight growth in every direction are the vigor, great color, and health demonstrated by the plants in these pictures.

To be fair, I am using one of Grow Switch's new products, Up Start (soon to be released), that literally rockets the plants up and out of sight in a totally symbiotic relationship with the medium being used, all again 100% organically.

It was with our last demonstration garden with Grow Switch's newest product that it was discovered how well this new blend really works. We knew it was good. But it blew away our best wishes, performing like steroids do in athletes, building these plants up, giving them vigor, all while saving money and the environment by using HALF of the NPK nutrients/fertilizers that we normally use to bring our crops to harvest.

In a controlled study on mint by a well-respected horticultural lab, we have PROVEN results using half of the same nutrient/fertilizer blend, while achieving 35% more growth. Not only was there more growth; the plants in the test demonstrated a denser cell count, more uptake of nutrients, all while looking just plain better than the others grown as controls that were using twice as much of the fertilizer and nutrient as these test plants.

These photos taken over a month plus a few days demon-

strate this vigor quite well, all while showing the beautiful genetics of this variety, Star Trek.

That there is no loss of leaves where they are not receiving light, is of note. That rarely happens. Plus, when the primary leaves do have light on them, they are up and ready, neither drooping nor slow to react to the lights being turned back on. The Grow Switch has that noticeable an effect on the raising of the leaves to be receptive to the lights.

There is the further benefit after this organic enhancement, and that is really well illustrated by the runoff from my used soil. I have been regularly building up my flowerbeds and my trees with my used soil. The results have been stunning, with my raspberries reaching 12 feet while in the shade most of the day. But the runoff from this last batch of soil has a high residual amount of Grow Switch in it, resulting in a rich, vibrant growth of my lawn grass. It looks a darker green and seems to be choking out the dandelions because the grass is growing so strongly.

I would not be so positive in my review of this product if it did not do all that it claims to, and this Grow Switch does more. It does much more with much less.

On top of all that, good things are being pumped back into the environment at every stage of this product's life. Oh, and did I mention that it comes in these really nifty recyclable aluminum bottles? ☺

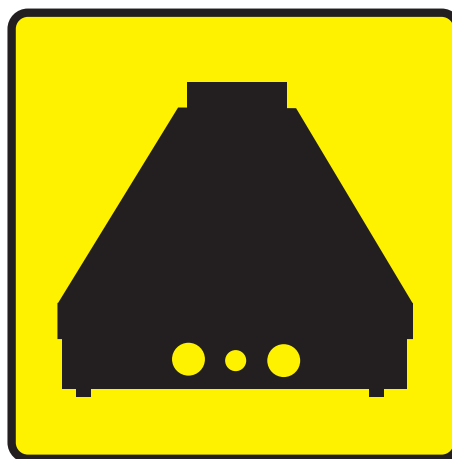


Toronto Vapor Lounge Review

by Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org



When I first became involved in the cannabis community I remember hearing about a cafe in Toronto, which would allow you to consume your cannabis. But ten years ago places like this were not your normal eatery.

The next thing I knew I was hearing about a location in Hamilton called Up in Smoke. This business was run by a couple of young guys that had a good friend in Marc Emery. While not quite like the Hot Box Cafe in Toronto it was still a place that allowed people to come and consume cannabis openly. It was a business that would rent bongs and allow you to smoke joints openly which was something very new to many.

Unfortunately for those who visited the Up in Smoke it may have become too popular or too vocal for some in the city and after several raids they were forced to close it down.

Since then many things have changed namely the attitude towards marijuana in society as a whole. For Glen, one of the three people who assisted with this, he only knows that any non-medical use of cannabis was hidden and out of sight. For him the sight of today's openness was a surprise and a real eye opener towards that changed attitude.

While Up in Smoke has gone up in smoke its idea and theme remain very alive today. The people living in and around Toronto or who may visit the city have an option of not one or two locations but seven places that are cannabis friendly. Places that allow you to medicate and consume your cannabis while watching a comedy show or being involved in a card group.

This past December I was attending the MedCannAccess Christmas party at Toronto's newest vapour lounge, Vape on the Lake, when owner Marco Renda asked me about the other lounges. He wanted to know what they

offered and how do they compare. I couldn't answer him as I had only visited two or three of them and that weren't very often. At that point the Toronto Vapor Lounge Review was born. For those who were involved in this review it was more than who offered what and when but instead it would be an opportunity to tell the readers of Treating Yourself, Toronto City Council and the general public what these places were about.

This assignment was going to be a big one so I called out for some help. For the knowledge of where these locations were and their expertise on them I recruited Erin Maloughney and Scott Lynch both active members of the cannabis community. I also wanted an opinion of a person who has never visited a lounge at anytime so I asked my friend Glen Prentice to join us.

The seven places that we visited not only allowed medical people to medicate with cannabis but they are open for all cannabis users whether it's recreational or otherwise. They offer everything from vapour bag rentals to top end vaporizing bongs while some allow free access to their vaporizers with your entry fee.

Many people that are new to these locations are often asking how they can possibly operate as a legal business. I've been told that it's not complicated and all you have to do is open a cafe or eatery and then refuse to enforce the CDSA laws. One owner told me that it's not their jobs to be police and enforce the laws against cannabis. But when I asked about requiring patients to show their medical cards he talked about the medical privacy laws and believed that they would be violating these laws when you ask for medical proof.

Getting Started

After some discussion on what we wanted to cover, such as access, entertainment, food and find out whatever else they offered, the four of us got together in late January to visit these locations. It was decided that we would do

TY Service Review



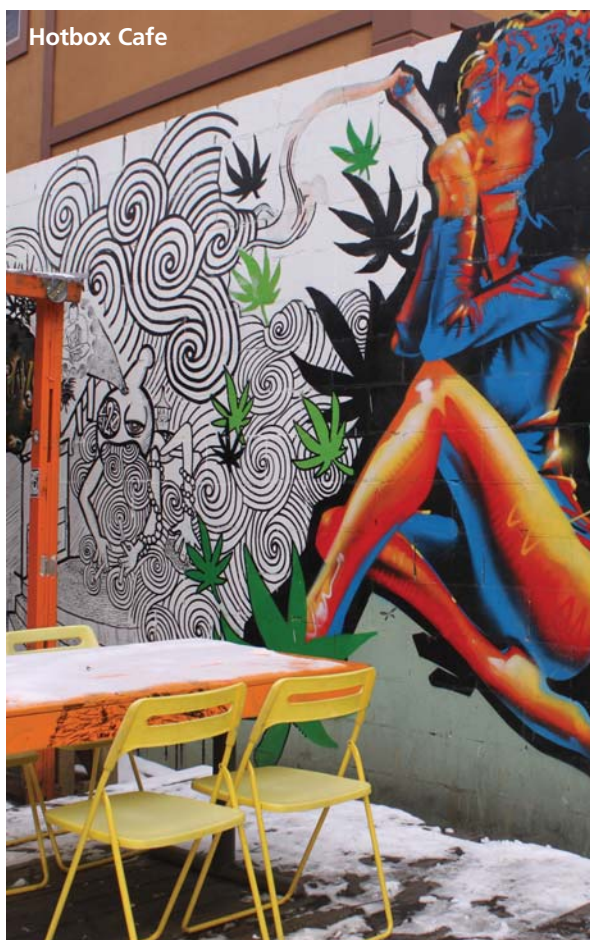
The seven places that we visited not only allowed medical people to medicate with cannabis but they are open for all cannabis users whether it's recreational or otherwise. They offer everything from vapour bag rentals to top end vaporizing bongos while some allow free access to their vaporizers with your entry fee.

this all in one weekend but that it would take up the whole weekend if we were to do it. A schedule was set up that allowed us to spend the Saturday visiting four locations that were all within walking distance and the other three being done on Sunday via Glen's car.

Saturday found Glen and me meeting up with Scott at Erin's place. From there we made our way to the first stop **Village Vapor** on Wellesley St.. We spent some time with Walter, Dawn, Terry and Marci and after a great visit with them we made our way over to Vapor Central on Yonge St.. While here we found Sol was eager to assist us and that Sean and Sam were staying busy behind the bong bar. The time was flying by and before we knew it, it had become dark. After leaving Vapor Central we hiked on over to Parliment St and The Zion Lounge, where we visited with Cassie and my old friend Davin. While visiting with them Davin and I shared

some old times from when we both got started as activists. From there we headed to get a bite to eat before visiting our last stop over on Queen St E and the **Underground Comedy Club**.

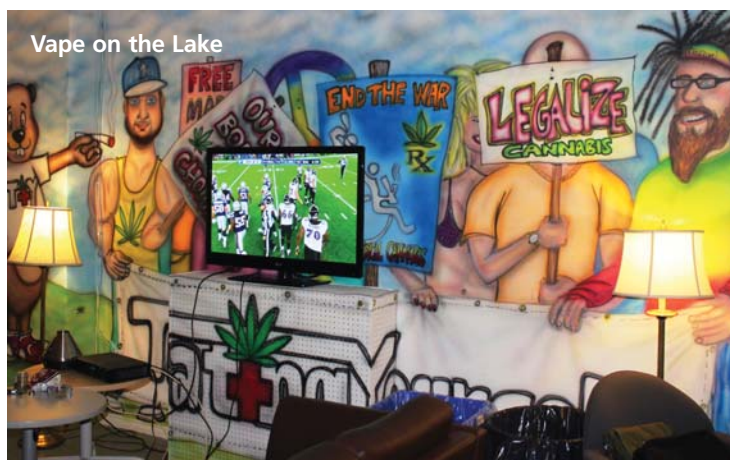
When we set out early Saturday afternoon we were joined by an unexpected guest in the way of Ward 27 City Councillor Kristyn Wong-Tam. For us it was an honour to have her participate in our review as this showed us she was interested in what is happening within her community as well as giving her first hand knowledge of these establishments. Ms. Wong-Tam attended the first two locations that we stopped at which allowed her to visually see what happens as well as be able to ask questions to those who were in charge. In the end this gave her a chance to be able to see how these places operate and not be told by other councillors who may object to these places being open.



Hotbox Cafe



Vapor Social



Vape on the Lake

After a late Saturday night we were back at it shortly after the businesses opened up on Sunday. On this day we took a drive over to see what was happening at the **Hotbox Cafe** located on Baldwin St. in the Kensington Market. While there we spoke with Dan and Ashley who filled us in on everything we wanted to know. Next up was a drive over to College St. where we found Lauren behind the counter at **Vapor Social**. The day ended with our final and the newest location **Vape on the Lake**. You can find it located along Lakeshore Blvd West in Etobicoke where you'll have Marco, Kevin or Paul meeting you at the door.



Consumption

With these places being "vapour" lounges did they offer any other way of consuming cannabis? Did they allow you to smoke a joint or have a bowl from your favourite pipe or bong? Were they enforcing the tobacco no smoking laws and do the laws even cover cannabis? We can tell you they do enforce the no tobacco laws of Ontario as none of the businesses allowed the use of tobacco. This included cigarettes, blunt wraps and the mixing of tobacco with ones cannabis.

After visiting with all of these places we can say that all but one allows you to consume your cannabis as you want

except with tobacco. This one place is the Hotbox Cafe which allows you to vaporize inside but all smoking must be taken to their outside patio. Otherwise the rest of the locations allow you to smoke a joint or allow you to have a hit off of your favourite pipe or bong while you visit.



Access

When we visited these locations none of them knew that we were coming to do this. We felt that if they knew or didn't know that it wouldn't make much of a difference either way. Part of our criteria for this review was to find out what their access was like. Was the location ground level or did you have to climb up or down some stairs. If they were located up a few floors was there an elevator available? Could the washrooms be accessible for everyone and what condition were they in? How would you find this place? Could you park or would you have to take a subway? Then there is the cost, what does it cost to visit these locations. While it might sound odd that you pay to enter a business it happens all the time at the movies.



Business:

One of the things we wanted to find out is, can anyone enter these places? After talking with each of them they all informed us that

you had to be 18+ and that they do ask for proof of age, with some them telling us that if you looked under 25 you'll be asked.

From there we wanted to know how easy these locations were to get into and if there were any obstacles to deal with. What we found was that **Vapor Central, Zion Lounge and the Village Vapour** had large staircases to climb. The one at the Village would be the longest as it was a climb up to the third floor. While stairs are ok for some people I would imagine other people have a lot of difficulty climbing the stairs in any place.

When we arrived at the Hot Box Cafe and the Underground Comedy Club we found that we had to take one step up to enter but upon further investigation we noticed and were told about the ramp that goes in place to allow handicapped and people requiring a wheelchair access to their locations.

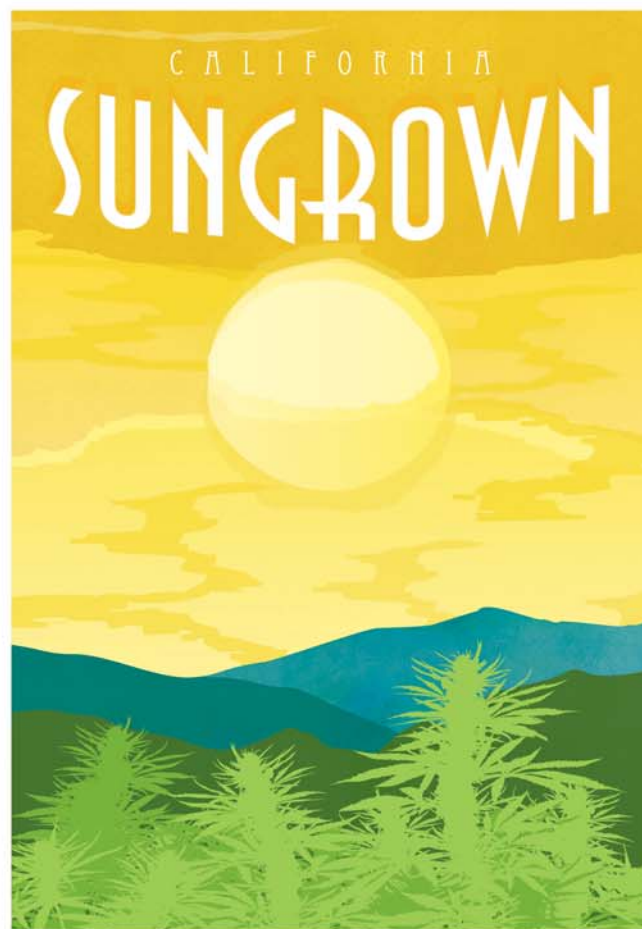
The easiest ones that we found to get into would be **Vape on the Lake and Vapor Social**; both of these places are directly on the ground and do not have stairs or require a ramp to enter.



Washrooms

After finding out how people get into these businesses we wanted to find out if their washrooms were easy to access or would they to require someone to help them out. What we found was that most of them had wash-room facilities right on the same floor. These would be Vape on the Lake, which were large and very handicap friendly with grab bars installed. The washrooms at Vapor Central, The Underground Comedy Club and Village Vapor were also located on floor level but not as roomy as those located at Vape on the Lake. The Zion Lounge also had a ground level washroom that someone described as "cottage like". They get this description because of the way it is set up with no real main door but made up of stalls with short walls just like in a camp ground. While they were this way they were clean and decorated with a drawing of a large bird looking over you.

Vapor Social was very close to being ground floor level but a step to get into the smallish washroom would be a problem for some. At the Hotbox Cafe, what we found were several stairs that took you down into something that felt like a hole in the ground. It had a short ceiling height and was found to be very dark. For me, a person from out of town, I basically got lost as I was unsure what door to use and ended up waiting for our next stop.



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To get to

Unless you live near most of these places you'll need to get to them somehow. What we found was that all of them offered some kind of parking whether it was on street; out front or that a parking lot was just around the corner. Some of them give you multiple options such as being able to use the subway, streetcar or the bus.

If you live in the Toronto area and ride the subway you'll be happy to hear that **Vapor Central and Village Vapor** are in very close proximity of the underground network of trains. For the trains that run on the ground surface also known as streetcars five places have these located near their doorway. These would include the Zion Lounge, Vapor Social, the Hotbox Cafe as well as Vape on the Lake and the Underground Comedy Club.

If you don't like the trains then the bus is always available for places such as Vapor Social, the Zion Lounge, Vapor Village as well as Vape on the Lake.



Cost

Just like when you go to the movies or other places that charge you admission to enter, these lounges are no different. All of them



Vapor Central air filter



Sam and Sean bong tenders at Vapor Central

have a fee to enter, whether it's applied during special events or just to enter during regular hours. Even if you are required to place a minimum order there is a cost to enter them. If you are a frequent visitor to these places you may be interested to know that some of them offer a monthly or yearly rate as well.

At **Village Vapor** we found that with your \$5 entry fee you also got you a bag of potato chips and access to the Volcano Vaporizers. If you were attending with a member of CMCC you were given a discount and were only charged \$2. All CMCC members enter for free.

When we visited Vapor Central Sol told us that they charge \$5 to get in, which includes your Volcano vapour bag. If you're a frequent visitor you can get a monthly membership for \$25 or a yearly one for \$95. For those who are sick and are a member of any compassion club you can get a 50% discount off of the yearly membership. Over at **The Zion Lounge** Cassie has just two options for you, the \$5 daily fee which includes access to the Volcano vaporizer or the choice of a monthly membership of \$30.

For the ladies Camille and Lauren at Vapor Social they have a \$5 entry fee which includes access to the Extreme V Tower as well as your choice of glass, whether it is a



Scott looks at the TYROOR Vaporizer

pipe or a bong. If you plan on visiting here often you may want to take advantage of their optional monthly fee for \$35.

The Hotbox Cafe was the only place that could say we don't charge you to come in the door during the day but they are the only ones that say you must buy something to stay. When we were in seeing Dan and Ashley they pointed out that there was a minimum order of \$4.20 required and that they do have an admittance fee during special events which appear to happen nightly.

When we stopped into Vape on the Lake we were informed by Chris that there is a \$5 daily fee that includes access to the Volcano's but not the vaporizing bag as in the other places. On special occasion nights the fee changes to \$10. They also offer a monthly membership rate of \$30 or a yearly one of \$200. At the Underground Comedy Club we found out that Joey charges people a \$5 fee to enter which allows you access to the Volcano vaporizer and a self serving bong station. On special occasion nights the fee changes to \$10 but at times could be a couple of dollars less.

What's Happening?

We also looked at their entertainment. We wanted to



Our group at Hotbox Cafe



Erin talks to Cassie from Zion Lounge

know what they offered or did they offer anything at all? While you're there how was the seating? Did you have a couch to relax in or a raised stool to sit on? We wanted to know how comfortable their furniture was and if it appeared new or old. Did they offer anything to the public such as informational brochures or flyers for people to take home and read?



Entertainment

During our tour we were able to get a look at some of the special occasion comedy night being held at the Underground Comedy Club. The place had four or five comedians come to the stage with one or two of them being involved in writing comedy for some of the best comedy shows on TV today. During our visit the group of them filled the joint to capacity and had the location roaring in laughter. Glen and I quickly found out why it was named the best comedy club in the Riverdale-Leslieville area by Now Magazine of Toronto. This location also offered other entertainment such as in house music, a huge selection of board games, an arcade game as well as the only place to offer a pool table. Joey says her place is like a Pub but without the alcohol.

When it came to entertainment at the Hotbox Cafe our

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707 HEADBAND - \$75
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BLUE BUDDHA - \$75
JACK HERER - \$75
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INDOOR

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BC CHRONIC - \$75
UBC CHERO - \$75
WHITE WIDOW - \$75
ALBINO RHINO - \$60
BC BIG BUD - \$60
BURMESE - \$60
WILLIAMS WONDER - \$60
INDOOR MIX - \$50

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BC PINEWARP - \$75
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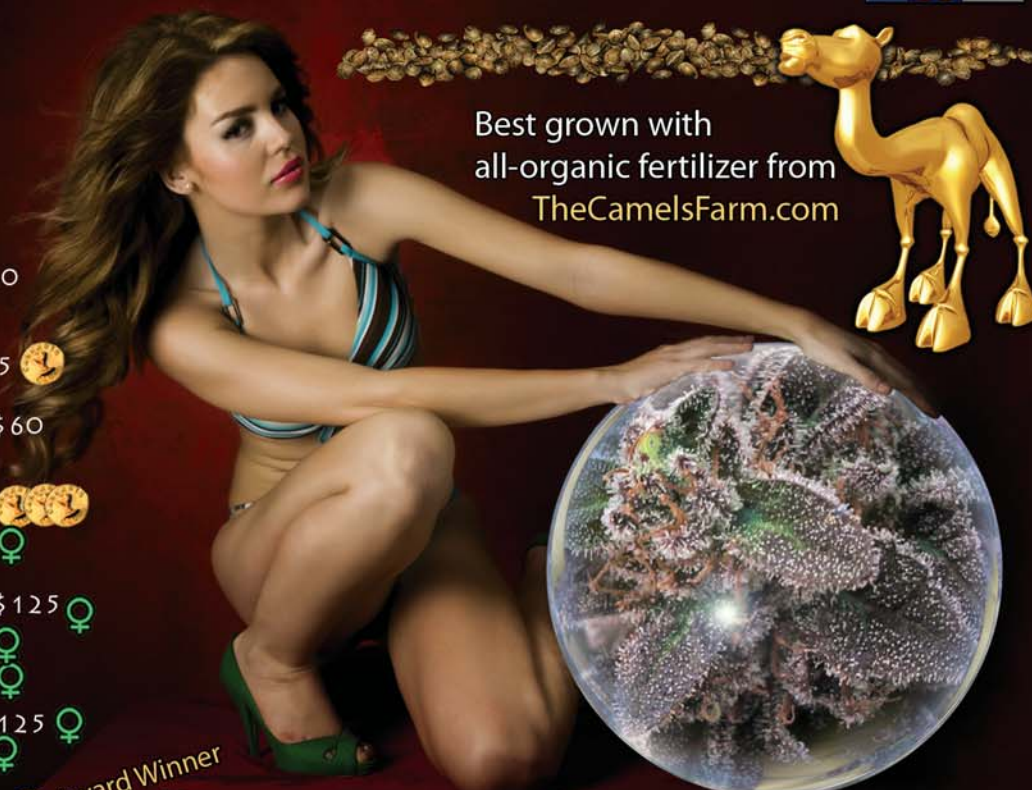
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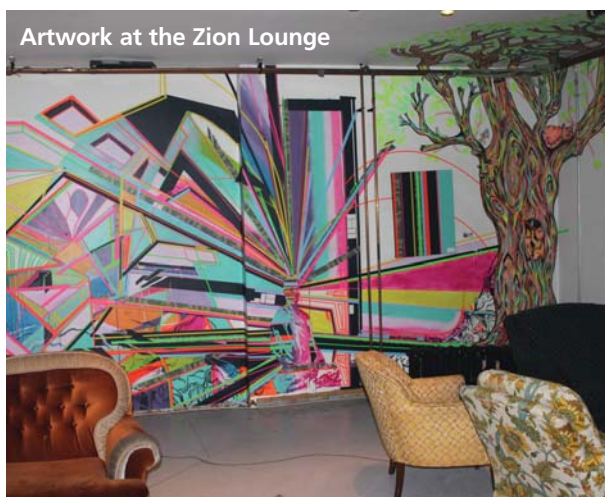


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Artwork at the Zion Lounge

host Dan handed us a brochure with a list of all their activities. When we took a look at it we found that they offered something for everyone and that everyday but Monday the place was active with something. Tuesday is unplugged night while Wednesday is there night with uncut dance mix. Thursday brings in the comedy while Friday has either a game night or some reggae vibes. The weekend brings you an open mic session on Saturday night and Sunday it's time for the Buzz and Mr.X.

The visit to Vapor Central showed us that, like the Hotbox, that also have a full weekly schedule. This included everything, starting with the open mic session on Sundays and Mondays being movie day. On Tuesday they have the live podcast of the Mernahuana show and then the comedy arrives on Wednesday and Thursday. Friday and Saturday are the days that the bands get fired up. If none of this is happening while you are here you can also take advantage of the free Wi Fi, play some board games or enjoy an arcade game while listening to the in house music. If the music isn't playing you'll find lots of laughter while watching the comedy on one of the several TV's located throughout the place.

When we stopped in at the Vape on the Lake we found out that they offered in house music as well as video games that can be played on two of the three large screen televisions. They also offered free Wi Fi to anyone that brings in devices that uses this technology. Presently they also offer some comedy and future plans call for more special event nights to be added into the works.

Vapor Social has a comedy night as well as occasional acoustic music. Presently they are not having loud bands due to their location in a commercial unit of a residential building. They also offer video and board games as well as free Wi Fi, a free library and is the home of a card tournament called Magic the Gathering.

Our visit to The Zion Lounge let us know that they to



Artwork at Vape on the Lake - Canna Heaven

offered an open mic, occasional comedy and bands. They also offered board games and free Wi Fi for everyone who dropped by.

The Village Vapor has an open mic night as well as bands and some comedy throughout the week. While you're there you can enjoy the video games on one of the three big screens or listen to the music playing on the in house radio. You may also find yourself walking into the live show called Sex Talk with Dawn. This informative show is something the lounge does as an outreach program to help promote and educate others about safe sex.



Literature

Even though some of these locations have been around for a while half of them are new businesses in the community. When it comes to an illegal product being allowed to be consumed we thought we'd check to see what kind of literature these places would have available to the general public. Literature is education and with these establishments catering to a substance that is illegal, to most of the people in the world, so we wanted to find out how well they were educating those who stopped by looking for answers to some questions. Even people who have been using cannabis for ten, twenty or over forty years can still learn something about the plant. Every day new discoveries are being made as the internet seems to have lifted the lid off of the silence that was put on releasing cannabis research.

The Village Vapor has some brochures available as did other locations such as the Underground Comedy Club, Vapour Social and Vapour Central. When it came to magazines we spotted some at The Zion Lounge, Vapor Central, Vape on the Lake and the Hotbox Cafe. Our hats go off to the Camille at Vapor Social as they were the only location that had Canada's medical marijuana application forms out and available along with the free library I mentioned earlier.



Seating

When you go to these places you could have a short visit over a snack or cold drink but at other times you can be at one location for hours. Would that visit require you to sit in an old worn out chair or something new and comfortable. Would you have to stand while you were there or did that offer you a stool to sit on? For many people comfort can make the difference as we saw with Glen.

All of the places had some sort of chair for people to sit on whether they were card table style or a heavily padded one. All but two had couches with Village Vapor and the Hotbox being the only two not offering them but most of the places offered chairs, stools and couches for people to sit at.

The Village and the Hotbox have either hard chairs or had tall stools for people to sit on. With the Village it's the set up that they have as it seemed to be made up of mainly counter space versus tables while the Hotbox Cafe is a cafe and provides its customers with a mostly a dinner table set up.

If you're looking for uniqueness in furniture then you may want to visit Vape on the Lake. This location offers something that the others don't, movable furniture. While we're sure most places would let you move a chair here or there, this location has chairs and tables that are on wheels, thus allowing people to roll around and form groups. The other unique things about these chairs are that they come equipped with a folding table on them which provide the customers with a work space to prepare their cannabis.

Comfort

When it comes to comfort and the age of the seating available, most of it could be rated as medium as in not too soft and not too hard. Two of the places Vapor Central and Vape on the Lake we rated as being very comfortable with their soft leathery couches and the newer furniture. While at the other end we found the furniture at the Zion Lounge to be older with some of it being from the same cottage as that bathroom. The Village Vapor while its stools seemed fairly new a few of us found them uncomfortable as they sat up high and don't allow you to relax like you can in a comfortable chair. At the Underground Comedy Club while it was in the medium category we did find it as being furniture that you'd find in your rec room at home, which may explain why Erin felt like this place reminded her of the rec room that she never had.

When it came to the Hotbox it is set up like a restaurant and you can only get so comfortable in one of those places while over at the Social we found that they offered a mix of old and new furniture and a choice of hard or soft seating for those who stopped in.

Info at the Zion Lounge



Menu- Retail

Besides entertainment what other things did these places offer to those who entered them? Could you buy a meal, a large bong or a glass pipe while you were there? Did they have papers or other items that a cannabis consumer would be interested in? Did they offer food for their customers and what kind of food was it? Of course we can't leave out the cost of these items, whether you were buying them to eat, own or rent.



Food

When we inquired about the food available at these locations we found that all of them offered something to eat in the way of pre-packaged food but Vape on the Lake, who at this time offered no food at all. When it came to drinks everyone offered cold ones while some offered hot ones as well. The Hotbox Cafe was the only one that offered full service to the tables as well as a full menu. This includes everything from breakfast to dinner as well as late night snacks. Some of the food items have crazy names such as Tokin Tuna Melt, the Apple Bong Cheddar and the OGGKush Greek Odyssey Salad. While here we got to try one of their Purple Haze smoothies and the four of us can tell you it was excellent. The Village Vapor was the only other place that actually came to us to see what we'd like to eat or drink from their snack bar.

The Zion Lounge had something different on their menu over the other places because they were the only ones that we saw offering a peanut butter and jam sandwich. While it is not unique it sure is a classic that this writer has every day. Meanwhile over at Vapor Social they have added



Glen looks at some glass at Vapor Social



Retail at Vape on the Lake

some healthy items to their pre-packaged food products such as fruit to snack on. They also allow their customers to bring their own food in to enjoy.

From our observations we found that the food costs, at all of these places were average or equal to the cost of eating at a snack bar.



Retail items

When it came to retail items that are for sale, which would include papers, bongs, pipes and vaporizing equipment such as bags and fittings, we found that all but two places had some of these items available.

The Vape on the Lake appeared to have the largest supply on display as it offered everything from vaporizer parts to rolling papers. Other locations such as Vapor Social, Vapor Central and the Hotbox had glass cabinets with items for sale but not the variety of items at the Lake. Unfortunately for the Underground Comedy Club they were under renovations and their retail was placed out of the way for safe keeping. We were told besides glass and other products being available they also had clothing, which only one other place offered. This leaves, the Zion Lounge and the Vapor Village as the only places we didn't spot any retail items for purchasing but they may have them.

Rentals and Costs

When it came to rental items all of them had something available but at what cost? Some of the places such as the Underground Comedy Club and the Zion offer you free rentals on their Volcano equipment. The Underground Comedy Club also offers a free self serve bong station. Then there is Vapor Social who has the Extreme V Tower on every table and has no rental fee on any device, whether it's a bong, pipe or vaporizer to consume your

cannabis. Over at the Hotbox Cafe they offer the Extreme V Tower to its customers. Cost is a deposit of \$20 which you get back when you return the vaporizer hardware. They also offer bongs that require a \$20 deposit which you get \$15 back when you return it, thus a \$5 rental fee.

Our stop at Village Vapor found that they offered bongs and pipes for \$5-\$15 and have ice available with the Volcano bag coming with your entrance fee. Vapor Central offers bongs and pipes for anywhere from \$2-\$12 with your Volcano bag being included in your entry fee. They also offer free grinders.

When we got to Vape on the Lake we found that they had the largest offerings of vaporizers. These would include the Extreme V Tower, the Volcano, the Vapir as well as the RooR bong vaporizers. They also offer several kinds of bongs to their customers. Costs are \$5-\$15 for bongs and the vaporizers were \$5-20\$. Volcanos are free but they charge a \$5 fee for the use of a NEW Volcano bag (bags get destroyed and parts get sanitised and NEW bag attached for next rental). They also sell NEW Volcano bags for \$15 or you can to bring your own bag if you wanted to.

We should also note that almost all of these places will rent out their halls for private functions but you'll have to check with each location on their availability and costs.

Social Media

A know of a sign manufacturing company that says "a business with no sign is a sign of no business". To find out how these businesses get out to the new world using social media, we asked them what form of it they use. While one can advertise in the local paper the use of social media allows you to get to your direct audience for almost free as long as you haven't hired a company to do

it for you. Almost anyone can post something on Facebook or use Twitter so an education in marketing and graphic design isn't always needed.

The group found that all of them but the Zion Lounge had or were building a website but all of them had grabbed onto Facebook to get the word out. When it came to Twitter, the social media of 140 characters or less, we found that just four of them used it. This would include Vapor Central, Vapor Social, Hotbox Cafe and Vape on the Lake. As a Twitter user myself I must add in here that the Hotbox and Vapor Central are heavy users of this media which allows them to reach thousands all at once.

Other

There were many other things that we looked at while we did this review such as the lighting, how the atmosphere was when we visited to how clean their business and washrooms were. Because some people don't know the city we talked to the people in charge about their neighbourhoods and if their business was pet friendly. We all felt that ventilation was a key component of this review so we made sure we looked into it as we all know that no ventilation can lead to a residue odour on our clothing.

Visiting Atmosphere

The atmosphere within a place can make or break it so we wanted to touch on it while we visited each location. But before we do we have to tell you that any of these places can be quiet to very loud, depending on when you arrive such as 3pm when house music is playing versus getting there just when the headlining comedy act or band is about to take the stage.

We found most if not all of them comfortable feeling while not feeling threatened at any of them in any way shape or form. Some of the places such as the Hotbox Cafe, Vape on the Lake and Village Vapor had people in them playing video games or surfing on their Wi Fi connection but were still quiet and laid back but vibrant as well. When we went to Vapor Social they had a customer who was comfortably doing some reading while we talked to Lauren. Meanwhile over at the Zion Lounge half a dozen friends had moved their chairs together while some music played in the back ground.

When we visited Vapor Central it was a bit noisy due to the volume of the comedy playing on the TV's. This in turn would require their customers to speak loudly thus adding to the noise. While talking over a loud television can be uncomfortable for some it wasn't for any of us. The loudest and noisiest place on our tour would be the Underground Comedy Club. With us arriving 20 minutes before the special comedy acts were to take the stage, it should have been hard for us to get a spot to sit but

Joey found us a seat that allowed us a very good view of the stage. For over two hours we enjoyed some of the biggest laughs we had had in some time.



Lighting

When we visited these locations we started out in the day light and ended up finishing in the darkness of the night so lighting can be hard to judge. In the end we based it on what we saw when we were present. Some of the locations we visited were dimly lit such as the Underground Comedy Club who has no windows to help it out and Village Vapor who had windows that I can recall as being short and squatty. While the Village may be dim it was also the only spot that had coloured lighting throughout the place. We found the Zion Lounge was a bit dim also but it had a very promising front window that would let in lots of light through the day time. It was so big that Scott mentioned that at night time they had a "million dollar view" as it looked onto the downtown buildings and a lit up CN Tower.

Vapor Social would be a place that is the middle, not bright or dim and it maintained this with its many lamps because it also has no windows.

The bright and well lit up places would be Vapor Central with its many ceiling lights and front window, the Hotbox Cafe as well as Vape on the Lake which probably had the biggest front window of them all. While their big window lets the light in it prevents those night time voyeurs from looking in with its special window screen printing.



Cleanliness

When we visited all of the places we found their businesses to be clean but some were better at it than others. None of them had stores that had a situation that would prevent us from visiting again.

When it came to their washrooms all but one washroom was found to be small to medium sized and would have troubles with wheelchairs. Marco over at Vape on the Lake has built excellent washrooms. They accommodate wheelchairs and those who are handicapped. Both washrooms also come complete with grab bars for those who may need some assistance while there. Overall we found these as being the friendliest washrooms on our tour. The store itself was found to be kept clean and well maintained for a place that has chairs that go everywhere.

The business areas at Village Vapor and the Underground Comedy Club were found in good shape and their washrooms were very usable. The Vapor Social washrooms and store were in excellent shape but we did find the

washroom a bit smaller than these other two places. The Social's washroom also required you to take one step up to get into.

Vapor Centrals washrooms and business was found to be in excellent condition. Their washrooms while larger than some but I'm not sure if they would be wheelchair friendly, their close. The Zion washrooms and business were found in good order. We all agreed that they were cottage like but they were clean which was what counted. Unfortunately they didn't offer much privacy as the two stall room appears to have no door. What they did have was artwork painted on the stall walls that put a large bird hovering over you while you do your business.

The Hotbox Cafe business was found to be good but its washrooms we rated as being bad. Why? Because of several reasons including having to go down some stairs to get to them, a low ceiling and poor lighting in the area. This writer got down in there and wasn't sure were to go or what door belong to a bathroom? It felt like the ceiling was just missing the top of my five and a half foot frame as I looked for where I was to go. When I came back upstairs I told them it was confusing down there and then Scott told me the middle door was not the bathroom. I'm not sure if it's something that is in their control or if it's something that they have to deal with due to their location in Kensington Market.

Of all the washrooms we visited most of them didn't appear to be roomy enough for a wheelchair bound person other than Vape on the Lake. While some of them may be able to change this it may be impossible for others.

Neighborhood

Before you enter or go to someplace you usually like to know what the neighbourhood is like. Is it friendly or does one require a whistle to travel through it. For this tour on Saturday we walked to four of these locations with no trouble even though one of them could be described as a place where you may not want to be alone.

Most of the neighbourhoods we visited were very good and appeared to be friendly as they are mostly in business areas with some mixed residential thrown in here and there. Some of them are close if not in the downtown area like Vapor Central or out in the west end of the city like Vape on the Lake. Vapor Social and Vapour Village were in areas that seemed to have more residential than businesses located in their areas, while the Hotbox Cafe sits in the busy Kensington Market

Zion is located in an area that could be described as under revitalization. Cassie and Davin talked about the area as being troubled at times but said people are

working to improve things. For those that may head to the Underground Comedy Club you'll find their location is up and coming and is friendly. We found this out when we visited Dangerous Dan's restaurant, which is cannabis friendly with its "its 420 somewhere" employee t-shirts.



Pet friendly

Some of the places we understood we're pet friendly so we added this to our list. What we found was that all of them allow the admission of support animals. What we also found was that 3 of them will allow you to bring your pet in for a visit. The ladies at Vapor Social allow it but in moderation. Meanwhile over at the Zion Lounge and at the Underground Comedy Club they have no problem with you bringing your pet as long as they get along with the ones that are present when you arrive.



Ventilation and Residue

With people burning cannabis, whether it's a joint or in a bong, smoke is being created so we wanted to see if these places provided some kind of ventilation. Did they have any kind of ventilation such as window fans to air filters in order to clear the air and did you smell like burnt cannabis when you left.

What we found was that three places did not have any ventilation at all. These would be Vapor Social, The Zion Lounge as well as the Underground Comedy Club. With these places not having a ventilation system there would be no doubt that you'd leave them with a residue odour. The Hotbox Cafe was another place with no ventilation as all of the smoking you do there must be done outside on the patio. While the place does allow vaporizing inside, vaporizers do not fill the air with smoke like joints and bongs do. We felt that it really depended on where you were while you here to say if you had a residue odour when you headed on your way. Over at the Village Vapor we noticed that they had a couple of dual window fans available to clear out the smoke but we felt they it wouldn't be enough to prevent any residue from clinging to you.

When we stopped into Vape on the Lake Marco pointed out to us that he has four large Can Air filters resting on the ground clearing the air. We spotted two of them near the back with the other two being up front. Vapor Central had the biggest ventilation system of all the locations we visited. While we were there we spotted six large Can Air filters mounted on the ceiling all throughout the place. Both of these locations would require some pretty heavy consumption from a large crowd in order to make them fill with smoke. As far as the residue we felt that these filters cleared the air to reduce the chance of any odour.

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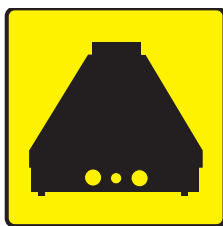
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Village Vapor

66 Wellesley St. E.
Phone: (416) 972-9500
Website: villagevaporlounge.com
Hours: Monday - Saturday: 12 noon til 9pm.

Vapor Central

667 #2 Yonge St
Phone: (416) 923-3556
Website: vaporcentral.com
Hours: Monday - Sunday 11am -1am.

Zion Lounge

191 Parliament St.
Phone: (647) 465-0420
Hours: Sunday-Thursday 12pm -12am
Friday - Saturday 12pm - 2am

Underground Comedy Club

670 Queen St E
Phone: (416) 732 7761
Hours: Wednesday - Saturday 4pm - 11pm
Website: puffmama.ca

Hot Box Cafe

191a Baldwin St Kensington Market
Phone: (416) 203-6990
Hours: Monday - Wednesday 11am -7pm
Thursday 11am - 11pm
Friday - Sunday 11am - 12pm
Website: hotbox.ca

Vapor Social

896 College St
Phone: (647) 765-4422
Hours: Monday- Wednesday 1pm - 12am
Thursday to Sunday 12am -3am

Vape on the Lake

2985 Lakeshore Blvd West Etobicoke
Phone: (647)-349-0214
Hours: Sunday - Thursday 11:00am - 12:00am
Friday - Saturday 11:00am - 1:00am
Website: vapeonthelake.com



Business Access:

Stairs

Village Vapour, Zion Lounge, Vapor Central

Ramps

Hot Box Cafe, Underground Comedy Club

Ground Level

Village Social, Vape on the Lake



To get to:

Parking

all places have some kind of parking available

Subway

Vapor Central, Vapor Village

Streetcar

Zion Lounge, Social, Hotbox Cafe,
Vape on the Lake, Underground Comedy Club

Bus

Vape on the Lake , Vapor Social,
Zion Lounge, Vapor Village



Costs

Village Vapor

\$5-\$2 guest-Free member of CMCC

Vapor Central

\$5 daily- \$25 month - \$95 yearly
50% off yearly membership if Compassion Club member

Zion Lounge

\$5 daily - \$30 monthly

Vapor Social

\$5 \$35 monthly is available

Hotbox

\$4.20 minimum food order and
fees apply for special event nights

Vape on the Lake

\$5daily - \$30 monthly - \$200 yearly

Underground Comedy Club

\$5 - \$10 comedy nights with
discounts at some shows



Consumption Allowed:

Vaporizer:

Vape on the Lake, Hotbox Cafe, Vapor Social,
Zion Lounge, Vapor Central, Vapour Village,
Underground Comedy Club

Joints:

Underground Comedy Club, Vape on the Lake,
Hotbox Cafe (outside patio only), Vapor Social,
Zion Lounge, Vapor Central, Vapor Village

Pipes:

Underground Comedy Club, Vape on the Lake,
Hotbox Cafe (outside patio only), Vapor Social,
Zion Lounge, Vapor Central, Vapor Village

Bongs:

Underground Comedy Club, Vape on the Lake,
Hotbox Cafe (outside patio only), Vapor Social,
Zion Lounge, Vapor Central, Vapor Village

Comments

And finally a few general comments or items that we believed should be noted about each place. Erin commented and we all agreed that **the Underground Comedy Club** felt like the rec room you never had. The comedy club is also very active in the cannabis community as Joey is seen at all the big events from the Global Marijuana March to the Treating Yourself Expo.

The Vapor Social location drew comments such as it felt library like and was very discreet. Lauren told us that they have worked with the people in the area in order to help everyone understand and deal with any concerns that they may have. She also pointed out that their place has air conditioning, which wasn't what we had on our list but she was the only one to mention it. When it came to community involvement we were told that last year they started to help out with the Michelle Rainey Freedom Walk in the city which they plan on doing annually.

The air brush art work that covers the walls at **Vape on the Lake** is outstanding, which really is an understatement. The work that Mark put into these walls is fantastic. When you walk in you feel like you're in a fish tank or the ocean. As you make your way along you will find patients and activists scenes painted throughout the place. There is a scene of people sitting on a hill that overlooks a water fountain to a magnificent view of the Toronto skyline. The wall that will attract a lot of attention is Canna Heaven, a great tribute to our friends Michelle Rainey and Jack Herer. Michelle is dressed in a white gown and wearing a set of angel wings while Jack is standing beside her enjoying some medication and grasping onto his best seller *The Emperor Wears No Clothes*. When it comes to the cannabis community everyone is aware that Treating Yourself magazine owner and the guy who runs Canada's largest medical marijuana show, the TY Expo is also the owner of Vape on the Lake, Marco Renda.

The Hotbox Cafe provides their customers with a stamp card. Each time you visit and purchase something they will stamp your card. Once you have made 10 purchases will get you \$10 off your next one. When it comes to art work the Hotbox allows everyone to draw or write on their walls as they are really large chalkboards and not regular walls. A quick look out to their patio spotted some painted artwork that would remind people of being back in the 60's and the psychedelic era. While we didn't ask Dan about the Hotbox involvement into the cannabis community all of us agreed that they are active and do get involved. A perfect example is that Abi, the cafe's owner, is heavily involved with organizing awareness and discussions on the latest news that Toronto city council is about to come down on these businesses.

The Zion Lounge was the only place that had a buzzer that you used to make a request to enter. Another thing that they had that no one else did was a glass blowing studio. One of the walls had some artwork painted on it and from what I can recall they were the only ones with artwork within the bathroom. We felt that this location was still in progress but was one with great potential. They also have an outdoor patio which is really a door that enters onto an open roof top.

When it comes to **Vapor Central** we noticed it's constantly busy with people coming and going the whole time we were there. We also felt that it was a well established business that is very active and organized in the cannabis community. This business can be seen at all the cannabis community events within Toronto.

Some of the comments that came from our visit to **Village Vapor** were the climb up all those stairs to their location. While three floors of stairs can be hard on some people they are extremely hard on a person with a walking disability. While this place wasn't the only place with stairs it was the one that was the furthest from the ground. The one thing this place had that no one else did was free condoms and not just for the men. This works with their weekly Sex Talk segment and is a way for them to reach out to the community to practise safe sex because we know sex can lead to death.

Closing

The purpose of this review by People Advocating Cannabis Education (P.A.C.E.) was to bring these places into the public domain and to create awareness about them. We know it'll help educate the readers of Treating Yourself but we're hoping Toronto City Council as well. Just as we finished up this report the city is about to meet over the legality of these lounges. Because of this we were very happy to have had Ward 27 City Councillor Ms. Kristyn Wong-Tam accompany us to two of these locations. She now has the experience and the rough data of this report as information to what is hiding behind the curtain of the unknown and possible propaganda.

Our goal wasn't to name the number one lounge in the city or to rate them in any way. But our goal was to inform you and to let you decide what the best places are for you to visit. Some of them have great entertainment while others are still building theirs. Some have great access while others don't; it's for you the reader to decide what is best for you.

When I get people involved in the educational experiences with Treating Yourself such as the National Home Show or the National Woman Show, I ask those involved to share their experiences. As I mentioned earlier I had



Vapor Lounge circuit veterans in Scott Lynch and Erin Molougney assisting in this review. Erin wrote to say that she “Had a wonderful time participating in the review with great thanks to Al et al! The addition of a City Council member for part of the tour was enlightening and inspirational signifying a great change in attitudes towards cannabis! Being a veteran on our review tour I found Glen’s first impressions fascinating as each lounge has its own style and atmosphere. The warm welcomes were delightful but not surprising considering the one of the conditions associated with cannabis - open mindedness!”

She goes on to say “To be in a lounge in Toronto is an exhilarating liberating experience to some and a group of regular hangout for others. This points out the incredible journey of acceptance cannabis has endured. For me as a Federal Exemptee the chance to socialize without discrimination with like minded friends is very important! I appreciate the non-threatening environments where music, books and crafts supplies are aplenty, where far reaching, far ranging conversations take place and great artists hone their talents. Feeling part of a community is vital! The cannabis world should no longer be associated with a dangerous secret society and the cannabis friendly lounges help reverse the POTagenda stigmas!”

For my friend Glen Prentice this was a new experience, something that he has only recently heard of. This is what

he titled “Impressions from a Newbie”. Glen emailed me to say “Being asked to do a tour of vapor lounges was new to me and I am happy to have had the opportunity. I am glad that Al, Erin and Scott were there with me, their experience made it easier.

At first I was taken aback by how open everyone was with cannabis use. All my life I felt guilty, like I was doing something wrong because of what society has taught most of us but, as our travels progressed I felt more at ease, less guarded and comfortable surrounded by like minded people. The people we met were friendly and knowledgeable and most seemed to be in it for the right reasons, they truly cared about MMAR patients and people in general.

I was honoured to be included and I have learned that there are a lot of people that do care. Who knew that compassionate and understanding people still existed, and we found them in abundance.”

There you have it, all the information and some thoughts from an experienced and inexperienced person to help you decide which lounges you would like to visit. Now all you need to do is to decide which ones you’ll want to go to today, then tomorrow and on and on. But no matter what, make sure that you stop in and visit all of these places as you’ll find these are people advocating cannabis education and giving away...LOVE. 🍓



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EXPO Grow

Mar del plata 2012

By Mike Bifari

It was held in the southern city of Mar del Plata, the first Expo Grow in Argentina, this past third week of January. The Argentine cannabis community gathered in a huge five-star hotel in this tourist city to be part of an historic event. It was the first time that we were able to reach the big public in a comfortable facility.

All the major grow shops, head shops, and the local marijuana magazines, like HAZE, T.h.c., and Soft Secret magazine from Chile, and different vendors of the local and international cannabis industries, were there to give us an interesting update of all the latest news concerning technology and cultivation.

The big success in the number of people attending the three-day expo was celebrated by the organizers, who are now thinking of moving the expo to every big city in the country.

Several representatives from overseas were attending, like Pure Sativa, from the UK, or seed companies like Medical Seeds, from Spain, or Green House, from Holland. We had many visitors from our neighbors, with people from countries like Chile and Brazil attending.

It was obviously not allowed to smoke in the main salon, but there were many stands with different vaporizers heating with no stop for three days. The atmosphere was a nice one, full of people checking out new stuff to improve their gardens.

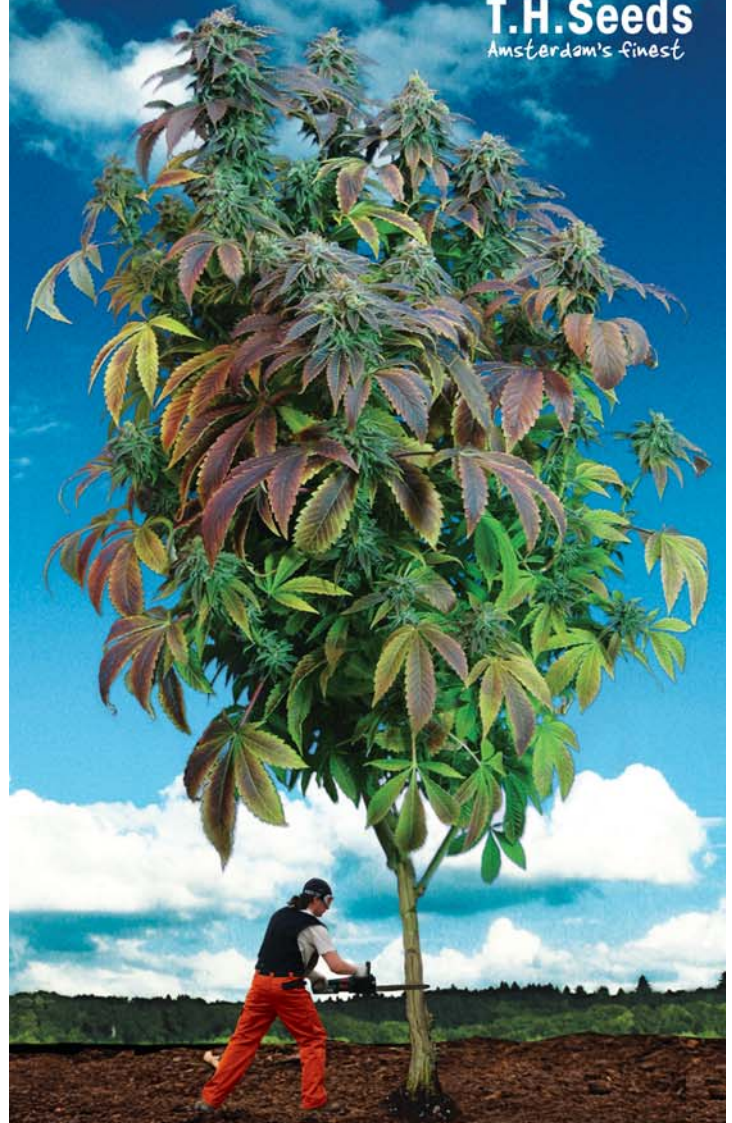
We also were able to assist three conferences organized by the cannabis community, including the history of hemp, legal issues, and homegrown cultivation tips.

It looks as if we will continue to enjoy this type of event concerning the huge, growing cannabis wave in South America. Also, because of the fact that even though the current law has not been changed yet, we can now breathe freedom and tolerance in every big city concerning the cannabis issue with its social acceptance. This reality was very far away to even imagine a few years ago, when we had the failed and cruel policy of the "war on drugs." Instead, we are building a new paradigm now based on human rights and harm reduction — something that is growing with deep roots in our society. 🌱





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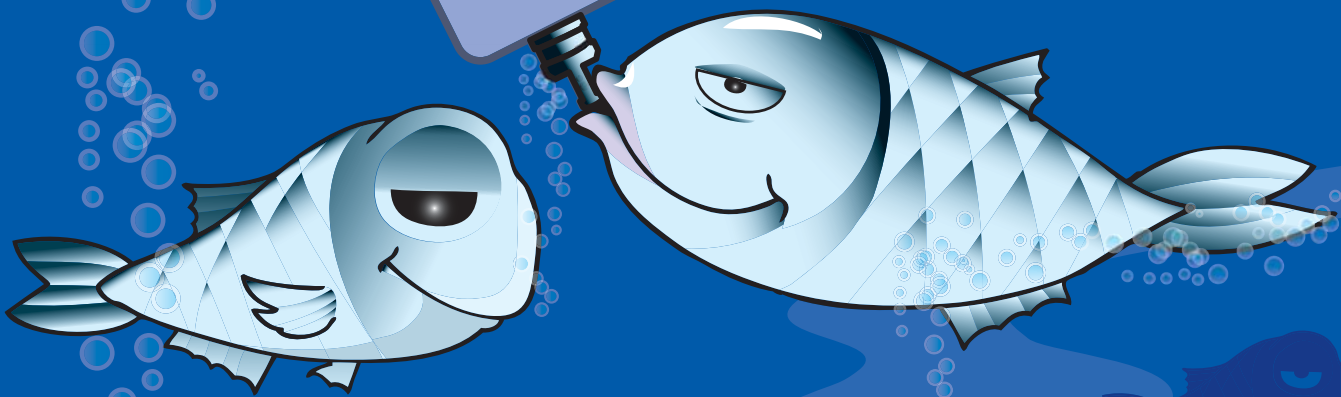
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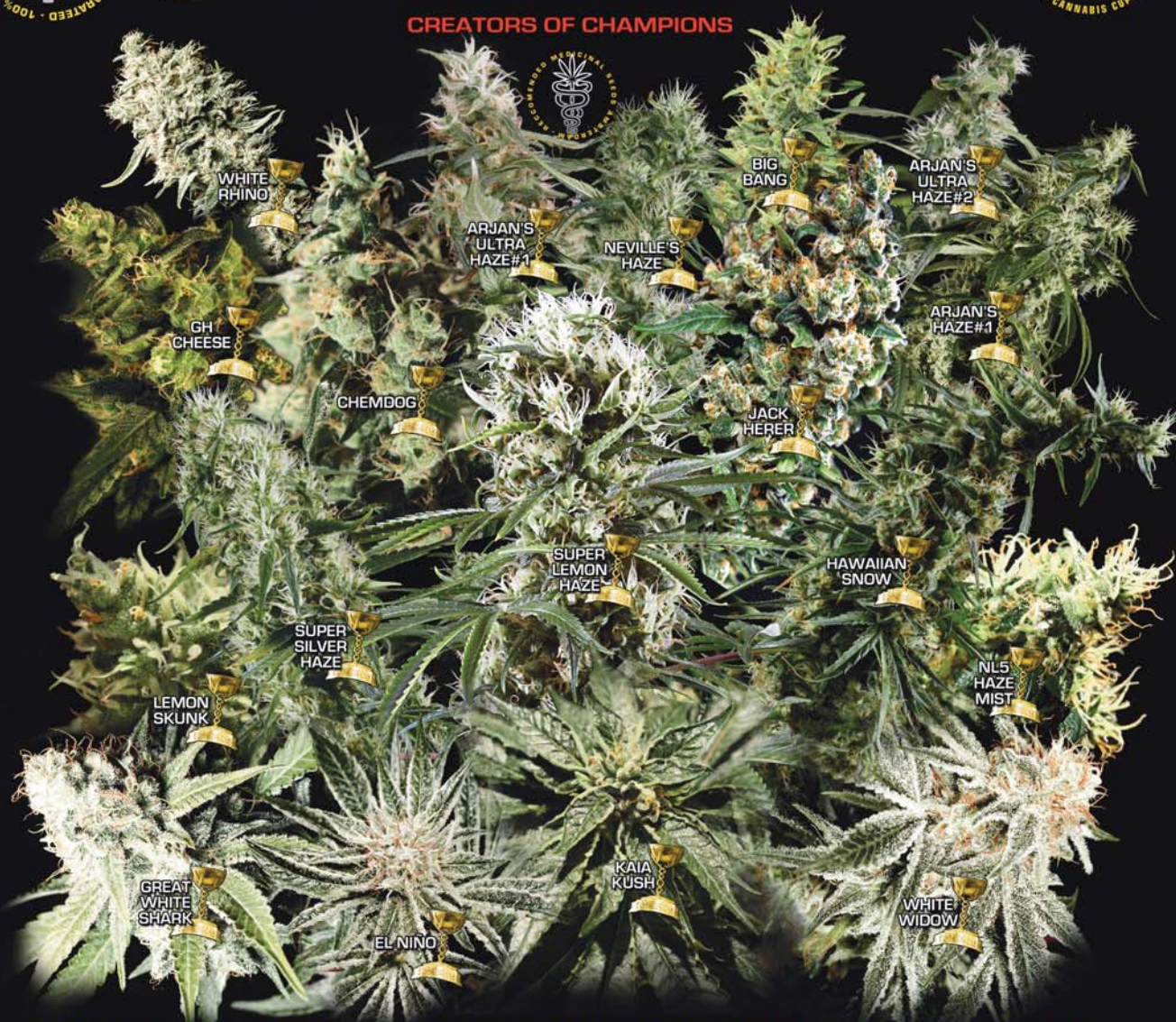
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